

Preliminary Findings of the AAQoL Survey

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Model Minority Myth

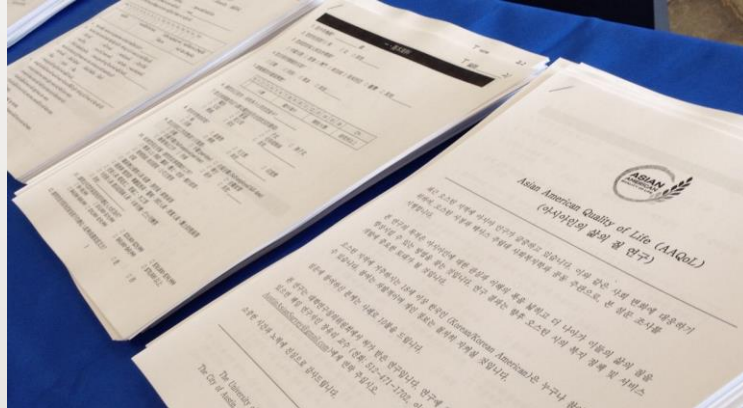
- Asian Americans are healthy, self-sufficient, and problem-free model minorities???
- Sampling artifact in national surveys
 - English as a primary survey language
 - Exclusion of people with linguistic barriers



Culturally and Linguistically Sensitive Approach

- Asian language versions of the survey
- Research personnel (e.g., recruiter and survey assistant) who share the same culture and language of the target population
- Community partnerships

Survey Questionnaires in Asian Languages

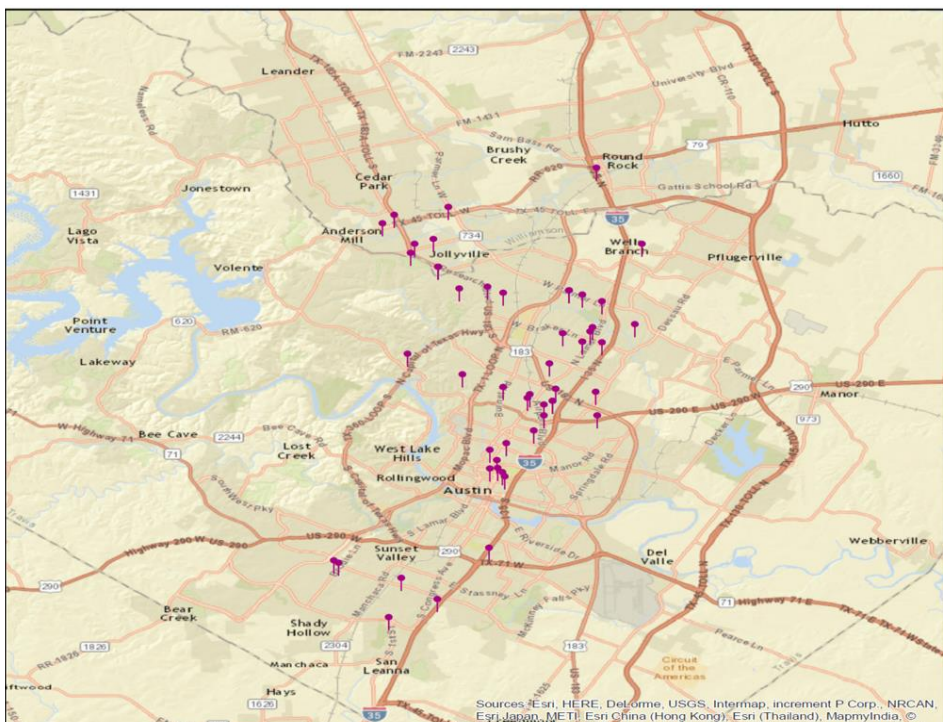
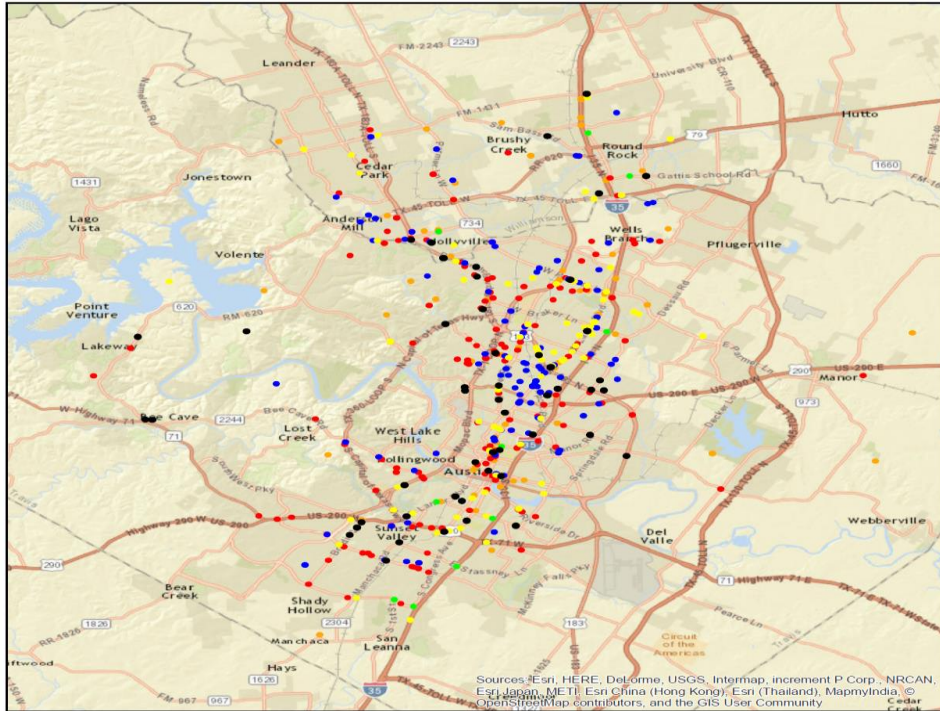


