

The Impact of anti-Asian Discrimination on Asian American Mental Health

Alameda County Behavioral Health
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Objectives

- Describe mental health inequities affecting Asian American communities
- Identify barriers to mental health treatment in Asian American communities
- Discuss strategies for culturally informed approaches to address and advocate for mental health

Disclosures

- I have no conflicts to disclose.

Asian population in U.S. nearly doubled between 2000 and 2019 and is projected to surpass 46 million by 2060

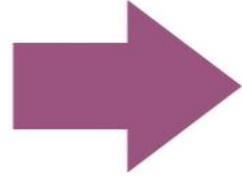
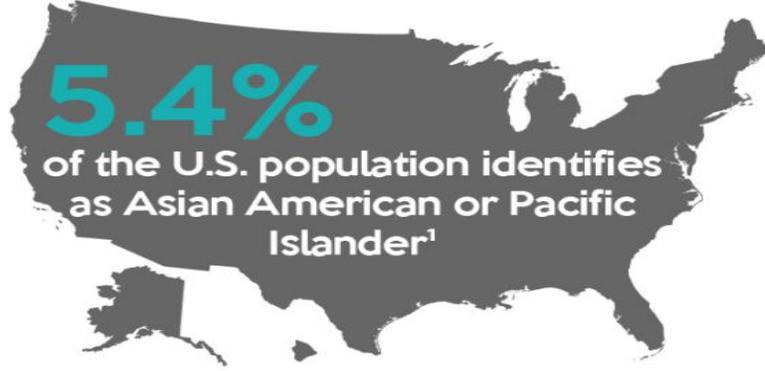
In thousands



Note: In 2000 and later, Asians include the mixed-race and mixed-group populations, regardless of Hispanic origin. Prior to 2000, decennial census forms only allowed one race category to be selected. Asians include Pacific Islanders in 1980 and earlier years. Population figures for 1870-1980 are rounded to the nearest 1,000, and for 2000-2060, they are rounded to the nearest 100,000.

Source: U.S. Census Bureau 2017 population projections for 2020-2060. For 2011-2019, American Community Survey 1-year estimates (via Census Bureau data). For 2000 and 2010, census counts from Census Bureau, "The Asian Population: 2010" Census Brief, Table 6. For 1990, U.S. Census Bureau, "Asian Population: 2000" Census Brief, Table 2. For 1980 and earlier years, Campbell Gibson and Kay Jung, "Historical Census Statistics on Population Totals by Race, 1790 to 1990, and by Hispanic Origin, 1970 to 1990, for the United States, Regions, Divisions and States." U.S. Census Bureau.

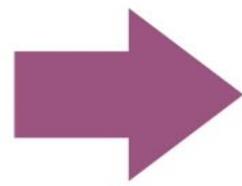
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Of those, over
13%
had a diagnosable
mental illness in the
past year.²



That is over
2.2
million
people



MORE than the number of
dentists, postsecondary teachers
and lawyers in the United States



COMBINED³

SOURCES

¹United States Census Bureau. (2014). American fact finder. Retrieved from <http://factfinder.census.gov/faces/tableservices/jsf/pages/productview.xhtml?src=bkmk>

²Substance Abuse and Mental Health Services Administration. (2014). Racial and ethnic minority populations. Retrieved from <http://www.samhsa.gov/specific-populations/racial-ethnic-minority>

³United States Bureau of Labor Statistics (2015). Retrieved from http://www.bls.gov/oes/current/oes_nat.htm#00-0000

Disparities in Mental Health in US

- Prevalence of mental health disorders in racial and ethnic minorities is similar to that of Caucasians in the US.
- Less likely to receive mental health services.
- Receive a poorer quality of mental health care.
- Less access to and availability of mental health services.
- Underrepresented in mental health research.

