



Health Disparities Affecting Minorities Native Hawaiian and Other Pacific Islanders

According to the 2000 U.S. census, Native Hawaiian & Other Pacific Islanders represent 0.3% of the U.S. population or 874,000 individuals.

Major health disparities for Native Hawaiians and Other Pacific Islanders are:

- **Diabetes**- during 1996-2000, Native Hawaiians were 2.5 times more likely to be diagnosed with diabetes than non-Hispanic white residents of Hawaii of similar age.
- **Infant Mortality**- in 2000, infant mortality among Native Hawaiians was 9.1 per 1,000, almost 60% higher than among whites (5.7).
- **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 (3.0 per 100,000) as among white Americans (1.3).
- **Asthma**- Native Hawaiians in Hawaii has an asthma rate of 139.5 per 1,000 in 2000, almost twice the rate for all other races in Hawaii (71.5).

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** seniors and medically compromised clients to get pneumococcal and influenza vaccinations.
- **Conduct** foot and kidney exams with diabetic clients during routine healthcare visits and recommend eye screenings annually.
- **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.
- **Place** sleeping babies on their backs. A separate but proximate sleeping environment is recommended such as a separate crib in the parents' bedroom. Bed sharing during sleep is not recommended.
- **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)
Office of Minority Health and Health Disparities (OMHD)
(404) 498-2320

Email: OMHD@cdc.gov

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

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