Filial Piety Report

Health and Well-being of Chicago Chinese Caregivers
FOREWORD

As the U.S. population ages rapidly, caregiving for our elderly population is an area of increasing concern. According to national statistics, seventy percent of people aged sixty-five and older need some form of assistance, but as this population grows by millions each year, there is an inadequate workforce to provide this care. While our governmental infrastructure works on adapting to this growing need today, eighty percent of elder care in this nation is provided by a family member.

Caregiving and intergenerational relationships are particular concerns for the American and global Chinese communities. It is estimated that China's elderly population will hit 360 million by 2030. This population growth is further reflected in the United States, and especially in Chicago, where Chinese have a vibrant and growing community. In the past years, Dr. XinQi Dong and his team at the Chinese Health, Aging, and Policy Program at Rush University and Northwestern University have been working extensively with Chicago community organizations such as the Chinese American Service League to initiate culturally responsive, community-engaged projects to attend to the needs of the Chinese American community. Dr. Dong's team first initiated the PINE Study in 2011, an ongoing investigation of the health and well-being of over 3,000 Chinese older adults in Chicago. This team has continued to examine the issues facing the larger Chinese community, now with increased attention to the role of intergenerational relationships, culture, and caregiving in health outcomes – pertinent to both the Chinese and the general American society alike.

It is with great pleasure that I introduce you to this meaningful academic-community collaboration’s latest research effort – The FILIAL PIETY Report. This report not only sheds light on the health and well-being of Chinese adult children of older adults residing in the U.S., but also illuminates the growing issues of caregivers' psychological distress, caregiving burden, and intergenerational conflict. The psychological and social issues these adult children face are alarming and warrant continued investigation and support from federal and state governments.

The FILIAL PIETY Report can serve as a visionary blueprint for how to address caregiving concerns in our Chinese community through the intersection of health and culture. We want to thank and congratulate many people for making this report possible. Your tireless commitment will make a tangible difference in the lives of older immigrant adults who call the U.S. home.

前言

如何赡养老人是当今社会面临的重要问题。然而，提供这类照料的人力资源不足。尽管政府正在努力完善赡老服务，80%的老人仍然依靠家庭提供。全球和芝加哥华裔老龄化的迅速，呼吁对华裔家庭赡老和代际关系有更好的理解。

董新奇医生以其罗许大学和西北大学的研究组一直在致力开展研究项目来理解芝加哥华人社区的需求。通过芝加哥地区的华人咨询服务处，以及其他社区机构的积极合作，松年研究覆盖了超过三千名华裔老人。目前，这支球队继续开展研究与支持，致力深入了解华裔文化和家庭关系，老人照顾等热点问题。

我们向各位正式介绍最新的研究 - 春晖报告。这份报告反应了美国华裔老人和其成年子女的健康问题，家庭照顾和冲突等议题。华裔社会对于华裔成年子女在照顾父母时面临的心理和社会的提问提供更多支持。

春晖报告可以作为一份具有远见的蓝图来改善华人社区老龄问题。它链接健康与文化，关注少数族裔的健康问题，同时，对帮助我们完成这份报告的所有人士表达诚挚的谢意和衷心的祝贺，在美华裔移民得益於您孜孜不倦的付出。
PREFACE

Due to the unprecedented growth of the global aging community, policy development and government resources are unable to keep up with demand, and caregiving responsibilities of older adults have often fallen onto their adult children. Many Chinese American families prefer to take care of their aging parents instead of seeking outside sources of assistance. At the Chinese American Service League (CASL), a grassroots hub within the heart of Chinatown, we witness this intergenerational care and reach out to over 17,000 clients annually to provide as much physical, economic, mental, and social support as we can.

We are deeply committed to serving our community better, and we have formed and nurtured a synergistic and sustainable greater Chicago area academic-community partnership dedicated to improving the quality of life of the Chinese aging population through education, research, service, and community engagement. Through the PINE Study, we heard the concerns of over 3,000 Chinese older adults regarding their health, quality of life, and issues concerning their social and psychological well-being. As a next step to understand the intergenerational issues facing the Chinese community, we initiated the PIETY Study. After two years of intensive data collection, we are proud to share The FILIAL PIETY Report--a comprehensive health, well-being, and caregiving assessment of Chicago Chinese adults.

Until The FILIAL PIETY Report, little research has been conducted about the caregiving stress and psychological well-being of Chinese adults with elderly parents in the U.S. In our study, 1 in 2 Chinese adults helped their parents in performing daily activities necessary for living independently; nearly 3 in 4 Chinese adults experienced stress and burden in caring for their parents. In addition, 1 in 2 Chinese adults reported symptoms of anxiety, and nearly 1 in 2 reported experiencing some depressive symptoms. These figures are alarming and should elicit support from our government and community.

The health concerns of our aging population have increasingly captured the attention of the public and lawmakers, but the issues of caregiving also warrant immediate societal attention, as they directly affect multiple generations. We need the collective efforts of community organizations, academic partners, state and federal partners, policymakers, and relevant stakeholders to devise culturally and linguistically appropriate services to properly support our community.

Through The FILIAL PIETY Report, our community has voiced our needs through the lens of caregivers. It is our fervent hope that this report will guide necessary actions towards supporting the Chinese community, their health, and their wellbeing. We urge you to join us in this crucial endeavor.

社会的急速老龄化, 導致政府在政策資源分配上未能滿足日益增長的養老需求。美國華裔家庭的成年子女負擔了大部分的養老責任。華人諮詢服務處作為一個植根於華埠社區的基層服務中心, 為超過17000名有需要的客戶提供了服務和支持。

我們致力於為芝加哥華埠社區提供更優質的服務, 並與相關研究機構建立了合作來提升華裔生活質量。松年研究揭示了三千餘名華裔老人的心聲。為了進一步理解華裔家庭跨代關係, 在兩年的數據收集整理後, 我們自豪地與大家分享這份春暉報告。這是一位在評估芝加哥華裔成年子女健康及家庭跨代關係的全面報告。

這個問題在從前並沒有得到充分的研究。我們研究發現, 1/2的華裔成年子女為父母提供日常生活協助, 3/4的受訪者有養老的負擔, 1/2的受訪者有 BOOST 症狀, 另有1/2的受訪者有抑鬱症狀。以上數據, 呼籲政府社會各部門需要緊密合作來制定一套適用於華裔文化背景和語言背景的服務機制來支持養老。

成年子女通過這份報告表達了訴求。我們熱切希望, 這報告能進一步的引導積極行動來為華裔社區造福。我們希望你們能加入到這項意義巨大的事業。

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研究背景  美國華裔老人口快速成長預示了日益增加的
養老負擔。以家庭為中心的中國傳統價值觀影響了華裔
家庭對老人照顧的組織和安排。孝順作為中國的重要文
化決定成年子女應具有照顧父母義務。故作為家庭照顧
者的華人成年子女有一個更充分的理解及關關重要。

目前公共健康的數據收集往往基於整個亞裔群體，
很少特別針對華裔社區。前人的研究理論框架以西方文
化為基礎，沒有考慮到傳統價值觀對少數族裔的重要影
響。綜上，我們對於華人的文化和老人養老的理解不完全，
對這些核心問題有一個更全面的理解，有助於公共
政策為華裔家庭子女養老提供支持。

孝順和兩代關係研究  在這一使命的指引下，衆多大學
華人老人化研究中心，西北大學聯合其他社區機構，包
括華人諮詢處和希林共同推出了春暖報告。從2011年開
始，我們通過春年研究訪問了三千多名華裔老人，聆聽了
他們的想法。為進一步的了解華裔家庭的需求，我們的
研究組採訪了他們年滿21歲的成年子女參與孝順以及兩
代關係訪談。從2012年到2014年，我們訪問了54位成
年子女。我們的研究團隊按照受訪者的喜好，提供英文，
廣東話、台山話、普通話或潮州話的訪問。研究數據使用
英文、簡體中文和簡體中文同時記錄。

研究成績：

人口特徵

- 受訪者平均年齡為48歲（22-76）。66%的受訪者為女性，81%的受訪者已婚。
- 接近66%的受訪者的教育水平為高中或以下。
- 超過25%的受訪者收入水平處於貧困線以下，只有26%的受訪者能夠使用英文。

健康

- 大約40%的受訪者任何自己的健康不好或一般。
- 20%的受訪者身體有一種慢性病，8%的受訪者有兩
  種，5%的受訪者有3種或三種以上慢性病。
- 受訪者平均每年看4次醫生。

跨代家庭和睦

- 1/3的受訪者和父母住在同一個房子裡，很多受訪者
  每日與父親（47%）或母親（27%）聯繫。
- 更多成年子女認為父親比母親關愛，（91% vs. 72%）
  和理解自己。
- 成年子女認為自己更能夠依靠父親的幫助（57% vs.
  12%），母親比父親更容易批評自己（24% vs. 14%）
  ，父親對自己的要求更多（19% vs. 13%）。
- 更多的成年子女認為他們與母親在實際問題上面存在
  差異（40% vs. 15%）。

老人照顧

- 分別有8%和15%的受訪者表示他們需要為父親和母
  親提供日常生活幫助。超過半數的受訪者照顧父親
  （56%）和母親（61%）的工具性日常生活需要。
- 多數受訪者表示父親和母親期待自己是主要照顧者
  同時他們也認為自己就是父母的主要照顧者（66%，
  71%）。
- 73%的受訪者認為自己在照顧年老父母的時感到了壓
  力和負擔。其中，時間依賴性負擔為最常見的一種負
  擔（67%）。
- 大約87%的受訪者表示，他們認為社區應當在照顧老
  人方面起到更重要的責任。

家庭爭端

- 超過一半的成年子女在照顧者虐待靜量表上有肯定
  性回答，難以讓父母控制他們的脾氣和行為成為最常
  見的問題（25%）。
- 28%的受訪者在18歲前經受過父母的身體虐待，其中
  有15%的受訪者表示這種虐待對自己影響嚴重。

心理健康

- 32%的受訪者表示他們在過去的一個月裡曾經感受到
  精神緊張和有壓力，32%的受訪者表示他們似乎不能
  夠很好的掌控自己的生活。
- 21%的受訪者感覺孤獨。超過半數的受訪者有焦慮症
  狀（54%）。
- 有44%的受訪者在過去2禮拜裡至少表現出了一種抑
  鬱症。

社交健康

- 受訪者更願意參加家裡的社會活動，比如看電視
  （97%），閱讀（84%）。
- 十分之一的受訪者沒有可以依靠幫忙的朋友
- 五分之一的受訪者表示沒有朋友可以談論私事。

結論和啟示  研究顯示，以家庭為中心的價值觀依舊在
美華裔社區扮演重要角色。華裔成年子女在美國社會裡
照顧年老父母面臨很多困難，自己也有很多健康問題。
這些挑戰為社區，社區服務，和政策制定者提供了一個
通力協作的契機來提升華裔人群的健康。應該建立多學
科的合作去為華裔群體以及年老父母提供雙語的社會活
動和護照支持。在政策層面，我們需要聯邦和州政府的
政策制定者在現有和今後的政策中整合文化特殊性和多
樣性。我們希望這份報告的信息能夠幫助提高華人社區
的健康和福祉。
BACKGROUND The population of U.S. Chinese adults aged 65 and above has increased four times quicker than the general U.S. older adult population. This rapid growth means there is an increasing demand for elder care within Chinese families. Traditionally, family-oriented values influence the planning and organization of elder care in Chinese families. Filial piety prescribes that adult children are obligated to provide adequate support to their elderly parents. This demand and cultural precedent calls for a better research understanding of Chinese adult children as family caregivers.