Austin Asian Community Resource Database (AACRD)

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	A	B	C	D	E	F	G	H
		Services	Address	Suite #	City	Zip Code	Phone	Website
1	Asian American Cultural Center							
2	Asian American Resource Center (AARC)	City resources	8401 Cameron Road		Austin, TX	78754	(512) 974-1700	http://austininteran.gov/aarc https://www.facebook.com/aarcabx
3	Asian American Cultural Center	Education	11713 Jollyville Rd		Austin, TX	78759	(512) 336-5069	http://www.asianamericanccc.com/
4	Asahi Imports	Business-Grocery	6105 Burnet Rd		Austin, TX	78757	512.453.1850	http://asahi-imports.com/
5	Asia Market Austin	Business-Grocery	8650 Spicewood Springs Rd	#115	Austin, TX	78759	512-331-5760	http://www.asiamarketatx.com/
6	MT Supermarket	Business-Grocery	10901 N Lamar Blvd		Austin, TX	78758	(512) 454-4804	http://mtsupermarket.com/
7	International Foods	Business-Grocery	1131 N Lamar Blvd.		Austin, TX	78753	(512) 491-8282	internationalfoodsaustin.com
8	Sarah's Mediterranean Grill and Market	Business-Grocery	5222 Burnet Rd	500	Austin, TX	78756	512.419.7605	http://www.sarahsmediterranean.com/
9	Asian Community & Education Foundation	Social services	PO Box 200862		Austin, TX	78720		http://www.austincfeoundation.org/
10	Asian Family Support Services of Austin (AFSSA, formerly SAHEL)	Social services	PO Box 16254		Austin, TX	78761	(877) 281-6371	http://www.sahel-austin.org/sa/
11	Asian Real Estate Association of America (AREAA)	Social services	1801 S MoPac Expressway	100	Austin, TX	78746		http://www.areaa.org/austin/ https://www.facebook.com/AREAAAU3
12	Asia Store	Business-Others					(212) 327-9217	http://asiastore.org/
13	Bambu Dessert & Drinks	Business-Others	10901 N. Lamar Blvd	A-120	Austin, TX	78753	512-632-8886	https://www.facebook.com/BambuAustin http://www.drinkbambu.com/
14	Chau Tran Agency	Business-Others	10901 N. Lamar Blvd	B-202	Austin, TX	78753	(512) 490-1609	http://www.farmersagent.com/ctran3





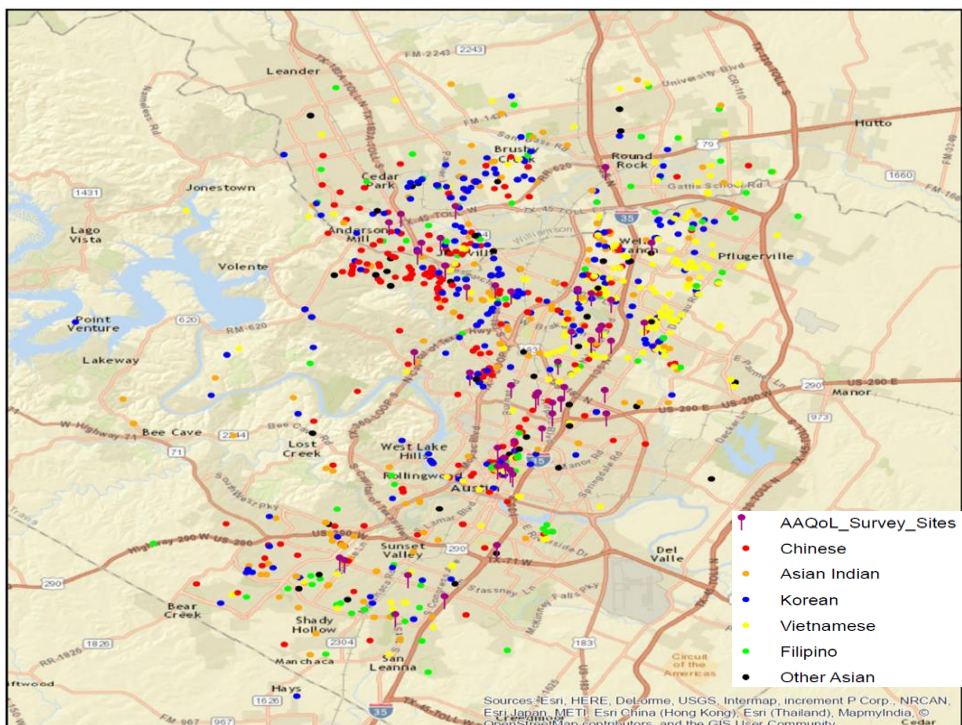
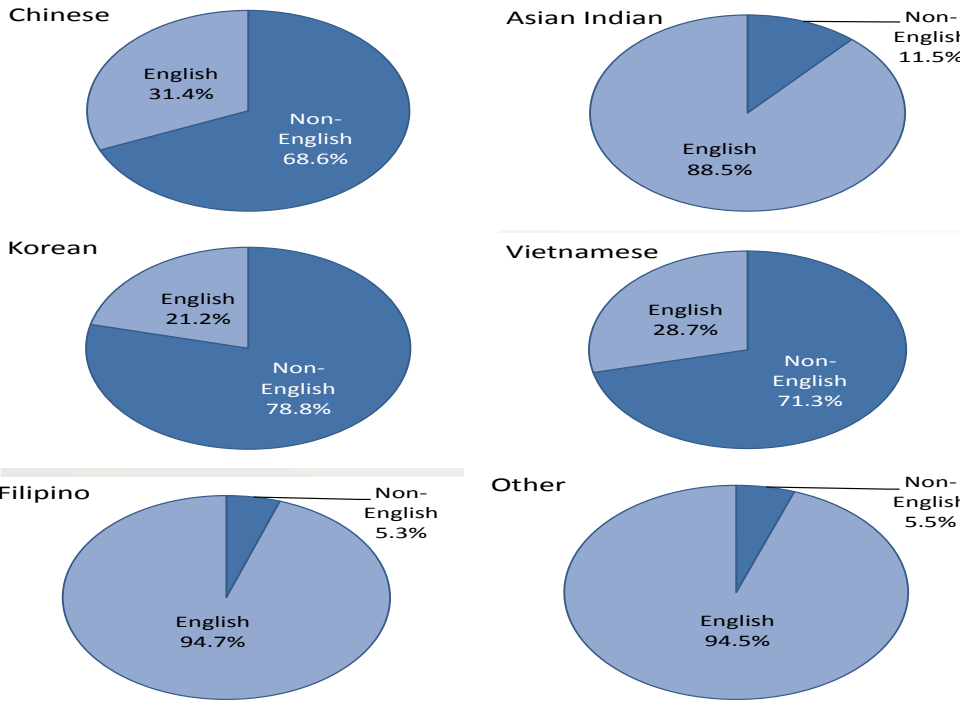
Total Sample Size = 2,609

