

# ASIAN AMERICAN WOMEN'S EXPERIENCES OF DISCRIMINATION AND HEALTH BEHAVIORS FOLLOWING THE COVID-19 PANDEMIC

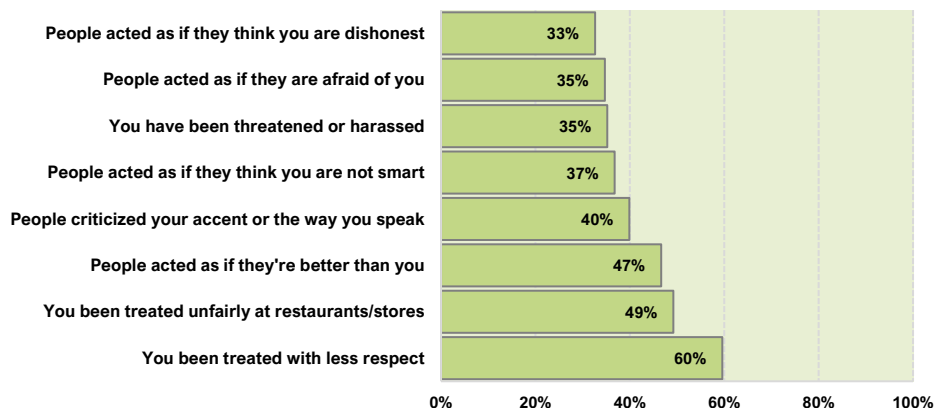
## INTRODUCTION

The COVID-19 pandemic exacerbated racism experienced by Asian American communities, especially among women and older individuals. While the harmful effects of discrimination are well documented, little is known about how COVID-19-related discriminatory experiences have influenced health behaviors and healthcare utilization.

## METHODS

- Data were from 193 Asian American women from a case-control study of lung cancer in the SF Bay area, surveyed between 10/2021 to 6/2022
- Participants were asked to recount specific discriminatory experiences they encountered since March 2020
- We reported frequencies of discriminatory experiences overall, by Chinese ethnicity (vs. non-Chinese Asian Americans), and by age (>60 years old at diagnosis vs. ≤60)
- We explored bivariable associations between discriminatory experiences (any vs. none) with changes in health behaviors and healthcare utilization

### Distributions of discriminatory experiences since March 2020



In addition to the distributions illustrated above, we explored distributions by Chinese ethnicity and age.

- Compared to Asian Americans of other ethnicities, Chinese American women reported higher frequencies of being threatened/harassed (40% vs. 22%) and being criticized for their accent (46% vs. 22%).
- We observed non-significant differences in discriminatory experiences by age.

### Distribution of health behaviors and healthcare utilization based on the number of self-reported discriminatory experiences since March 2020

	Number of discrimination experiences		
	No experiences	1-8 experiences	p-value
<b>Changes to health behaviors</b>			
Less physical exercise	26.3%	42.7%	**
Less time spent outdoors	33.3%	42.7%	
More alcohol	4.5%	6.2%	
Other changes since pandemic	22.8%	16.9%	
<b>Changes to healthcare utilization</b>			
Cancelled/rescheduled MD appt	45.1%	65.0%	**
Worried about attending medical appointment because of fears of being threatened or harassed	8.8%	8.9%	

\*\* p<0.05 ; Other changes reported by participants included both negative (afraid to go to work, becoming more isolated, less interest in social interaction) and positive (better touch with friends over phone, enjoying more time with house pets) items.

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## CONCLUSION

Our findings begin to elucidate Asian American women's experiences of discrimination since the start of the pandemic and provide evidence to some of the harmful impacts of anti-Asian racism on health behaviors and healthcare utilization

## LESSONS LEARNED FROM ARCH

Being able to do meaningful research to understand the unique challenges of Asian American communities and develop strategies to support the health and well-being of this community is what led me to academia. Working on this project allowed me to "return to my roots" as a researcher and work with many people whose work I've admired for years.



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