Current data collection efforts mostly aggregate Asians as a single category, and therefore social and health data regarding Chinese Americans as a specific ethnic group have been scarce. Moreover, conceptual frameworks that have been used in prior research were developed based on Western populations, failing to identify the importance of cultural values within minority populations. In light of those factors, we only have a rudimentary understanding of culture and caregiving within Chinese families. Without a full understanding, public health and policy goals remain too underdeveloped to adequately support the family caregiving practices of Chinese adult children.

FILIAL PIETY STUDY With this mission in mind, The PIETY Study is the product of a synergistic collaboration between the Chinese Health, Aging, and Policy Program at Rush University, Northwestern University, and many community-based organizations and social service providers. With the full engagement of community members affected by these issues, our community partnership is guided by community-based participatory research (CBPR) approaches for the purpose of education, empowerment, and sustainable social change. Starting in 2011, we interviewed over 3,000 Chinese older adults through the PINE Study and heard the concerns of Chinese older adults.

To build on the PINE Study’s efforts to understand the health and well-being of Chinese families living in Chicago, our team invited PINE participants’ adult children aged 21 and above to participate in our PIETY Study. From 2012 to 2014, we conducted interviews with 548 adult children. Our multilingual staff interviewed participants according to their preferred language and dialects, such as English, Cantonese, Toishanese, Mandarin, or Teochow.

KEY FINDINGS

DEMOGRAPHICS

- The average age of our study participants is 48 (Range: 22-76), with nearly 70% older than age 40; 66% are female and 81% are married.
- Nearly seven in ten (66%) of our participants have a high school education or less.
- Over 25% of our participants fall below the federal poverty line. Only 26% of our participants can speak English.

HEALTH

- Four in ten participants (40%) rated their general health status as fair or poor.
- Overall, 20% of our study participants live with one medical condition, 8% live with two conditions, and 5% live with three conditions or more.
- The average number of visits to physician is 4 times per year.

INTERGENERATIONAL SOLIDARITY

- One third of participants live with their parents in the same house. Many of them have daily face-to-face contact with their father (47%) and mother (27%).
- Adult children are more likely to perceive their fathers care about them compared to mothers (91% vs. 72%). Adult children perceive that their fathers understand them better than mothers (76% vs. 18%).
- More participants felt they could rely on their fathers for help than on mothers (57% vs. 12%). They perceive their mother criticizes more (24% vs. 14%) but father demands more (19% vs. 13%).
- More adult children reported having disagreements with their mothers than with their fathers in dealing with practical matters (40% vs. 15%).
EXECUTIVE SUMMARY

PSYCHOLOGICAL WELL-BEING
- In the last month, one third of participants (32%) felt that they are nervous and stressed, and 32% felt that they cannot cope with things they have to do.
- 21% of participants experience a sense of loneliness. Over half (54%) of participants present symptoms of anxiety.
- A total of 44% of participants displayed at least one depressive symptom in the past two weeks.

SOCIAL WELL-BEING
- Our participants are more likely to engage in monthly home-bound activities, including watching TV (97%) and reading (84%).
- One in ten participants have no relative who they can count on for help (10%).
- Nearly one in five (18%) participants have no friends with whom they can talk about private matters.

CONCLUSION & IMPLICATIONS
Our FILIAL PIETY Report indicates that family-oriented values still play an important role within U.S Chinese families. Many Chinese adults may experience significant problems taking care of older parents while themselves are vulnerable to poor health and well-being. Nevertheless, these health challenges represent tremendous opportunities for community stakeholders, social service agencies, and policy makers to work in concert to improve the health and well-being of Chinese Americans.

A multi-disciplinary partnership should be forged to support to Chinese Americans and their parents with bilingual services, social activities, and care programs. On the policy level, we need the broad support of state and federal law makers to integrate the importance of diversity and culture in existing and future legislation. We hope the information presented here will serve as a clear call to action for those who are invested in improving the health and well-being of the Chinese community in the U.S.

CAREGIVING
- More than half of adult children in our study have to help their father (56%) and mother (61%) with instrumental activities of daily life.
- Most participants perceive their father and mother expect them to be the primary caregivers (66% and 71%) and that they are the actual primary caregivers (66% and 71%).
- Caregiver burden is common (73%). Time-dependence burden (67%) is the most frequently reported burden.
- Approximately 87% of adult children agree that the community should share a great amount of responsibilities in taking care of older adults.

FAMILY CONFLICTS
- Over half (60%) of the adult children screen positive for potential caregiver mistreatment. Having trouble with their parents' temper or aggression is common (25%).
- One third of our participants had been physically mistreated by their parents before turning 18 years old (28%), and 15% of them thought that was serious.
BACKGROUND The Chinese community is the largest and the fastest growing Asian American subgroup population in the United States. This dramatic increase necessitates a deeper understanding of family caregiving among U.S. Chinese adults.

Traditional Chinese culture prioritizes the well-being of the entire extended family, which is different from mainstream Western culture which emphasizes each individual and the nuclear family. Influenced by filial piety, Chinese adult children assume the primary responsibility of caring for older parents. Filial piety still guides family care practices in modern China. This belief can be perpetuated through multiple generations when current caregivers set up good models for their children to follow.

In the U.S., Chinese adult children are often more acculturated and may have trouble understanding the cultural meaning of filial piety. However, the PINE Study has shown that U.S. Chinese older adults expect a high level of filial piety from their children. This generational discrepancy in cultural values may threaten harmony within the family and cause conflict detrimental to the health and well-being of both Chinese older parents and adult children. Moreover, taking care of older parents can be more burdensome for immigrant caregivers, who themselves may struggle with the stress from working and adjusting to life in America. This caregiving burden could intensify with the "One Child" generation immigrating to the U.S., as no siblings are available to share caregiving responsibilities. Therefore, it is imperative that we pay special attention to the vulnerability of Chinese adult children and work to understand their caregiving experience, health, and well-being.

PROJECT GOAL Guided by a community-based participatory research approach, The FILIAL PIETY Report is the product of a synergistic collaboration between the Chinese Health, Aging, and Policy Program at Rush University, Northwestern University, and many community-based organizations, agencies, and social service providers, including the Chinese American Service League and Xilin Asian Community Center.

The purpose of the PIETY study is to examine intergenerational solidarity and family caregiving among Chinese families. Our primary aims are to examine: 1) intergenerational solidarity and filial piety; 2) caregiving burden and stress; 3) physical, psychological, and social well-being of caregivers; and 4) challenges, barriers, and cultural variations in taking care of older parents in Chinese families in the U.S.

ACKNOWLEDGEMENTS The FILIAL PIETY Report would not have been possible without the continued support and assistance of the following community-based organizations, agencies, and social services providers.

Particular thanks are extended to (listed in alphabetical order):

- Appleville Apartments
- Asian Health Coalition
- Benton House
- CASL Senior Housing
- Chicago Chinese Benevolent Association
- Chinatown Elderly Apartments
- Chinese Mutual Aid Association
- Hilliard Apartments
- Midwest Asian Health Association
- Pui Tak Center
- Shields Apartments
- South-East Asia Center
- St. Therese Chinese Catholic Church
- Xilin Asian Community Center

We wish to thank the members of the Chinese Community Advisory Board who offered instrumental support and overall guidance in this project. Our thanks are extended to: Dr. David Lee, David Wu, Dr. Hong Liu, Vivian Xu, Yicklun Mo, Florence Lei, Mary Jane Welch, Dr. Margaret Dolan, Marta Pereyra.

We are grateful to the PIETY participants for graciously sharing their perspectives of their parents’ health and well-being as well as their own caregiving experience.

The FILIAL PIETY Report could not have been
possible without the committed multilingual and multicultural research staff who worked tirelessly to ensure the success of this project.

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**INTRODUCTION & ACKNOWLEDGEMENTS 導論**

**Other collaborators:** Ada Mui, PhD, ACSW, LMSW; Iris Chi, DSW; Bei Wu, PhD; Daniel Lai, PhD, RSW; Julian Chow, PhD; Lydia Li, PhD; Terry Lum, PhD; Agnes Tiwari, RN, PhD, FAAN; Ning Zhang, PhD.

