



THE PINE STUDY
華人松年研究

春暉報告

- 兩代家庭關係



FILIAL PIETY REPORT

Health and Well-being of Chicago Chinese Caregivers

芝加哥華裔看護者健康調查



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

如何贍老備受關注。大約70%以上的老人需要生活幫助。然而，提供這類照顧的人力資源不足。儘管政府正在努力完善贍老服務，80%的老人照顧仍然依靠家庭提供。全球和芝加哥華裔老齡化迅速，呼籲對華裔家庭贍老和跨代關係有更好的理解。

董新奇醫生以其羅許大學和西北大學的研究組一直在致力開展研究項目來理解芝加哥華人社區的需求。通過芝加哥地區的華人諮詢服務處，以及其他社區機構的積極合作，松年研究覆蓋了超過三千名華裔老人。目前，這支團隊繼續開拓研究視野，致力於深入了解華裔文化與家庭關係，老人照顧等熱點問題。

我們懷著敬意向你們正式介紹最新的研究 - 春暉報告。這份報告反應了美國華裔老人和其成年子女的健康，家庭照顧和衝突等議題。呼籲社會對於華裔成年子女在照顧父母時面臨著心裡和社會的問題提供更多支持。

春暉報告可以作為一份具有遠見的藍圖來啟發華人社區贍老問題。它鏈接健康與文化，關注少數族裔的健康問題。藉此，對幫助我們完成這份報告的所有人士表達誠摯的謝意和衷心的祝賀，在美華裔移民得益於您孜孜不倦的付出。



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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.

序言

社會的極速老齡化，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。這是一份旨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的受訪者有贍老的負擔，1/2的受訪者有焦慮症狀，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出一套適用於華裔文化背景和語言背景的服務機制來支持贍老。

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增長預示了日益增加的養老負擔。以家庭為核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了成年子女具有照顧父母義務。對作為家庭照顧者的華人成年子女有一個更充分的理解至關重要。

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贍養的認識不完全。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贍老提供支持。

孝順和兩代關係研究 在這一使命的指引下，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，包括華人諮詢處和希林共同推出了春暉報告。從2011年開始，我們通過松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548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，繁體中文和簡體中文同時記錄。

研究成果：

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%)或者母親(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%)，父親則對自己的要求更多(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%的受訪人認為自己在照顧年老父母的時感覺到壓力和負擔。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篩查量表上有肯定性回答。難以請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狀。

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贍老支持。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。我們希望這本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%).



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.

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.



INTRODUCTION & ACKNOWLEDGEMENTS 導論

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.

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- Midwest Asian Health Association
- Pui Tak Center
- Shields Apartments
- South-East Asia Center
- St. Therese Chinese Catholic Church
- Xilin Asian Community Center

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背景 在美華裔有四百萬，是人口最多增長最快的亞裔人群。因此，加深對華裔家庭贍老的理解非常重要。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代代相傳。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。松年研究表明，美國華裔老年人對成年子女具有很高的孝順期待。這種代溝會破壞家庭和睦，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，因此成年子女照顧贍老的壓力更大。這種負擔在獨生子女家庭就特為尤甚。因此，我們需要深入了解成年子女和他們的贍老負擔。

計畫目標 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贍老照顧。主要目標是深入了解：1. 跨代家庭關係和孝順；2. 成年子女的家庭贍老負擔；3. 成年子女的健康。4. 在美華裔家庭贍老的挑戰，障礙和文化特殊性。

致謝 此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：

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CHINESE AMERICAN HISTORY TIMELINE

美國華人移民簡史

The first U.S. Census notation recorded three Chinese living in America.
美國人口普查第一次記載了三位華人居住在美國。

1830

Chinese came to California in large numbers during the California Gold Rush.
淘金熱時期,大量華裔勞工湧進加利福尼亞州。

1849

California legally prohibited Chinese immigration.
加州立法禁止華人移民入境。

1858

First transcontinental railroad was completed with a workforce of 80% Chinese workers.
第一條橫貫美國內陸的鐵路工路修築完成,參與修築的工人百分之八十是華人。

1869



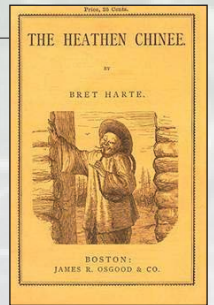
Anti-Chinese sentiment along the Pacific Coast dispersed Chinese immigrants to the Midwestern and Eastern states, bringing the first Chinese to Chicago.
西岸排華浪潮使大批華工分散全美各地,帶來芝加哥最早的華人移民。

1870

The Chinese Massacre in L.A. occurs where Chinese were murdered by a racially motivated mob.
洛杉磯爆發華人大屠殺,唐人街居民遭搶劫和謀殺。

1871

The Great Chicago Fire killed hundreds and destroyed a major part of the city.
芝加哥大火使上百個人喪生,幾乎燒毀整座城市。



Anti-Chinese riots spread throughout the West and led to racially motivated violence and massacres.
反華暴動擴展至整個西部,造成不同族裔間的暴動和屠殺。

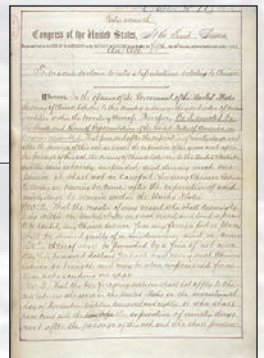
1880

The Chicago Chinese Community began to form in the downtown loop area, near Van Buren and Clark street.
芝加哥華人多在市中心附近聚集,在西范布倫街和南克拉客街周邊形成最早的唐人街。



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.
美國通過排華法案,禁止華人移民到美國,在美華人也不得歸化為美國公民。

1882



U.S. vs. Wong Kim Ark: Wong was born in the U.S. to Chinese parents. 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. 黃金德案勝訴,美國最高法院規定凡是在美國出生的人都可以成為美國公民。

1898

Chinese Exclusion Act was renewed and extended indefinitely.
美國進一步修訂和增補排華法案。

1900

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。

1910



CHINESE AMERICAN HISTORY TIMELINE

美國華人移民簡史



- 1910** | The Chinese population in Chicago passed 1,000.
芝加哥華人人數超過1000人。
- 1912** | 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.
芝加哥的華人開始往南面遷移，在永活街和舍麥街交界處建立起新的唐人街。
- 1926** | Women constituted less than 6% of the Chinese population in Chicago.
芝加哥華裔女性比例少於華裔總人口的百分之六。
- 1943** | The Chinese Exclusion Act was repealed. A second wave of Chinese immigrants arrived, seeking economic opportunities and reuniting with families.
美國廢除排華法案，開啟了華人移民的第二個浪潮。
- 1952** | Groups of Mandarin-speaking professionals settled in the suburban areas of Chicago after the revolution in mainland China.
大陸學者開始移民芝加哥，大多定居在郊區。
- 1965** | The Immigration and Nationality Act of 1965 increased the quota of immigrants from China, Taiwan and Hong Kong.
美國華人發展歷史的分水嶺。美國移民與國籍法放寬了大陸，台灣，和香港的移民配額。
- 1970** | The Chinese population increased rapidly, with an estimate of 12,000 residents. Chicago had the 4th largest Chinese population in the United States.
華裔人口迅速增長，已達12,000人。芝加哥成為美國華人人數第四大城市。
- 1975** | A large number of ethnic Chinese from Vietnam, Cambodia, Thailand and Laos settled down in the uptown Argyle neighborhood after the conclusion of the Vietnam War.
越戰結束，大量華裔從東南亞來到芝加哥，多定居在北華埠。
- 1982** | Vincent Chin was brutally beaten to death in a racial hate crime, leading to a pan-ethnic Asian American movement in the U.S.
陳果仁因為種族仇恨被毆打致死，引發了全美旨在抵抗壓迫和爭取平權的亞裔聯合運動。
- 1989** | Tiananmen Square protests occurred. An executive order was issued to allow mainland Chinese scholars, students and families to permanently remain in the U.S.
天安門六四事件爆發。美國允許大陸華人學者，學生和家人獲得永久居留權。
- 1990** | Immigration Act increased the total immigration to the U.S. and increased visa quotas by 40%. Family reunification continued as a main immigration focus.
1990年移民法案制定，美國移民簽證增加了百分之四十。移民的主要目的仍然是家庭團聚。
- 2012** | With the passage of Senate and House resolution, the Congress issued a formal apology for the Chinese Exclusion Act.
美國國會正式為排華法案公開道歉。
- Chicago's Chinatown celebrated their Centennial Anniversary.
芝加哥華埠慶祝成立100年。



The Chinese Exclusion Repeal Act

Eighty-Eighth Congress, First Session, 1943

Act to repeal the Chinese Exclusion Acts, to establish quotas for other purposes.

enacted by the Senate and House of Representatives of the United States of America in Congress assembled, That the following parts of Acts relating to the exclusion or deportation of persons of the Chinese race are hereby repealed:

Act of June 8, 1882 (22 Stat. L. 58); July 5, 1884 (23 Stat. L. 115); October 3, 1888 (25 Stat. L. 476); October 1, 1888 (25 Stat. L. 504); May 5, 1892 (27 Stat. L. 25); November 3, 1893 (28 Stat. L. 103); July 7, 1898 (30 Stat. L. 77); and that portion of section 1 of the Act of July 7, 1898 (30 Stat. L. 77) which reads as follows:

There shall be no further immigration of Chinese into the Hawaiian Islands except upon such conditions as are now or may hereafter be provided by the laws of the United States; and no Chinese, by or under the authority of any power, shall be allowed to enter the United States from the Hawaiian Islands; section 101 of the Act of August 2, 1906 (34 Stat. L. 141, 161); those portions of section 1 of the Act of June 6, 1906 (34 Stat. L. 588, 611) which read as follows:



U.S. CONGRESS
81ST SESSION

S. RES. 201

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

IN THE SENATE OF THE UNITED STATES

MAY 29, 2011

BROWN of Massachusetts (for himself, Mrs. FEINSTEIN, Mr. HATCH, Mr. MURPHY, Mr. CARLIS, Mr. BROWN, and Mr. AKAKA) submitted the following resolution, which was referred to the Committee on the Judiciary:

RESOLUTION

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;





DEMOGRAPHIC IMPERATIVE & CULTURE CONTEXT 社會人口統計變遷和文化背景

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。伊州華裔人口從2000到2010增長了35%，比其他的族裔增長要迅速。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，中國的文化價值認同亦隨之改變。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，照顧身體日漸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。

SURVEY DEVELOPMENT & DATA COLLECTION

調查設計和數據收集



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.

社區參與研究方法 為了更好的了解芝加哥華人的健康需求，配合華人獨特的社會文化以及語言環境，我們運用社區參與的研究方法建立了促進社區健康的基礎。社區參與研究是一個全面的健康調查方法，通過社區成員的充分參與來實現教育，激勵，和持續的社會改變。在過去十年中，我們不斷加強這種學術機構和社區之間的合作來促進芝加哥華人的健康與幸福。

調查設計 華人社區諮詢委員會在本研究中扮演了不可或缺或指導角色，提供了包括項目構想和準備，調查實施，招募參加者，成果發佈等的建議。委員會成員來自市政，醫療，社會以及權益組織等不同部門。

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.

數據收集 我們邀請年滿21歲的華裔成年子女參加研究。參加者需擁有至少一位年齡60歲以上且居住在大芝加哥地區的父母。研究組通過社區中心和在大芝加哥地區發佈廣告招募成年子女。經過培訓，具有多文化背景和多種語言能力的訪問人員到受訪者家進行面對面訪談。受訪者可以選擇他們偏好的語言接受訪問，包括英語，廣東話，台山話，普通話或潮州話。從2012年到2014年，總共有548位成年子女參加了我們的訪問。

報告的問題選自社會科學以及公共衛生研究中的可靠量表。針對缺乏中文版本的量表，我們的雙語團隊先將英文版本翻譯成中文，再反譯為英文，最後由項目指導者審查，以保證內容可靠有效。我們利用具備英文，簡體中文，以及繁體中文同步功能的創新在線軟件輸入數據。多語言的數據庫減少翻譯偏差和內容流失。



SOCIODEMOGRAPHICS 社會人口特徵

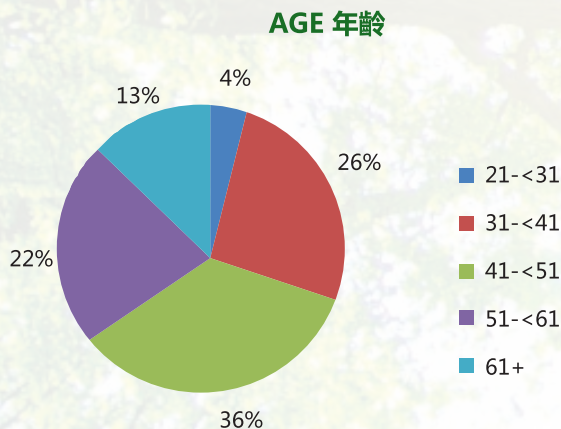
BACKGROUND The Chinese American population continues to grow in the United States. Between 2000 and 2010, the Chinese American population grew by 1.1 million people. As of 2010, the median age was 43 years. A majority (59%) of Chinese in the U.S. are married. It is also common for Chinese Americans to live in large, multigenerational households, in part due to cultural influences of filial piety.

