

## Discrimination and the Health of Asian Americans

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Videoconference on Minority Health

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## Explanations for Health Disparities

- Genetics
- Culture
- Health care
- Socioeconomic position
- Discrimination

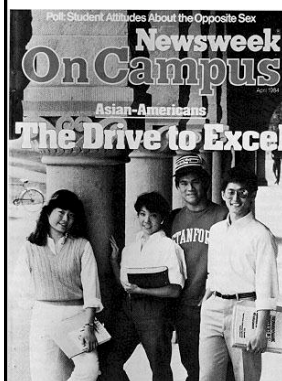
## Growing interest

- U.S. Surgeon General
  - Mental Health, Culture, Race & Ethnicity, 2001
- World Health Organization
  - Mental Health: New Understanding, New Hope, 2001
- Institute of Medicine
  - Unequal Treatment, 2003
  - Eliminating Health Disparities, 2004
- National Academies of Science
  - Measuring Racial Discrimination, 2004

## Potential pathways between discrimination & health

- Socioeconomic & other opportunities
- Hazardous exposures
- Historical trauma, soul wound
- Hate crimes
- Helpseeking & health services
- Chronic & acute stress

## Model Minority

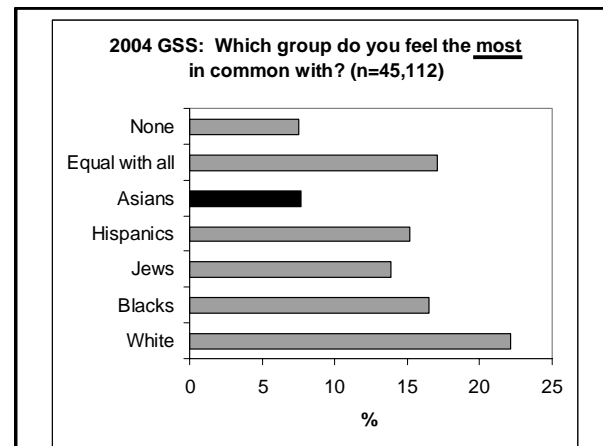
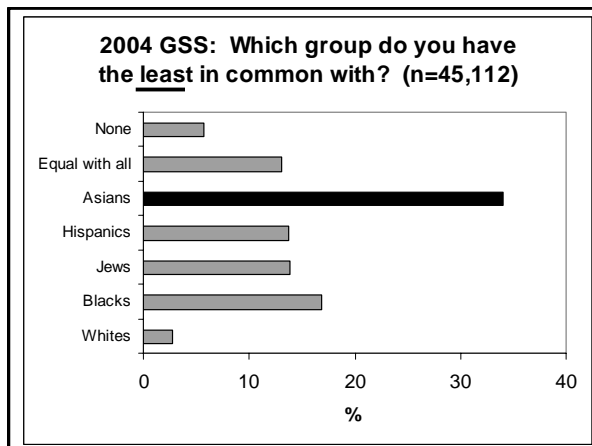


Asian Invasion


## 2002 GSS: (n=2685)

- How warm do you feel towards (1=warm...9=very cool)?
 


■ Asian Americans	3.7
■ Hispanics	3.6
■ African Americans	3.4
■ Caucasians	2.9



- MSNBC, 1998:
  - "American Beats Out Kwan"
- Seattle Times, 2002:
  - "American outshines Kwan, Slutskaya in skating surprise."



**The Truth about Dick DeVos and China**



- "Asian and Pacific Islander homebuyers experience consistent adverse treatment 20.4% of the time, with systematic discrimination occurring in housing availability, inspections, financing assistance, and agent encouragement. This level of discrimination is comparable to the level experienced by African American homebuyers..."

Turner et al., 2003. Discrimination in Metropolitan Housing Markets: Phase 2. Urban Institute.

**National Latino & Asian American Study (NLAAS)**

### National Latino & Asian American Study (NLAAS)

- Household survey, 2002-2003
- Languages:
  - Cantonese, English, Mandarin, Spanish, Tagalog, Vietnamese
- Response rate: 69% & 74%
- n=2095
- Weighted
- PI: David Takeuchi

### Select sample characteristics

- |                     |       |
|---------------------|-------|
| ■ Foreign born      | 77%   |
| ■ Female            | 52%   |
| ■ Married           | 65%   |
| ■ Age               | 41    |
| ■ Per capita income | \$40K |
| ■ West coast        | 68%   |

### Research Questions

- Is self-reported discrimination associated with increased:
  - Chronic conditions
  - Mental disorders

### Everyday Discrimination scale

- Developed from qualitative research
- Theoretical focus with chronic stressors
- 9 items total
  1. Less courtesy
  2. Poorer service in restaurants
  3. Called names, insulted
- Cronbach's alpha = 0.91

Williams, et al., 1997. Racial differences in physical and mental health. Socioeconomic status, stress and discrimination. J Health Psychol. 2: 335-351.

