43% of the Pakistani CHRNA respondents have lived in the U.S. for 10 years or less. Family reasons and economic opportunities were the top reasons for coming to the U.S.

**Years living in the U.S.**

- 29% lived 5 years or less
- 11% lived 6 - 10 years
- 16% lived 11 - 15 years
- 22% lived 16 - 20 years
- 22% lived greater than 20 years

**ENGLISH LANGUAGE PROFICIENCY**

- 56% speak English less than “very well”
- 17% speak English “not well” or “not at all”

**EDUCATION**

- 37% have less than a high school education
- 21% have some college education
- 42% are college graduates

**PAKISTANI CHRNA RESPONDENTS**

- 52% female
- 48% male

**LOW INCOME**

- 30% of survey respondents reported less than $25,000 in annual household income
- 27% reported an annual household income between $25,000 and $55,000
- 22% have an annual household income greater than $55,000
- 21% do not know, are unsure, or declined to answer the question

**GENERAL HEALTH**

**PERCEIVED HEALTH STATUS**

- 78% describe their health status as **GOOD, VERY GOOD, or EXCELLENT**
- 22% rated their health as **FAIR or POOR**

**DID YOU KNOW?**

The top health concerns among Pakistani CHRNA respondents were:

- **Cardiovascular disease (62%)**
- **Diabetes (26%)**
- **Respiratory problems (17%)**
HEALTH PROFILE

Body mass index (BMI) is a measure of body fat based on height and weight that applies to adult men and women. According to standard BMI measurements, 41% of Pakistani CHRNA respondents are overweight, with 23% registering as obese. In comparison, 33% of New Yorkers are overweight and 23% are obese. When using Asian BMI standards, the proportions of overweight and obese Pakistani CHRNA respondents shift to 41% and 39%, respectively.

PHYSICAL ACTIVITY

Sedentary lifestyle is related to many chronic diseases such as obesity, diabetes, heart diseases, and depression.

- **26%** of Pakistani CHRNA respondents do not engage in any weekly physical activity, on par with the 26% of New Yorkers overall.
- **49%** engage in sufficient weekly physical activity, compared to 67% of New Yorkers. Sufficient physical activity means spending >150 minutes per week engaging in moderate physical activity, > 75 minutes a week engaging in vigorous physical activity, or a combination of both.

OVERWEIGHT/OBESITY

HEALTH CARE PROVIDERS

- **8%** do not have a regular health care provider
- Among those with a regular provider
- **15%** of respondents did not understand everything their doctor discussed with them during their last visit.

BARRIERS TO HEALTH CARE

Did You Know?

9% of Pakistani CHRNA respondents reported difficulty obtaining necessary medical care, tests, or treatments in the last year. The main reason given was because of cost or lack of insurance (60%).

HEALTH INFORMATION

The Pakistani CHRNA respondents get their health information and hear about services primarily from:

- **49%** from providers
- **46%** from family
- **39%** from the internet

HEALTH CARE ACCESS

- **13%** do not have health insurance
- **64%** are enrolled in public or government insurance coverage (Medicaid, Medicare, or other)
- **23%** have private or employer coverage

ROUTINE CHECKUPS

- **90%** saw a health care provider for a routine physical checkup in the past year, in comparison to 88% of all New Yorkers
- **3%** of respondents have never had a check-up

When Pakistani CHRNA respondents become sick or injured:

- **65%** go to a private doctor
- **14%** visit the emergency department
- **8%** take medicine at home without consulting a healthcare provider

ACCESS TO HEALTHY FOOD

- **6%** of survey participants “sometimes” worry about having enough money to buy nutritious meals
- **18%** reported that their homes are a 10-minute-walk or more away from a place to buy fresh fruits and vegetables

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ORAL HEALTH
33% of Pakistani CHRNA respondents rated their oral health as “FAIR” or “POOR”

MENTAL HEALTH STATUS
A depression and anxiety screening was used to determine how respondents would describe their feelings in the past 2 weeks:

10% of respondents may potentially benefit from mental health services for depression

- From this at-risk group, about 36% are considered to have “moderate” depression
- 27% are considered to have “moderately severe” depression
- However, 55% of respondents said they had never been screened for depression

17% of respondents were considered at-risk for anxiety

RISK FOR CARDIOVASCULAR DISEASES
High cholesterol levels and high blood pressure are risk factors of cardiovascular diseases (CVD), which can lead to heart disease and stroke.

- 71% of respondents received a checkup or screening for cholesterol in the last year
- 18% were told they have high cholesterol. In comparison, 30% of New Yorkers were told the same thing by their physicians²
  - 58% of respondents with high cholesterol are currently taking medications for high cholesterol
- 79% of respondents received a checkup or screening for their blood pressure in the last year
- 18% were told they have high blood pressure, while 29% of New Yorkers were told the same thing by their physicians²
  - 84% of respondents with high blood pressure are currently taking medications for high blood pressure

62% of respondents said CVD is a major concern for themselves or for their families

INCREASED RISK OF DIABETES
Frequent blood sugar level screenings are important to preventing and controlling diabetes

- 76% have received a check-up or screening for blood glucose in the past year
- About 19% were told by a health care provider that they have diabetes, more than the 11% of New Yorkers told the same thing²
  - 67% of respondents with diabetes are currently taking medications prescribed by a health care provider.