STUDY RESULTS

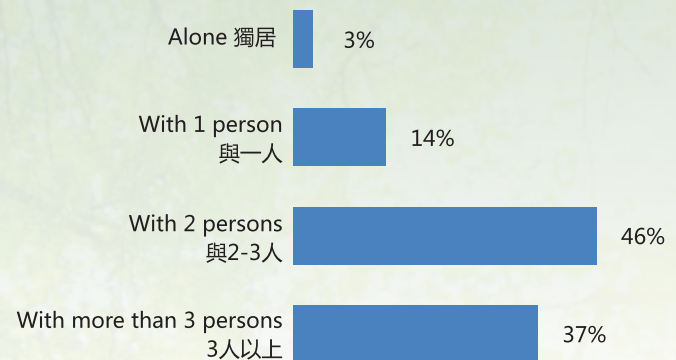
AGE AND GENDER The average age of our sample was 48 years old (range: 22-76). Chinese women comprised 66% of the study sample.

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.



LIVING ARRANGEMENTS 居住安排



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。

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.

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%.

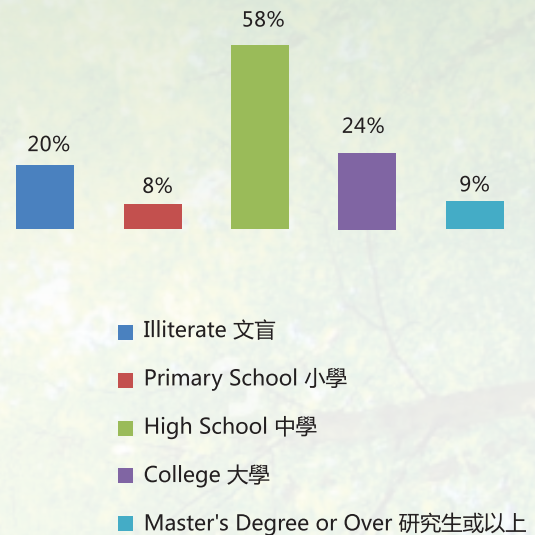
背景 全美數據顯示年滿25歲的華人中 25%擁有本科學位, 26%擁有本科以上。華人的家庭收入中值是65,000美元。華人的平均年收入是30,000美元, 華人的貧困率是12%。

STUDY RESULTS

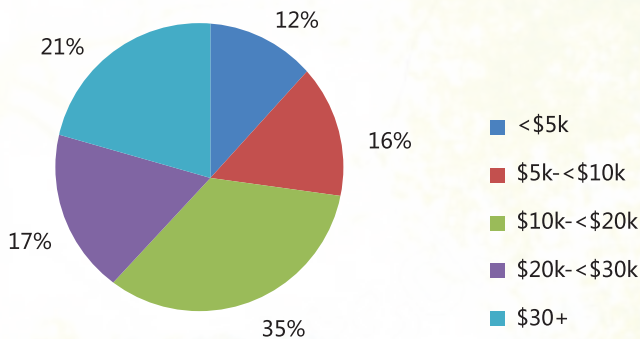
EDUCATION LEVEL Nearly 70% of our participants have a high school education or less. Only 9% of our participants reported having an advanced degree, compared to 26% of Chinese adults nationally.

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.

EDUCATION LEVEL 教育程度



ANNUAL INCOME 年收入



研究結果:

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。

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.

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。我們的研究展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。



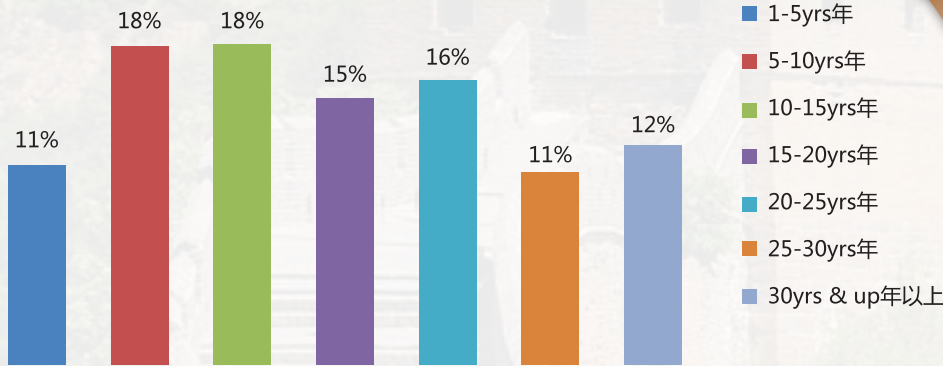
IMMIGRATION & ACCULTURATION

移民和文化適應

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.

背景 移民經歷對美國華裔生活影響巨大。在所有的美国华裔成年人中,76%出生在美国之外的地方。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。

YEAR IN THE U.S. 移民美國情況



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.

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于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。

IMMIGRATION STATUS & ACCULTURATION

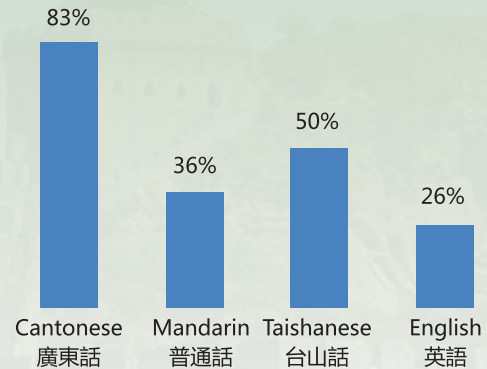
移民和文化適應



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.

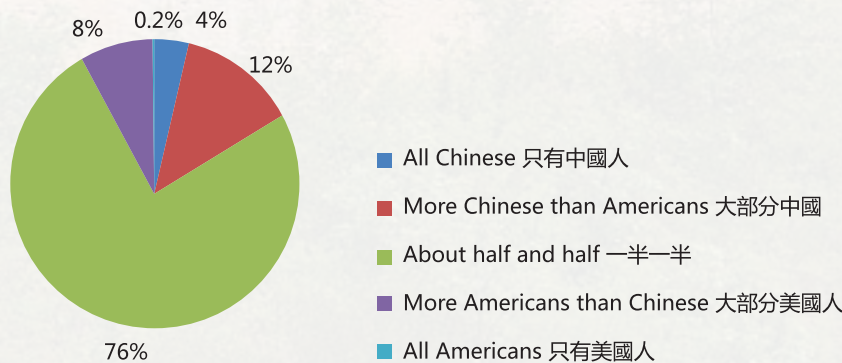
LANGUAGE USAGE 使用語言



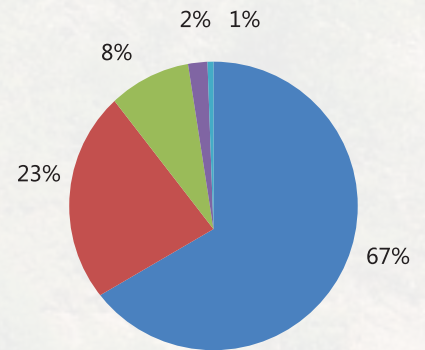
語言 大約75%的受訪者使用的語言或中國方言超過一種。10個受訪者中有8個人會說廣東話。26%使用英文，這比全美華裔的英文使用率低。

社會關係 67%的受訪者表示他們親近的朋友都是華人。大約同樣多的人比較喜歡參加全是華人的聚會。然而，並不是很多受訪者希望他們的孩子也如此。每四個人中有三個希望他們的孩子有同樣多的華裔和美國朋友。

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



CLOSE FRIENDS 親近的朋友



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.

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。巨大的語言障礙會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。



HEALTH CARE UTILIZATION 使用醫療服務

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.

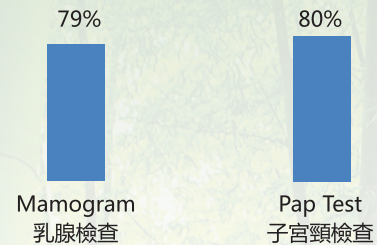
STUDY RESULTS

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.

背景 醫療服務的利用幫助很多美國人維持健康，控制慢性問題，預防疾病。但是，許多移民因為語言和文化的障礙並不使用這些醫療服務。比起其他族群，亞裔婦女對於預防醫療服務利用率更低。對於醫生的信任是醫療服務中非常重要的部份。醫學用語的識別是一個人可以理解 and 遵從醫囑能力的重要指標。華裔移民可能面臨著理解英文醫學用語的困難。

WOMEN'S HEALTH 婦女健康

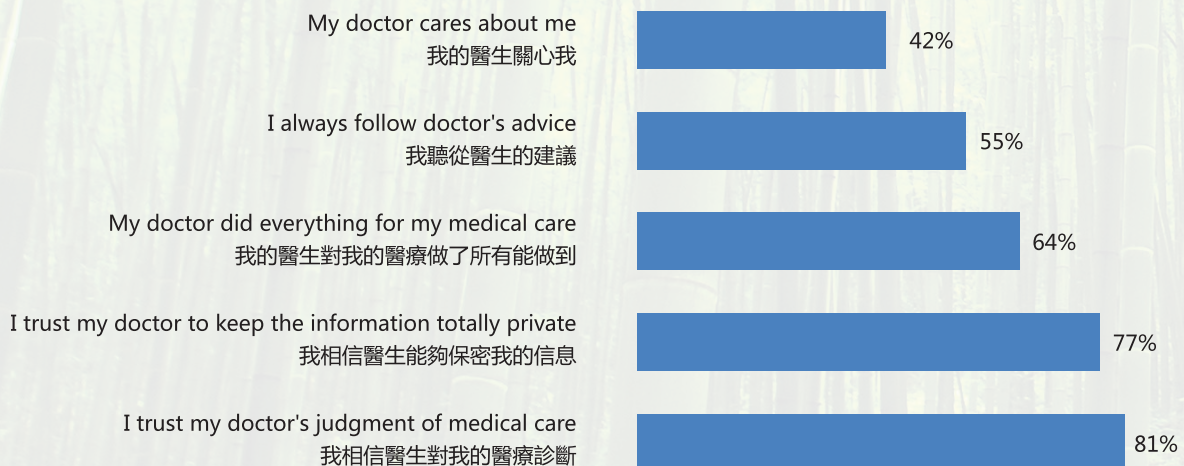


研究結果

醫療服務的使用 大約五個受訪者中會有一個人在過去兩年中沒有看過醫生，過去兩年平均看醫生的次數是一年四次。超過40歲的女性受訪者中79%在一生中有做過乳房X線檢查，80%的女性受訪者在一生中接受過宮頸塗片檢查。

醫生信任 81%的受訪者信任他們醫生的醫療診斷，77%信任醫生會將醫療信息保密。然後，僅有42%的人相信他們的醫生關心他們。

TRUST IN PHYSICIAN 對醫生的信任

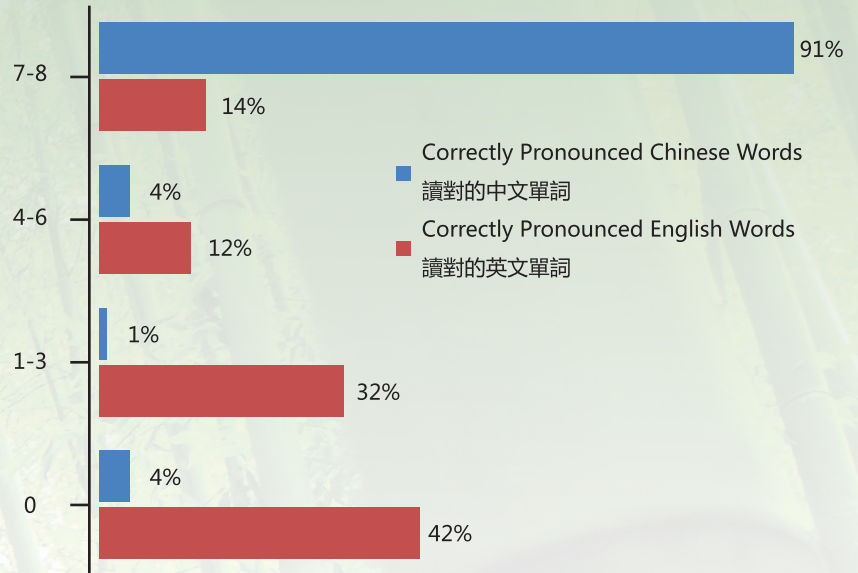




HEALTH LITERACY From our findings, 42% of our participants were not able to correctly pronounce any English terms. Nearly all (86.5%) have low health literacy in English while 11.9% have low health literacy in Chinese. Overall, our participants have a greater command of Chinese compared to English.

