



**BACKGROUND** Racial discrimination can be a unique predictor of negative health outcomes. In the aging community, discrimination may have more deleterious effects including increased risk of mortality. As the first minority group that faced legally suspended immigration on the basis of race, Chinese Americans had endured a long history of discrimination since the passage of the Chinese Exclusion Act in 1882. Despite a changing social milieu in the modern days, hate crimes against Chinese still persist. National studies show 60% of Chinese Americans reported experiences of discrimination.

### STUDY RESULTS

**RESPONSE TO UNFAIR TREATMENT** We first asked participants how they would have responded to unfair treatment. Three out of four participants (75%) would accept it as a fact of life, and only 25% of the participants would do something about it.

**EXPERIENCES OF DISCRIMINATION** Overall, one in five (21%) older adults reported having experienced racial discrimination in the U.S. Racially motivated unfair treatment that happened on the street or in a public setting was most common (11%).



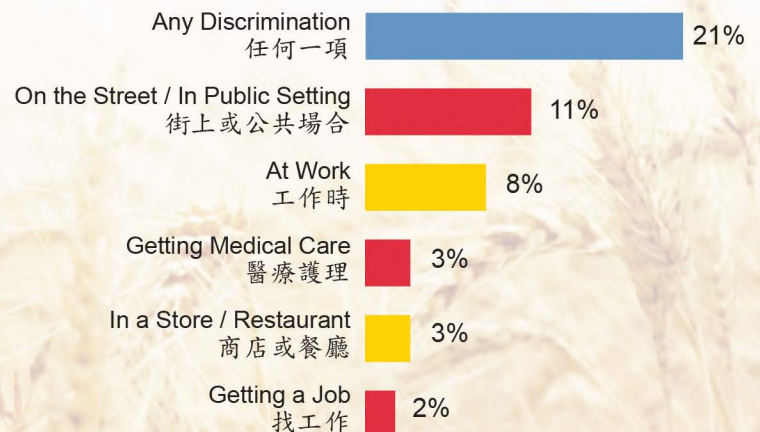
**背景** 種族歧視是影響健康的重要因素，對老人可能產生嚴重甚至致命的健康後果。1882年排華法案使得華人成為美國史上第一個因種族關係不能享有自由平等的民族。儘管現在美國社會環境不斷變化，但是仍存在對華人的歧視犯罪。在美華人約60%有遭受過種族歧視。

### 研究結果

**對不公平對待的反應** 我們首先詢問受訪者，如果他們遭受不平等的對待會如何處理。四分之三的受訪者表示，若遭受不公平歧視，他們會接受現實，只有25%的人會反應舉報。

**歧視經驗** 五分之一的受訪者曾遭受過歧視，其中最發生在街上或者是公共場所，約有11%的耆老有這樣的經驗。

### Experiences of Discrimination 歧視經驗



**CONCLUSION** Chinese older adults continue to be targets of discrimination. Their experiences may be explained by increased vulnerability, lack of social contacts, cultural and language barriers. Discrimination could contribute to mental health burdens through adding acculturation stress in this population. With a high percentage of participants “accepting it (discrimination) as a fact of life”, it is likely that the rate of discrimination is under-reported. Recognition of discrimination against Chinese older adults requires greater attention as a focus of public health policy.

**結論** 由於衰弱體力，缺少社會溝通，以及文化和語言的差距，使得華人老人仍遭受種族歧視。歧視增加了老人文化適應的壓力，從而影響心理健康。由於許多人選擇忍受現實，因此實際受歧視的比例可能更高。剖析並從而解決老人遭受的歧視應是公共衛生政策的重心之一。