**BACKGROUND**

在美華裔有四百萬，是人口最多增長最快的亞裔人群。因此，加深對華裔家庭赡老的理解非常重要。中國文化更加側重於家庭，履行孝順義務是成年子女義不容辭的責任。在現代中國，孝道引導家庭養老，並且通過以身作則的方式世代相傳。在美國社會裡，成年子女往往更接受西方的思想，往往不能理解孝順的文化含義。松年研究發現，美國華裔老年人對成年子女具有很高的孝順期待。當時代洽會破壞家庭和睦，影響兩代人的健康，移民家庭的老人往往需求更多，然而子女又面臨著維持生計的負擔，因此成年子女照顧煢老的壓力更大，這種負擔在獨生子女家庭就特別為尤甚。因此，我們需要深入了解成年子女和他們的煢老負擔。

**Plan Objectives**

在社區參與性研究方法的指引下，羅許大學華人老齡化研究中心，西北大學聯合其他社區機構，如華人諮詢服務處和希林中心共同推出了春暉報告。這個研究的目的是理解華裔家庭關係和煢老照顧。主要目標是深入了解：1. 跨代家庭關係和孝順；2. 成年子女的家庭煢老負擔；3. 成年子女的健康；4. 在美華裔家庭煢老的挑戰，障礙和文化特殊性。

**Acknowledgments**

本報告的成功離不開以下機構和組織的全力支持，謹在此對以下機構表達誠摯的感謝：

- 苹果園公寓
- 亞裔健康聯合會
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- 樂宜居長者公寓
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- 知音大廈長者公寓
- 華人互助會
- 玉米樓長者公寓
- 美中亞裔健康協會

對所有參與松年孝道研究的受訪者的參與和慷慨的經驗分享表示感謝。

春暉的成功問世離不開松年研究組來自不同文化背景的成員的努力付出。

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華人諮詢服務處主要研究者：黃麗瑞雄女士 總裁；黃蘇振恩女士 執行幹事

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蘇丹，傅進隆，楊詩詩，Farren Ng，閩之琴，許瑛
The first U.S. Census notation recorded three Chinese living in America.

1830

Chinese came to California in large numbers during the California Gold Rush.

1849

California legally prohibited Chinese immigration.

1858

First transcontinental railroad was completed with a workforce of 80% Chinese workers.

1869

Anti-Chinese sentiment along the Pacific Coast dispersed Chinese immigrants to the Midwestern and Eastern states, bringing the first Chinese to Chicago.

1870

The Chinese Massacre in L.A. occurs where Chinese were murdered by a racially motivated mob.

1871

The Great Chicago Fire killed hundreds and destroyed a major part of the city.

1880

Anti-Chinese riots spread throughout the West and led to racially motivated violence and massacres.

1882

The Chicago Chinese Community began to form in the downtown loop area, near Van Buren and Clark street.

1898

The Chinese Exclusion Act was passed. A significant restriction on free immigration in U.S. history, the Exclusion Act outlawed all Chinese immigration to the U.S. and denied citizenship to Chinese.

1900

U.S. vs. Wong Kim Ark: Wong was born in the U.S. to Chinese parents.

1910

He was denied permission to enter the U.S. on the grounds that he was not citizen.

Supreme Court later ruled everyone born in the U.S. is a U.S. citizen.

Chinese Exclusion Act was renewed and extended indefinitely.

Chinese found refuge in the Chinatowns of large cities.

The largest population was in San Francisco.

各大城市的唐人街成為華人避難所，三藩市成為華人人口最多的城市。
S. RES. 201

Expressing the regret of the Senate for the passage of discriminatory laws against the Chinese in America, including the Chinese Exclusion Act.

Whereas many Chinese came to the United States in the 19th and 20th centuries, as did people from other countries, in search of the opportunity to create a better life for themselves and their families;

Whereas the contributions of persons of Chinese descent in the agriculture, mining, manufacturing, construction, fishing, and canning industries were critical to establishing the foundations for economic growth in the Nation, particularly in the western United States;

Whereas United States industrialists recruited thousands of Chinese workers to assist in the construction of the Nation.

The Chinese population increased rapidly, with an estimate of 12,000 residents. Chicago had the 4th largest Chinese population in the United States.

A large number of ethnic Chinese from Vietnam, Cambodia, Thailand and Laos settled down in the uptown Argyile neighborhood after the conclusion of the Vietnam War.

Vincent Chin was brutally beaten to death in a racial hate crime, leading to a pan-ethnic Asian American movement in the U.S.

Tiananmen Square protests occurred. An executive order was issued to allow mainland Chinese scholars, students and families to permanently remain in the U.S.

Immigration Act increased the total immigration to the U.S. and increased visa quotas by 40%. Family reunification continued as a main immigration focus.

With the passage of Senate and House resolution, the Congress issued a formal apology for the Chinese Exclusion Act.

Chicago’s Chinatown celebrated their Centennial Anniversary.

The Chinese Exclusion Act was repealed. A second wave of Chinese immigrants arrived, seeking economic opportunities and reuniting with families.

Groups of Mandarin-speaking professionals settled in the suburban areas of Chicago after the revolution in mainland China.

The Immigration and Nationality Act of 1965 increased the quota of immigrants from China, Taiwan and Hong Kong.

The Chinese population in Chicago passed 1,000.

Due to the increasing rent prices and racial discrimination, the majority of Chinese moved to the near south side of Chicago. A new Chinatown located near Wentworth and Cermak was established.

Women constituted less than 6% of the Chinese population in Chicago.

The Chinese Exclusion Act was enacted to bar the immigration of all Chinese workers.
Chinese population accounts for 26% of Asian Americans and 1.2% of the total U.S. population. Illinois has one of the largest Chinese populations in the country, which has increased by 35% between 2000 and 2010, a much larger increase than other ethnicity groups. In the city of Chicago alone, the Chinese population increased by 36% over the last ten years, while the overall population dropped by 7%.

The proportion of adult children who assume elder care responsibilities in U.S. may be overwhelmingly high due to its relevance in Chinese culture. Families are consistently the most important source for social support in the Chinese community since filial piety prescribes that children are obligated to provide care and support to their elder parents. Chinese adult children are also more reluctant to place parents in long-term care facilities.

Cultural values may shift with immigration to the U.S. Adult children are generally able to adapt easier to Western culture and may endorse such western ideologies as individualism. However, their older parents are mostly first generation immigrants, who often still adhere to Chinese traditional teachings. Therefore, the two generations may hold disparate opinions towards children’s role in taking care of older parents, resulting in an increased risk of conflict.

As older parents age, their health conditions and increasing elder care needs can be especially burdensome for adult children. Chinese adult children are at risk of suffering from negative physical, mental, and social outcomes as a result of caregiving burden and stress.

在美國，華裔人口佔亞裔人口的26%，佔美國總人口的1.2%。伊利諾伊州是美國華裔人口的最大的幾個州之一。州華裔人口從2000到2010增長了35%，比其他族裔增長要迅速。在芝加哥，華裔群體在過去的10年增長了36%，而芝加哥總人口卻下降了7%。

華裔成年子女往往要承擔更多的家庭照顧責任。家庭是獲得社會支持的主要來源而孝順規定了成年子女的贍老義務。很多子女不願意把父母送進長期護理機構。

隨著移民逐漸融入美國社會，中國的文化價值觀同亦隨之改變。年輕的華人移民融入美國社會，深受以個人主義為核心的西方價值觀的影響。作為第一代移民的父母們卻往往深受中國傳統文化影響。這兩代人在贍養年老父母這一議題往往意見不一致。

隨著年齡的增長，對於成年子女來說，照顧身體日益衰弱的父母將會加重已經存在的生活負擔，因此華裔成年子女還往往面臨著由照顧長者所導致的在身體心理和社交方面負面的影響。
COMMUNITY-BASED PARTICIPATORY RESEARCH (CBPR) In order to assess the Chicago Chinese population’s health needs and lay the necessary foundation for community health promotion, we implemented a community-based participatory research approach in accordance with Chinese social, cultural and linguistic contexts. As it brings aboard full engagement of community members affected by the health issues at hand, a CBPR research design enables a comprehensive health inquiry for the purposes of education, empowerment, and sustainable social change. For the last decade, the Rush and Northwestern University academic partnership with Chinese community organizations has been deeply committed to improving the health and well-being of the Chicago Chinese population.

PROJECT DEVELOPMENT The formation of our Community Advisory Board (CAB) has played an instrumental role in providing overall guidance to the study, ranging from project conceptualization and preparation, to survey implementation, recruitment, and dissemination of findings. The Board members were enlisted through civic, health, social and advocacy groups, community centers, and clinics.

DATA COLLECTION Chinese adults aged 21 years and older who have at least one parent who is Chinese aged 60 years and older living in the greater Chicago area were invited to participate in the study. The research team recruited the adult children from community centers and through local advertisements in the greater Chicago area. Trained multicultural and multilingual interviewers conducted face-to-face home interviews with participants in their preferred language or dialect, including English, Cantonese, Toisanese, Mandarin, or Teochew. From 2012 to 2014, our team interviewed 548 adults.

Survey questions for The FILIAL PIETY Report were selected from validated scales used in social science and public health research. If the Chinese version of the instrument was not available, our bilingual research team translated the scales into Chinese and back translated it into English. The translations were further scrutinized by investigators to ensure content and face validity. Data were collected using state-of-science web-based software which simultaneously recorded English and Chinese traditional and simplified characters. This transformative technological platform minimized any information that may have been “lost in translation,” thus providing deeper meaning to the data collected.
BACKGROUND The Chinese American population continues to grow in the United States. Between 2000 and 2010, the Chinese American population grew by 1.1 million people. As of 2010, the median age was 43 years. A majority (59%) of Chinese in the U.S. are married. It is also common for Chinese Americans to live in large, multigenerational households, in part due to cultural influences of filial piety.

STUDY RESULTS

AGE AND GENDER The average age of our sample was 48 years old (range: 22-76). Chinese women comprised 66% of the study sample.

MARITAL STATUS 10% of participants are unmarried, 81% are married, 1% are divorced, 5% are widowed, and 3% are separated.

LIVING ARRANGEMENTS Among our study participants, 46.5% live with 2 or 3 people, and 36.9% lived with four or more people, which most often include family members like children or parents. Only 2.7% of our study participants live alone.

CONCLUSION Compared to the national population estimates, our participants tend to be female, married, and living in households with at least 3 other people. Living in intergenerational households may influence Chinese adults’ availability to provide caregiving for aging parents.

背景 美國華裔人口持續增長。從2000年至2010年，華裔人口增長了大約一百萬人。截至2010年，華裔人口平均年齡43，大部份（59%）美國華裔已婚。由於孝順文化的影響，美國亞裔經常多代同居在一個大家庭里。

研究結果：

年齡和性別 受訪者平均年齡為48歲（年齡段22-76）。女性占66%。

婚姻狀況 本研究中，10%的受訪者未婚，82%已婚，1%離婚，5%守寡，3%分居。

居住安排 46%的受訪者與2-3個人一起住，37%與4個或更多的人一起居住，這些人一般是包括孩子或者父母的家庭成員，只有3%的受訪者獨自居住。

結論 對比全美的人口統計，我們的受訪者大多為女性，已婚，居住在至少有3個人的家庭中。居住在多代同堂的家庭中可能會影響成年子女對於老人的護理。
BACKGROUND According to national data, 25% of Chinese adults aged 25 and above have a bachelor’s degree and 26% have an advanced degree, which is higher than the general population average. The median annual household income for Chinese Americans is $65,000. However, the per-capita income among Chinese is $30,000 and Chinese Americans experience a poverty rate of 12%.

