



All people, and especially those at greater risk of health disparities, will achieve their optimal lifespan with the best possible quality of health in every stage of life.  
People in all communities will be protected from infectious, occupational, environmental and terrorist threats.

## Health Disparities Affecting Minorities Asian Americans

According to the 2000 U.S. census, Asian Americans represent 4.2% of the U.S. population or 11.9 million individuals.

### Major health disparities for Asian Americans are:

- **Cancer-** during 1988-1992, the highest age-adjusted incidence rate of cervical cancer occurred among Vietnamese American women (43 per 100,000), almost five times higher than the rate among non-Hispanic white women (7.5).
- **Tuberculosis-** Asian Americans and Pacific Islanders had the highest tuberculosis (TB) case rates (33 per 100,000) or any racial and ethnic population in 2001 (14 per 100,000 for non-Hispanic blacks, 12 per 100,000 for Hispanics/Latinos, 11 per 100,000 for American Indians/Alaska natives, and 2 per 100,000 for non-Hispanic whites).
- **Hepatitis B Virus (HBV)-** the rate of acute hepatitis B (HBV) among Asian Americans and Pacific Islander has been decreasing, but the reported rate in 2001 was more than twice as high among Asian Americans and Pacific Islanders (2.95 per 100,000) as among white Americans (1.31).

### What you can do to eliminate health disparities:

#### Healthcare Providers

- **Advise and encourage** clients to reduce their risk for chronic and infectious illnesses.
- **Ensure** that standing orders are in place for screening tests.
- **Advise** clients to get HBV, pneumococcal, and influenza vaccinations as appropriate.
- **Provide** culturally competent and linguistically appropriate care.

## Individuals

- **Think prevention** – see a healthcare provider annually, even if you feel healthy.
- **Eat** more fruits and vegetables and less fat and sugar.
- **Get** at least 30 minutes of physical activity daily –  
*Taking the stairs burns 5 times more calories than taking the elevator.*
- **Take** loved ones to a healthcare provider.
- **Ask** your healthcare provider if you need or your child needs the HBV vaccine.
- **Stop** smoking.

## Community

- **Join** with others to promote community-wide health activities and campaigns.
- **Form** coalitions with civic, professional, religious, and educational organizations to advocate health policies, programs, and services.
- **Support** policies that promote healthcare access for all.

### For More Information:

Centers for Disease Control and Prevention (CDC)  
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(404) 498-2320

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Web site: <http://www.cdc.gov/omhd/>

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