

## 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.<sup>1</sup>
- Filipinos and FAs have a higher prevalence of chronic diseases than Whites, Blacks, and other Asian groups.<sup>2</sup>
- 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.<sup>3</sup>
- The “one size fits all” approach to Asian American (AA) health should be reconsidered.<sup>3</sup>
- 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

- 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.<sup>4,5</sup>
- 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.

## TABLE 1. SYNTHESIS OF FA HEALTH-RELATED ISSUES

Health Issues	References
<b>Cardiovascular Disease (CVD)</b> Congestive Heart Failure (CHF) High prevalence of hypertension, high cholesterol, and diabetes High blood pressure, high cholesterol, and arthritis High odds of diabetes, high blood pressure (BP), and high reports of disability Diabetes and Hypertension Diabetes Hypertension Premenopausal Vasomotor Visceral Adiposity	Pu et al. (2017), Ancheta et al. (2015), Ancheta et al. (2014), Jose et al. (2014) Sentell et al. (2015a) Ghimire et al. (2018) Bhimla et al. (2017) Mui et al. (2017) Bayog, ML & Waters, CM (2018) Araneta et al. (2015), Becerra, MB & Becerra, BJ (2015), Fukuoka et al. (2015), Karter et al. (2015), Pu et al. (2015), Sentell et al. (2015b) Bayog & Waters (2017), Ma et al. (2017), Zhao et al. (2015), Ursua et al. (2014) Reed et al. (2014) Armenta et al. (2015)
<b>Poor Diet, Reduced Physical Health and Activity</b> Greater fat intake Higher risk of weight gains due to acculturation Increased risks for increased BMI, waist circumference, and increased fat intake Lower physical activity due to low neighborhood safety Low association between family income and fitness scores Obesity/Overweight Obesity and Asthma	Vargas, P (2018) Oakkar et al. (2015) Vargas & Jurado (2015) Becerra et al. (2015) Jin & Jones-Smith (2015) Mui, P (2018), Afable et al. (2016), Battie et al. (2016), Cook et al. (2016), Rosas, Sanchez-Vaznaugh, & Sanchez (2015), Jih, J et al. (2014) Becerra, BJ, Scroggins, & Becerra, MB (2014)
<b>Cancer</b> Highest survival for all cancer sites, especially lung cancer survival Highest overall cancer incidence rates among Asian Americans (AA) Breast and/or Cervical cancer Less CRC screening compliance Low perceptions and behaviors toward CRC screening Liver cancer Prostate cancer Thyroid cancer	Ellis et al. (2018) Jin et al. (2016) Chawla et al. (2015), Solanki et al. (2016)Nghiem et al. (2016) Domingo, JL (2018), Sy et al. (2018), Tran et al. (2018), Tsoh et al. (2018), Fedewa et al. (2016) Francisco et al. (2014) Stewart et al. (2016) Lichtensztain et al. (2014) Nguyen et al. (2017)
<b>Mental Health</b> Alcohol use Drug use Eating disorders Effects of Discrimination Higher mental problems from Acculturation Higher risks for Psychiatric Only Smoking	Bongki et al. (2017), Kane et al. (2017) Bersamira et al. (2017) Assari & DeFreitas (2018) Ai et al. (2016), Li, M (2014) Choi et al. (2018) Erving, C (2018) Schweitzer et al. (2017), Bianco et al. (2014)
<b>Interventions</b> Increased rates of CRC screening Blood pressure improvement Weight reduction	Cuaresma et al. (2018), Maxwell et al. (2016), Maxwell et al. (2014) Ursua et al. (2018) Bender et al. (2017)
<b>Dementia</b>	Mayeda et al. (2017), Sentell et al. (2015c)
<b>Autism Spectrum Disorder (ASD)</b>	Becerra et al. (2014)
<b>Multiple Causes of Mortality: malignant neoplasms, diseases of the heart, chronic lower respiratory diseases, and unintentional injuries</b>	Hastings et al. (2015)
<b>Poor Oral Health</b>	Shi et al. (2018)



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