

# Pacific Islander Health Fact Sheet

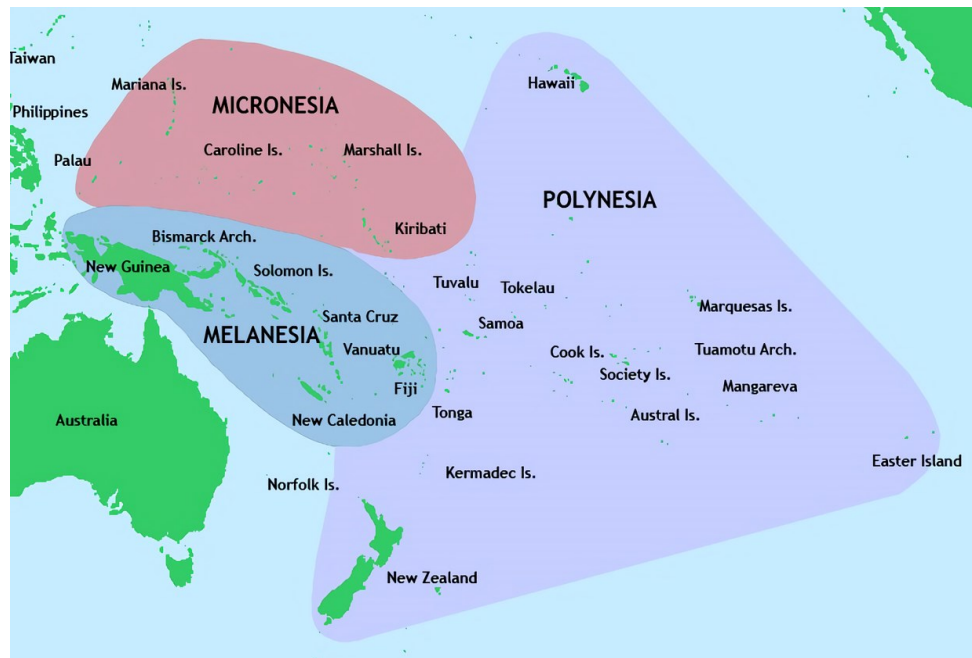
## for Alameda County

Pacific Islanders are a diverse and fast-growing population in Alameda County. Pacific Islanders include persons having origins in any of the original peoples of Polynesia, Micronesia, and Melanesia (see map) and include a wide range of cultures, languages, nationalities, and traditions.

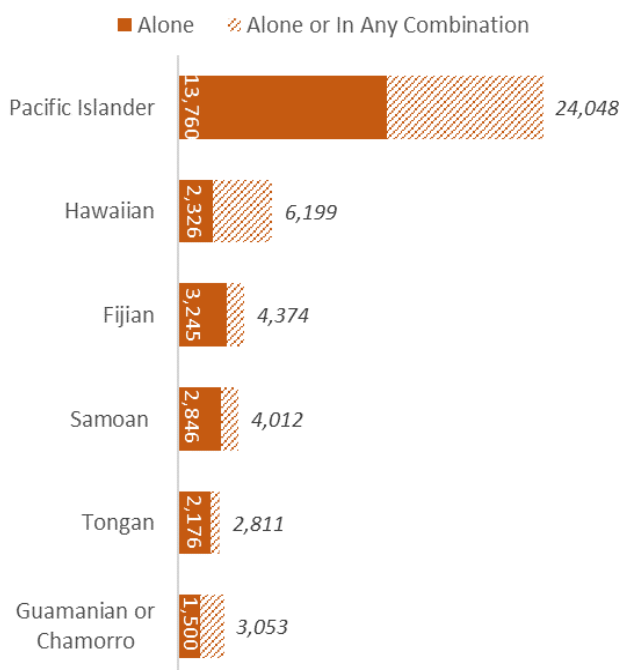
Pacific Islanders are often grouped together with the much larger Asian population into the “Asian and Pacific Islander” (API) category.

Due to data aggregation and the API “model minority” myth, Pacific Islanders are often assumed to be healthy, wealthy, and highly educated. The result is that this population is too often overlooked and underserved.

This fact sheet highlights the unique qualities and health concerns of Pacific Islanders in Alameda County.



