

BACKGROUND

- Asians are the fastest growing immigrant populations in the United States (U.S.). Filipinos and Filipino-Americans (FA) represent the third largest Asian group, about 3.9 million in 2016.¹
- Filipinos and FAs have a higher prevalence of chronic diseases than Whites, Blacks, and other Asian groups.²
- FA health care issues are often reported with other Asian subgroups; the literature recommends that Asian subgroups should be studied and treated differently because of their differing cultural values, lifestyle, and healthcare priorities.³
- The "one size fits all" approach to Asian American (AA) health should be reconsidered.³
- This review aims to synthesize current literature on health-related issues among FAs.

METHODS

- Data collection involved using the PRISMA search strategy, reading selected articles, and compiling specific data.
- Databases, such as CINAHL, PubMed, and PsycINFO, were searched in January 2019 using keywords: "Filipino American" and "Health."
- Time exclusion criteria of five years from January 2014 to January 2019.
- Two-hundred (200) articles were yielded in the initial search from the three databases.
- Sixty-six (66) articles were used in the synthesis tables, which specified related health issues in Filipino Americans in the United States.

RESULTS

- Table 1 shows the literature synthesis of FA health-related issues.
- Some health issues among FAs include cardiovascular disease, poor dietary, reduced physical health and activity, cancer, mental health, interventions, dementia, autism spectrum disorder, multiple causes of mortalities: malignant neoplasms, diseases of the heart, chronic lower respiratory diseases, and unintentional injuries, and lastly, poor oral health.

CONCLUSIONS & IMPLICATIONS

- \diamond The health issues among FAs indicate their vulnerability as a population.
- The literature recommends further investigation in identifying culturally-related environmental factors that could influence cardiovascular disease health risks that are presented in FA. ^{4,5}
- More culturally-tailored interventions are recommended.
- The development of these interventions can promote cultural inclusivity and provides a platform for healthcare professionals to advocate for Filipino-American health.

Health Issues among Filipino-Americans in the United States: A Systematic Review Tammy Nguyen, B.S., M.S. candidate and M. Danet Lapiz-Bluhm, Ph.D., RN, MSCI UT Health San Antonio, School of Health Professions and School of Nursing

TABLE 1. SYNTHESIS

Health Issues

Cardiovascular Disease (CVD Congestive Heart Failure (CHF High prevalence of hypertension, high cholester High blood pressure, high cholesterol, a High odds of diabetes, high blood pressure (BP), and Diabetes and Hypertension Diabetes

> Hypertension Premenopausal Vasomotor Visceral Adiposity

Poor Diet, Reduced Physical Health an Greater fat intake

Higher risk of weight gains due to accu Increased risks for increased BMI, waist circumference Lower physical activity due to low neighbor Low association between family income and Obesity/Overweight

Obesity and Asthma

Cancer Highest survival for all cancer sites, especially lu Highest overall cancer incidence rates among Asia Breast and/or Cervical cancer Less CRC screening complianc Low perceptions and behaviors toward CR Liver cancer Prostate cancer Thyroid cancer

Mental Health

Alcohol use Drug use Eating disorders Effects of Discrimination Higher mental problems from Accult Higher risks for Psychiatric Only Smoking

Interventions Increased rates of CRC screeni Blood pressure improvement Weight reduction

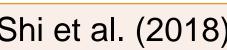
Dementia

Autism Spectrum Disorder (AS Multiple Causes of Mortality: malignant neoplasms, chronic lower respiratory diseases, and unint Poor Oral Health





	References	
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nt	Ursua et al. (2018) Bender et al. (2017) Mayeda et al. (2017), Sentell et al. (2015c)	5. Pu, J., Hastings, K. G., Boothroyd, D., Jose, P. O., Chung, S., Shah, J. B., Rehkopf, D. H. (2017). Geographic variations in cardiovascular disease mortality among Asian American subgroups, 2003-2011. J.Am.Heart Assoc., 6(7). pii: JAHA.117.005597. doi:JAHA.117.005597 [pii]; 10.1161/JAHA.117.005597 [doi]
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	Shi et al. (2018)	
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references.