醫療用語 42%的受訪者不能對任何一個英文術語正確發音。87%的受訪者英文醫療用語識別力低，12%中文醫療用語識別力低。總之，我們的受訪者對中文的掌握好於英文。

HEALTH LITERACY 健康單詞識別



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

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預防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。



SELF-REPORTED HEALTH 健康自我評價

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.

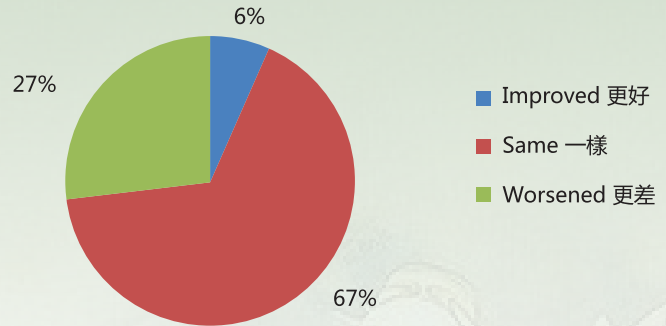
STUDY RESULTS Nearly 40% of our study participants reported their general health status as fair or poor, which is higher than national estimates. One in three reported worsened health compared with last year (27%). More participants perceive their quality of life as fair (54%) as compared with good (36%).

背景 自評健康狀況和生活品質中最常使用指標去評價全面人口的健康。自評健康主觀反應了一個人內在對自己健康的身體,心理,和社會康樂的理解。自評健康差容易導致身體功能障礙和頻繁使用健康服務資源。

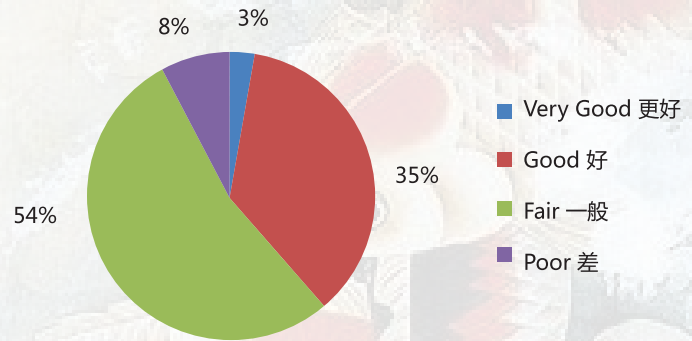
研究結果 有40%的研究參與者報告他們的全面健康狀況為差或一般。近三分之一的人認為他們的健康比去年變差(27%)。多數認為他們的生活質量一般(54%)。



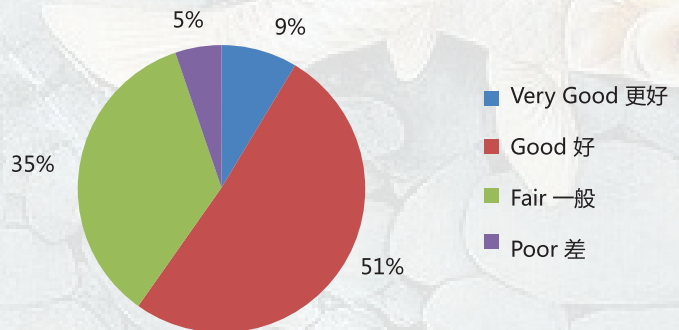
HEALTH COMPARED TO PREVIOUS YEAR 健康與去年相比



QUALITY OF LIFE 生活品質



GENERAL HEALTH 基本健康



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.

總結 相比於美國的普遍人群,我們研究的參與者更普遍的認為自己健康差,生活質量不好。由於良好的身體心理狀況是積極生活方式的根本,本研究指出華裔移民生活裡面臨許多健康挑戰。



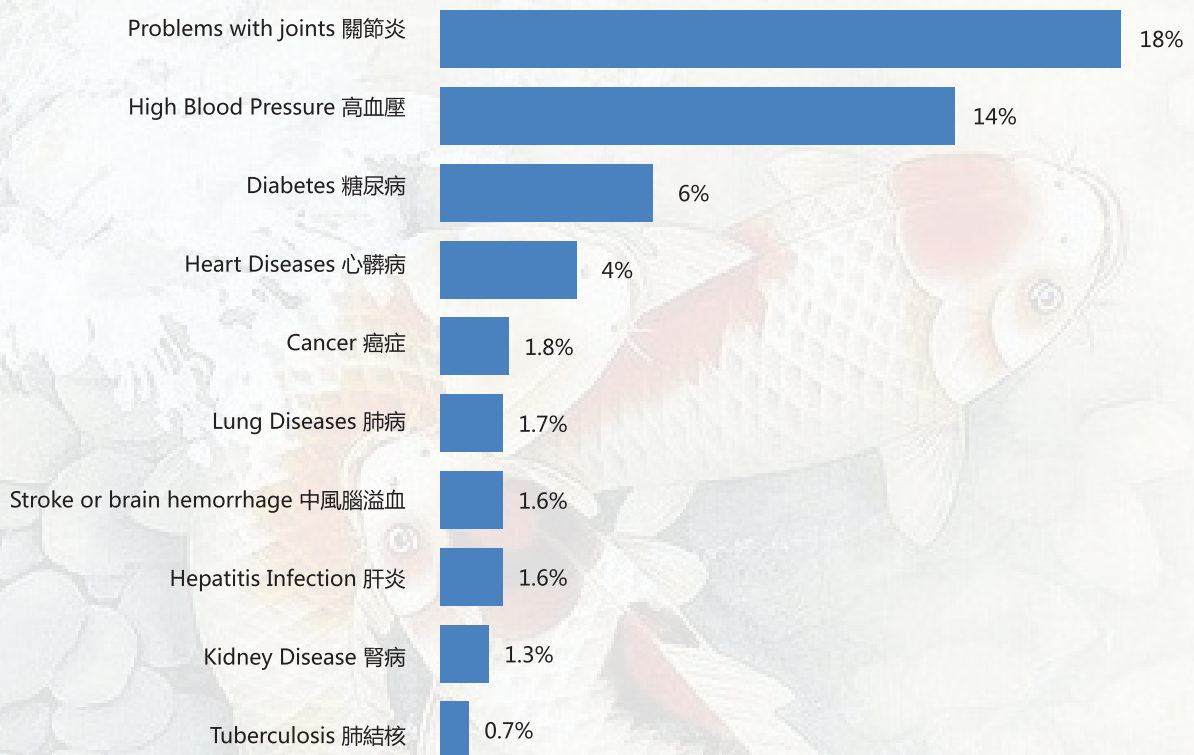
BACKGROUND Heart disease, cancer, stroke, and diabetes are among the leading causes of death among Americans. Asian populations are disproportionately affected by certain medical conditions. It was estimated that 24% of deaths in U.S. are attributed to heart diseases. In the general U.S. population,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



SOCIAL ENGAGEMENT 社會參與

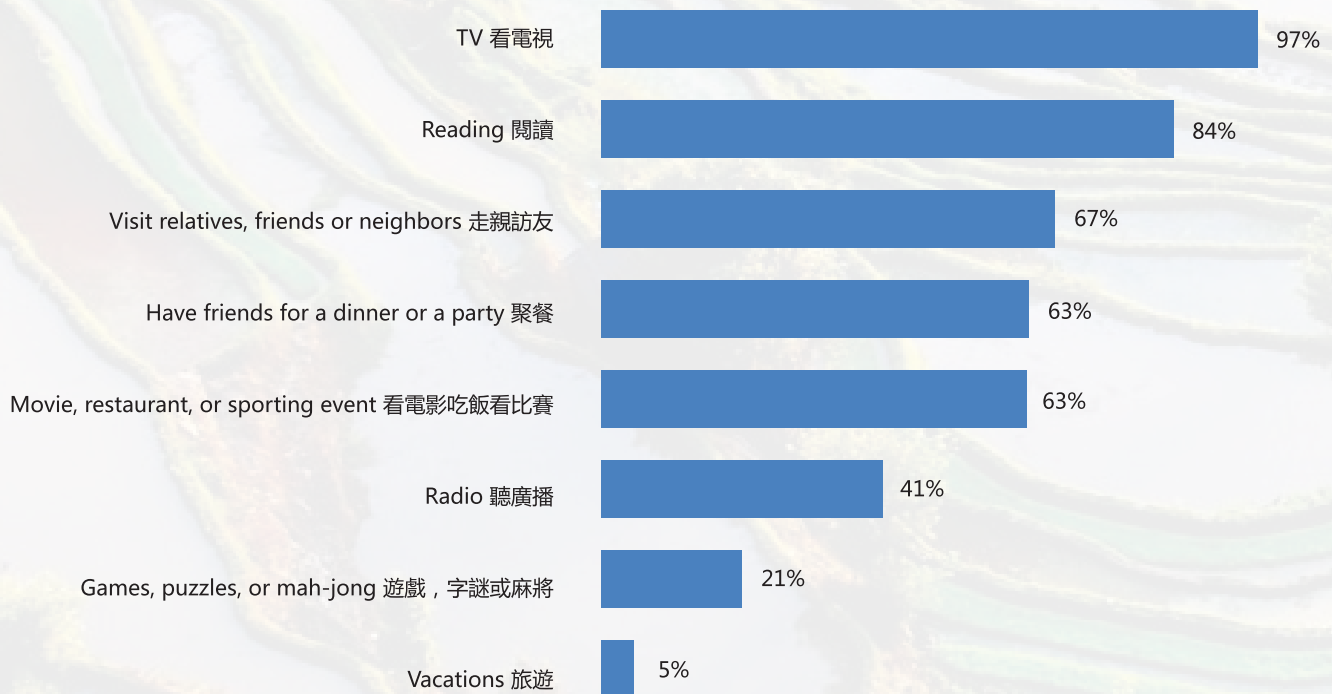
BACKGROUND Active social life and satisfying interaction with others are associated with positive health behaviors, greater social support, and better overall health. Thus, social engagement is an important indicator of social well-being. Language and cultural differences influence how Chinese immigrants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



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.

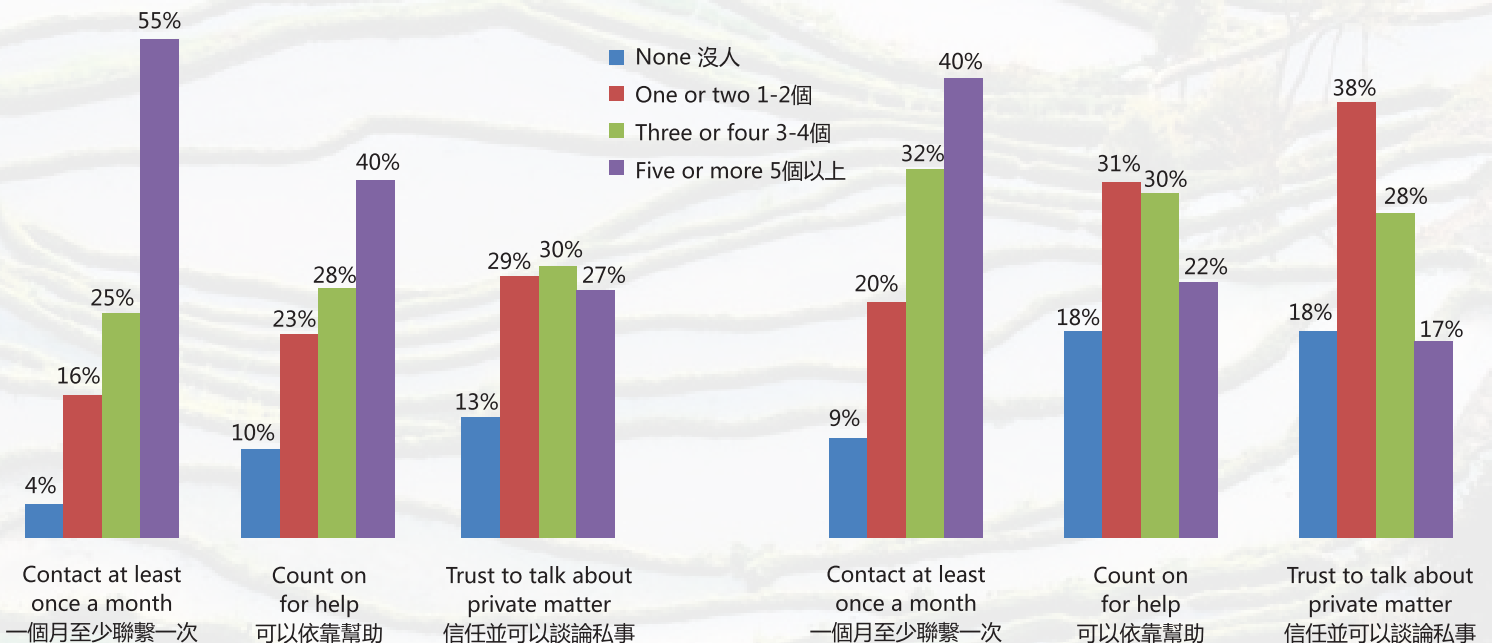
STUDY RESULTS One in ten participants felt they have no relative whom they can count on for help (10%) or talk to about private matters (13%). More than 18% of participants reported they don't have a friend whom they can count on for help or to talk about private matters with.