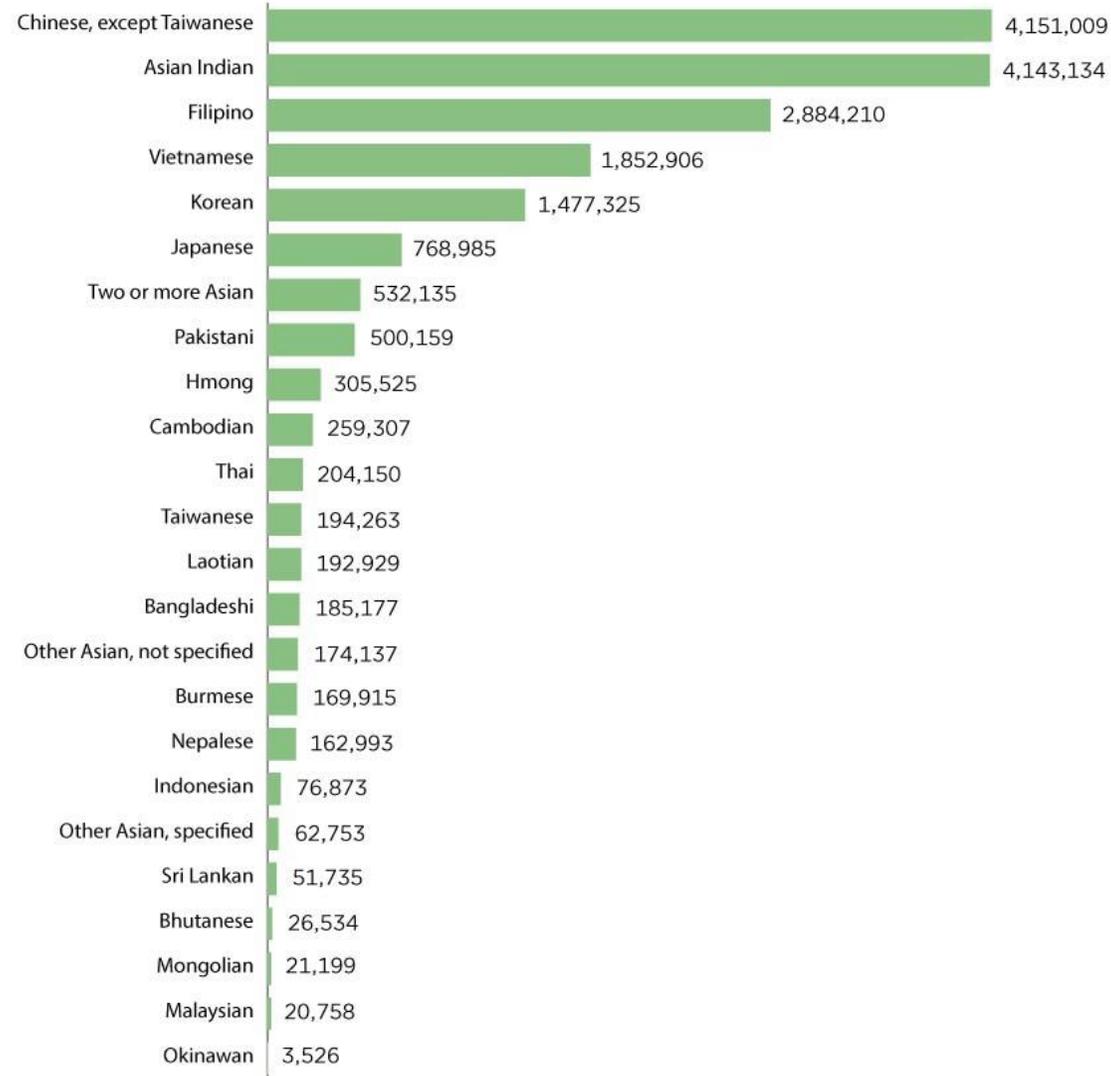
**MENTAL HEALTH:
CULTURE, RACE, AND
ETHNICITY**

A SUPPLEMENT TO
MENTAL HEALTH: A REPORT OF THE SURGEON GENERAL

DEPARTMENT OF HEALTH AND HUMAN SERVICES
U.S. PUBLIC HEALTH SERVICE

Asian Alone Population in the U.S. by Selected Groups

(Period Estimates: 2016–2020)