STUDY RESULTS

EDUCATION LEVEL Nearly 70% of our participants have a high school education or less. Only 9% of our participants reported having an advanced degree, compared to 26% of Chinese adults nationally.

INCOME More than half (62%) of our participants earn less than $20,000 a year, which is lower than national estimates. In addition, over 25% of our participants’ incomes fall below the poverty line.

CONCLUSION A majority of Chinese adults in the Chicago area from our study report less than a college education. Our findings counter the popular "model minority" claim that Asian Americans uniformly achieve high educational attainment and wealth. Our data shows a nuanced view of Chinese Americans, many of who are in need of support.

背景 全美數據顯示年滿25歲的華人中，25%擁有本科學位，26%擁有本科以上。華人的家庭收入中值是65,000美元，華人的人均年收入是30,000美元，華人的貧困率是12%。

教育程度 大約70%的受訪者擁有高中及高中以下的學歷，僅有9%的受訪者擁有本科以上學歷，低於全美華人26%的比率。

個人收入 超過一半的受訪者年收入低於20,000美元，比美國人均收入低，另外，超過25%的受訪者處於貧困縣以下。

結論 我們研究報告中大部份的芝加哥華人的學歷低於本科水平。我們的研究顯示出並非所有的亞裔群體都是“模範少數族裔”宣稱的那樣在學術和財富領域上已取得高水平成功。全美數據片面地展示了華裔人群，忽視了需要幫助的很大一部份華人。
**BACKGROUND** Immigration is a key aspect of the lives of many Chinese Americans. Seventy-six percent of all Chinese American adults were born outside of the U.S. Furthermore, according to a national survey, 39% of Chinese Americans can speak English "very well". Many Chinese Americans may face issues adjusting to American mainstream society due to linguistic and cultural differences. For Chinese immigrants in the U.S., cultural, linguistic, and structural barriers related to immigration are common and are also closely linked to psychological distress and health problems.

**YEAR IN THE U.S. 移民美國情況**

<table>
<thead>
<tr>
<th>Years</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-5 yrs</td>
<td>18%</td>
</tr>
<tr>
<td>5-10 yrs</td>
<td>18%</td>
</tr>
<tr>
<td>10-15 yrs</td>
<td>15%</td>
</tr>
<tr>
<td>15-20 yrs</td>
<td>16%</td>
</tr>
<tr>
<td>20-25 yrs</td>
<td>11%</td>
</tr>
<tr>
<td>25-30 yrs</td>
<td>12%</td>
</tr>
<tr>
<td>30 yrs &amp; up</td>
<td>11%</td>
</tr>
</tbody>
</table>

**STUDY RESULTS**

**COUNTRY OF ORIGIN AND NUMBER OF YEARS IN THE U.S.** In our study population, nine out of ten participants were born in Mainland China, while less than 3% were born in the U.S. A majority of our participants have lived in the U.S. for less than 20 years.

**REASONS OF IMMIGRATION** The most common reason for immigrating to the U.S. is to be reunited with family (primarily parents), followed by seeking better living standards, job opportunities, and better education for their children.

**背景** 移民經歷對美國華裔生活影響巨大。在所有的美國華裔成年人中，76%出生在美國之外的地方。國家調查顯示39%的華裔可以流利使用英語。很多華裔由於語言和文化差異面臨著適應美國主流社會的問題。美國的華裔移民經常遇到文化語言和結構障礙，從而導致心理壓力和相關健康問題。

**研究結果**

**出生地和在美年數** 10個受訪者中會有9個出生在中國大陸，少於3%的受訪者出生在美國。大部份受訪者在美國生活年數短於20年。

**移民原因** 移民美國最常見的原因是與家人團聚（主要是父母），其他包括追求更好的生活水平，工作機會，和對孩子更好的教育。
LANGUAGE USE Nearly 75% of our participants speak more than one language or dialect of Chinese. Eight in ten (83%) of our participants are able to speak Cantonese. A quarter (26%) of our participants can speak English, which is less than Chinese Americans nationally.

ACCULTURATION One measure of acculturation is friendships with individuals outside of one's racial/ethnic identity. The majority of our participants (67%) reported having only close friends who were Chinese. About the same percentage (66%) reported that they preferred attending social gatherings with all Chinese people. However, not as many participants wished the same for their children. Around three in four (76%) participants wanted their children to have an equal amount of Chinese and American friends.

CONCLUSION Our study population is a predominantly immigrant community with low acculturation levels with respect to language use and social relations. There are significant language barriers, which means it may be harder for Chinese adults to access health services. Furthermore, while our participants prefer to interact with other Chinese people, they prefer their children to be more acculturated, which could exacerbate intergenerational and cultural tension.

PREFERRED SOCIAL INTERACTIONS OF CHILDREN 希望孩子的交友情況

CLOSE FRIENDS 親近的朋友

結論 我們的受訪者在語言和社會關係上的文化適應水平偏低，巨大的語言障礙使得華裔成年人在利用健康資源上有困難。另外，儘管我們的受訪者偏愛與其他華裔互動，他們更希望自己的孩子可以融入美國，這可能會加劇兩代之間的文化差異和關係緊張。
BACKGROUND Access and utilization of healthcare help many Americans maintain their health, manage their chronic conditions, and prevent certain diseases and disorders. However, many immigrants do not utilize healthcare due to linguistic and cultural barriers. Asian American women use preventative care at a lower rate than other populations. In addition, trust in physician is an essential, though often overlooked, part of healthcare.

Health literacy is an important indicator of an individual's ability to comprehend and comply with their physician's directions. Chinese immigrants may face significant difficulties understanding English medical terminology.

STUDY RESULTS

HEALTHCARE UTILIZATION Over one in five (21%) of our participants have not seen a physician in the past two years. The average number of visits in the last two years was four times per year. With respect to women's health, 79% of our female participants over age 40 have received a mammogram in their lifetime and 80% of our female participants have received a pap test in their lifetime.

TRUST IN PHYSICIANS A majority of our study participants trust their doctor’s judgment of medical care (81%) and 77% trust their doctor to keep information private. However, only 42% believe their doctor cares about them.

TRUST IN PHYSICIAN 對醫生的信任

<table>
<thead>
<tr>
<th>Statement</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>My doctor cares about me</td>
<td>42%</td>
</tr>
<tr>
<td>I always follow doctor's advice</td>
<td>55%</td>
</tr>
<tr>
<td>My doctor did everything for my medical care</td>
<td>64%</td>
</tr>
<tr>
<td>I trust my doctor to keep the information totally private</td>
<td>77%</td>
</tr>
<tr>
<td>I trust my doctor's judgment of medical care</td>
<td>81%</td>
</tr>
</tbody>
</table>
HEALTH LITERACY From our findings, 42% of our participants were not able to correctly pronounce any English terms. Nearly all (86.5%) have low health literacy in English while 11.9% have low health literacy in Chinese. Overall, our participants have a greater command of Chinese compared to English.

CONCLUSION There may be some issues regarding the physician-patient relationship between Chinese Americans and their doctors. Linguistic and cultural barriers may prevent Chinese Americans from accessing health care services. Healthcare systems should work towards providing appropriate linguistic services for Chinese adults in order to increase healthcare utilization and compliance.

HEALTH LITERACY 健康單詞識別

<table>
<thead>
<tr>
<th></th>
<th>Correctly Pronounced Chinese Words</th>
<th>91%</th>
</tr>
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<tbody>
<tr>
<td></td>
<td>7-8</td>
<td>14%</td>
</tr>
<tr>
<td></td>
<td>4-6</td>
<td>4%</td>
</tr>
<tr>
<td></td>
<td>1-3</td>
<td>1%</td>
</tr>
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Correctly Pronounced English Words
念對的中文單詞
念對的英文單詞

總之，我們的受訪者對中文的掌握好於英文。

結論 華裔和他們醫生的醫患關係可能存在一定問題。語言和文化的障礙可能會阻止華裔利用防預性和診斷性的醫療服務。醫療服務的專業人員應該為華裔成年人努力提供合適的語言服務，從而增加醫療資源的充分有效利用率。
BACKGROUND Self-reported health and quality of life are among the most commonly used indicators to assess general population health. While the subjective assessment of health reflects the internal interpretation of one's own health, self-reported quality of life reflects one's physical, mental, and social well-being. Self-reported poor health status is related to higher risk of functional impairment and frequent healthcare utilization.

STUDY RESULTS Nearly 40% of our study participants reported their general health status as fair or poor, which is higher than national estimates. One in three reported worsened health compared with last year (27%). More participants perceive their quality of life as fair (54%) as compared with good (36%).

CONCLUSION Compared with the U.S general population, our study participants are more likely to rate their health and quality of life as fair or poor. Physical, mental, and social well-being are the foundation for a productive lifestyle, and our study suggests that Chinese immigrants could face many health challenges in life.
**BACKGROUND** Heart disease, cancer, stroke, and diabetes are among the leading causes of death among Americans. Asian populations are disproportionately affected by certain medical conditions. It was estimated that 24% of deaths in U.S. are attributed to heart diseases. In the general U.S. population, 29% have high blood pressure, 23% have arthritis, and 9% have diabetes.

**STUDY RESULTS** The four most prevalent medical conditions among study participants includes problems with joints, high blood pressure, diabetes, and heart diseases. Overall, 20% of our study participants live with one medical condition, 8% live with two conditions, and 5% live with three conditions or more.

**BACKGROUND**心髒病、癌症、中風和糖尿病是美國人群死亡的最主要的原因。亞裔人群往往更容易受某些健康問題的影響。據估計，美國24%的死亡由於心髒疾病導致。在美國人中，29% 有高血壓，23%有關節問題，9%有糖尿病。對於有一種或多種慢性病的人來說，出現這些症狀造成了生活的負擔，有害整個社會的健康。

**研究結果** 四個最普遍的健康問題包括有關節炎，高血壓，糖尿病和心髒病。總的來說，20%的參與者有一種慢性病，8%有兩種，5%的有三個或以上。

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**CONCLUSION** One in three participants suffer from at least one medical condition. However, the prevalence of those conditions may be under-reported in this community because many Chinese immigrants have limited access to healthcare. Family, friends, and the community need to support individuals with multiple conditions in managing their preexisting conditions and facilitating better adjustment in life.

