



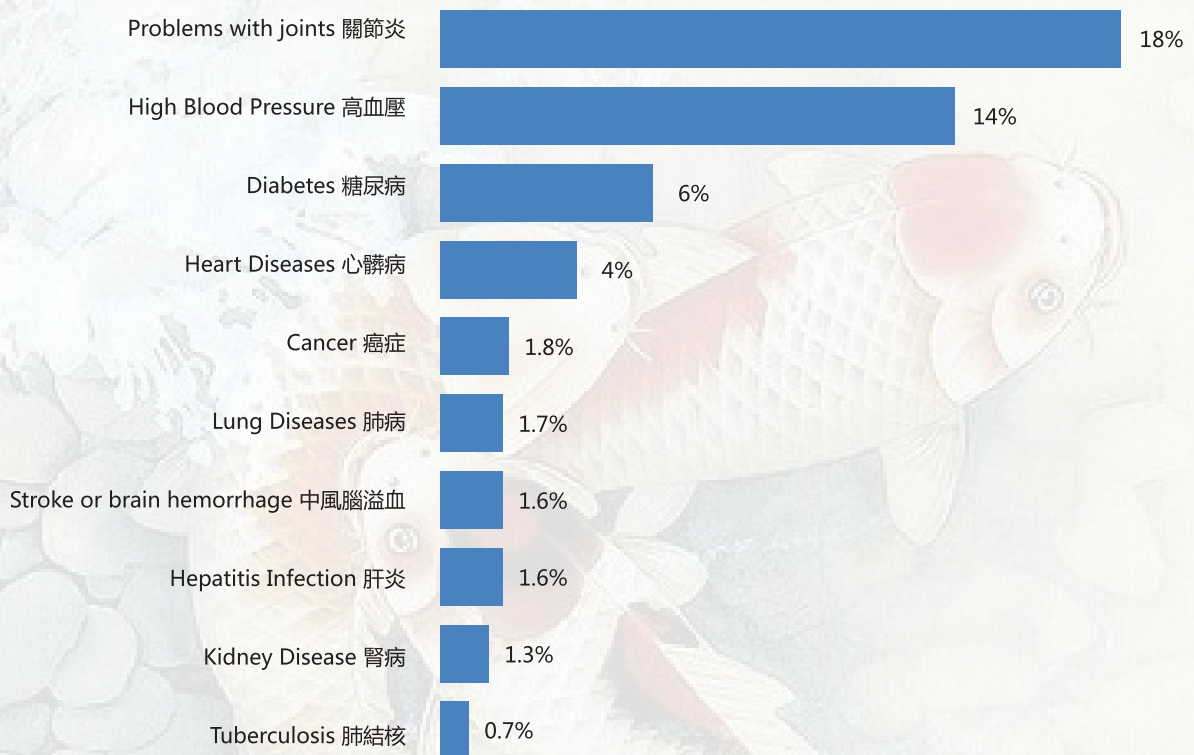
**BACKGROUND** Heart disease, cancer, stroke, and diabetes are among the leading causes of death among Americans. Asian populations are disproportionately affected by certain medical conditions. It was estimated that 24% of deaths in U.S. are attributed to heart diseases. In the general U.S. population, 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.

**背景** 心臟病、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%的死亡由於心臟疾病導致。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的人來說，出現這些症狀造成了生活的負擔，有害整個人的健康。

**研究結果** 四個最普遍的健康問題包括有關節炎，高血壓，糖尿病和心臟病。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。

## MEDICAL CONDITIONS 健康問題



**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.

**總結** 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，因為很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。