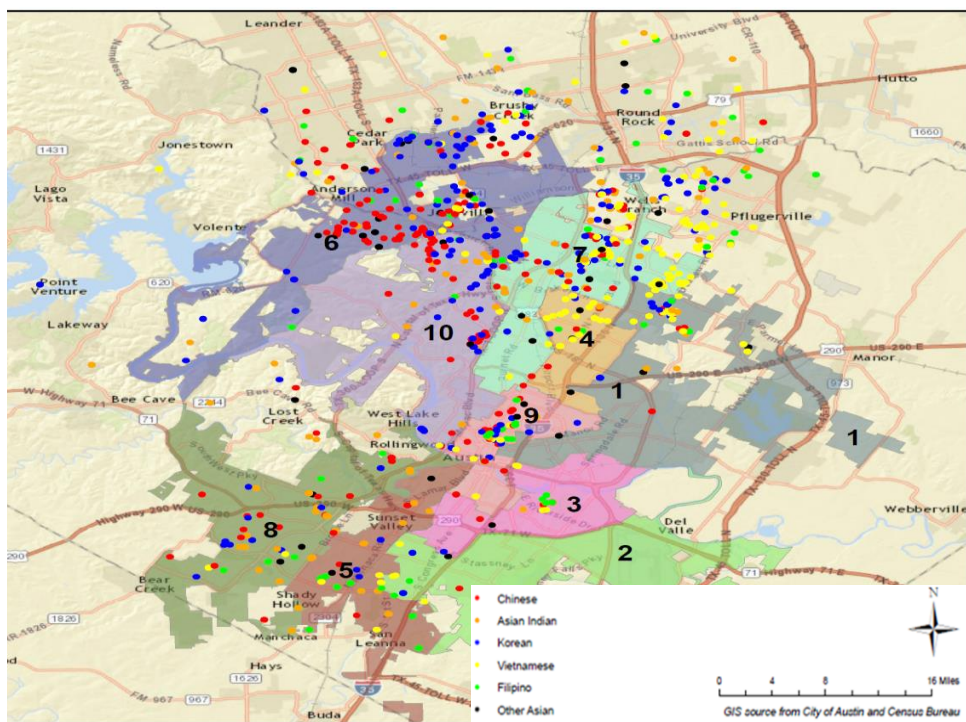
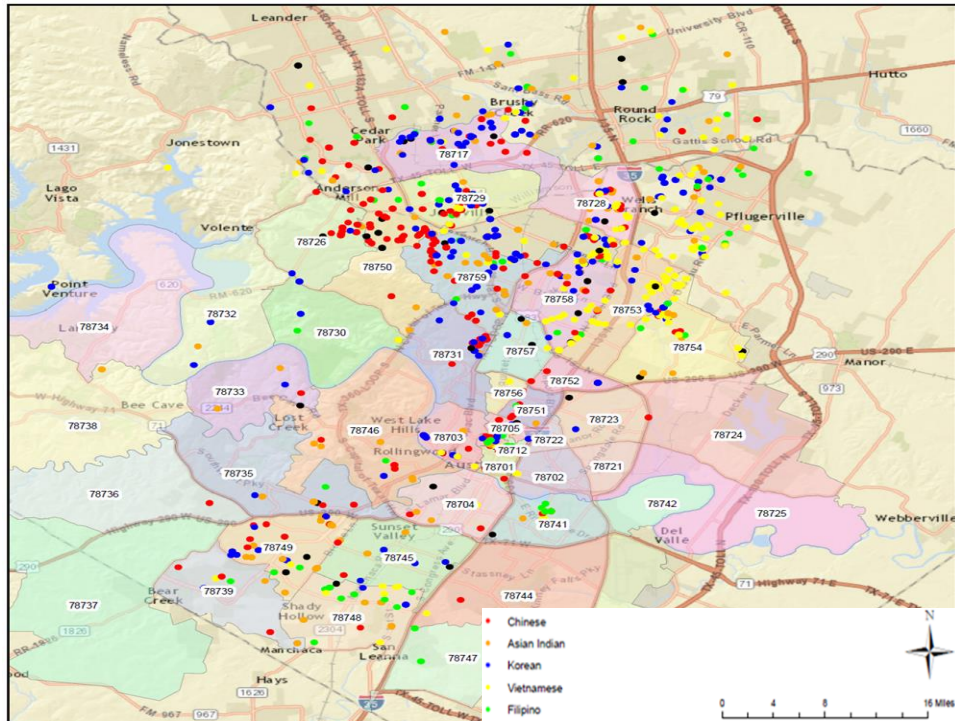
- 640 Chinese
- 574 Asian Indians
- 471 Koreans
- 513 Vietnamese
- 265 Filipinos
- 146 Asians of other ethnic backgrounds

