

## **May is Asian American and Pacific Islander National Heritage Month**

### ***Demographics:***

These terms are used by the US Census to capture many distinct groups of people with varying customs, languages, religions, etc. Pacific Islander refers to a person having origins in any of the original peoples of Hawaii, Guam, Samoa, or other Pacific Islands. Asian refers to a person having origins in any of the original peoples of the Far East, Southeast Asia, or the Indian subcontinent, including, but not limited to, Cambodia, China, India, Japan, Korea, Malaysia, Pakistan, the Philippine Islands, Thailand, and Vietnam.

According to the 2019 U.S. Census Bureau population estimate, approximately 19.9 million people identified as Asian alone in 2020. Coupled with the 4.1 million respondents who identified as Asian in combination with another race group, the Asian alone or in combination population comprised 24 million people.

In the 2020 Census, 689,966 people identified as Native Hawaiian and Other Pacific Islander alone. Coupled with the 896,497 people who identified as Native Hawaiian and Other Pacific Islander in combination with another race group the Native Hawaiian and Other Pacific Islander alone or in combination population totaled about 1.6 million people.

English proficiency is a challenge for many; 48.2 percent of Vietnamese, 42.0 percent of Chinese, 19.8 percent of Filipinos and 17.7 percent of Asian Indians are not fluent in English. **Overall, 30.9 percent of Asian Americans are not fluent in English.**

### ***Why do we celebrate Asian American and Pacific Islander National Heritage Month?***

President Jimmy Carter's proclamation took place on March 28, 1979, and the first Asian and Pacific American Heritage week took place the week of May 4, 1979. In 1990, the proclamations expanded to a month-long observance. In 1992, Congress passed legislation recognizing the previous proclamations and Asian Pacific American Heritage Month and annual designation in May.

### ***Did you know:***

- The United States has no National language.
- 73.5 percent of Asian Americans spoke a language other than English at home.
- The Asian population is the fastest growing racial group in the United States at 35.5 percent.
- Guam is the westernmost point and territory of the United States.

### ***Disparities:***

- The Center for the Study of Hate and Extremism revealed that anti-Asian hate crime increased by **339 percent** in 2021, surpassing already record levels in 2020.
- Chinese, Korean, and Vietnamese groups had the lowest levels of health literacy; limited English proficiency impacted this significantly.
- Economic disparities within a population are greatest for the Asian population; Indian and Chinese populations have the highest income while Hmong and Bhutanese are among the lowest within the Asian population.

### ***Recipe: Zesty Asian Chicken Salad***

#### ***Ingredients:***

3 Chicken Breasts boneless, skinless, cooked and chilled  
3 stalks Green Onions sliced  
1 1/2 cups Broccoli cut into florets  
2 Carrots Medium  
1 Red Bell Pepper cut into strips  
2 cups Cabbage shredded  
1/2 cup Asian Salad Dressing fat-free or Sesame Salad Dressing  
1/4 cup Orange Juice  
1/4 cup Cilantro fresh, chopped

#### ***Directions:***

1. Cut chicken breasts into small strips and place in a medium bowl with onions, broccoli, carrots, bell peppers, and cabbage.
2. In a small bowl, stir together dressing and juice. Pour over salad and toss well to coat. Stir in cilantro. Serve at room temperature.