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) ≥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

39 South Asian **VS** **46** 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/