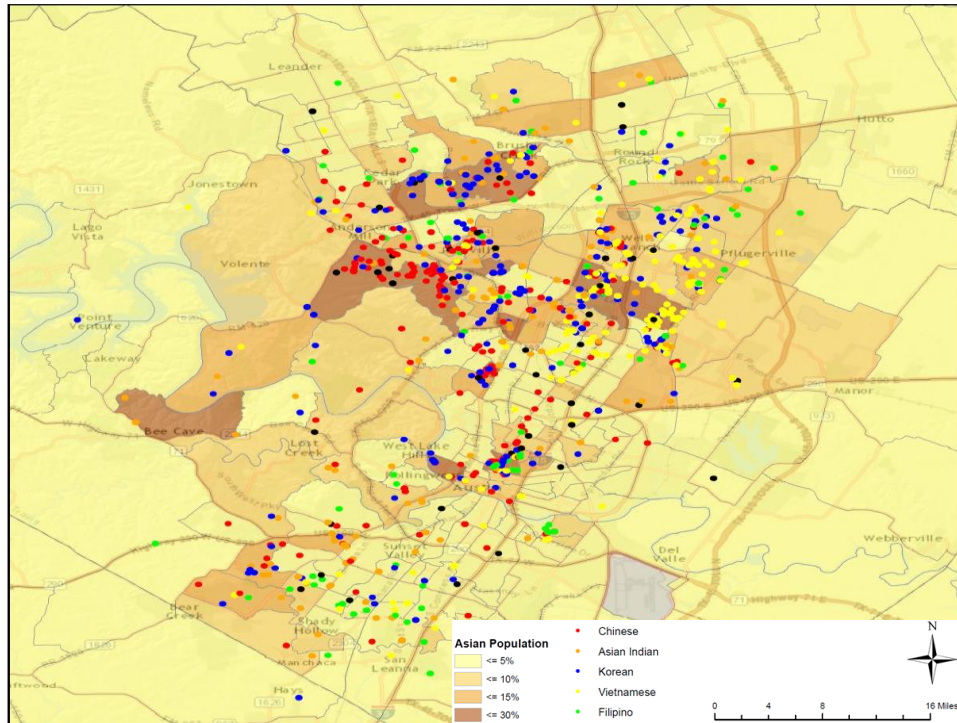
- Nepalese, Pakistani, Bangladeshi, Cambodian, Hmong, Indonesian, Japanese, Laotian, Burmese, Sri Lankan, Thai, and mixed ethnicity

Survey Language

Survey language	N	%
English	1,345	51.5
Traditional Chinese	215	8.2
Simplified Chinese	229	8.8
Korean	371	14.2
Vietnamese	365	14.0
Hindi	12	0.5
Gujarati	58	2.2
Tagalog	14	0.5



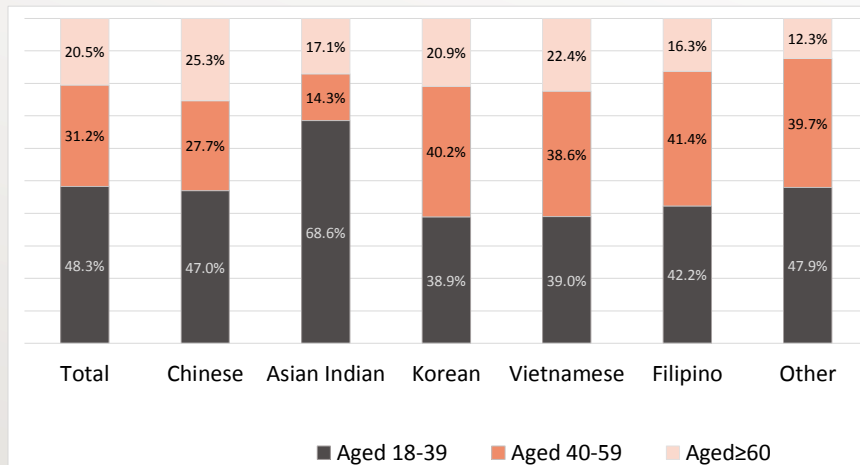




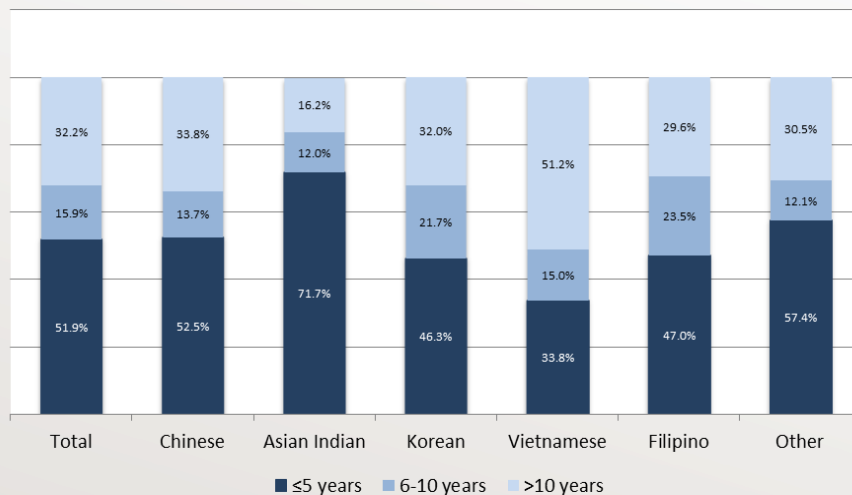
Overall Characteristics of the Sample

- Mean Age: 42.8
- Female: 55.2%
- Married: 66.6%
- < High school: 18.4%
- < \$30,000: 27.4%

Age Group Distribution



Length of Residence in Austin



Nativity

U.S.-born	9.2
Foreign born	90.8

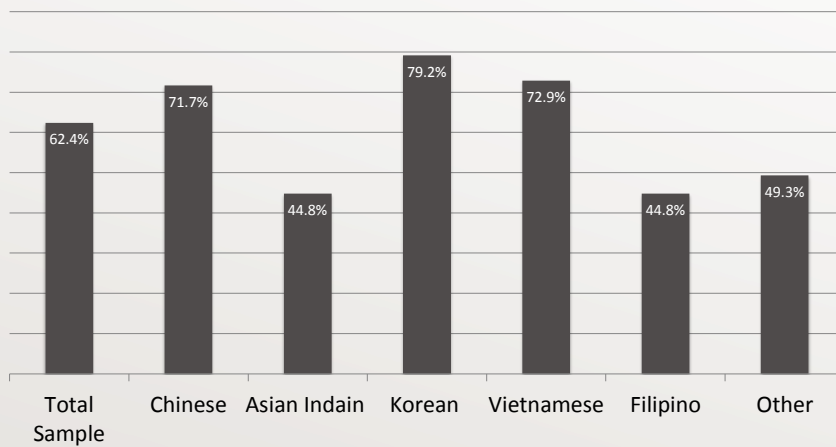
Years in the U.S.