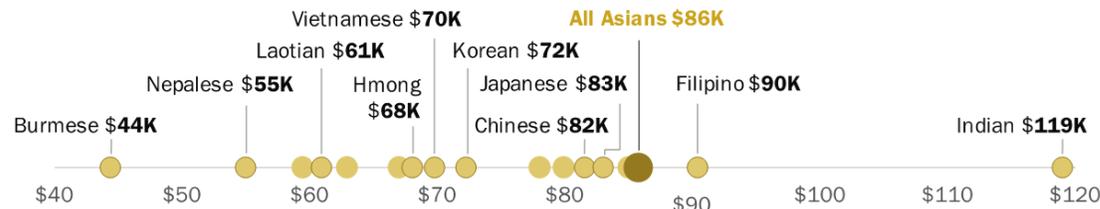
Source: U.S. Census Bureau, 2016-2020 American Community Survey 5-year estimates:
<<https://data.census.gov/cedsci/table?q=%3DACSDT5Y2020.B02015>>. More information about the ACS
is available at <<https://census.gov/acs>>.

The impact of the “model minority” stereotype

Income Inequality among Asian Americans

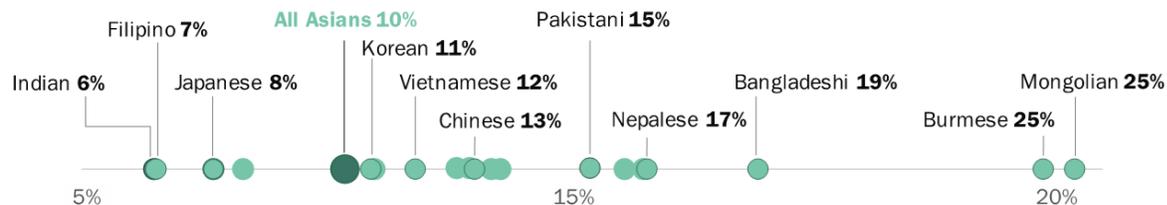
Median household income varies widely among Asian origin groups in the U.S. ...

Median annual household income, 2019, by origin group



... as does the share who live in poverty

% among Asian Americans who live in poverty, 2019, by origin group



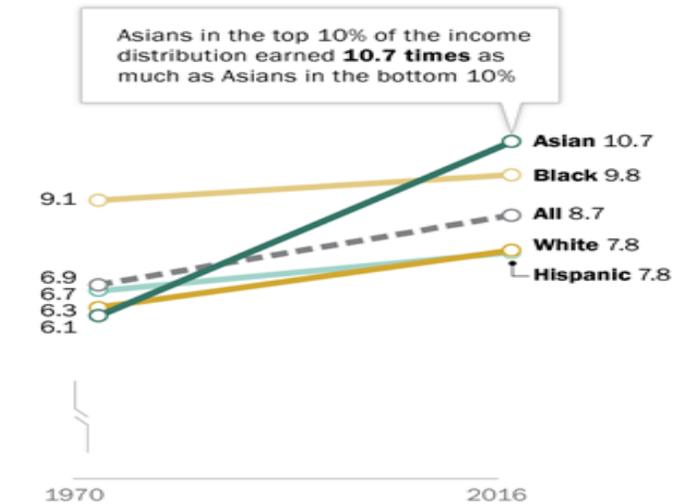
Note: Figure for all Asians includes mixed-race and mixed-group populations, regardless of Hispanic origin. Bhutanese, Malaysian and Mongolian household income estimates not shown due to insufficient sample sizes. "Chinese" includes those identifying as Taiwanese. The household population excludes persons living in institutions, college dormitories and other group quarters. Households are classified by the race or detailed Asian group of the head. Incomes are not adjusted for household size. Poverty figures exclude children under age 15 not related to the householder and people living in institutional group quarters, college dormitories or military barracks. Due to the way in which the IPUMS assigns poverty values, these figures will differ from those that might be provided by the U.S. Census Bureau.

Source: Pew Research Center analysis of 2017-2019 American Community Survey (IPUMS).