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。

SUPPORT FROM RELATIVES 親人的支持

SUPPORT FROM FRIENDS 朋友的支持



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.

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。



INTERGENERATIONAL SOLIDARITY 跨世代家庭和睦

- DISTANCE & CONTACT 距離和聯繫

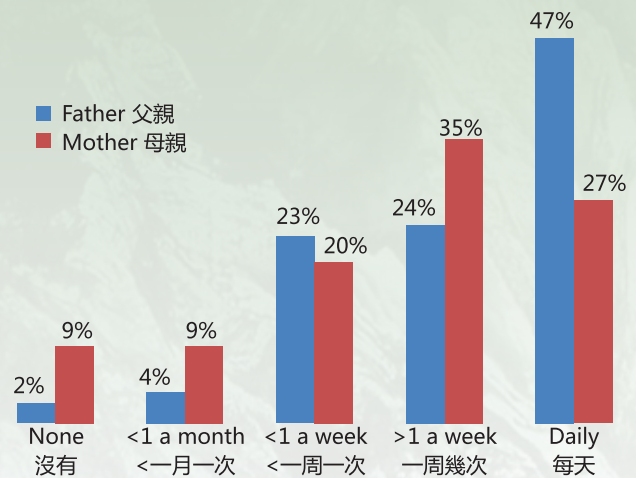
BACKGROUND Living distance and contact between parents and their adult children are important factors to consider when assessing intergenerational relationships. Living distance influences the exchange of family care and assistance within the family network and may be a central prerequisite for many 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.

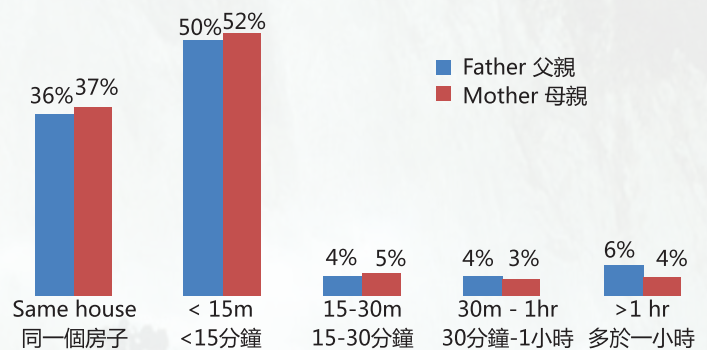
背景 父母和子女的居住距離和聯繫是當評估兩代關係重要的考慮因素。家長孩子的居住距離影響家庭網絡中互相間的照顧和幫助，是跨代家庭和睦的核心前提。面對面的聯繫能表達愛和親情，增強歸屬感。更頻繁的與父母聯繫表示他們兩代的關係更好。

研究 大約三分之一的參與者和父母一起住，超過一半參與者住在離父母在15分鐘車程內。將近一半的參與者(47%)每天與父親見面，而只有27%的人與母親見面。2%的參與者跟父親沒有任何聯繫，而9%的參與者與母親沒有任何聯繫。

FACE-TO-FACE CONTACT WITH PARENTS 每年與父母面對面的溝通



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.

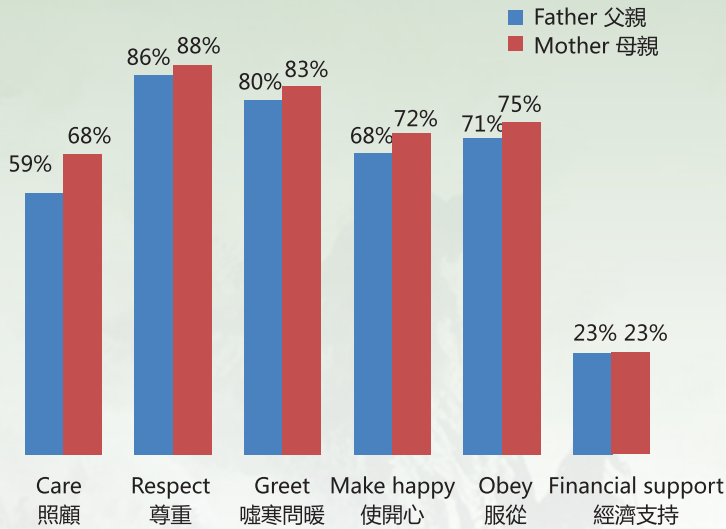
結論 華裔移民維持緊密的家庭紐帶。成人子女與父母居住較近，可以保持每週與父母有面對面溝通。此外，相比母親，成年子女與他們的父親聯繫更多。緊密的家庭紐帶表明，在美國成年子女和他們的父母在美國生活的很多方面都相互依存。

INTERGENERATIONAL SOLIDARITY 跨世代家庭和睦

- FILIAL PIETY 孝順



PARENTS' EXPECTATIONS OF FILIAL PIETY 父母對於孝順的期待

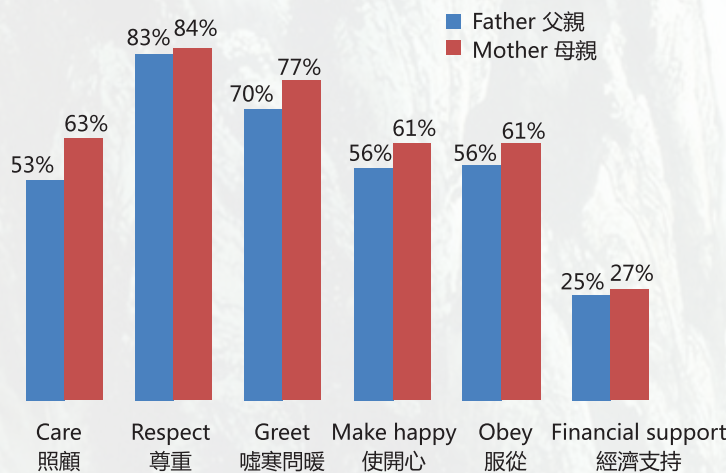


BACKGROUND Filial piety prescribes that adult children are obligated to provide adequate care and support to their older parents. As a critical family caregiving value, the practice of filial piety influences the health and well-being of both caregivers and receivers. Adult children and their parents 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.



PARENTS' RECEIPT OF FILIAL PIETY 父母獲得的孝順



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，孝順的履行影響者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。尊重是被予以最高期望的孝順的行為，提供經濟支持是最低的。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，因此也獲得得了子女更多的關注。

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.

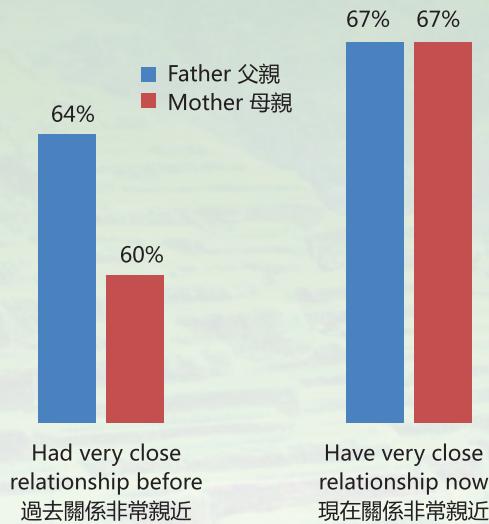
結論 履行孝順的行為對美國華裔家庭仍然很重要。情感支持往往比超過實物支持的價值更高。性別差異影響到了子女如何對母親和父親盡孝。另外，某些成年子女提供未能提供給父母提供所期望的的孝順照顧。為了鼓勵孝順的履行，社區組織和社會服務在建立激勵機制和消除相關障礙方面有重要的作用。



INTERGENERATIONAL SOLIDARITY 跨世代家庭和睦

- AFFECTION & UNDERSTANDING 情感和理解

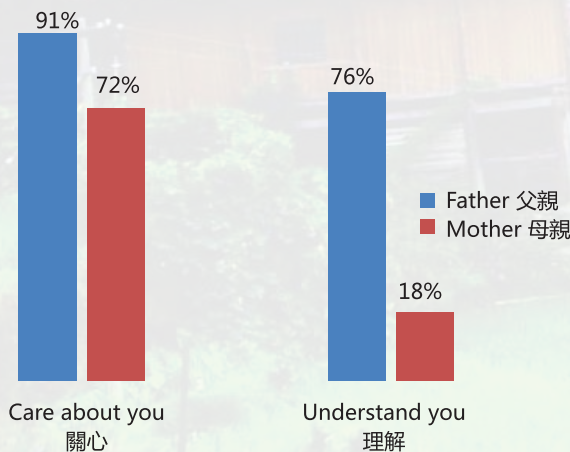
CLOSENESS WITH PARENTS 與父母的關係



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%).

CARE AND UNDERSTANDING FROM PARENTS 父母的關心和理解



背景 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支柱，母親承擔更多孩子的日常生活的責任。由此，華人成年子女與父親和母親有非常不同的情感聯繫模式。認清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。

INTERGENERATIONAL SOLIDARITY 跨世代家庭和睦

- SUPPORT & COMMUNICATION 支持和溝通



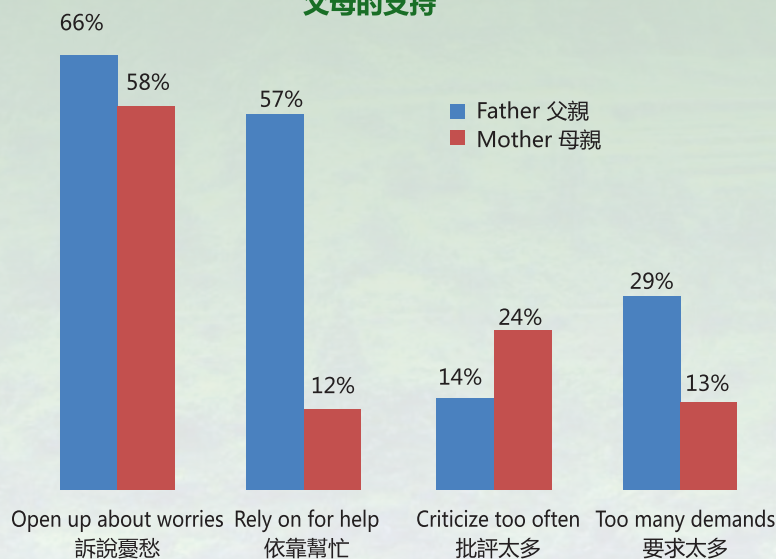
BACKGROUND Chinese immigrants encounter many challenges living in the U.S. Since Chinese traditional culture attaches importance to familial values, parent-child relationships become the most important source for social support. Adult children benefit greatly from the emotional, informative, and tangible 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.