≤ 5 years	28.9
6–10 years	17.2
> 10 years	53.9

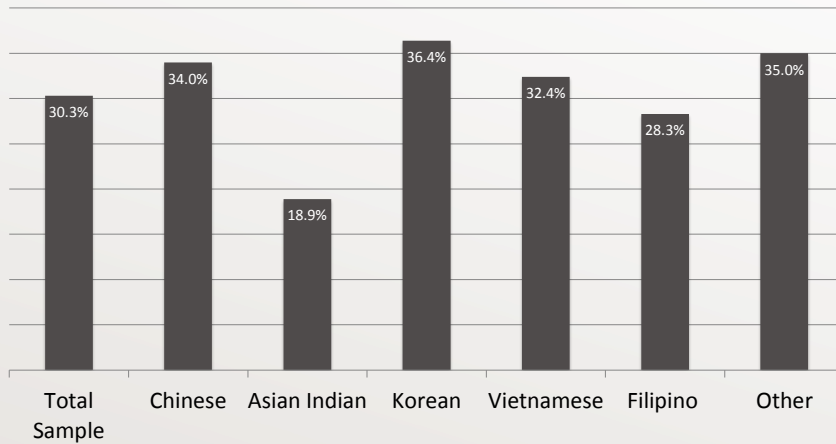
English speaking ability

Not at all	6.8
Not well	24.4
Well	31.2
Very well	37.6

Individuals with Limited English Proficiency (LEP)



Perceived Racial/ethnic Discrimination

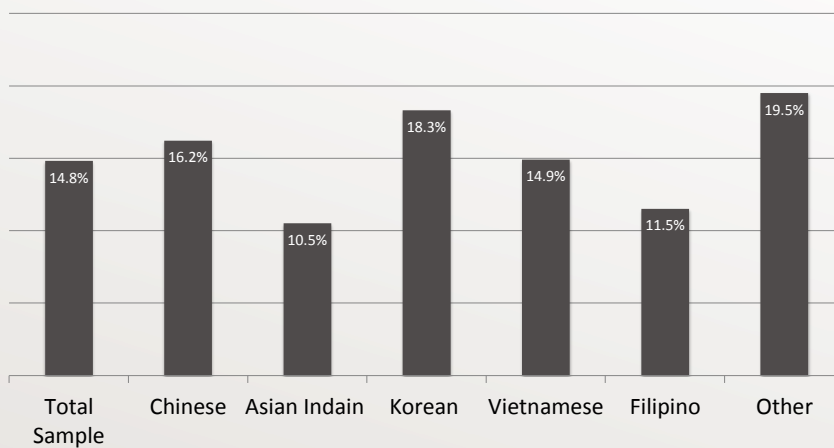


Physical Health

Prevalent Chronic Conditions

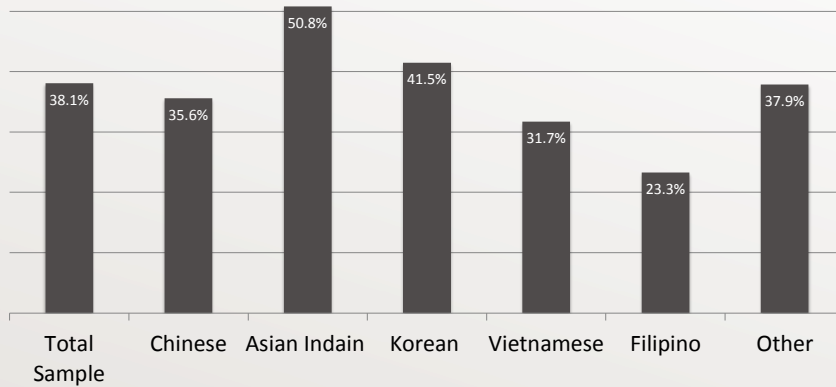
- Hypertension (15.2%)
- Diabetes (8.0%)
- Arthritis (7.5%).

Individuals with No Health Insurance



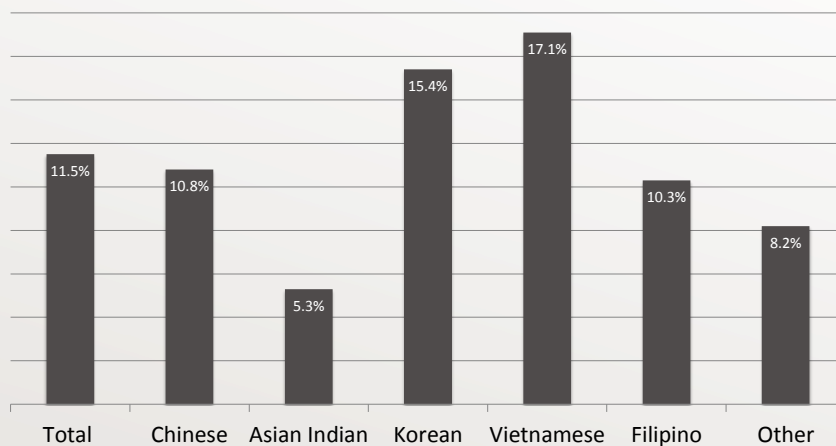
Cf. 11.5% in the U.S. general population (NHIS)

