



CSAAH Publication Community Brief

Duration of US Residence is Associated with Overweight Risk in Filipino Immigrants Living in New York Metro Area

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WHAT IS THE PURPOSE OF THIS STUDY?

- To examine the association between years living in the US and overweight risk in Filipino adult immigrants living in the New York metropolitan area.

WHAT IS THE PROBLEM?

- Asian Americans are the fastest growing racial group in the US Filipinos are the second largest Asian sub-population in the United States (3.4 million)¹.
- The majority of health research on Filipino Americans has originated on the West Coast. However, the New York metropolitan area is home to the third largest concentration of Filipino immigrants (221,031)
- Existing research indicates Filipino Americans have disproportionately and increasingly high rates of obesity, diabetes, and hypertension.
- The growing rates of obesity and chronic disease among US Filipinos are poorly understood. Better understanding of related factors can help inform targeted intervention programs.

WHAT ARE THE FINDINGS?

- By Asian BMI standards*, among Filipinos living in the NY metro area, longer US residence is associated to a higher risk of overweight, especially for those who have lived in the US for more than 10 years and migrated to the US before reaching 30 years old.
- Filipinos who had lived in US for at least 15 years were more likely to be overweight/obese and **1.7X more likely** to be obese than individuals living in US for less than 5 years.
- Individuals from the Visayas island group were **1.6X more likely** to be overweight/obese than those from the Luzon island group.
- Individuals living in New Jersey were **1.6X more likely** to be overweight/obese than those living in NYC.
- Males were **3.3X more likely** than females to be overweight/obese than females.
- Years in the US was related to obesity only for Filipinos who came to the US before the age of 30. In this group, compared to individuals living in the US for less than 5 years,
 - individuals living in the US for 10-15 years were **3.8X more likely** to be overweight/obese
 - individuals living in the US for more than 15 years were **5.7X more likely** to be overweight/obese.

*Asian BMI standards are normal/underweight (<23 kg/m²), overweight (23–27.49 kg/m²), and obese (≥27.5 kg/m²)²

¹U.S. Census Bureau, 2010 Census. <http://factfinder.census.gov/>

²Hsu, William C., Maria Rosario G. Araneta, Alka M. Kanaya, Jane L. Chiang, and Wilfred Fujimoto. "BMI cut points to identify at-risk Asian Americans for type 2 diabetes screening." *Diabetes Care* 38, no. 1 (2015): 150-158.



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- Further research is needed to verify why Filipinos gain weight after migrating and why this weight gain increases with longer years lived in the US.

WHO SHOULD CARE MOST?

- Researchers and policy-makers interested in the relationship between assimilation and health and developing subgroup and ethnic culture-specific programs for disease prevention and management in immigrant communities
- Healthcare facilities, community organizations, researchers, health care providers and policy workers working with Asian American communities in the US and the New York metropolitan area
- Health advocates working in Asian American communities

HOW DOES THIS PUBLICATION ADVANCE SCIENTIFIC RESEARCH?

- These findings add to the evidence of the adverse relationship between assimilation and health of US immigrants.
- This study is one of the first to investigate the health of Filipino populations on the East Coast as the majority of existing research derives from the West Coast or often do not separate between Asian American subgroups.

CITATION

Afable, A., Ursua, R., Wyatt, L.C., Aguilar, D., Kwon, S.C., Islam, N.S. and Trinh-Shevrin, C., 2016. Duration of US residence is associated with overweight risk in Filipino immigrants living in New York metro area. *Family & community health*, 39(1), pp.13-23. PMC4662079.

LINKS

- PubMed Link: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4662079/>
- Project AsPIRE: <http://www.med.nyu.edu/asian-health/research/aspire>
- Filipino Health Disparities featured on NIHMHD: <https://www.nimhd.nih.gov/news/events/features/2016/filipino-health-disparities.html>

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