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From lowest to highest: Income inequality in U.S. increased most among Asians from 1970 to 2016

Ratio of income at the 90th percentile to income at the 10th percentile



Note: Whites, blacks and Asians include only non-Hispanics and are single-race only in 2016. Hispanics are of any race. Asians include Pacific Islanders. Income is adjusted for household size. See Methodology for details.

Source: Pew Research Center analysis of 1970 decennial census and 2016 American Community Survey (IPUMS).

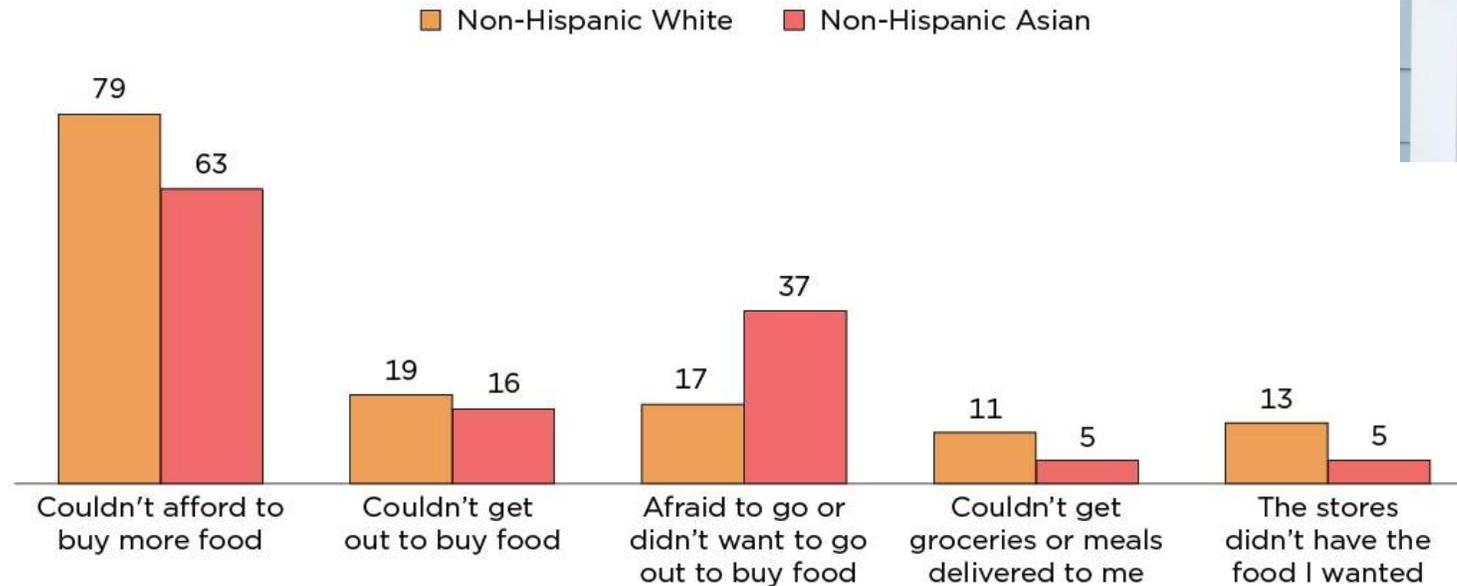
"Income Inequality in the U.S. Is Rising Most Rapidly Among Asians"