Individuals with No Usual Place for Care



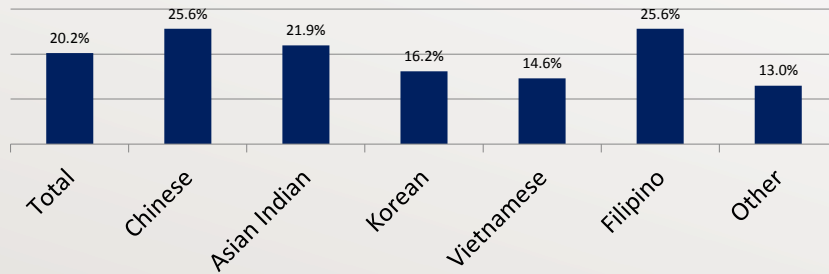
Cf. 22% in the U.S. general population (NHIS)

Unmet Health Care Needs

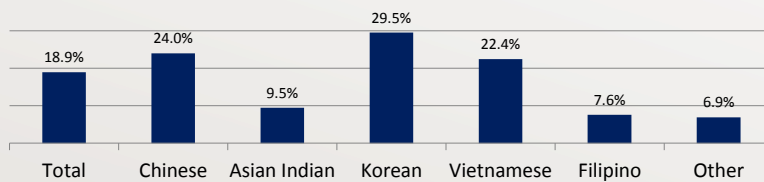


Cf. 4.7% in the U.S. general population (MEPS)
2.8% in the Asian population (MEPS)

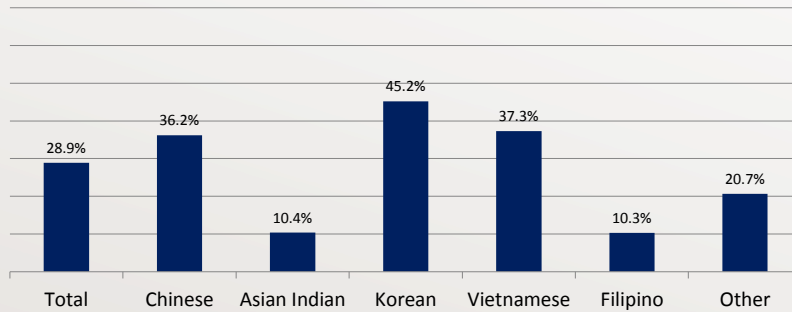
Need for Transportation



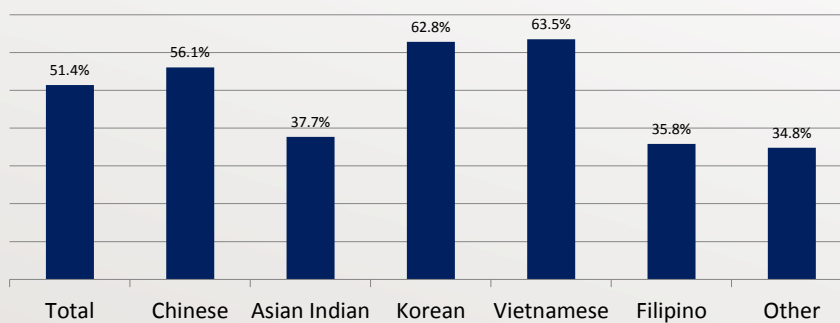
Need for Interpretation



Communication Problem in Medical Settings



Preference for Ethnic Concordance with Medical Providers

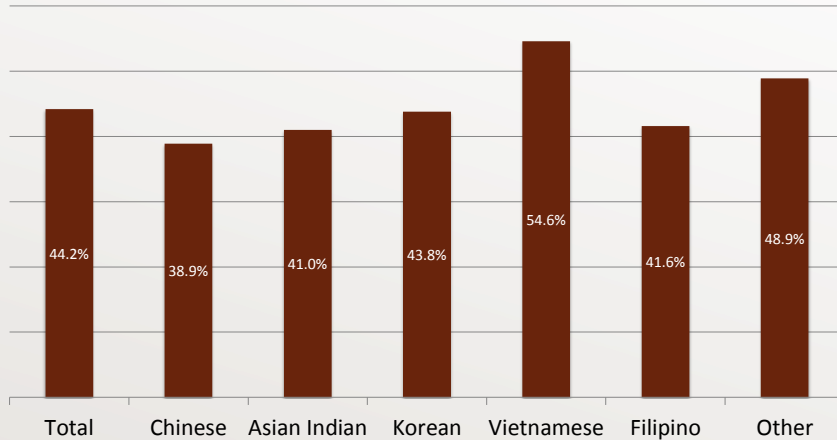


Mental Health

Instrument

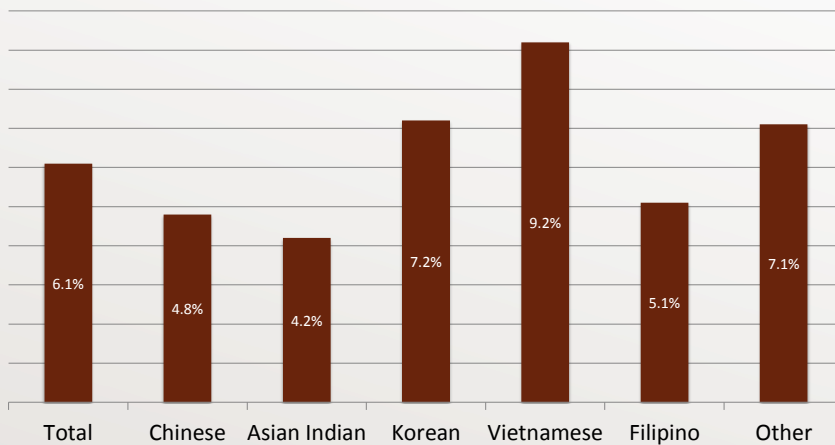
- Kessler 6 (K6: Kessler et al., 2003)
 - Frequency of experiencing the symptoms in the list: (1) so depressed that nothing could cheer you up, (2) nervous, (3) hopeless, (4) restless or fidgety, (5) worthless, and (6) everything was an effort.
- Score range: 0-24
 - ≥ 6 : Mental Distress
 - ≥ 13 : Serious Mental Illness (SMI)