Pacific Islander Population & Major Subgroups in Alameda County

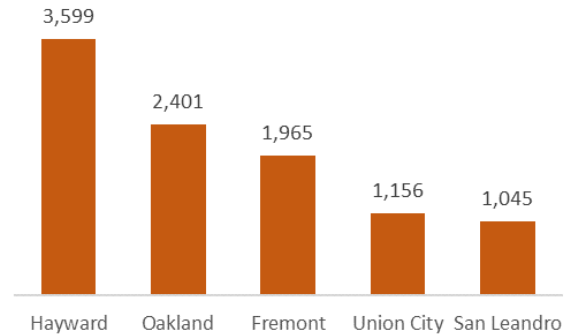


## Demographics

- Pacific Islanders make up about **0.9%** of the Alameda County population, with **13,760** residents identifying as Pacific Islander in 2011-2015.<sup>1</sup> This includes persons who identify as Pacific Islander as their single race. Most data in this fact sheet focuses on this Pacific Islander single race subpopulation.
- In addition, there are individuals who identify as being Pacific Islander in combination with 1 or more other races. This increases the total number of residents who identify as Pacific Islander (alone-or-in-combination) to **24,048**, or about **1.5%** of the county population.<sup>1</sup>
- In Alameda County, the largest Pacific Islander subgroups include Native Hawaiians, Fijians, Samoans, Tongans, and Guamanians/Chamorros.<sup>1</sup>

- Between 2000 to 2015, Pacific Islanders were the **fastest-growing** racial/ethnic group in the county. The Pacific Islander population grew by 57% during this time period – almost 6 times faster than the total county population.<sup>1,2</sup>
- Most Pacific Islanders reside in **Hayward** (26%), **Oakland** (17%), **Fremont** (14%), Union City (8%) and San Leandro (8%).<sup>1</sup>
- Pacific Islanders are **relatively young** compared to the overall population in Alameda County. The median age of Pacific Islander is 33 years, and over one-fifth of the population is under 18.<sup>1</sup>

Alameda County Cities with the Most Pacific Islander Residents



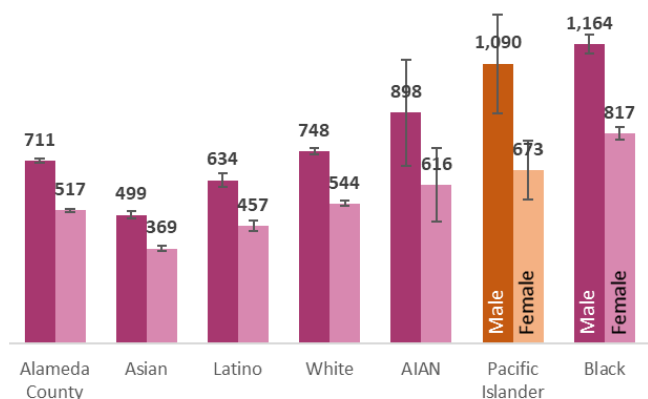
## Socio-Economics

- The median household **income** for Pacific Islanders is \$74,082, just below the county median of \$75,619.<sup>1</sup>
- 12% of Pacific Islanders live in **poverty**, which is similar to the overall county rate. Poverty rates vary among Pacific Islanders, ranging from 7% among Fijians to 21% among Guamanians/Chamorros.<sup>1</sup>
- The **unemployment** rate among Pacific Islanders is 14%. Unemployment is highest among Guamanians/Chamorros (26%) and lowest among Native Hawaiians (5%).<sup>1</sup>
- 86% of Pacific Islanders (25 years+) have a high school degree or higher. Levels of **education** vary, from 77% of Tongans having at least a high school degree to 93% of Native Hawaiians.<sup>1</sup>
- 46% of Pacific Islanders own their homes, and 54% rent. **Home ownership** is highest among Fijians (61%) and lowest among Samoans (24%).<sup>1</sup>
- Among renters, 58% of Pacific Islanders are facing **housing cost burden** (spend 30% or more of household income on rent). The greatest level of housing cost burden (76%) is among Samoans.<sup>1</sup>
- A majority of Pacific Islander households include **family** members (80%), and very few Pacific Islanders (8%) live alone.<sup>1</sup>
- 85% of Pacific Islanders are insured, which is lower than the overall county rate. **Health insurance** coverage is highest among Native Hawaiians (91%) and lowest among Guamanians/Chamorros (80%).<sup>1</sup>