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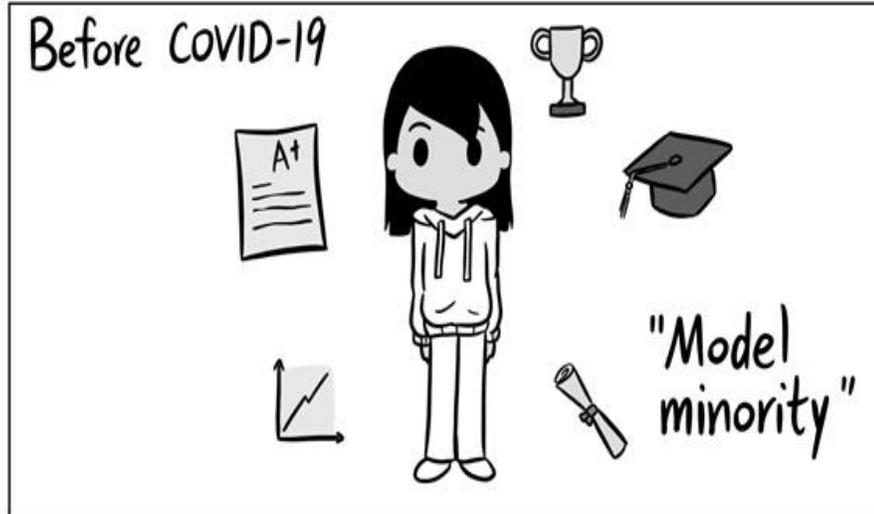
Asian Households Cite Fear of Going Out as Reason for Food Insufficiency During the Pandemic



Reasons for Food Insufficiency Among Non-Hispanic White and Asian Households
(In percent)

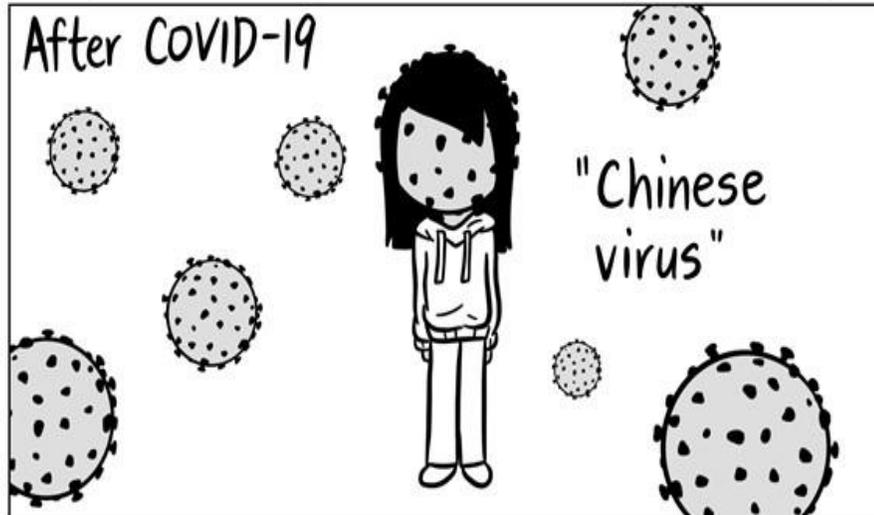


Source: U.S. Census Bureau, Household Pulse Survey, Week 27.



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The New York Times

- *Spit On, Yelled At, Attacked: Chinese-Americans Fear for Their Safety*
- *Coronavirus Racism Infected My High School*
- *“Are You Sick?” For Asian-Americans a Sneeze Brings Suspicion*



Asian senior victims of hate say U.S. 'more physically dangerous' for community

“Anti-Asian hate and violence instilled a sense of fear and anxiety, especially among Asian American older adults in dense, urban areas,” according to a new report.



**STOP
AAPI
HATE**

REPORT

**Asian American elders
report significant stress,
anxiety, and fear of
physical assault**

**STOP
AAPI
HATE**





- Anti-Asian hate crimes increased by 361%, South Asians, Pacific Islanders, and Southeast Asians higher rates than East Asians in 2021
- AAPI individuals who are also female, non-binary, LGBTQIA+, and/or elderly experience hate incidents that target them for more than one of their identities at once.
- Asian Americans who have experienced racism have heightened symptoms of depression, anxiety, stress, and Post Traumatic Stress Disorder (PTSD) symptoms
- AAPI students had greater odds of anxiety, depression, suicidality, and binge drinking

ASIAN AMERICAN MENTAL HEALTH DURING THE COVID-19 PANDEMIC

Asian Americans are experiencing unprecedented mental health concerns in the context of the COVID-19 pandemic and compounded by anti-Asian racism. Pre-pandemic, 10.2% of Americans experienced depression and 8.5% of Asian Americans experienced anxiety symptoms, the lowest of any racial/ethnic group. Our study of 3,736 Asian Americans found that **4 in 10 Asian Americans are experiencing current anxiety or depression symptoms.**

Current Mental Health



41% of Asian Americans are currently experiencing anxiety or depression symptoms

Younger adults (18-24 years), individuals making less than \$25,000 annually, US born, and Southeast and multiethnic Asian Americans are most vulnerable to experiencing anxiety or depression.