**結論** 每三個受訪者中至少一個有健康問題。在社區裡面，這些患病率的報告有可能是低估的，因為許多華人移民沒有去看病確診。對於有多種慢性病的人來說，來自家人，朋友和社區的支持可以幫助他們更好管理自己的病症，更好的適應疾病帶來的生活改變。
**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%).

**SOCIAL ACTIVITIES AT LEAST ONCE A MONTH**

- TV 看電視: 97%
- Reading 閱讀: 84%
- Visit relatives, friends or neighbors 走親訪友: 67%
- Have friends for a dinner or a party 聚餐: 63%
- Movie, restaurant, or sporting event 看電影吃飯看比賽: 63%
- Radio 聽廣播: 41%
- Games, puzzles, or mah-jong 遊戲，字謎或麻將: 21%
- Vacations 旅遊: 5%

**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。
**BACKGROUND** Social support brings about many benefits for both physical and mental health. A higher level of social support means that a person has more assistance available from their social networks. Social support can be emotional, tangible, and informational and come from many sources, such as family, friends, and organizations. Cultural differences affect social support. Compared with their Western counterparts, people from Asian backgrounds may be less likely to seek help from social relationships.

**STUDY RESULTS** One in ten participants felt they have no relative whom they can count on for help (10%) or talk to about private matters (13%). More than 18% of participants reported they don’t have a friend whom they can count on for help or to talk about private matters with.

**CONCLUSION** Participants in our study may not be able to obtain adequate support from their relatives and their friends. Although many Chinese adult children may maintain contact with some relatives or friends monthly, there are fewer people who they can rely on for help, or trust to talk with about private matters. Preserving the quantity and quality of social networks are essential to social well-being of Chinese immigrants in the U.S.

**背景** 社會支持有益身體和心理健康。社會支持較高的水平意味著一個人可以從他的社交網絡中獲得更多的幫助。社會支持可以是情感，實物，和信息的支持。這種支持可以來源於家庭，朋友，和組織。文化差異很大層面上影響社會支持。與西方人群相比，亞裔群體傾向於把煩惱給自己，而不是尋求其社會關係的幫助。

**研究結果** 每十個受訪者中有一個感覺他們沒有可以依靠的親戚 (10%) 或是可以談論私人事務的親戚 (13%)。約18%的參與者認為他們沒有可以依靠的朋友，或者可以放心談論私人事務的朋友。

**結論** 研究參與者從親戚和朋友那裡獲得的社會支持不足夠。儘管很多參與者往往有與親戚朋友保持每月聯繫，但是他們只有很少的親戚或朋友可以依靠幫助，或是放心談論私事。維繫社會網絡的質量和數量對於華裔移民的社交健康是至關重要的。
BACKGROUND Living distance and contact between parents and their adult children are important factors to consider when assessing intergenerational relationships. Living distance influences the exchange of family care and assistance within the family network and may be a central prerequisite for many types of intergenerational solidarity. Face-to-face contacts with parents enhance a sense of belonging by sharing time together to express love and affection. More frequent face-to-face contact with parents often indicates a better quality of the intergenerational relationship.

STUDY RESULTS Approximately one third of participants live with their parents in the same house, and more than half of them live within a 15 minute drive. Nearly half of them (47%) have face-to-face contact with their father everyday while only 27% have face-to-face contact with their mother. A few (2%) of participants have no contact with their father and 9% of participants have no contact with their mother.

HOW FAR DO YOU LIVE FROM PARENTS 子女離父母有多遠

CONCLUSION Family ties remain strong among Chinese immigrants. Adult children live close to their parents and are able to maintain weekly face-to-face contact with their parents. Moreover, adult children have more frequent contact with their fathers than mothers. The strong family ties indicate that adult children and older adults are interdependent while living in the U.S.

結論 華裔移民維持緊密的家庭紐帶，成人子女與父母居住較近，可以保持每週與父母有面對面溝通。此外，相比母親，成年子女與他們的父親聯繫更多。緊密的家庭紐帶表明，在美國成年子女和他們的父母在美國生活的很多方面都相互依存。
**BACKGROUND** Filial piety prescribes that adult children are obligated to provide adequate care and support to their older parents. As a critical family caregiving value, the practice of filial piety influences the health and well-being of both caregivers and receivers. Adult children and their parents may hold different opinions on filial piety. Understanding how adult children perceive filial piety can help improve intergenerational relationships.

**STUDY RESULTS** From the adult children's perspective, the majority of their parents expected a higher than average level of care, respect, greetings, happiness, and obedience. Respect was the most highly expected behavior; financial support was the least. Moreover, adult children practice an equal or slightly lower level of filial piety to their parents. Mothers displayed higher expectation of filial care and received more as well.

**CONCLUSION** The practice of filial piety continues to operate among Chinese families in the U.S. Emotional support is often valued more than instrumental support. Gender differences exist and influence how children provide support to their mothers and fathers. Some adult children may provide less filial care than their parents expect. To encourage the practice of filial piety, community organizations and social services can play an essential role in creating incentives and removing barriers.

**背景** 孝順規定成年子女有義務給他們年老的父母提供足夠的關心和支持。在華人社區裡，照顧家人的價值觀是極為重要的，孝順的履行影響著父母和孩子兩者的健康和幸福。移民使得成年子女與父母對於孝順有不同的看法，性別差異體現在孝順的理念和實踐。更好的理解成年子女如何看待孝順對改善兩代關係非常重要。

**研究結果** 從成年子女的角度來看，大多數父母期望獲得高於平均水平的關心，尊重，問候，快樂，和服從。尊重是被予最高期望的孝順的行為，提供經支持是最低的。此外，成年子女認為自己的孝順行為與父母的期望持平或略低。母親通常對成年子女的孝順行為期望更高，因此也獲得更多的關注。

**結論** 履行孝順的行為對美國華裔家庭仍然很重要。情感支持往往比超過實物支持的價值更高。性別差異影響到了子女如何對母親和父親盡孝。另外，某些成年子女提供未能提供給父母提供所期望的的孝順照顧。為了鼓勵孝順的履行，社區組織和社會服務在建立激勵機制和消除相關障礙方面有重要的作用。
INTERGENERATIONAL SOLIDARITY 跨世代家庭和睦
- AFFECTION & UNDERSTANDING 情感和理解

BACKGROUND Expressing positive sentiments benefits intergenerational relationships. In traditional Chinese culture, gender-based stereotypes define the roles of fathers and mothers when raising children. While fathers are often portrayed as breadwinners of the family, mothers take more responsibilities in everyday care of children. Due to the influence of these culturally anticipated roles, Chinese adult children may have established different patterns of emotional connections with their mother and father. It is imperative to identify those patterns to understand the gender dynamics within intergenerational relationships.

STUDY RESULTS The majority of participants perceive they have close relationship with their mother (67%) and father (67%). More participants felt that their fathers cared about them (91%) than mothers cared about them (72%). Moreover, children perceived that their fathers understood them better than mothers (76% vs. 18%).

BACKGROUND 表達積極的情感有益於兩代關係。基於中國傳統文化對於性別角色的定義, 父親母親對於撫養孩子有不同的角色。父親常常被描述為家庭的經濟能支柱, 母親承擔更多孩子的日常生活責任。由此, 華人成年子女與父親和母親有非常不同的感情聯繫模式。認識這些相處溝通模式是對於增進兩代人的關係很必要。

研究結果 大多數成年子女認為他們與父親和母親的關係很親近。91％的參與者認為父親關心他們, 對比72％認為母親關心他們。此外, 孩子們認為父親比母親更能理解他們 (父76％, 母18％)。

CONCLUSION Adult children felt they were understood and cared by fathers more than mothers. Many factors may contribute to the gender differences found in this study, including education and personality. It is imperative to foster better understanding between mothers and their adult children. Families and communities can organize intergenerational activities to encourage better communication and positive expression of emotions between children and older parents.

結論 成年子女感到父親比母親要更加理解和關心自己。許多因素可能會導致性別差異, 包括教育程度和性格。促進母親和她們的成年子女之間的相互了解很必要。家庭和社區可以組織更多跨代家庭活動, 以鼓勵更好的溝通和情感表達。
BACKGROUND Chinese immigrants encounter many challenges living in the U.S. Since Chinese traditional culture attaches importance to familial values, parent-child relationships become the most important source for social support. Adult children benefit greatly from the emotional, informative, and tangible support from their older parents. However, not all support from parents is positive. Negative social support includes perceiving parents criticize them too often and make too many demands. Both the positive and negative effects of support from parents may impact the well-being of adult children and caregiving practices.

STUDY RESULTS Only half of adult children felt they could open up about worries with their parents. More participants felt they could rely on fathers (57%) than mothers for help (12%). Mothers tend to criticize more but fathers demanded more. Only one third of participants seek advice from parents, and only one third of parents proactively provide advice.

CONCLUSION Chinese adult children may lack of meaningful communication with their parents. In particular, adult children have limited contact with parents to seek informative support. Improved access to social services and community resources is imperative so as to build a more diversified support system for Chinese immigrants.
BACKGROUND  Parents and children have conflicts and disagreements, and it can damage the relationships when it occurs too frequently without resolution. Chinese immigrant children and older parents often grow up in very different social environments and therefore, may hold different ideologies and opinions toward things in life. Fewer conflicts and disagreements indicate higher cohesion within the family and may be an important contributor to family prosperity.

STUDY RESULTS  Notably, a greater proportion of them (40%) felt that they are different with their mother in dealing with practical matters versus their father. In the past three months, one in ten participants reported they have conflicts with their parents on norms and values, relationship itself, parenting, money issues, and health.

CONCLUSION  Differences exist between these two generations in regards to values, beliefs, lifestyle, and ways of doing things, which may create tension. These dissimilarities and conflicts may be caused or intensified by immigrating to U.S. Appropriate coping strategies are necessary to resolve those conflicts, which likely should incorporate the traditional belief of family harmony. External coping resources should consider linguistic and cultural appropriateness.

