

CAREGIVING

ASIAN, HAWAIIAN, OR PACIFIC ISLANDER ADULTS

2015-2018 Behavioral Risk Factor Surveillance System (BRFSS) Data from Asian, Hawaiian, or Pacific Islander adults in 44 States, Puerto Rico, and the District of Columbia



1 in 10 Asian, Hawaiian, or Pacific Islander adults are caregivers

CAREGIVERS provide regular care or assistance to a FRIEND or FAMILY member with a health problem or disability

CAREGIVING CAN BE

LENGTHY

Over 40% have provided care for at least two years



INTENSE

One third have provided care for at least 20 hours per week



HOW DO CAREGIVERS HELP?



Nearly 80% manage household tasks

Over half assist with personal care



WHO ARE CAREGIVERS?

56% are women

19% are 65 years old or older

37% are caring for a parent or parent-in-law



FUTURE CAREGIVERS

Nearly 1 in 7 NON-CAREGIVERS expect to **BECOME CAREGIVERS** within 2 years



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

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