BARRIERS FACED BY ASIAN AMERICANS:

English Proficiency:
27.8% of Asian Americans in Montgomery County speak English less than "very well" (LEP population)

Health Insurance Coverage:
25.3% of Asian Americans in Montgomery County have public health insurance coverage.

Education:
7.9 % of Asian Americans over the age of 25 in Montgomery County have a high school diploma or less.

Disability:
19.9% of Asian Americans aged 65 years and older in Montgomery County have a disability.

Birthplace:
In Montgomery County, 69% of Asian Americans were born outside the US.

Poverty:
4% of Asian Americans in Montgomery County had an income below the poverty level for the past 12 months.

HEALTH DISPARITY IN ASIAN AMERICANS:

Mental Health:
In 2023, AA adults were 50% less likely to have received mental health treatment than non-Hispanic white adults*. Suicide was the leading cause of death for Asians, ages 15 to 24, in 2022*.

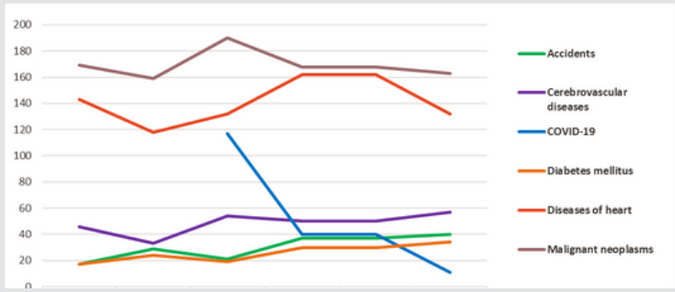
Senior Isolation & Loneliness:
Among all MoCo residents aged 55+, 33.9% are AAPI. Isolated seniors are more likely to experience negative impacts to their health*.

Cancer:
Lung cancer is the leading cause of death for AANHPI men and the most common cancer death in women*.

Diabetes:
AA are 40% more likely to be diagnosed with diabetes than non-Hispanic whites. The rate increases to 70% for Asian Indians and 43% for Filipinos*.

Heart Disease
National data shows the highest mortality from heart and cerebrovascular disease is in Asian Indians and Vietnamese adults respectively*.

LEADING CAUSES OF DEATH AMONG ASIAN AMERICANS



Source: Underlying cause of death, 2018-2023, Single race request form. (n.d.). https://wonder.cdc.gov/controller/datarequest/D158

Cancer: Cancer has been the leading cause of death among Asian Americans in Montgomery County since 2018. Over 5 years, cancer deaths overall have remained pretty stable with slight fluctuations in 2020.

Heart Disease: As per CDC, the decrease in the number of deaths in 2019 indicates improvement in Cardiovascular care, but the increase in 2020-2022 might be linked to pandemic-related health risks like stress, inactivity, and delayed medical care.

Cerebrovascular diseases: Death due to cerebrovascular diseases fluctuates between 2018 and 2023 showing minor variation over time. While stroke deaths have remained relatively stable, the increase in 2022-2023 could indicate rising risk factors like aging populations and hypertension.

Diabetes mellitus: The number of deaths due to diabetes slightly increased from 2018 to 2019 and dropped to similar number in 2020. The number increased significantly in 2021 and there was steady increase until 2023.

Accidents: Slight increase in number of deaths from 2018 to 2019, significant drop in 2020, peaking in 2021-2022 and stabilizing at 40 deaths in 2023.