背景  父母和子女會產生矛盾和分歧。如果發生得過於頻繁並且沒有得到適當的管理，它會損害兩代關係。父母與子女的差異越大，他們就更容易在信念、價值觀，以及如何處理實際問題方面產生衝突。華裔移民子女和年老的父母成長與不同社會環境，有意識形態。家庭凝聚力對家庭發展很重要。

研究結果  近40%的人認為他們在處理生活實際事務的方式與母親不同。在過去的3個月內，每十個參與者就有一個與父母在社會規範、價值觀、兩代關係本身、養育子女、財務和健康方面發生過衝突。

結論  兩代人有不同的價值，信念，生活方式和處理事務的方法。這些不同會在父母子女關係中製造緊張。這些差異隨著移民到美國而加劇，採取必要的方法和手段來解決這些分歧很重要，維護家庭和睦。當外部資源來幫助華裔家庭解決這些分歧時，應該特別考慮語言和文化習慣。
BACKGROUND With the rapid growth of the aging population, it has become a worldwide social issue to provide good elder care. In the U.S., elder care mainly relies on community and social services whereas in China, filial laws have been passed to incentivize children to take care of their older parents. Understanding how Chinese adult children perceive elder care responsibilities is important, as it contributes to better elder care planning.

STUDY RESULTS Approximately 87% of adult children agreed that community should share a great amount of responsibilities in taking care of older adults. Meanwhile, the majority of participants perceived that children should provide a higher than average level of care (88%), respect (93%), greeting (90%), happiness (80%), obey (61%) and financial support (60%) to their older parents. It is notable that 97% of adult children believed that taking parents to healthcare professionals and clinics is part of their responsibilities.

CONCLUSION Our study participants perceived that both adult children and community should take responsibilities in taking care of older parents. One of the most important responsibilities of Chinese children is helping their older parents navigate the U.S. healthcare system. Culturally sensitive elder care may require a collaboration between Chinese community and families.

背景 人口快速老齡化，照顧老人成為全球問題，在美國，老年人護理主要依靠社區和社會服務，中國通過孝道立法來激勵子女對年長父母的照顧，這些文化差異影響美國華裔家庭如何組織照顧年老父母。了解成年子女如何看待養老人的責任很重要，有助於更好規劃老人照顧。

研究結果 大約有87%成年子女認為社會應幫助他們分擔大部分照顧老人的責任。大多數的參與者也認為作為子女，他們應向年老的父母提供高水平的照顧（88%），尊重（93%），問候（90%），快樂（80%），服從（61%）和經濟支持（60%）。特別是有97%的成年子女認為帶父母看醫療保健專業人士和診所是子女的責任。

結論 成年子女和社會雙方都應該負擔照顧年老父母的責任。華人子女的一個最重要的責任是幫助年老的父母獲得醫療保健服務，提供符合文化敏感的老人護理需要社區和家庭之間的配合。
BACKGROUND  Adult children may need to assume more caregiving duties if their older parents are functionally impaired. Over 41% of U.S. older adults reported limitation in activities of daily living (ADL) or instrumental activities of daily living (IADL). ADL refers to the basic tasks of everyday life, including eating, bathing, dressing, and using the toilet. IADL estimates the full range of complex activities necessary for independent living, such as managing money, preparing meals, shopping, and doing housework.

STUDY RESULTS  The proportion of adult children who helped fathers and mothers with ADL were 8% and 15%, respectively. More than half of participants to help their fathers (56%) and mothers (61%) with IADL. For children who have ever provided functional support to their parents, 40% of them provided ADL to their father for more than five years, and 32% with respect to mothers.

背景  如果父母不能夠獨立進行生活的日常活動，那麼成年子女需要承擔更多的照顧責任。大約有41%的美國老年人說他們有日常功能受限，或者是工具性日常功能受限。日常功能指的是可以獨立完成每日生活的必要活動，比如進食、洗澡、穿衣、使用廁所。工具性日常指的是獨自生活更加完全和複雜的活動，比如管理錢財、做飯、買菜、做家務等。

研究結果  分別有8% 和15% 的子女在日常功能性活動方面給予父親和母親提供幫助。超過半數的參與者必須在日常工具性活動方面給予父親（56%）和母親（61%）提供幫助。對於給父母提供日常活動和功能性日常活動照顧的子女，給父親和母親提供這種照顧超過5年的比例分別是40% 和32%。

CONCLUSION  Chinese adult children play important role in supporting their older parents with ADL and IADL. It can be increasingly challenging for adult children to fulfill their commitments as their parents getting older. Public elder care is important source to supplement for the insufficiency of family caregiving for elderly.

結論  成年子女在支持父母日常功能照顧有非常重要的角色。隨著父母年紀的增大，提供這種照顧將會越來越困難。政府支助的公共老人照顧是彌補家庭照顧不足的重要資源。
IDENTIFYING PRIMARY CAREGIVERS 主要照顧者

BACKGROUND About 43.5 million of adult family caregivers provide care for people aged 50 years and over in the U.S. Among family caregivers, adult children are the primary service and health care providers for older adults. They may be full- or part-time workers, live with their parents, or provide care from a distance. In Chinese culture, filial piety may influence care recipients' preference in terms of which child should be the primary caregiver.

STUDY RESULTS Most participants reported that their father and mother (66% and 71%) expected them to be their primary caregivers, and most also reported that they consider themselves as the actual primary caregivers; 26%-39% of participants' brothers and sisters were expected to be the primary caregivers, while only 11%-17% of them were the actual caregivers.

BACKGROUND 在美國有大約4350萬成年家庭照顧者為老人提供照顧。在家庭照顧者中，成年子女是最重要的承擔者照顧責任的群體。他們有的全職從事兼職，有的與父母住在一起，有的提供異地的照顧。在中國文化中，孝道很大程度上影響哪個孩子是老人的主要照顧者。

STUDY RESULTS 分別有66%和71%的受訪者認為自己是父親和母親所期待的主要照顧者。同時，他們認為自己是父母實際的主要照顧者。26%-39%的受訪者認為父母期望他們的兄弟姐妹作為主要照顧者，但是只有11%-17%的受訪者認為自己的兄弟姐妹是實際的主要照顧者。

CONCLUSION The majority of our participants were the expected and actual primary caregivers. Discrepancies were observed regarding the participants' siblings as the expected and actual primary caregivers, indicating potential risk of family conflict. It is critical to understand adult children's caregiving experiences as primary caregivers. Intervention programs should be designed to teach caregivers how to reduce caregiving burden and strain.

CONCLUSION 大部份的受訪者認為如父母所期望，自己成為了父母主要照顧者。然而，差異體現在兄弟姐妹是否被期望是主要照顧者，和是否是實際主要照顧者。這個差異可能會引起家庭糾紛。我們需要更多的了解成年子女作為主要照顧者的經歷。相關的干預項目應該提供給家庭主要照顧者培訓和教育以減輕照顧老人的壓力和負擔。
BACKGROUND Caregiver burden is the stress, tension and anxiety that a caregiver feels and experiences while providing care to a care-recipient. Experience of caregiver burden has increased owing to the growth of aging population, the increased number of seniors with chronic disease, and the lack of formal support for caregivers. In the U.S., 32% of caregivers have high levels of caregiver burden. Caregiving includes not only assistance with basic and instrumental activities of daily living and medical support, but also emotional support and comfort. Most adult children are untrained and often feel ill-prepared to meet caregiving demands.

STUDY RESULTS Most participants (73%) reported caregiver burden. Time-dependence burden (67%), a substantial amount of time spent on caregiving, was mostly reported, with 37% stated "My parents need my help to perform many daily tasks." For developmental burden, which refers to life course change because of caregiving activities, 11% of participants reported feeling emotionally drained due to caring for their care-receiver. For physical burden (i.e., the impact on physical health), 9% felt physically tired as a result of their caregiving. For social burden (i.e., conflicts within relationships that occur due to caregiving), 8% of participants felt their caregiving efforts were not being appreciated in their family, while 10% reported the emotional burden (i.e., negative feelings toward the parents due to caregiving) of feeling angry about the interactions with their parents.

CONCLUSION In contrast to the individualistic characteristics of Western cultures, Chinese adult children are traditionally expected to sacrifice their physical, financial, and social needs to take care of their aging parents. In addition, many adult children are undertaking multiple responsibilities, such as children, career, household duties, and social activities. Moreover, in part due to the linguistic and cultural barriers, as well as social isolation, U.S. Chinese older adults are more likely to be dependent on their adult children, leading to a high time-dependence burden. Therefore, the filial piety obligation, multiple roles played in life, along with a lack of bilingual/bicultural paid caregivers, making caregiving burden in Chinese older children even higher than other ethnic groups. Stress management and counseling services to address their caregiving stress and anxiety are needed. Community organizations and local governments could provide some training on caregiving skills, and low-cost bilingual/bicultural in-home services.
背景 成年子女在照顧年老父母時，面對很多問題，容易感受到壓力，隨著年齡的爬升，患有慢性疾病的老人增多，照顧者缺乏專業知識。在美國，32%的照顧者承受著較高的照顧壓力。照顧包括了協助日常生活，提供醫療支持，和情感的撫慰。大部分成年子女受過培訓，感到準備不足。

研究結果 73%的受訪者報告有看護壓力。67%有時間依賴負擔。其中37%表達“我父母需要我幫他們處理日常生活，對於發展負擔，即因為照顧而影響生活，11%感到到因為照顧父母而感到疲憊。在身體負擔（對於身體健康的影響）方面，9%感到身體疲憊。社會負擔（因為照顧以及關係緊張）方面，8%認為其他家庭成員不感激自己的照顧。10%報告他們對於與父母的互動感到憤怒，這屬於情緒負擔（因為照顧對父母有消極情緒）。

結論 與西方文化的個人主義相反，文化傳統期待華裔成年子女為照顧年老的父母應該犧牲自己的身體健康，經濟和社會需要。很多成年子女承擔了很多責任，如照顧孩子，兼顧事業，家務以及社會活動。而且，因為語言、文化的障礙和社會孤立，美國的華裔老人對他們的成年子女更加依賴。因此華裔成年子女承擔了比其他種族更高的老人照顧負擔，壓力管理以及心理諮詢服務可以幫助成年子女減輕看護壓力和焦慮。社區和政府可以提供照顧老人技能的培訓，以及負擔得起的雙語家政看護服務。
BACKGROUND  An estimated 10% of U.S. older adults were mistreated, and majority of perpetrators were family members. Elder mistreatment is associated with morbidity and mortality. Previous study indicated that elder mistreatment is more common in Chinese families. The potential discrepancy in cultural values and generational differences between parents and children in Chinese family may result in family conflicts and increased caregiver burden.