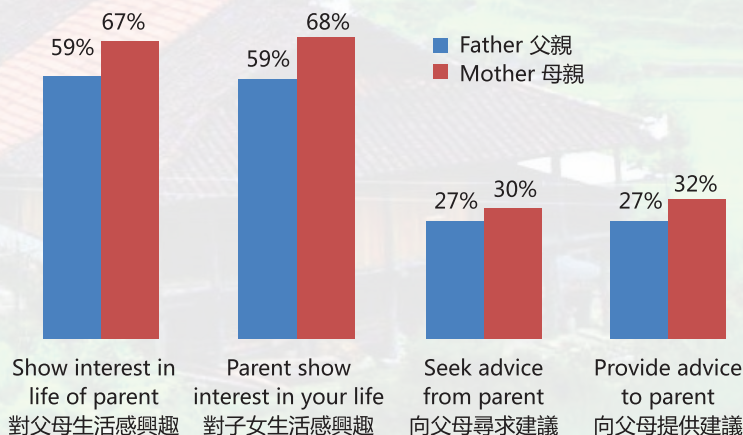
背景 在美國華裔居民遇到許多生活挑戰。父母與孩子的關係成為社會支持的重要來源。成年子女受益於父母給他們的情感，信息和實物支持。然而，並非所有的社會支持都帶來正面效益。負面的社會支持包括過多的批評和嚴苛的要求。年老父母提供的社會支持有正面和負面效益，影響成年子女的健康和幸福。

研究結果 只有一半的成年子女覺得自己可以對父母敞開心扉訴說憂愁。57%的參與者認為可以依靠父親幫助，而只有12%的人認為可以依靠母親。母親更容易對成年子女批評過多，而父親則要求過多。只有三分之一的參加者向父母尋求意見，也只有三分之一的父母會積極向子女提供意見。

SUPPORT FROM PARENTS 父母的支持



INTERACTION WITH PARENTS 子女跟母親的互動



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.

結論 有可能華裔子女跟父母缺乏有意義深層溝通。特別值得注意的是，子女很少跟父母尋求意見和建議。提高社會服務和社會資源是必要的，華裔移民可以建立起更多樣化的社會支持系統。



INTERGENERATIONAL SOLIDARITY 跨世代家庭和睦

- DISSIMILARITY & DISAGREEMENT 差異和分歧

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.

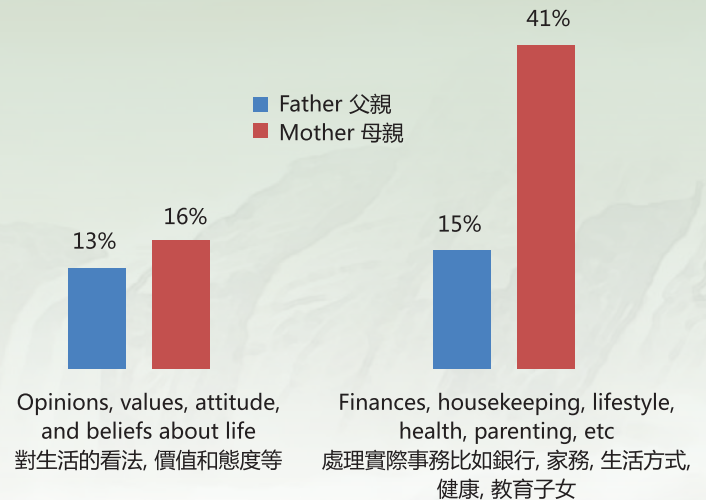
背景 父母和子女會產生矛盾和分歧。如果發生得過於頻繁並且沒有得到適當的管理，它會損害兩代關係。父母與子女的差異越大，他們就更容易在信念，價值觀，以及如何處理實際問題方面產生衝突。華裔移民子女和年老的父母成長與不同社會環境，有不同意識形態。家庭凝聚力對家庭發展很重要。

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。

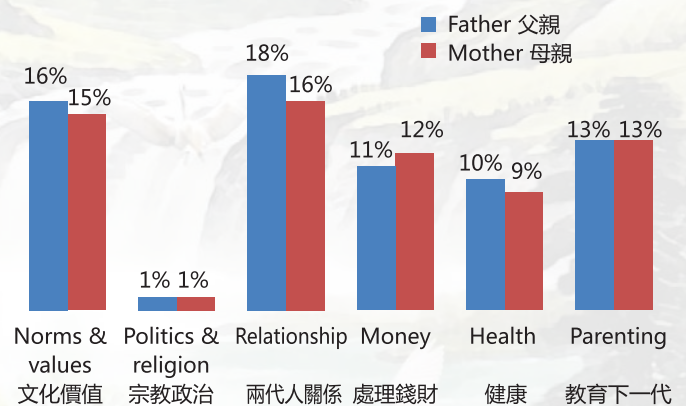
CONCLUSION Differences exist between these two generations in regards to values, beliefs, lifestyle, and ways of doing things, which may create tension. These dissimilarities and conflicts may be caused or intensified by immigrating to U.S. Appropriate coping strategies are necessary to resolve those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

結論 兩代人有不同的價值，信念，生活方式和處理事情的方法。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還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。

INTERGENERATIONAL DISSIMILARITY 與父母的差異



DISAGREEMENTS WITH PARENTS 兩代人的分歧



RESPONSIBILITIES OF ELDER CARE 照顧老人責任



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.

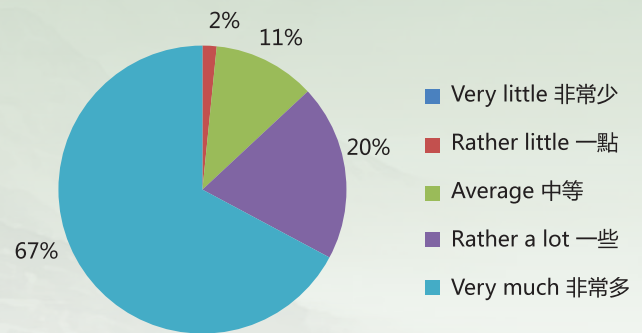
背景 人口快速老齡化，照顧老人成為全球問題。在美國，老年人護理主要依靠社區和社會服務。中國通過孝道立法來激勵子女對年長父母的照顧。這些文化差異影響美國華裔家庭如何組織照顧年老父母。了解成年子女如何看待贍養老人的責任很重要，有助於更好規劃老人照顧。

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。

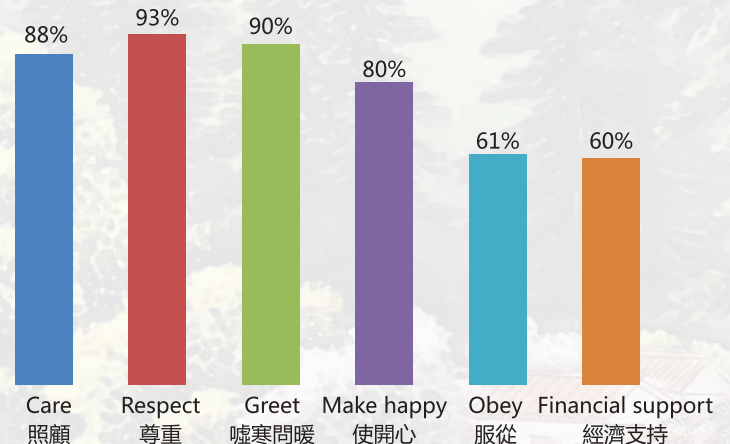
CONCLUSION Our study participants perceived that both adult children and community should take responsibilities in taking care of older parents. One of the most important responsibilities of Chinese children is helping their older parents navigate the U.S. healthcare system. Culturally sensitive elder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

結論 成年子女和社會雙方都應該要負擔照顧年老父母的責任。華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。

COMMUNITY'S RESPONSIBILITY IN ELDER CARE 社區照顧老人的責任



CHILDREN'S RESPONSIBILITY IN ELDER CARE 子女照顧父母的責任





CAREGIVING FOR PARENTS' DAILY ACTIVITIES

照顧父母生活日常

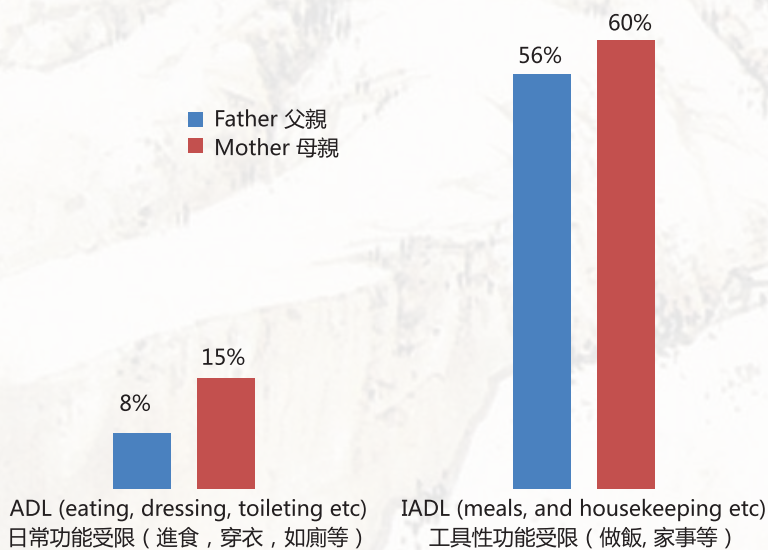
BACKGROUND Adult children may need to assume more caregiving duties if their older parents are functionally impaired. Over 41% of U.S. older adults reported limitation in activities of daily living (ADL) or instrumental activities of daily living (IADL). ADL refers to the basic tasks of everyday life, 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，穿衣服，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%。

CHILDREN SUPPORT WITH ADL & IADL
子女對於父母日常生活支持



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的資源。



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.

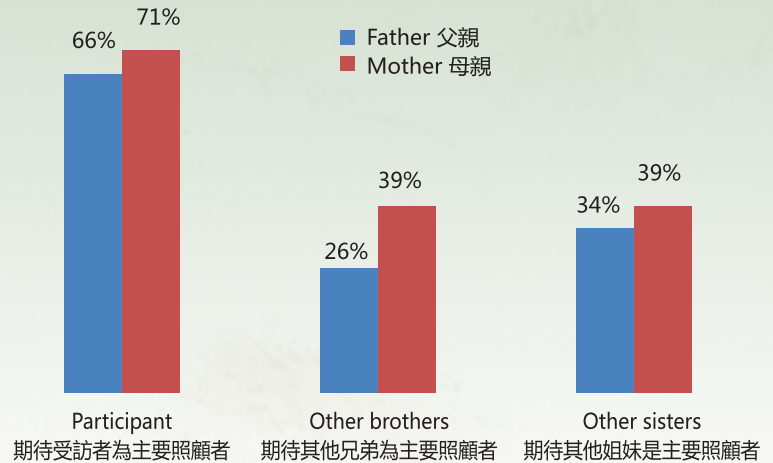
STUDY RESULTS Most participants reported that their father and mother (66% and 71%) expected them to be their primary caregivers, and most also reported that they consider themselves as the actual primary caregivers; 26%-39% of participants' brothers and sisters were expected to be the primary caregivers,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

背景 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，成年子女是最主要的承擔看照顧責任的群體。他們有的全職有的兼職，有的與父母住一起，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。

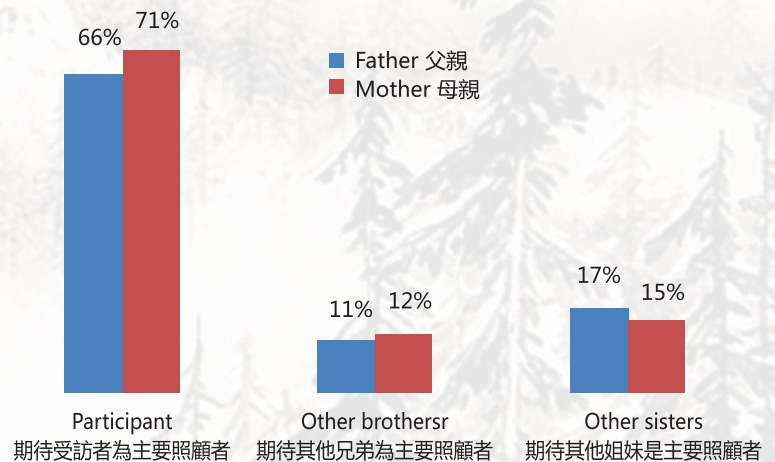
研究結果 分別有66%和71%的受訪者認為自己是父親和母親所期待的主要照顧者。同時，他們認為自己是父母實際的主要照顧者。26% - 39%的受訪者認為父母期望他們的兄弟姐妹作為主要照顧者，但是只有11% - 17%的受訪者認為自己的兄弟姐妹是實際的主要照顧者。



EXPECTED PRIMARY CAREGIVER OF PARENTS 父母對於主要照顧者的期望



ACTUAL PRIMARY CAREGIVER OF PARENTS 父母實際上的主要照顧者



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.