## Overall Health

- In 2014-2016, the **life expectancy** (or average age of death) for Pacific Islanders in Alameda County is 77 years, which is 5 years less than life expectancy in the county overall (82 years).<sup>3</sup>
- Pacific Islander males have nearly the highest **all-cause mortality** rate in Alameda County. While the Black male rate is slightly higher, the difference is not significant (see the overlapping 95% confidence errors in the figure).<sup>3</sup>

All-Cause Mortality  
(Age-adjusted rate per 100,000 persons)



- The six **leading causes of death** among Pacific Islanders are shown in the table, at right. Together, they account for 73% of Pacific Islander deaths. All (except unintentional injuries) are **chronic diseases** that are largely preventable.<sup>3</sup>
- Pacific Islanders have the highest rates of death due to **heart disease** and **diabetes**, compared to all other major racial/ethnic groups in the county.<sup>3</sup>
- Pacific Islander youth have the highest rates of **overweight/obesity** in the county, with 58% of Pacific Islander 5th, 7th, and 9th graders being outside the healthy fitness zone in terms of body composition.<sup>4</sup>

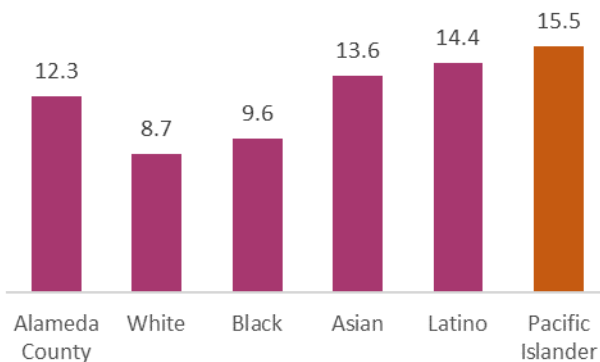
### Leading Causes of Death for Pacific Islanders

Cause of Death	# of deaths	% of deaths
1. Cancer	76	23.7%
1. Heart disease	76	23.7%
3. Diabetes	31	9.7%
4. Unintentional injuries	25	7.8%
5. Stroke	14	4.4%
6. Chronic Lower Respiratory Disease	12	3.7%
All other causes	87	27.1%
Total deaths	321	100.0%

## Reproductive Health

- In 2014-2016, there were 577 births to Pacific Islander mothers in Alameda County. The **birth rate** among Pacific Islanders (15.5 births per 1,000 people) is the highest in the county.<sup>3</sup>

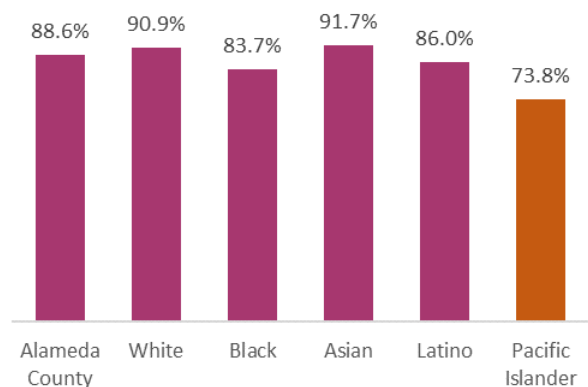
Alameda County Birth Rates per 1,000



- The **premature birth rate** among Pacific Islanders (7.0%) is similar to the overall county rate (6.7%).<sup>3</sup>
- 5.6% of Pacific Islander births are **low birth weight** comparable to 5.4% of all Alameda County births. Further, 0.9% of Pacific Islander births were considered **very low birth weight**.<sup>3</sup>
- About 36.8% of Pacific Islander births are to mothers who receive **Medi-Cal**, compared to 24.4% for Alameda County.<sup>3</sup>

- The **teen birth** rate among Pacific Islander mothers is 17.3 births per 1,000 females ages 15-19, which is higher than the county rate of 10.2.<sup>3</sup>
- Pacific Islanders have the lowest rate of **prenatal care** in the first trimester (77.3%). Early prenatal care is important for ensuring the health of both mother and baby and reducing the risk of complications.<sup>3</sup>