Asian American Snapshot

About Asian American Health Initiative and the community we serve

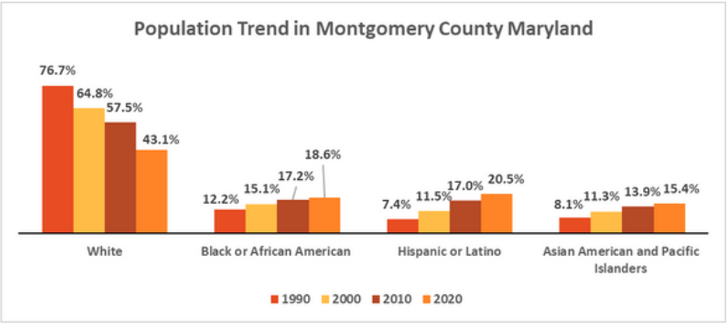
Asian American Health Initiative

Together To Build A Healthy Community

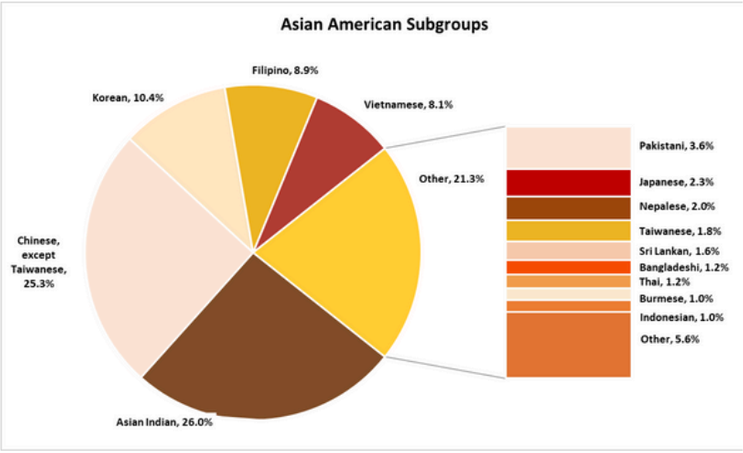
The mission of the Asian American Health Initiative (AAHI), part of the Montgomery County Department of Health and Human Services is to improve the health and wellness of Asian American (AA) communities in Montgomery County by applying equity, community engagement, and data-driven approaches.

ASIAN AMERICAN DEMOGRAPHICS:

According to the 2023 American Community Survey (ACS) Estimates, Asian Americans constitute 15% (158,558) of Montgomery County's population (1,058474).



Data Source: US Census 1990, 2000, 2010, 2020



Source: ACS 2023 5 YR Estimates, Table B02015

AAHI CORE WORK AREAS

Community Engagement

AAHI engages Asian American communities to enhance health information access through various media and outreach events. Our trained Patient Navigators, provide interpretation and care navigation for individuals with limited English proficiency, assisting them via phone and in-person.

Community Empowerment

AAHI focuses on community empowerment by providing:

- Workshops on demand on variety of topics
- Technical assistance for effective outreach and to improve health programs
- Various training for community leaders

Capacity Building

AAHI supports capacity building by offering:

- Grant funding
- Development of promising practices and programmatic models
- Creation of resources like cultural competency training, mental health photonovels, and toolkits which can be tailored to community needs
- Hosting data workshops and strategy consultations to enhance the capacity of AAPI leaders

Systems Improvement

AAHI focuses on improving systems by:

- Facilitating enhancement to local infrastructure to be more responsive to the unique needs of Asian Americans
- Launching initiatives like "Minority Voices" and "Untold" to educate policymakers and amplify the community struggles of Asian American residents
- Supporting the AAHI Steering Committee, composed of diverse local stakeholders, who advocate for equity and improvement in quality of life for all residents

AAHI ACCOMPLISHMENTS

AAHI has supported AAPI residents in Montgomery County since 2009. Since 2020, following the introduction of the COVID-19 Relief Fund, the number of individuals assisted has increased. On average since 2020, every year AAHI

- Assists 117,254 community members through various grants
- Provides navigation and interpretation for 8,452 clients through the Patient Navigator's Program

- Assists 3,140 community members through outreach directly by AAHI
- Reaches 248,345 Facebook, Twitter, and YouTube views

- 97% of community members were satisfied with AAHI's service
- Connects with 273 small businesses
- Attends 68 outreach activities
- Distributes 6,946 pieces of literature

Please reach out to AAHI for data sources.

1401 Rockville Pike, 3rd Floor, Rockville, MD, 20852
Tel: (240) 777-4517 | Fax: (240) 777-4564
Email: AAHI@montgomerycountymd.gov
Website: https://aahiinfo.org/