• Only 54% of Pakistani respondents 50+ years old have received a colonoscopy, while 69% of New Yorkers 50+ years old received a colonoscopy in the past 10 years⁶
• 56% of female Pakistani CHNRA respondents 21+ years have had a clinical breast exam
• 80% of female respondents 40+ years have had a mammogram in the past 2 years, as compared to 75% of New York women⁶
• 52% of female Pakistani CHRNA respondents have had a pap smear in the past 3 years, as compared to 78% of New York women⁵

Did You Know?
48% of male Pakistani CHRNA respondents have never received a prostate exam.

HEPATITIS B
Asian Americans are at higher risk for Hepatitis B, but many who are infected do not know it³

- 19% of respondents have never been screened for Hepatitis B
- 9% are not sure if they have ever been screened

COMPARISON OF CANCER SCREENING RATES

<table>
<thead>
<tr>
<th>Screening</th>
<th>Pakistani CHRNA</th>
<th>New Yorkers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Colonoscopy</td>
<td>54%</td>
<td>69%</td>
</tr>
<tr>
<td>Mammogram</td>
<td>80%</td>
<td>75%</td>
</tr>
<tr>
<td>Pap smear</td>
<td>52%</td>
<td>78%</td>
</tr>
</tbody>
</table>

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SMOKING
- 7% of Pakistani CHRNA respondents are current smokers
- 16% of respondents have used other tobacco products
- Of these, 47% use paan some days
- 14% of men are current smokers; which is lower than the 20% of current male smokers in New York

DISCRIMINATION
Pakistani CHRNA respondents were asked about facing discrimination in their day-to-day activities:
- 19% reported being treated with less respect than other people a few times a year or more
- 21% reported being treated with less courtesy than other people a few times a year or more
- 13% reported that other people treat them as if they are not smart a few times a year or more
- 8% reported they were physically or verbally abused or their property was damaged specifically because of their race or ethnicity

TUBERCULOSIS
Approximately 74% of respondents have previously had a tuberculosis (TB) test.
- 1% were told by a health care provider that they have the TB infection

COMMUNICATION
12% of Pakistani CHRNA respondents do not have Internet at home
7% of respondents do not have a cell phone

SEASONAL FLU VACCINE
About 46% of Pakistani CHRNA respondents received the flu vaccine in the past year, compared to 56% of all New Yorkers

NOT MEETING SLEEP RECOMMENDATIONS
Sleep supports healthy brain function to ensure good mental and physical health. A lack of adequate sleep can impact how well a person thinks, works, learns, or gets along with others. Only 46% of Pakistani CHRNA respondents reported getting the recommended number of hours of sleep.

- 7-9 hours is the recommended amount for healthy adults
- 31% of respondents reported unintentionally falling asleep during the day at least 1 day in the past 30 days

SOCIAL ENVIRONMENT
- 85% of Pakistani CHRNA respondents believe people in their neighborhood are trustworthy
- 89% believe people in their neighborhood get along well together
- 86% believe their neighbors look out for each other
- 83% believe that their neighbors would offer assistance in the event of an emergency

RELIGIOSITY
- Among religious Pakistani CHRNA respondents, 66% go to their house of worship at least once per month
- 90% pray at least once per day

Hinduism 1%
Islam 98%
Christianity 1%
CONCLUSION

The Pakistani CHRNA results are aligned with the public health literature which indicates that significant health disparities exist in Asian American subgroups. High rates of poverty were noted in the Pakistani community. Rates of certain types of health screenings for colon cancer and cervical cancer were relatively low in the Pakistani population surveyed compared to New Yorkers in general. In addition, the findings also suggest high rates of diabetes in the Pakistani population surveyed compared to New Yorkers in general.

Health Promotion

Developing community-based health promotion and preventive healthcare (such as screening activities) in partnerships with Pakistani-serving community-based organizations is essential to improving the health and well-being of the Pakistani community.

Citations:
1. Asian American Federation, “Asian Americans in NYC, April 2013
2. New York City comparison data derived from the New York City Department of Health and Mental Hygiene’s EpiQuery: NYC Interactive Health, 2013 NYC Community Health Survey data at http://on.nyc.gov/1Cf1RAf.
5 New York City comparison data derived from New York City Department of Health and Mental Hygiene’s EpiQuery: NYC Interactive Health, 2010 Survey Trends data at http://on.nyc.gov/1AnvDsL.
6. New York City comparison data derived from New York City Department of Health and Mental Hygiene’s EpiQuery: NYC Interactive Health, 2012 Survey Trends data at http://on.nyc.gov/1AnvDsL

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The mission of the NYU Center for the Study of Asian American Health (CSAAH) is to identify health priorities and reduce health disparities in the Asian American community through research, training and partnership.

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