

The Health of the Newest New Jerseyans March 1, 2011



**Dr. Poonam Alaigh, Commissioner
Department of Health & Senior Services**



National Landscape of Foreign-Born Population

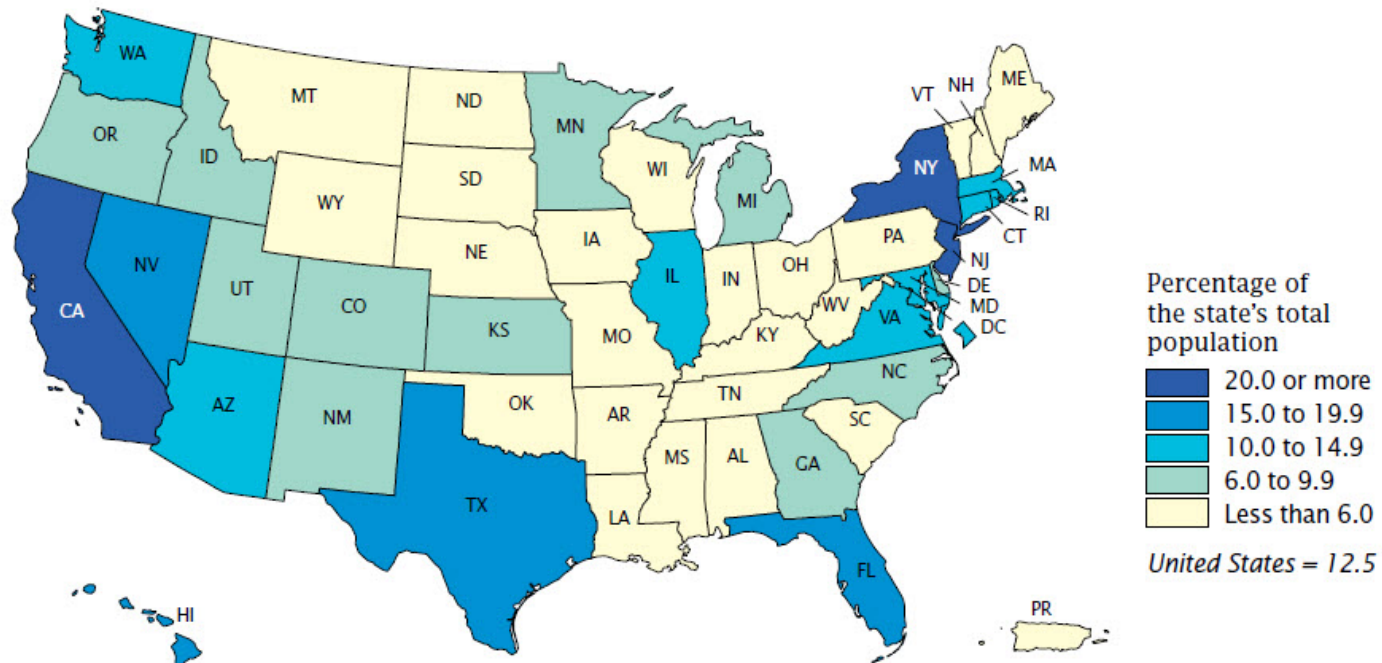


Foreign-Born Population by State



Figure 4.
Foreign-Born Population by State and Puerto Rico: 2009

(Data based on sample. For information on confidentiality protection, sampling error, nonsampling error, and definitions, see www.census.gov/acs/www)



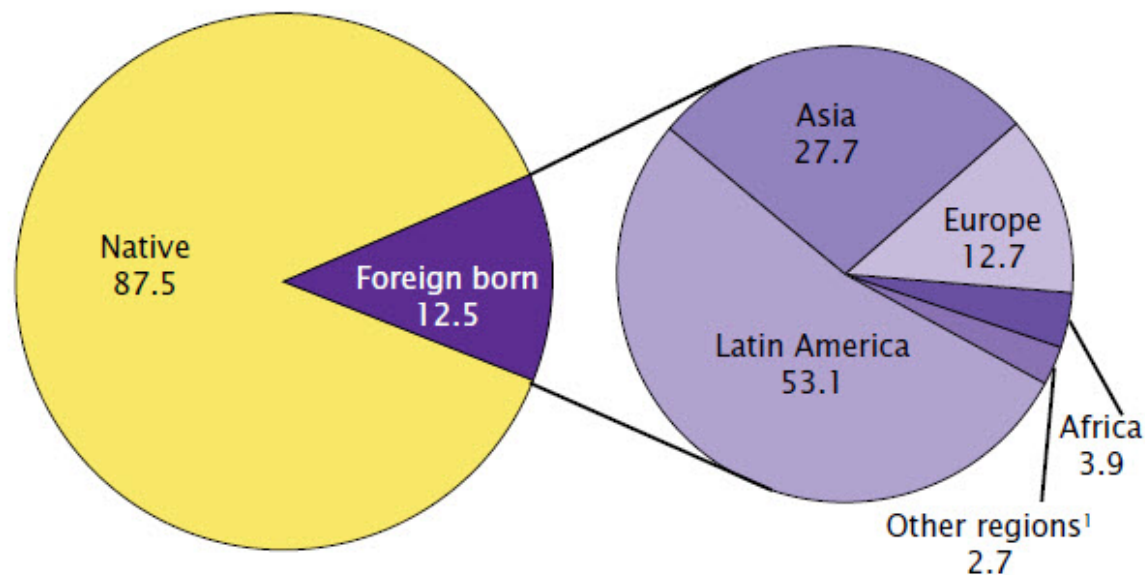
Sources: U.S. Census Bureau, American Community Survey, 2009, Puerto Rico Community Survey, 2009.