Mental Distress

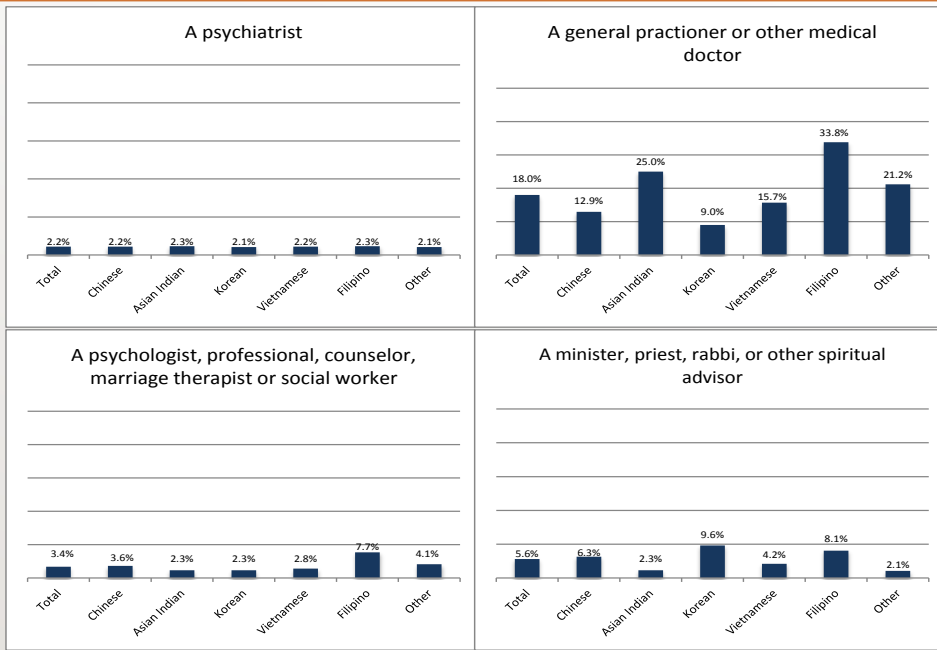


Cf. 15% in the U.S. general population (NHIS)

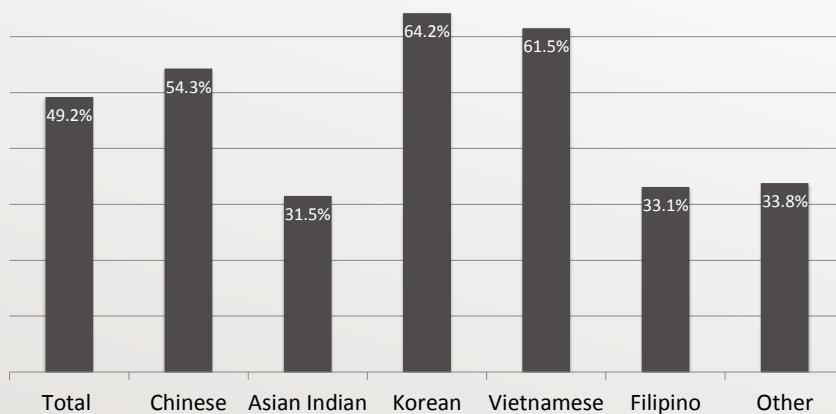
Serious Mental Illness (SMI)



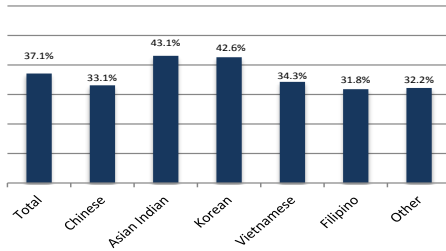
Cf. 3.1% in the U.S. general population (NHIS)



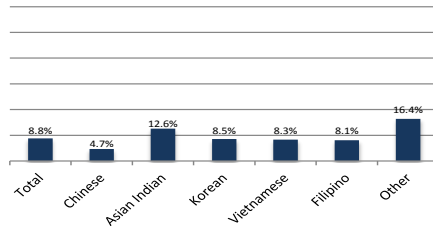
Preference for Ethnic Concordance with Mental Health Providers



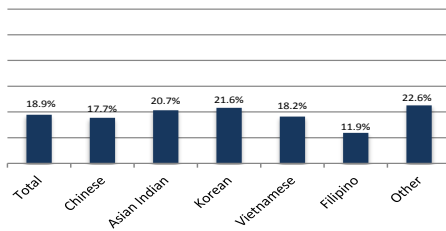
Depression is a sign of personal weakness



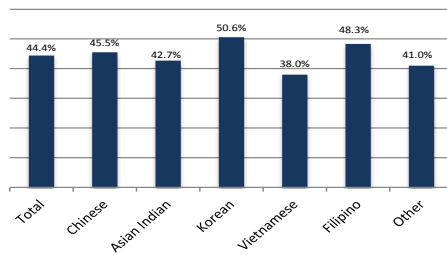
Having a depressed family member brings shame to the whole family