結論 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。



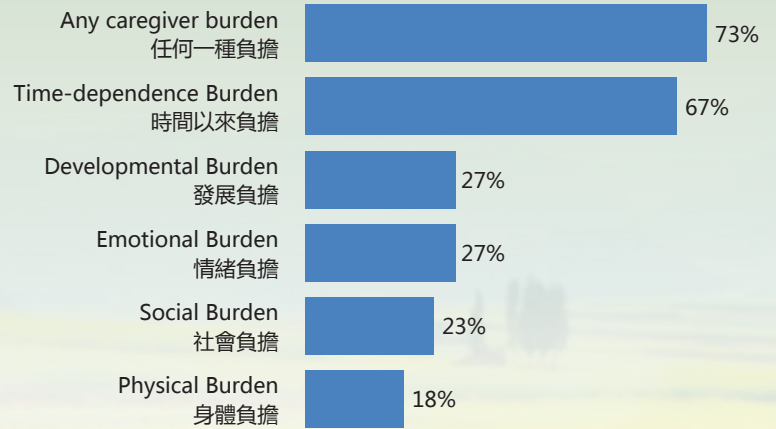
CAREGIVING BURDEN 照顧壓力和負擔

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.

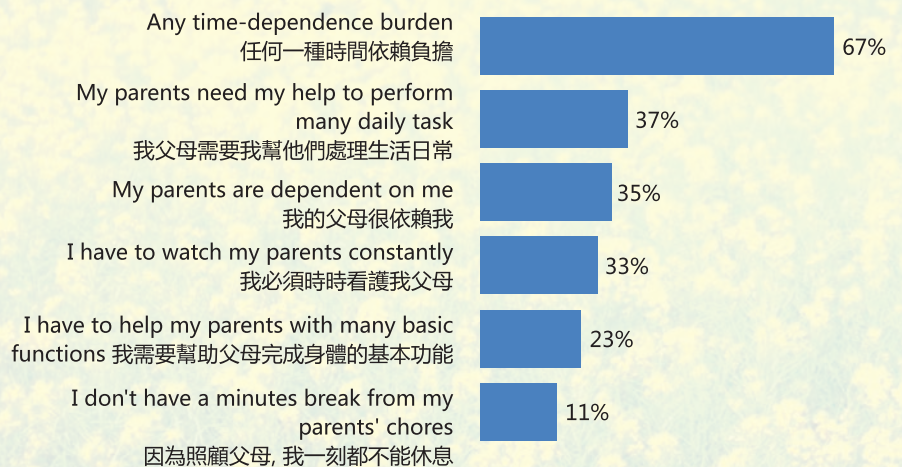
STUDY RESULTS Most participants (73%) reported caregiver burden. Time-dependence burden (67%), a substantial amount of time spent on caregiving, was mostly reported, with 37% stated "My parents need my help to perform many daily tasks." For developmental burden, which refers to life course change because 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.

BURDEN AND STRESS IN CAREGIVING FOR PARENTS 照顧父母的壓力和負擔

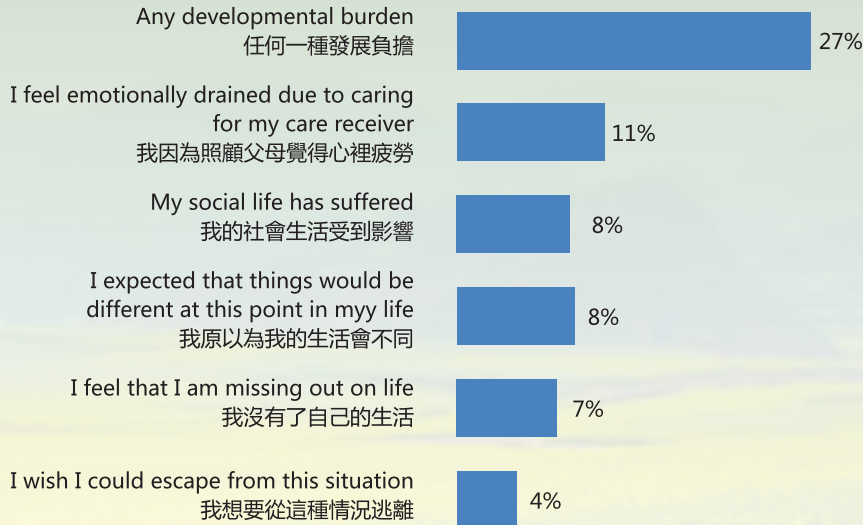


TIME-DEPENDENCE BURDEN 時間依賴負擔





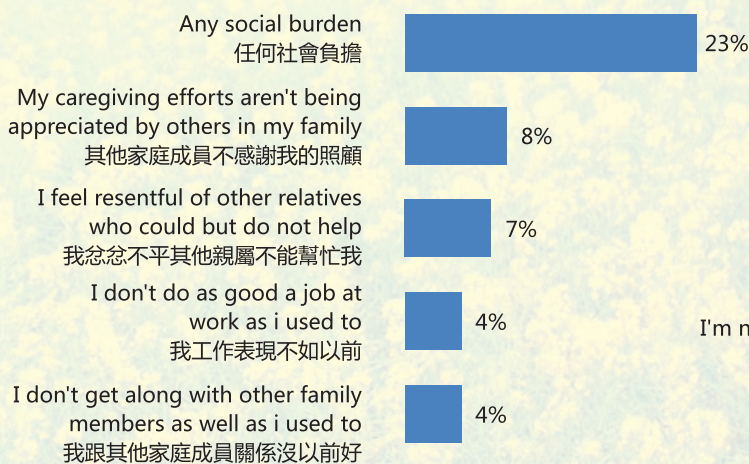
DEVELOPMENTAL BURDEN 發展負擔



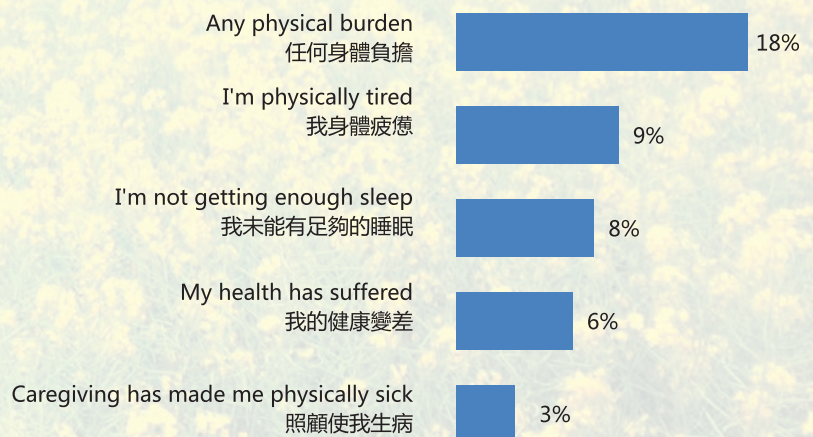
背景 成年子女在照顧年老父母時，面對很多問題，容易感受到壓力。隨著老齡化的加劇，患有慢性疾病的老人增多，照顧者缺乏專業知識。在美國，32%的照護者承受了較高的照顧壓力。照顧包括了協助日常生活，提供醫療支持，和情感上的撫慰。大部份成年子女未受培訓，感到準備不足。

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%感覺到因為照顧父母陰曆疲憊。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（因為照顧以至於關係緊張）方面，8%認為其他家庭成員不感激自己的照顧。10%報告他們對於跟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）。

SOCIAL BURDEN 社會負擔



PHYSICAL BURDEN 身體負擔



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，如照護孩子，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。

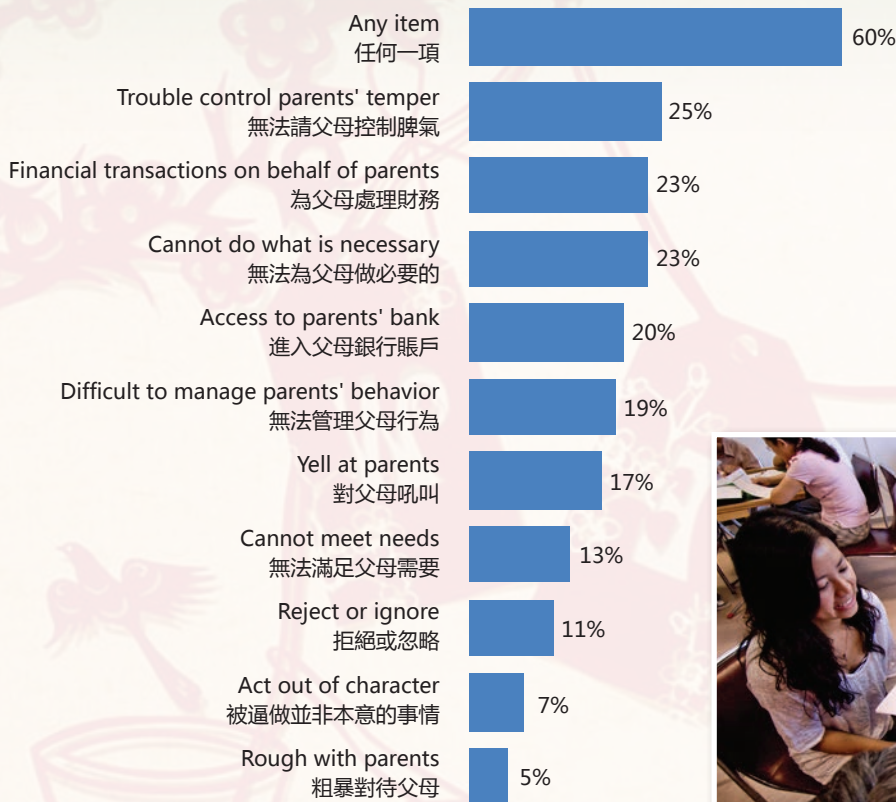


FAMILY CONFLICT 家庭爭端

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.

CAREGIVER MISTREATMENT SCREENING 照顧者虐待篩查



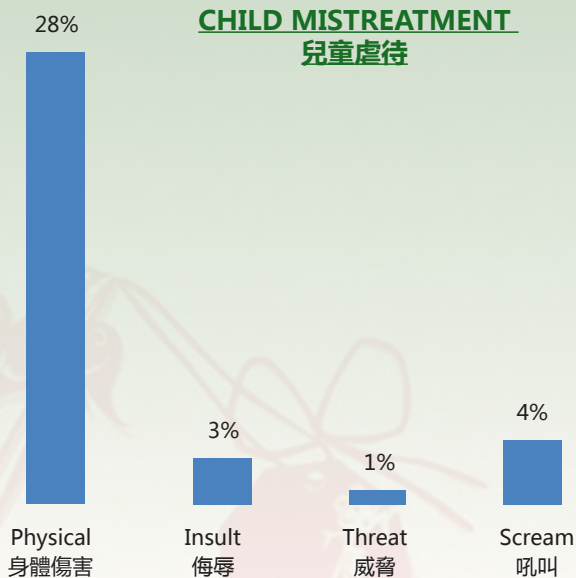
背景 美國有大約551,000的老年人在家庭中被虐待或忽視，大部分的施虐者是家庭成員。家庭虐待帶來較高的患病率和死亡率。研究表明，在美國的華裔家庭中，家庭虐待較為常見。父母與子女文化與隔代的差異可能會導致家庭糾紛，以及繁重的照顧負擔。

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。



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.

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。

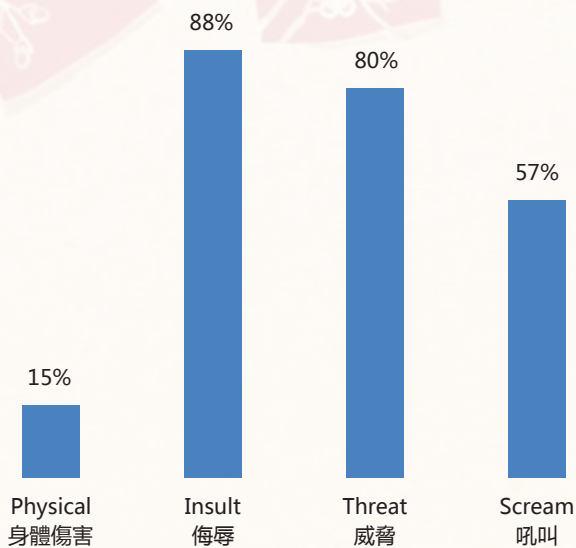


BACKGROUND About 9 out of every 1,000 children up to age 18 in the US were the victims of mistreatment in 2012; 18% were physically mistreated and 80% of victims were mistreated by one or both parent(s). Research consistently shows that mistreated children could internalize the abusive behavior as acceptable 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.

