

SOUTH ASIAN HEALTH REPORT – KEY FINDINGS

CHRONIC DISEASES

CHRONIC DISEASES are higher among South Asians compared to Fraser Health overall.



16% have diabetes
(3 times higher)



7% have heart disease
(2 times higher)



12% have multiple chronic diseases[†], and nearly *50% of seniors*




2 OUT OF 5 South Asians in Fraser Health *have two or more risk factors** that can lead to chronic diseases.

MODIFIABLE RISK FACTORS

EFFORTS TO IMPROVE DIET AND PHYSICAL ACTIVITY need to consider cultural context and focus on the whole family.

OBESITY:
Nearly *60%* have Body Mass Index (BMI) $\geq 25^{**}$.

 South Asians are at higher risk of diabetes and heart disease at a lower BMI.



DIET: *7 out of 8* do not get enough fruits and vegetables (5+ servings/day)



PHYSICAL ACTIVITY: *3 out of 5* do not get sufficient exercise (150+ minutes/week)



SMOKING: *1 out of 20* smoked



Canadian born South Asians are *more likely to have fast food and sugary beverages* frequently.

ABOUT SOUTH ASIANS IN FRASER HEALTH

OVER 240,000 (15%) IDENTIFY AS SOUTH ASIAN



South Asian

VS



Fraser Health

MEDIAN AGE (years) is *younger than the overall* Fraser Health population



34% Household income less than \$40,000



79% Immigrants



1 OUT OF 5 do not speak English



1 OUT OF 2 had *high school education or less*



South Asian Health Institute (SAHI) – engages with the community to improve health for South Asians through innovation and evidence-based care.

For more information, check out the South Asian Health Report at: <http://www.fraserhealth.ca/about-us/health-reports/>

Data Sources: My Health My Community Survey (2013/2014), National Household Survey (2011).

* **Behavioural risk factors included:** current smoker, <150 minutes of physical activity per week, and/or consume <5 servings of fruits and vegetables per day

** Misra et al. (2009). http://www.japi.org/february_2009/R-1.html

† **Multiple chronic diseases included** diabetes, high blood pressure, heart disease, breathing disorders and stroke.

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