



## SOCIAL ENGAGEMENT 社會參與

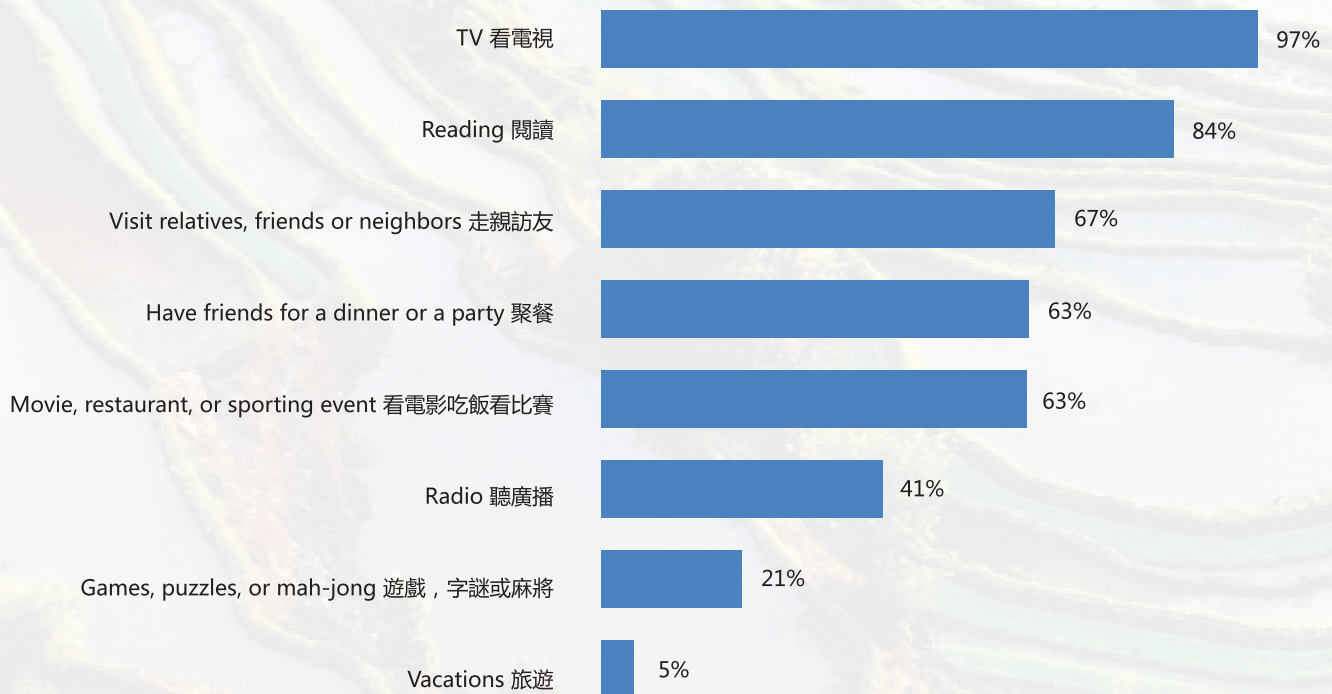
**BACKGROUND** Active social life and satisfying interaction with others are associated with positive health behaviors, greater social support, and better overall health. Thus, social engagement is an important indicator of social well-being. Language and cultural differences influence how Chinese immigrants engage themselves in social activities in the U.S.

**STUDY RESULTS** Nearly all participants reported watching TV at least once a month. Other popular social activities include reading (84%), visiting relatives and friends (67%), having friends over for a party (63%), and going out for movies, restaurant, or sporting events (63%).

**背景** 積極的社會生活有益於健康。通過社會活動，人們獲得更多的社會支持，和滿意的社會互動。因此，社交活動是社交健康的重要指標。語言和文化的差異會影響國移民融入美國社會活動的進程。

**研究結果** 幾乎所有的參與者一月至少一次看電視。其他受歡迎的社交活動包括閱讀(84%)，探親訪友(67%)，與朋友聚會(63%)，以及外出看電影，用餐或觀看體育賽事(63%)。

### SOCIAL ACTIVITIES AT LEAST ONCE A MONTH 每個月至少一次的社會活動



**CONCLUSION** Chinese immigrants actively engage in a number of social activities. Homebound activities are more popular than other activities among Chinese immigrants. Community centers are important venue for social activities among Chinese immigrants. To promote active social life, barriers need to be identified and removed at the individual, community, and societal levels.

**結論** 華裔移民積極參與一些社會活動。相比於其他社會活動，華裔移民更願意參加居家社會活動。社區中心對於中國移民人士是重要的社交基地。為了促進活躍的社交生活，需要幫助華裔移民認清和消除相關的障礙。