STUDY RESULTS  Over half (60%) of adult children reported positive to screening measure, a commonly used instrument to examine the potential risk of mistreating elders. Having trouble making parents control his/ her temper or aggression was most common (25%). Approximately 23% of participants felt that they cannot do what is necessary for parents.

CONCLUSION  The potential risk of caregiver mistreatment in the U.S. Chinese family is worthy of more attention. We should find ways to manage Chinese adult children’s stress and burden, and to enhance communication between generations, so that the adult children can have a better understanding of what is good and necessary for their parents.

背景  美国有大約551,000的老年人在家庭中被虐待或忽視，大部分的施虐者是家庭成員。家庭虐待帶來較高的患病率和死亡率。研究表明，在美國的華裔家庭中，家庭虐待較為常見。父母與子女文化與隔代的差異可能會導致家庭糾紛，以及繁重的照顧負擔。

研究結果  超過一半的成年子女在照顧者虐待篩查量表上有肯定性回答。這個量表是檢測老人虐待潛在風險的常用工具。25%報告無法請父母控制脾氣。另外23%報告無法完成為父母應該做的事。

結論  在美國的華裔家庭的照顧者虐待的潛在風險值得獲得更多關注。我們應該努力尋找解決華裔成年子女壓力和負擔的辦法，加強兩代之間的交流，這樣成年子女可以更好的理解如何表達對父母的好，以及滿足父母的需要。
BACKGROUND About 9 out of every 1,000 children up to age 18 in the US were the victims of mistreatment in 2012; 18% were physically mistreated and 80% of victims were mistreated by one or both parent(s). Research consistently shows that mistreated children could internalize the abusive behavior as acceptable and may mistreat their parents in the future. Child mistreatment was linked with a range of long-term health impacts.

STUDY RESULTS Our findings showed that 28% of participants had been physically mistreated by their parents before turning into 18 years old, and 15% of them thought that was serious.

CONCLUSION Physical child mistreatment experience was frequent for Chinese adult children. Corporal punishment, such as spanking is a commonly practiced strategy to discipline young children in traditional Chinese culture. Other types of child mistreatment, such as verbal mistreatment, are worthy of equal attention because children were seriously impacted. Chinese adult children with childhood mistreatment experiences may be more likely to exercise violence, which deserves further exploration in future studies.

CONCLUSION 兒童身體虐待經歷對於華裔成年子女來說比較常見。身體的懲罰，比如打，在中國傳統文化中是一種常用的懲戒孩子的方式。其他種類的兒童虐待，例如侮辱、威脅和吼叫，這些都值得同樣地關注，因為他們對於兒童有嚴重影響。擁有兒童虐待經歷的華裔成年子女或許更有可能使用暴力，這一點未來的研究將會深入了解。
Perceived Stress 壓力

Background
When encountering overwhelming situations, people perceive stress in their lives. Immigrating to U.S. may exacerbate the stress levels of Chinese immigrants due to acculturation, jobs, and family responsibilities. Many barriers, such as English proficiency and immigration status, may inhibit them from obtaining adequate coping resources in the U.S. society. Unmanaged chronic stress is often related to higher risk for health problems, such as heart disease, obesity, headaches, and depression.

Study Results
One third of participants (32%) felt that they are nervous and stressed in the last month. Moreover, 32% of them felt that they cannot cope with things they have to do in daily lives, and 28% of them felt they are unable to control irritations in their lives.

Conclusion
It is common that Chinese immigrant children experience stressful events in their lives. Stress overload is associated with a number of cognitive physical and emotional symptoms that can influence overall health and quality of life. The effects of stress tend to build over time. For better stress management, stress coping strategies and resources need to be culturally relevant.

Conclusión
La percepción de estrés es común entre los hijos de inmigrantes chinos. La sobrecarga de estrés está asociada con un número de síntomas cognitivos, físicos y emocionales que pueden afectar la salud y la calidad de vida. Los efectos del estrés suelen aumentar con el tiempo. Para una mejor gestión del estrés, se necesitan estrategias y recursos de manejo del estrés que sean culturalmente relevantes.
BACKGROUND The feeling of loneliness is often caused by a lack of quality and/or quantity in social relationships. It is estimated that one in five Americans suffers from loneliness. Chinese immigrants are at a higher risk of loneliness as they often have difficulties in maintaining established social connections in their home country while linguistic and cultural barriers impede them from building new social networks in the U.S. Loneliness is a public health concern, and often associated with morbidity, mortality, and premature death.

STUDY RESULTS In our study, 21% of participants reported a sense of loneliness. Feelings of being left out in life and lack of companionship were reported by 17% and 14% of Chinese adult children. Only 3% identified themselves as socially isolated.

CONCLUSION Loneliness affects over one in five Chinese adults. The prevalence of loneliness among Chinese adults is slightly higher than the prevalence among U.S. general population. Feeling left out is the most prevalent loneliness symptom, indicating a need for more satisfactory interactions with social others. Improving the quality of social relationships is as equally important as increasing the quantity of such relationships.

背景 孤獨感往往是由於缺少足夠的有質量的社會關係引起的。估計每五個美國人中就有一個人承受著孤獨感。因為在保持中國既有的社會聯繫方面的困難，和在美國建立新的社會網絡上語言和文化的障礙，華裔移民有較高的孤單風險。孤獨是一個公共健康問題，經常和高發病率和高死亡率有關。

研究結果 21%的受訪者有孤單感受。分別有17%和14%的華人成年子女感到生活無趣和缺少陪伴。只有3%認為自己被孤立。
BACKGROUND  Adult children are at a life stage with numerous roles and responsibilities. U.S. adult children caregivers younger than 45 years old and working full-time showed the greatest emotional health deficit, including anxiety, compared to non-caregivers. Apart from the combination of roles they occupy, such as being a caregiver, spouse, employee, etc., Chinese adult children may face more challenges in terms of the parent-child relationship owing to the changing of values, leading to greater levels of anxiety.

STUDY RESULTS  Over half of the participants reported symptoms of anxiety. The prevalence of worrying thoughts, feeling tense, cannot sit at ease were 30%, 29%, and 24%, respectively.

CONCLUSION  Anxiety symptoms are common for the Chinese adult children. Supporting adult children in managing specific roles and increasing social support might be helpful to reduce symptoms of anxiety. Participants with severe anxiety need to seek professional assistance.

結論 焦慮症狀在華裔成年子女中相對普遍，幫助成年子女處理各種角色和責任，促進父母和成年子女之間的交流和理解，有助於減輕他們焦慮的症狀。有嚴重焦慮的華裔子女應該尋求專業的幫助。
BACKGROUND Depression is the most pervasive mental health illness. Research shows that 40% to 70% of family caregivers have clinically significant symptoms of depression. Depression symptoms among adult children are associated with increased physical illness and lower rates of healthcare utilization and can lead to fatal consequences such as suicide.

STUDY RESULTS A total of 44% of participants showed at least one depressive symptom in the past two weeks. About one in three adult children reported a lack of energy, 21% reported trouble with sleep, and 14% reported little interest doing things.

CONCLUSION Depression is a critical issue facing adult children. Chinese adults are more likely to report somatic depressive symptoms, which would complicate recognition and diagnosis of depression. Community health workers and other health care professionals should overcome the challenges related to detecting, preventing, and implementing treatments for depression. Government and community should provide more bilingual/bicultural adult day care or temporary placement in a care facility for older adults to allow adult children have respite.

結論 抑鬱是成年子女面臨的一個嚴重問題。華人成年子女更容易注意到身體症狀方面的抑鬱表現，這使得對於抑鬱的檢測和診斷變得更複雜。社區健康工作者和其他健康護理專業人員應該克服在監測、預防以及治療抑鬱上面的挑戰。政府和社區應該提供更多的雙語老人日間照顧服務，這樣子女能夠有些許休息。
**BACKGROUND** According to the PINE study, about 74% of older adults aged 60 and over experience some type of psychological distress. The common conditions include loneliness, stress, anxiety and depression. However, psychological distress in older adults is under-identified by healthcare professionals and older adults themselves, partially because these issues may be presented with more somatic complaints instead of psychological troubles. The stigma surrounding psychological distress makes older adults reluctant to seek help.

**STUDY RESULTS** About 18%-33% of participants perceived that their parents had symptoms of loneliness, stress, anxiety, and depression, while about 11%-26% of participants stated that their parents informed them of those mental health symptoms.

**CONCLUSION** More adult children perceive that their parents are psychologically distressed while fewer children were told by their parents as so. The mismatch may be due to Chinese older adults denying that they suffer from negative feelings. Chinese traditional culture often stigmatizes those feelings and thus older adults may be resistant to inform such concerns to their children. Raising public awareness through community mental health education is helpful to mitigate the stigmatization of mental health issues. Community-based mental health services should incorporate family members to support older adults.

**KNOWLEDGE OF PARENTS’ PSYCHOLOGICAL DISTRESS**

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<th>Father</th>
<th>Mother</th>
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<tr>
<td><strong>Loneliness</strong></td>
<td>28%</td>
<td>28%</td>
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<tr>
<td><strong>Stress</strong></td>
<td>32%</td>
<td>33%</td>
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<tr>
<td><strong>Anxiety</strong></td>
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<td>30%</td>
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<tr>
<td><strong>Depression</strong></td>
<td>18%</td>
<td>20%</td>
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**CONCLUSION** 華人成年子女感知到父母會有一些心理困擾，儘管老人並不一定跟他們提起。華裔老人否認自己心理困擾或許是因為他們害怕於此相關的社會有色眼光。通過社區心理健康教育提升公眾的意識可以幫助緩解這些情況。基於社區的心理健康管理服務應該在老年人家庭中實施。
PERCEPTION OF PARENTS' SOCIAL SUPPORT
對父母社會支持的感知

BACKGROUND Social support includes both physical and emotional assistance provided by families, friends, community, etc. Research has shown that social support is an important predictor of good physical and mental health, life satisfaction, and reduced risk of institutionalization among older adults. Social support may also buffer the adverse effects of aging's common stressors.

STUDY RESULTS A total of 29% of the participants reported that their mothers mentioned not having enough support, and 32% reported their fathers mentioned not having enough support. About 40% of the participants suspected their mothers did not have enough social support, while 41% suspected their fathers did not have enough social support.