背景 2012年，每1,000個18歲以下的美國兒童裡，有9個是虐待的受害者。其中，18%被身體虐待，80%的受害者是被父母虐待的。研究顯示被虐待的兒童會把虐待行為內化為是可以接受的，有可能會在未來虐待他們的父母。兒童虐待會造成一系列長期的健康影響。

PERCEPTION OF SERIOUSNESS 嚴重性



研究結果 我們的研究發現28%的受訪者在18歲以前又被父母身體虐待過，而15%認為這是嚴重的。



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.

結論 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

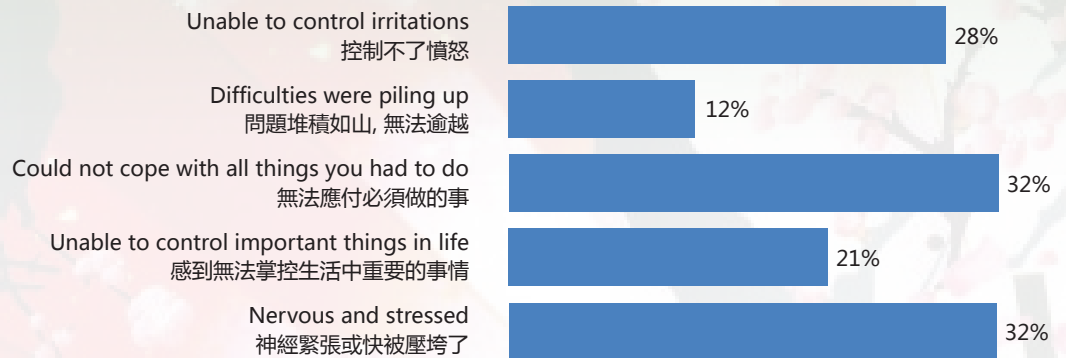
When encountering overwhelming situations, people perceive stress in their lives. Immigrating to U.S. may exacerbate the stress levels of Chinese immigrants due to acculturation, jobs, and family responsibilities. Many barriers, such as English proficiency and immigration status, may inhibit them from 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.

背景 當人在遇到超過自己處理能力的情況時，便會感到壓力。移民至美國的華人因為文化適應，工作和家庭責任更容易感受到壓力。很多障礙，例如英語水平和移民身份會阻礙華人在美國得到足夠的資源來處理這些壓力。長期的未處理的壓力會增加健康的風險，例如心臟病，肥胖，頭痛和抑鬱。

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.

研究結果 三分之一的受訪者感覺自己在過去一個月神經緊張或快被壓垮了。32%感到無法應對必須做的事，28%感到無法控制憤怒的情緒。

PERCEIVED STRESS 壓力



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.

結論 華裔成年子女在生活中經歷壓力是很普遍的。過度的壓力會導致認知，身體和情緒方面的症狀，從而影響整體健康和生生活質量。壓力的影響會隨時間而加劇。為了更好的控制壓力，解決壓力的方式和資源需要符合華裔的文化特點。

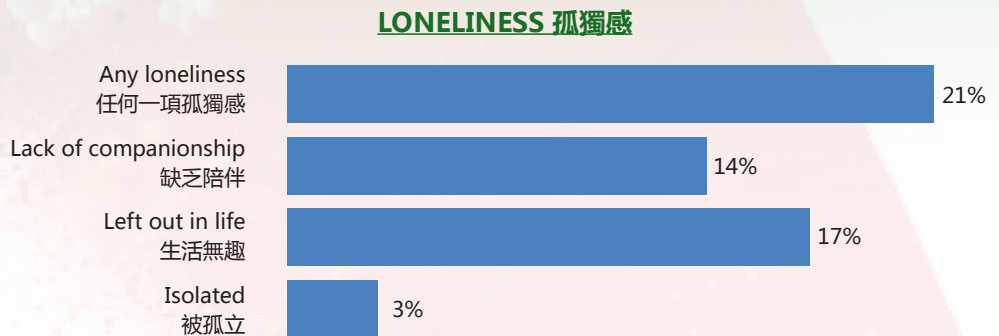


BACKGROUND The feeling of loneliness is often caused by a lack of quality and/or quantity in social relationships. It is estimated that one in five Americans suffers from loneliness. Chinese immigrants are at a higher risk of loneliness as they often have difficulties in maintaining established social 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.

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个人承受著孤獨感。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獨風險。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。

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 13% 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.

結論 孤獨感影響了超過五分之一的華裔成年子女。華裔孤單感的普遍性高於美國的平均水平。感到生活無趣是最常見的孤獨感症狀，這意味著他們需要更多與他人滿意的互動。增加社會關係的質量與增加數量同樣重要。



ANXIETY SYMPTOMS 焦慮

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.

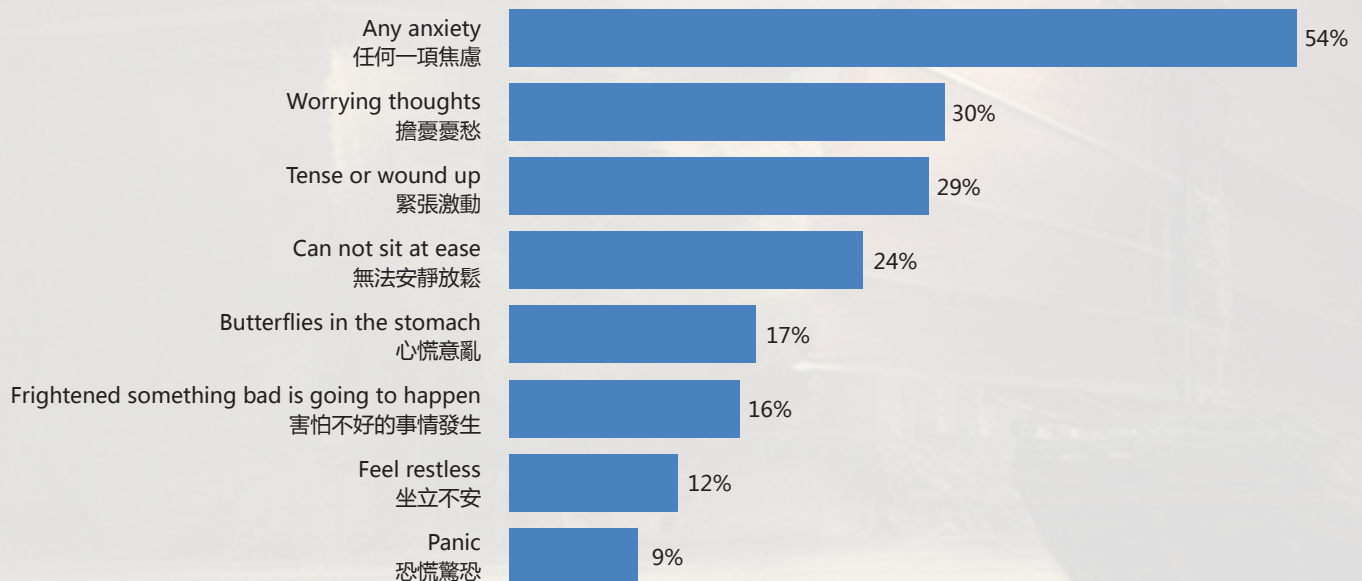
STUDY RESULTS Over half of the participants reported symptoms of anxiety. The prevalence of worrying thoughts, feeling tense, cannot sit at ease were 30%, 29%, and 24%, respectively.

背景 成年子女需要承擔很多不同角色和責任。和其他非照顧者相比，美國45歲以下，有全職工作的成年子女照顧者更容易有焦慮等情緒問題。除了承擔照顧者，配偶，員工等角色，華人成年子女可能會因為價值觀的改變，在父母和子女關係上面臨更多的挑戰，導致更嚴重的焦慮。

研究結果 超過一半的受訪者有焦慮症狀。其中30%有擔憂，29%有緊張，24%無法安靜放鬆。



ANXIETY SYMPTOMS 焦慮症狀



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義務，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。

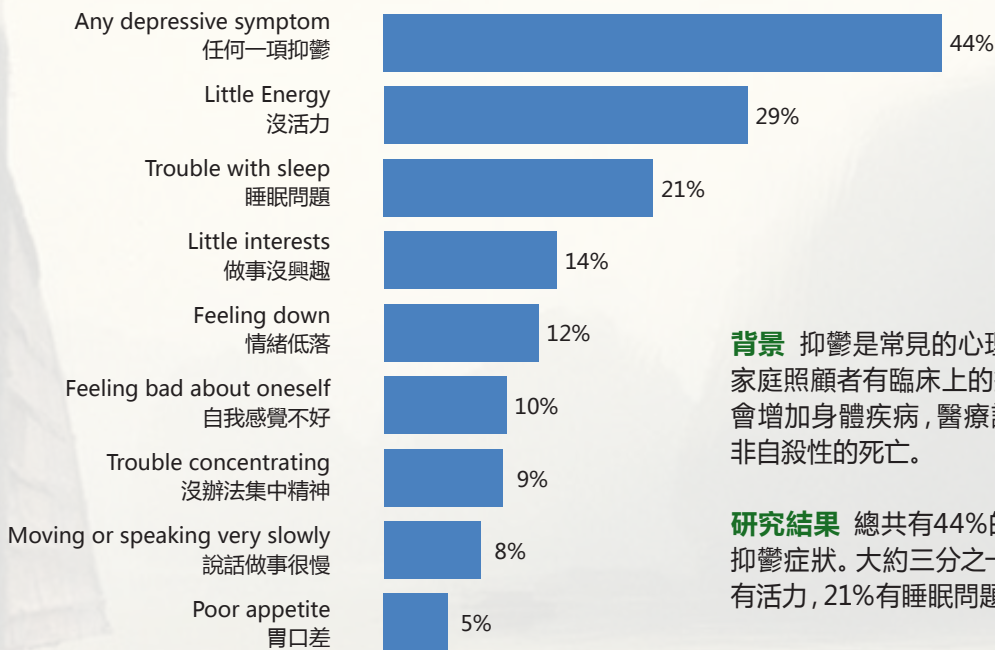


BACKGROUND Depression is the most pervasive mental health illness. Research shows that 40% to 70% of family caregivers have clinically significant symptoms of depression. Depression symptoms among adult children are associated with increased physical illness and lower rates of healthcare utilization 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.



DEPRESSIVE SYMPTOMS 抑鬱症狀



背景 抑鬱是常見的心理疾病。研究顯示40%至70%的家庭照顧者有臨床上的抑鬱症狀。成年子女的抑鬱症狀會增加身體疾病，醫療護理使用，甚至導致自殺和其他非自殺性的死亡。

研究結果 總共有44%的受訪者在過去兩週有至少一項抑鬱症狀。大約三分之一的成年子女在過去兩週感覺沒有活力，21%有睡眠問題，14%做事沒有興趣。

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，這樣子女能夠些許休息。



PERCEPTION OF PARENTS' DISTRESS

對父母心理壓力的感知

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.

背景 松年研究的調查顯示74%的華裔老人有一定的心理困擾。常見的情況包括孤單，壓力，焦慮和抑鬱。然而，老人的心理困擾並不常引起醫療護理人員和老年人重視。一部份原因是很多老人只關心身體問題，而忽略心理困擾。社會上對於心理問題的偏見，導致很多老人不願意求助。

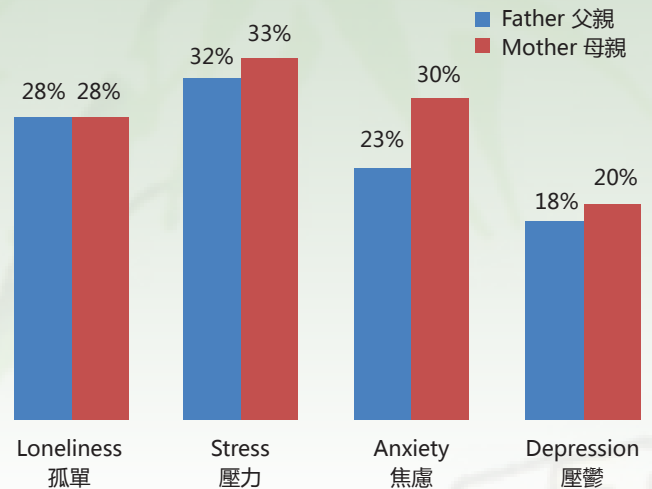
研究結果 大於18%至33%的受訪者認為父母有孤單，壓力，焦慮和抑鬱的症狀。大於11%至26%的受訪者聽父母直言表達過這些症狀。

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.