### Chronic Health Conditions

- World mental health composite international diagnostic interview (WHM-CIDI)
- Intended for cross-cultural epidemiologic studies internationally

World Health Organization. Disability Assessment Schedule II (WHO-DAS II). 1998. Geneva, World Health Organization.

### Health Conditions

- |  |   |
|--|---|
| ■ Cardiovascular <ul style="list-style-type: none"><li>■ Heart attack</li><li>■ Stroke</li><li>■ Heart disease</li><li>■ High blood pressure</li></ul> | ■ Respiratory <ul style="list-style-type: none"><li>■ Hay fever</li><li>■ Asthma</li><li>■ Tuberculosis</li><li>■ Other chronic lung diseases</li></ul> |
| ■ Pain <ul style="list-style-type: none"><li>■ Chronic back/neck problems</li><li>■ Headaches</li><li>■ Other chronic pain</li></ul>                   | ■ Other <ul style="list-style-type: none"><li>■ Diabetes</li><li>■ HIV/AIDS</li><li>■ Cancer</li><li>■ Epilepsy/Seizures</li></ul>                      |

## Measures

- Outcomes
  - Chronic conditions
  - Mental health disorders
- Discrimination
- Reporting factors
  - Social desirability (Crowne & Marlowe, 1960)
- Other stressors
  - Poverty
  - Family cohesion
  - Acculturative stress
- Sociodemographics
  - Age
  - Gender
  - SES
  - Nativity, language, generation
  - Region
  - Marital status

## Discrimination and Chronic Health Conditions, Negative Binomial Regression

	Bivariate	Model 1	Model 2
Discrimination	b	b	b
Social Desirability			

Gee, et al., in press. *Am J Public Health*

## Discrimination & Individual Outcomes (Odds Ratios)

	Cardio.	Respirat.	Pain	Other
Discrimination	1.69 **	1.37 ***	1.71 ***	0.89
Social Desirability	1.02	1.00	0.98	0.98

Adjusted for other covariates  
n=2095

## 12-Month Mental Health Disorders

- DSM-IV Criteria
- World Health Organization Composite International Diagnostic Interview (WHM-CIDI)
- Depressive
  - Major depressive disorder
  - Dysthymia
- Anxiety
  - Panic disorder
  - Agoraphobia w/o panic
  - Social phobia
  - GAD
  - PTSD
- Substance Use

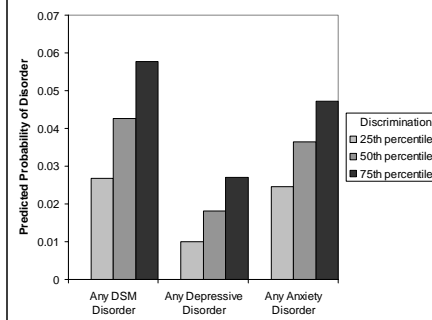
## Discrimination & 12 Month DSM-IV Disorders (bivariate)

Discrimination

Q1 Least  
Q2  
Q3  
Q4 Most

Gee GC, et al. 2007. The Association between Self-Reported Discrimination and 12-month DSM-IV Mental Disorders among Asian Americans Nationwide. *Soc Sci & Med* 64(10):1984-1996.

Figure 2. Predicted Probabilities of 12-month DSM IV Disorders, by Self-Reported Discrimination (Adjusted)\* National Latino & Asian American Study (n=2,095)



Adjusted for other covariates.

## Immigrant analysis (n=1593)

	12 Month DSM-IV Disorder			Health Conditions
	Any	Depressive	Anxiety	
Acculturative stress				
Discrimination				

Adjusted for other covariates

DSM-IV disorders analyses use logit models

Health conditions analysis uses negative binomial models

## Discrimination Pyramid

Overt  
Inter-  
personal

Covert  
Interpersonal

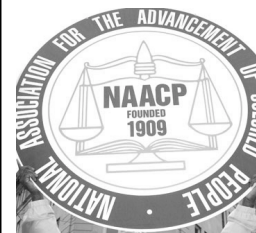
Structural

## Multiple Levels of Discrimination: Segregation & Redlining



Gee, 2002. A multilevel analysis of the relationship between institutional and individual racial discrimination and health status. *Am J Public Health*, 92: 615-623

## Resistance



- "I was in a car accident ... needed prescriptions filled .... I dropped over to the city welfare and this woman treated me like I was scamming something from her. And I'm also on depression medication and I said, "Well, look, forget about the painkillers if this is how you're going to be. Just give me my depression medication. Yeah, it would be great to have it, because I'm *in* pain – that's why it was prescribed to me. But if you're going to make a big ordeal about it, then see ya'."

## Resources & Buffers

- Social activism
- Social support
- Active avoidance
- Ethnic identity
- Ethnic enclaves

## Summary

- Racial discrimination is associated with
  - 12-Month DSM-IV mental disorders
  - Physical health conditions
- Robust to social desirability, other stressors, and demographics
- Moderated by resources

## Further Research

- Additional studies
  - Japanese Brazilians
  - Workplace
  - Multilevel
  - CBPR Detroit
- Methodological development
  - Objective measures
  - CHIS
  - Age discrimination

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**Thank You**