CONCLUSION Adult children reported that their fathers were more likely than their mothers to not receive enough social support. More children suspected that their parents did not get enough social support than being told. For Chinese older adults immigrated to the US in their late years, they are far from their native friends and networks. The lack of friends can result in social isolation and loneliness. Successfully maintaining and building social support is imperative to their health.
BACKGROUND China is a multi-religion society in which where a collection of diverse religious and philosophical traditions coexist. Religiosity can influence many aspects of an individual’s quality of life and overall well-being, such as optimism, higher life satisfaction, stronger social ties and greater social support. In the U.S., 59% of Americans perceived religion to be important in their lives, and 39% attended organized religious services at least once a week.

STUDY RESULTS In our study, 21% of participants religion important in their lives. Moreover, 25% of them attended organized religious services at least once a week, and 6% of them had in-home religious activities at least once a week.

CONCLUSION For certain subgroups, religion can be especially meaningful in lives of Chinese adult children: 18% reported participating in religious service every day, and half of participants perform in-home religious activities at least once a year. The potential effects of religion and spirituality on the well-being of Chinese immigrants need to be understood within their cultural contexts.
BACKGROUND Gambling and alcohol addiction can jeopardize lives, break up relationships, and cause financial hardship. Gambling and alcohol mistreatment often go hand in hand within a culture of addiction. In 2011, 2.2% of adults in the US have the issue of problem gambling, which negatively impacted their family members and people around them. In 2013, 56.4% of people ages 18 or older reported that they drank in the past month.

STUDY RESULTS A total of 10% of participants reported drinking alcohol monthly or less; 20% of participants gamble, including purchasing lottery tickets (27%), going to a casino (20%), and betting money on mah-jong or card games (20%).

CONCLUSION Chinese adult children have a higher rate of gambling. Many Chinese people routinely engage in various forms of gambling during special cultural celebrations and holidays. Some reported immigration stress and difficulties with adapting into American society as reasons for gambling. The effective intervention strategies should strengthen the family and community support and provide necessary community health support.

背景 賭博和酒精成癮阻礙生活的發展，破壞親密關係，導致經濟困難。2011年，2.2%的美國成年人有賭博問題，這負面的影響了他人。2013年，56.4%的18歲以上的人在過去一個月有喝酒。

研究結果 10%的受訪者一個月至少喝酒一次。受訪者參加賭博的活動包括，買樂透（27%），去賭場（20%），和用錢打麻將或打牌（20%）。
Chinese American adults confront significant life and health challenges in providing care for their aging parents due to multiple social, structural, cultural and linguistic barriers. Nevertheless, these health challenges also represent tremendous opportunities for family members, community stakeholders, researchers, health professionals, social service agencies, and policy makers to work in concert to improve the health and well-being of all Chinese Americans.

**FAMILY CAREGIVER TRAININGS** Many Chinese American adult children provide significant care for their aging parents. It is imperative to help nurture and support intergenerational relationships and filial piety values. Training and educational workshops can be developed and delivered through local community agencies to prepare adult children who have responsibilities in family caregiving, especially for those whose parents have dementia, Parkinson's, or other chronic conditions. Importantly, gender differences should be highlighted in these trainings as intergenerational interactions are often gendered.

**COMMUNITY ORGANIZATIONS** Community-based organizations are well-positioned to provide Chinese Americans and their parents with bilingual services, social activities, and care programs. If adequately funded, these organizations could help ease the burden of care on Chinese American adult children and foster a better understanding of cultural values and norms across generations.

**PUBLIC AWARENESS AND EDUCATION** We need to raise public awareness about the challenges faced by Chinese family caregivers. When adult children often take care of their parents, it is vital that they understand multi-generational health issues, psychological distress, and how to improve their family's overall well-being. As family caregivers often neglect their own health and well-being when taking care of their parents' needs, health promotion programs can be expanded with the intent to improve caregivers' physical and psychological health.

**HEALTH SERVICES WITH CULTURAL SENSITIVITY** Health professionals should be trained to how cultural values and norms influence the health and well-being of both Chinese children and parents. The trainings must emphasize the unique medical, social, and cultural complexities of the larger Chinese population. As many Chinese immigrants may be reluctant to report psychological distress, mental health services should apply innovative approaches to proactively reach out to vulnerable populations.

**FEDERAL AND STATE EFFORTS** There is a need for federal and state government to build on current efforts to systematically support elder care through city and state services. Expanding access to mental health services can help many caregivers cope with the strains and burdens that are associated with taking care of older parents. Moreover, financial subsidies should be provided to family caregivers to encourage family elder care.
**FUTURE RESEARCH** The FILIAL PIETY Report is only our first step towards understanding the dynamics of health and well-being among Chinese adults as well as the intergenerational relationships between adult children and their parents. An expanded research agenda is needed to deepen our understanding of the biological, behavioral, familial, social, and cultural factors that predispose Chinese older adults to health disparities. We need to conduct longitudinal studies to examine how the health and intergenerational relationships of Chinese adults change over time in order to better understand causes of certain health outcomes.

In addition, it will be imperative to understand particular health issues and behaviors which impact multiple generations of Chinese in the U.S., such as psychological wellbeing and caregiving practices. Moreover, due to the vast diversity within the Chinese populations, we need national and international studies to provide in-depth information on the health of the global Chinese population through collaboration with Chinese research institutes.

**FUNDING SUPPORT** Better support of grassroots community organizations is needed. Federal, city, and state funding, as well as private philanthropic foundations, the NIH, CDC, and SAMHSA are necessary to support a wide range of community engaged research to devise, implement, and sustain culturally sensitive intervention strategies.

**POLICY REFORM** We need to work with policy makers on relevant national policies (e.g., RAISE Family Caregivers Act, Family and Medical Insurance Leave Act, among others) to ensure that linguistically and culturally appropriate services are provided to protect vulnerable older adults and support family caregivers. We need to work with DHHS (ACL, CDC, CMS, SAMHSA, OMH, and ASPE) to identify the relevant existing programs and services that can potentially impact the health of the diverse and rapidly growing Chinese population.
**IMPLICATIONS & FUTURE DIRECTIONS**
研究意義和未來方向

**家庭照顧者培訓** 很多華人成年子女為他們的年老的父母提供很多照顧。支持培養兩代之間的關係和孝順價值觀是很重要的。社區可以制定和發展相關教育來培訓子女如何更好的照顧父母。這些培訓對於長期照顧慢性病的老人子女尤其重要，比如老年癡呆癥，帕金森癥等。培訓中需要注意性別差異，因為華人父親和母親跟子女有不同的相處和溝通模式。

**社區組織** 社區組織有很大的優勢可以為華人家庭提供雙語的社會服務。如果得到充足的资金，這些組織可以幫助華人成年子女減輕照顧的負擔，促進兩代人之間的關係。

**公眾意識和教育** 我們需要公眾對華人家庭照顧者面對的困難有更好的理解。成年子女照顧父母需要具備身體健康，心理健康的知識。家庭照顧者經常忽略自己的健康和需要，因此宣傳自我照顧同等重要。以改善照顧者身體和心理健康項目的項目應該得到長遠的普及和發展。

**有文化敏感性的健康服務** 健康服務提供者應該考慮中華人的文化價值觀，及其如何影響華人子女和父母的健康和和幸福。培訓應該重視華人家庭在醫療，社會和文化的特殊性，特別是，考慮到許多華裔移民不情願報告心理困擾（包括壓力，抑鬱，焦慮），心理服務應該採用創新的方式主動關心有心理健康需求的人群。

**聯邦和州政府介入** 聯邦和州政府需要在目前的努力之上通過已有州市服務系統地支持老人照顧。擴展心理健康服務的使用可以幫助很多照顧者處理照顧父母的相關壓力。而且，提供給家庭照顧者財政補貼可以鼓勵家庭式的老人照顧。

**基金支持** 聯邦和州政府應該給予基層社區更多的支持。慈善機構，國立衛生研究院等應為社區參與性研究提供更多基金以設計適宜文化的預防和干預措施。

**政策改革** 我們要和政策制定者一起確保全國性法律，例如家庭照顧者法案，家庭和醫療保險運動等，能夠提供適宜文化語言的服務來保護中國家庭。我們需要聯合美國衛生與人類服務部（美國老齡化管理機構，國立衛生研究院，聯邦醫療保險與醫療補助服務中心，少數族裔健康中心，藥物濫用和心理健康管理中心）一起調查與華裔人群相關的醫療服務。州立及聯邦法律制定者需在法律制定中詳加考慮少數族裔的利益。

**未來研究** 成年子女與兩代關係報告只是我們邁向了解華裔成年人健康情形和兩代關係的第一步。我們需要更深入調查影響華裔群體行為，社會，家庭，文化和經濟因素，以及這些因素對健康的影響。我們需要長期跟蹤調查華裔成年人健康狀況和兩代關係的變化，以更好的理解和消除健康風險和保護因素。

另外，我們需要了解影響跨代華裔的健康問題和影響家庭關係的行為。因為華人群體的內部多樣性，我們需要全國或跨國性研究加深對全球華人健康的深入了解。

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**CONCLUSION** Over the last 180 years, Chinese populations have contributed greatly to the building of contemporary U.S. society and have continued to grow rapidly. Despite scientific and medical advances, U.S. Chinese adults experience significant health problems due to many cultural, linguistic, and economic barriers. Furthermore, the rapid aging of the Chinese population means there is an increasing burden of caregiving responsibility placed on adult children. The FILIAL PIETY Report illustrates the psychological and social challenges, barriers, and stressors of the daily lives of adult children. We call for increased family and community care, improved delivery of care, more adequate support services, expanded research agendas, widespread practice changes, and policy reform for our vulnerable communities. The Chinese population has voiced their needs. Now, it is our turn to make a difference.

結論 在過去180多年，華裔群體為美國的現代化發展做出了卓越的貢獻。美國華人由於文化，語言和經濟的困難更容易有健康問題。華人的快速老齡化也給成年子女帶來照顧負擔。本報告揭示了成年子女的心理，社會和文化的壓力。我們強烈呼籲更好的家庭社區支持，更完善的醫療服務，更深入的研究議題和政策改革來幫助這個弱勢群體。華裔群體已表達他們的需要。而現在是我們做出行動的時刻了。
Reference List


http://chinesehealthyaging.org/pinereports.html


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