First Trimester Entry into Prenatal Care



- In 2016, 82.8% of Pacific Islander newborns are exclusively **breastfed** in the hospital. This is on par with the overall county rate of 82.6%.<sup>5</sup>

## Sources

1. American Community Survey, 5-year (2011-2015) Selected Population Tables, 2015.
2. Decennial Census, 2000.
3. Alameda County vital statistics files, 2014-2016.
4. California Department of Education, DataQuest, California Fitness Gram, 2016-2017.
5. California Department of Public Health, In-Hospital Breastfeeding Initiation Data, 2016.

## Summary Table

This table presents a summary of demographic and socio-economic indicators for Alameda County overall, Pacific Islanders, and major Pacific Islander subgroups in the county.

		Population Group						
		Total Population (All Races)	Pacific Islander	Hawaiian	Samoaan	Tongan	Guamanian or Chamorro	Fijian
Demographics	Total Population	1,584,983	13,760	2,326	2,846	2,176	1,500	3,245
	Male	49.0%	49.5%	56.0%	57.3%	44.5%	49.5%	43.6%
	Female	51.0%	50.5%	44.0%	42.7%	55.5%	50.5%	56.4%
	Under 5 years	6.2%	5.2%	2.7%	5.9%	7.0%	1.2%	5.3%
	Under 18 years	21.7%	22.4%	15.4%	20.4%	37.2%	11.4%	19.7%
	65 years and over	12.1%	7.7%	12.5%	4.9%	5.1%	17.2%	4.2%
	85 years and over	1.7%	0.5%	1.3%	0.0%	0.9%	0.9%	0.1%
	Median age (years)	37.1	32.9	37.8	31.1	26.9	44.8	30.9
Socioeconomics	Persons 16+ years	1,279,499	11,061	2,055	2,285	1,480	1,394	2,667
	Unemployment Rate	8.3%	13.9%	5.0%	14.9%	11.4%	26.1%	13.3%
	Total households	558,907	3,922	923	815	363	552	923
	Median HH Income <\$50,000	34.3%	32.8%	30.8%	37.1%	28.4%	29.3%	34.3%
	Median Household Income	75,619	74,082	71,534	71,272	77,467	81,250	80,139
	% Owner	52.7%	45.8%	48.2%	23.8%	29.5%	55.8%	61.4%
	Renting Households	264,263	2,124	478	621	256	244	356
	% 30.0%+ Income For Rent	52.3%	58.2%	46.9%	76.4%	32.6%	49.4%	67.6%
	% 50.0%+ Income For Rent	25.5%	21.2%	19.5%	24.3%	9.4%	29.5%	17.7%
	Families	368,905	3,132	668	656	305	413	803
	% Families	66.0%	79.9%	72.4%	80.5%	84.0%	74.8%	87.0%
	% Families with Single Parent	26.8%	28.5%	37.1%	32.5%	21.3%	12.6%	29.1%
	% Families Under Poverty	8.5%	9.1%	8.2%	13.0%	8.9%	7.5%	7.2%
	% Live Alone	25.6%	8.1%	11.5%	5.0%	0.0%	19.0%	2.6%
	Civilian population not in institutions	1,573,351	13,615	2,296	2,820	2,168	1,447	3,224
	% With Health Insurance	89.9%	85.5%	90.7%	86.8%	80.9%	80.2%	84.2%
	Persons 25+ Years	1,092,189	9,041	1,674	1,862	1,163	1,215	2,149
	% HS Degree	86.9%	85.8%	92.8%	92.2%	77.0%	80.5%	84.5%
	% Bachelor degree or higher	42.9%	15.6%	12.7%	11.8%	8.9%	22.8%	15.3%
	Population for whom income known	1,557,087	13,561	2,293	2,815	2,133	1,429	3,224
% Poverty	12.5%	11.9%	13.1%	15.0%	12.7%	21.1%	7.1%	

Prepared by  
**Community Forum for Perinatal Health**



For questions, contact Elaine Bautista in ACPHD  
 Community Assessment, Planning and Evaluation (CAPE)  
 Unit at [elaine.bautista@acgphd.org](mailto:elaine.bautista@acgphd.org)

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