結論 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服務應該在老年人家庭中實施。

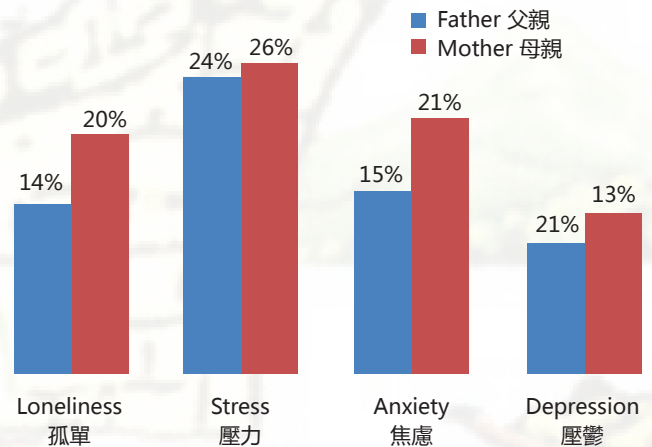
PERCEPTIONS OF PARENTS' PSYCHOLOGICAL DISTRESS

孩子對於父母心裡健康的感知



KNOWLEDGE OF PARENTS' PSYCHOLOGICAL DISTRESS

父母告知孩子的心理狀況



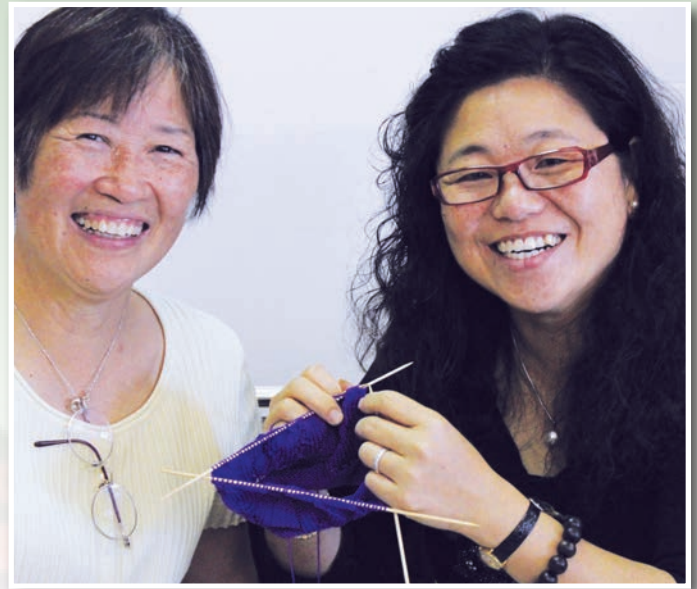
PERCEPTION OF PARENTS' SOCIAL SUPPORT

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.

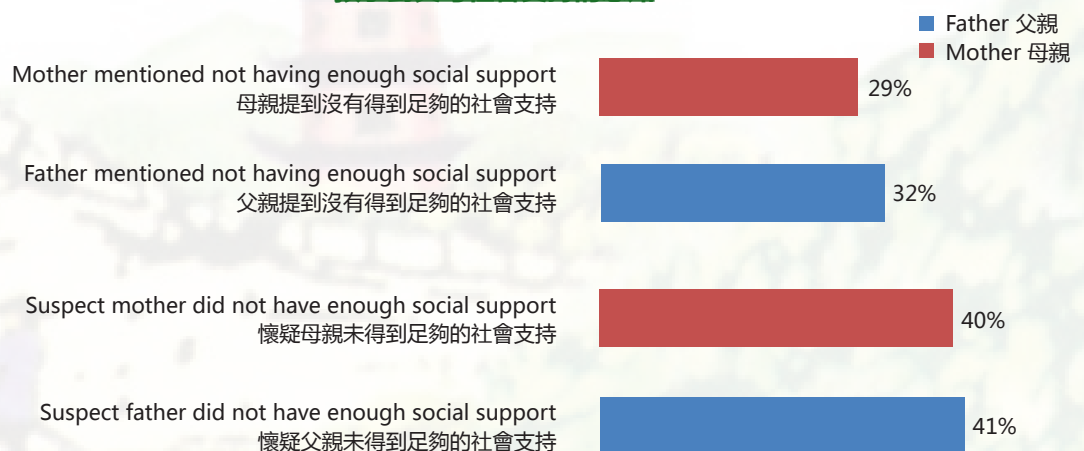


背景 社會支持包括來自家庭、朋友和社區等的身體和情感上的幫助。研究表明社會支持是老年人身心健康、生活滿意和機構護理風險降低的重要指標。社會支持也會緩解年老壓力。

研究結果 三分之一受訪者報告他們的母親(29%)或父親(32%)提及缺少足夠的社會支持。大約40%的受訪者懷疑母親缺乏足夠的社會支持,41%懷疑父親缺乏足夠的社會支持。

CHILDREN'S PERCEPTIONS OF PARENTS' SOCIAL SUPPORT

孩子對父母社會支持的感知



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.

結論 成年子女認為父親比母親更可能缺乏足夠的社會支持。相對於父母主動告知,更多的成年子女自己感知到父母缺乏足夠社會支持。晚年移民至美國的華裔老人遠離自己原來的朋友和社交圈。缺少朋友有可能會導致社會隔離和孤單感。維持社會支持對於老年人的健康至關重要。



RELIGIOSITY 宗教

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.

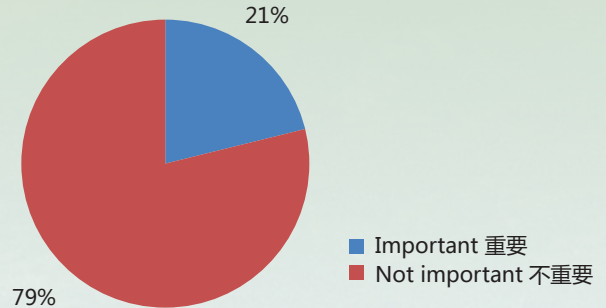
STUDY RESTULTS In our study, 21% of participants religion important in their lives. Moreover, 25% of them attended organized religious services at least once a week, and 6% of them had in-home religious activities at least once a week.

背景 中國是一個多宗教信仰的社會。宗教信仰可以影響一個人生活質量和健康。例如，宗教使人樂觀，更滿意生活，更多社會支持。59%的美國人認為宗教在生活中重要，39%的人每週至少參加一次有組織的宗教服務。

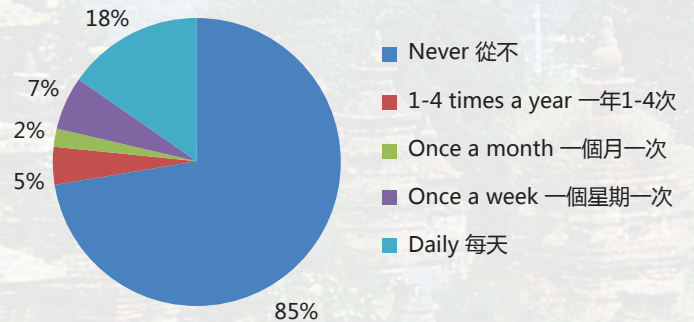
研究結果 21%的受訪者認為宗教對他們的生活重要，25%的人每週至少參加一次有組織的宗教服務，6%在家每週至少一次有宗教活動。



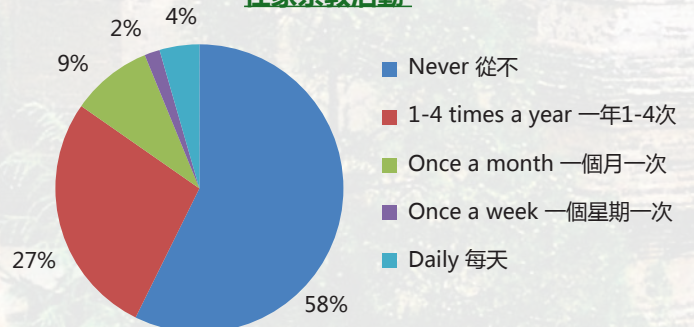
IMPORTANCE OF RELIGION 宗教的重要性



ORGANIZED RELIGIOUS SERVICES 有組織的宗教服務



IN-HOME RELIGIOUS ACTIVITIES 在家宗教活動



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.

結論 宗教活動對於一部份人華裔卻有很重大的意義。18%的受訪者每天參加宗教服務，一半的人每年至少有一次在家的宗教活動。宗教和信仰對於華人成年子女幸福的潛在影響應該在他們的文化環境中去理解。



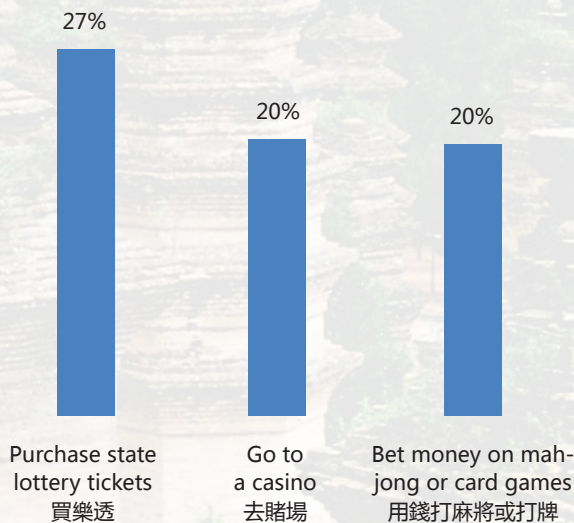
BACKGROUND Gambling and alcohol addiction can jeopardize lives, break up relationships, and cause financial hardship. Gambling and alcohol mistreatment often go hand in hand within a culture of addiction. In 2011, 2.2% of adults in the US have the issue of problem gambling, which negatively impacted 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%).

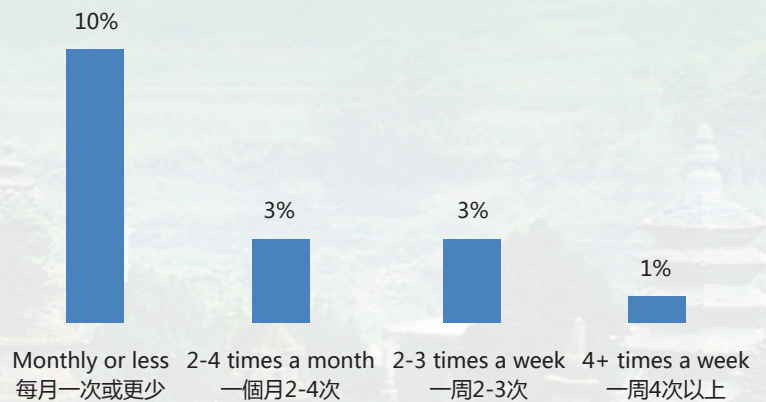
背景 賭博和酒精成癮阻礙生活的發展，破壞親密關係，導致經濟困難。2011年，2.2%的美國成年人有賭博問題，這負面的影響了他人。2013年，56.4%的18歲以上的人在過去一個月有喝酒。

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%)。

GAMBLING 賭博



ALCOHOL USE 喝酒的習慣



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.

結論 華人成年子女有較高的賭博率。許多華人在節假日中習慣參與各種形式的賭博。賭博帶來了移民的壓力和適應美國社會的困難。有效的干預策略應該加強家庭和社區對這個人群的支持。



IMPLICATIONS & FUTURE DIRECTIONS

研究意義和未來方向

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.





遊子吟

慈母手中線 遊子身上衣
 臨行密密縫 意恐遲遲歸
 誰言寸草心 報得三春暉

孟郊

唐朝 (西元 751 - 814 年)

子女像小草一般微弱的孝心，如何能報答得了父母如春陽普照的養育之恩？

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.

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.





IMPLICATIONS & FUTURE DIRECTIONS 研究意義和未來方向

社會文化和語言等多重障礙讓華人成年子女在照顧年老父母上面臨挑戰。然後，這些挑戰也是家庭成員，社會服務機構，研究者，健康專業人士，和政策制定者提高華人健康的契機。

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必要的。社區可以制定和開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。如果得到充足的資金，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國的文化價值觀，及其如何影響華人子女和父母的健康和幸福。培訓應該側重華人群在醫療，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，社會，和文化因素，以及這些因素對健康的影響。我們需要長期跟踪調查華裔成年人健康狀況和兩代關係的變化，以更好的理解相關健康的風險和保護因素。

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。

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贍老負擔。本報告揭示了成年子女的心理，社會方面的壓力。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治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。



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養則致其樂 病則致其憂
喪則致其哀 祭則致其嚴
五者備矣 然後能事親





THE PINE STUDY
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