Need for Services



62% of Asian Americans with current diagnosed mental health conditions need help accessing mental health services

Adults aged 18-44 years and individuals less comfortable speaking English need most help accessing care.

Mental Health-Related Stress



53% of Asian Americans say that mental health concerns are a significant source of stress

Mental health concerns were the highest or second-highest source of stress across all Asian ethnic groups.

2.2 x

Asian Americans who faced anti-Asian discrimination are more than twice as likely to report current depression or anxiety symptoms than those who did not face discrimination (even after accounting for ethnicity, age, gender, income, and pre-existing mental health conditions).



AAPI
COVID-19
Needs Assessment Project

For more information, visit aapicovidneeds.org or contact Anne Saw, PhD at asaw@depaul.edu.

BARRIERS TO SEEKING HELP



CULTURAL BELIEFS

Discussing mental health concerns is considered taboo in many Asian cultures. As a result AAPI tend to dismiss, deny, or neglect their symptoms



STIGMA

There is a negative stigma surrounding mental health issues



AWARENESS

A lack of awareness of resources and services available



LANGUAGE BARRIERS

Language barrier that causes difficulty accessing services

Source: <https://www.apa.org/pi/oema/resources/ethnicity-health/asian-american/article-mental-health>



- APA Action Paper
 - *Anti-Asian American and Pacific Islanders (AAPI) Discrimination and Media Representation of AAPI Communities*
- APA Corporate Communications and Public Affairs
 - *Press kit to be disseminated on APA platform*
- APA Annual Meeting Proposal
 - *The role of advocacy to promote mental health in the face of rising anti-Asian discrimination*



COALITION FOR HEALTHY ASIAN MINDS PROGRAM

What is CHAMP?

The Coalition for Health Asian Minds Program (CHAMP) is a partnership between CAHE and the Community Based Organizations serving Asian communities that aims to raise awareness, reduce stigma, and improve access to culturally informed mental health services for Asian American families.

Recommendations for Advocacy

- Structural level:
 - National, state, and local reform to comprehensively change the policies and practices that perpetuate structural inequities
- Community level:
 - Models that center community and cultural values and practices.
 - Address structural factors such as limited numbers of CLAS providers
- Individual level:
 - Support economic, health, and mental health of most impacted AA
 - Direct funding to trusted stakeholders in the community
- Research, in partnership with communities of Asian Americans

Thank you!

Mental Health Resources For Asian and Pacific Islander Communities

- Asian American Psychological Association (AAPA)
- The Asian Mental Health Collective
- The National Asian American Pacific Islander Mental Health Association (NAAPIMHA)
- The South Asian Mental Health Initiative & Network (SAMHIN)
- National Alliance on Mental Illness (NAMI)
- Asian American Health Initiative (AAHI)
- National Queer Asian Pacific Islander Alliance (NQAPIA)



Resources

- Asian & Pacific Islander American Health Forum
- www.apiahf.org.
- Asian American Psychological Association www.aapaonline.org Association of Asian Pacific Community Health Organizations www.aapcho.org
- Center for the Pacific Asian Family www.cpag.info
- Center for Multicultural Mental Health Research
- www.multiculturalmentalhealth.org
- National Asian Women's Health Organization
- www.nawho.org
- National Asian American Pacific Islander Mental Health Association www.naapimha.org
- National Asian Pacific American Families Against Substance Abuse www.napafasa.org
- National Library of Medicine
- <http://asianamericanhealth.nlm.nih.gov/behissues.html>
- NIH, MedlinePlus - Asian-American Health
- www.nlm.nih.gov/medlineplus/asianamericanhealth.html
- NICOS Chinese Health Coalition (San Francisco)
- www.nicoschc.org