If I have depression, my family would be disappointed

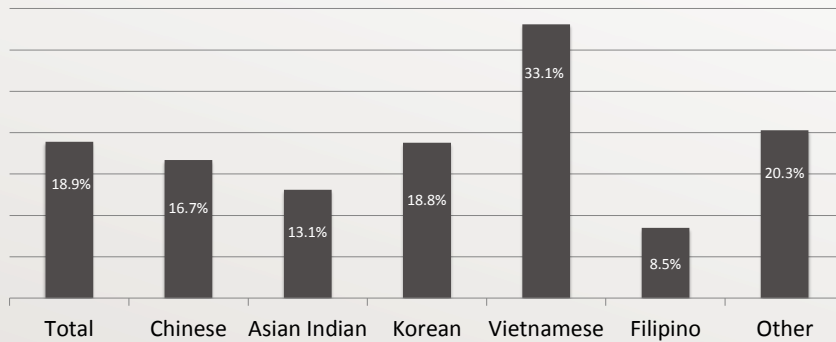


Antidepressant medicines are addictive

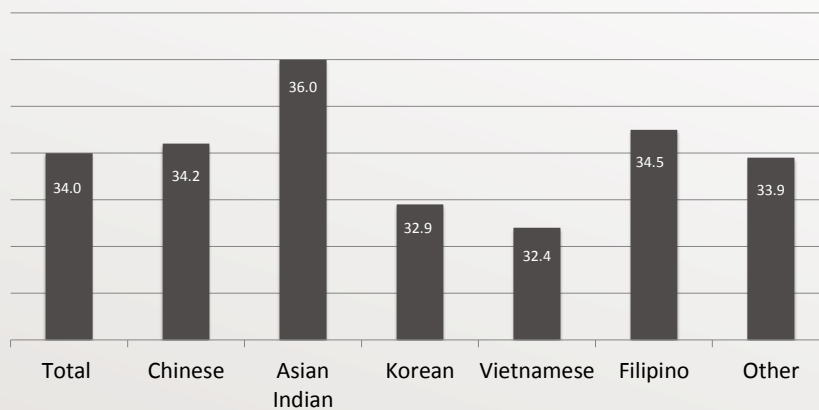


Other Aspects

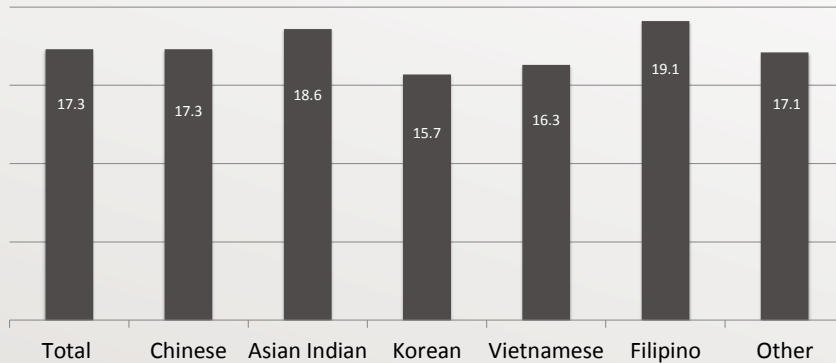
Social Isolation



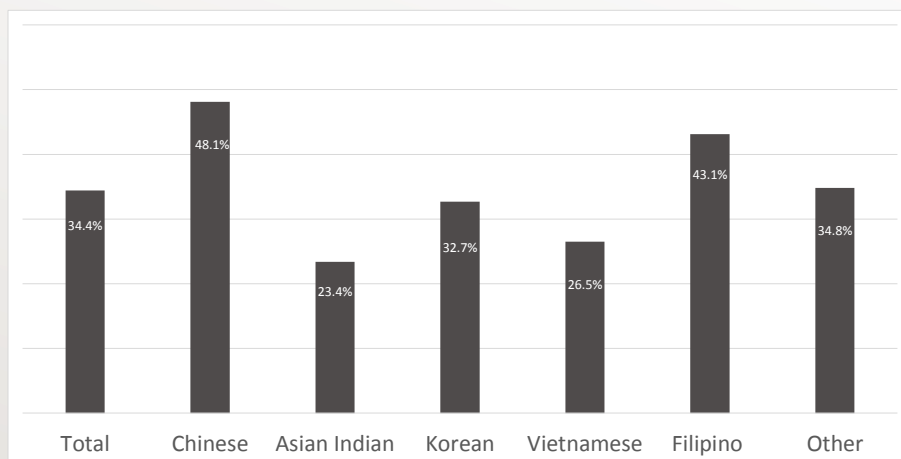
Family Solidarity Scores



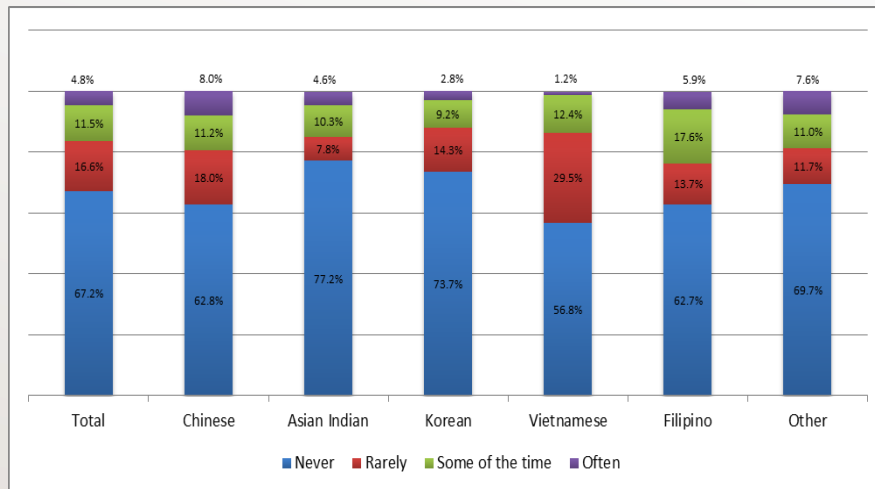
Ethnic Community Social Cohesion



Awareness of AARC



Frequency of AARC Visit



Other Information

- Awareness/use/satisfaction relating to city services
- Technology use
- Housing and transportation
- Sources of obtaining city-related news and information
- Civic engagement



Priority Areas

- Language assistance
- Access to medical services
 - Community health worker model
- Educational intervention on mental health literacy
- Campaign on stigma reduction
- Provision of mental health counseling programs

Questions & Comments

