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

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

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

WHO ARE CAREGIVERS?

LENGTHY
Over 40% have provided care for at least two years

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

56% are women
19% are 65 years old or older
37% are caring for a parent or parent-in-law

HOW DO CAREGIVERS HELP?

Nearly 80% manage household tasks
Over half assist with personal care

FUTURE CAREGIVERS

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

cdc.gov/aging

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