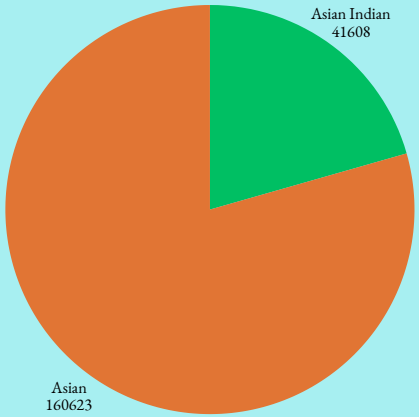
# IMMIGRATION HISTORY

Asian Indians first came to the U.S. in the 1800s as forced laborers called "Coolies". Punjabi Sikh men were among the first migrants to the U.S. as farm laborers, but faced violent racism. In 1917, this migration ended; the U.S. government passed the *Immigration Act of 1917*, which excluded people from the "Asiatic Barred Zone."

Increasing numbers of Asian Indians immigrated to the United States following the *1965 Immigration and Nationality Act*, which removed exclusion quotas and was the result of significant civil rights activism.

The Asian Indian population in Montgomery County has increased by more than 200% from 1990-2023. As per ACS 2023, there are approximately 41,608 Asian Indians residing in Montgomery County.

**Asian Indians in Montgomery County**




Asian Indian Americans comprise 25.9% of the Asian population in Montgomery County, making them the largest Asian subgroup in the county.

# ABOUT AAHI...

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 communities in Montgomery County by applying equity, community engagement, and data-driven approaches.


Asian American Health Initiative,
1401 Rockville Pike, 3rd Floor, Rockville, MD 20852
Phone: 240-777-4517
Email: AAHI@montgomerycountymd.gov
Website: aahiinfo.org


Link to learn more about the organizations serving Asian Indian Americans in Montgomery County
aahiinfo.org/aapiorganizations/

*Data sources available upon request from AAHI*

Asian American Health Initiative
Together To Build A Healthy Community

Asian American Health Initiative
Together To Build A Healthy Community

# WHO ARE... ASIAN INDIAN AMERICANS?

**An exploration into the Asian Indian community of Montgomery County, MD**

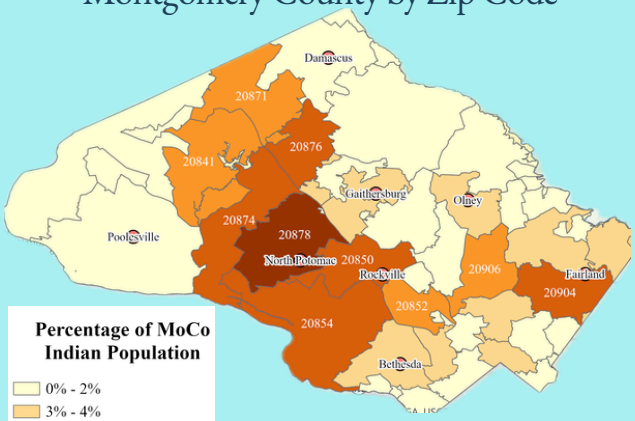
- Immigration history
- Demographics
- Health disparities
- Barriers to healthcare

# Asian Indians in Montgomery County

Income:

- Median household income – $153,433
- Overall poverty rate: 3.3%

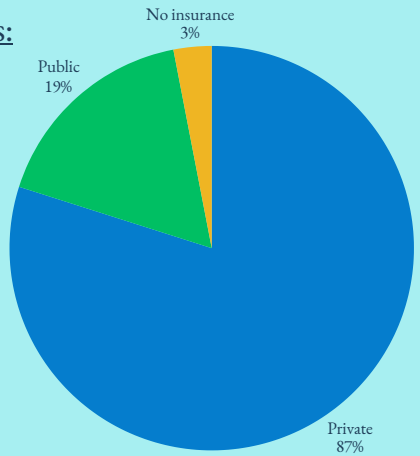
Percentage of Asian Indians in Montgomery County by Zip Code




4.8%

Asian Indian American households speak English less than "very well".

Insurance status:




## Health Status & Disparities

- Among Asian Indian men, cardiovascular disease causes 31.3% of deaths, compared to 27% for white men.
- Asian Indians are 70% more likely to be diagnosed with diabetes than whites.
- Though Asian Indians report lower rates of psychological stress than whites, mental health concerns may be underreported due to stigma and somatization.
- In a study of Asian Americans, among those who reported CVD, diabetes, or hypertension, Asian Indians were most likely to report barriers to care including inability to afford care or medications and lack of coverage.

Leading causes of death among Asian Indians in the US:

1. Heart disease
2. Malignant neoplasm/cancer
3. Accidents
4. Diabetes
5. Cerebrovascular disease (ex. stroke)

**Due to limited data availability, disparities are country-level rather than specific to Montgomery County. Further, much data is not disaggregated beyond the "South Asian" category.*

## Barriers to Care

Isolation and acculturative stress, particularly relating to mental health

अ Language barriers

Wide diversity in cultures, languages, beliefs, and practices across Indian subgroups

Experiences or expectation of discrimination by healthcare providers

Limited disaggregated data specific to Asian Indians masks the real health needs of this group