Foreign-Born by Region Of Birth

Figure 1.

Total Population by Nativity and Foreign-Born Population by Region of Birth: 2009

(Percent distribution. Data based on sample. For information on confidentiality protection, sampling error, nonsampling error, and definitions, see www.census.gov/acs/www)



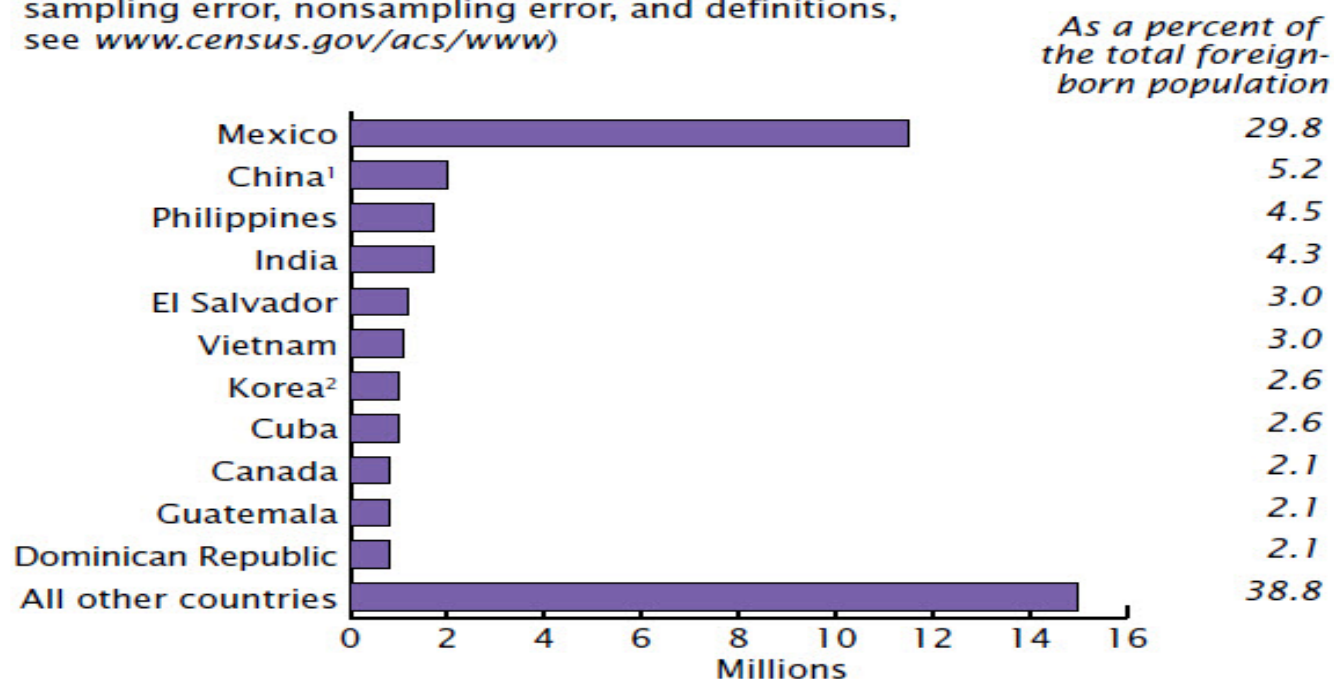
¹Other regions include Oceania and Northern America.

Source: U.S. Census Bureau, American Community Survey, 2009.

Foreign-Born by Country of Birth

Figure 2.
Foreign-Born Population by Country of Birth for
Countries With 750,000 or More Foreign Born: 2009

(Data based on sample. For information on confidentiality protection, sampling error, nonsampling error, and definitions, see www.census.gov/acs/www)



¹ Includes respondents who reported their country of birth as China, Hong Kong, Macau, Paracel Islands, or Taiwan.

² Includes respondents who reported their country of birth as Korea, North Korea, or South Korea.

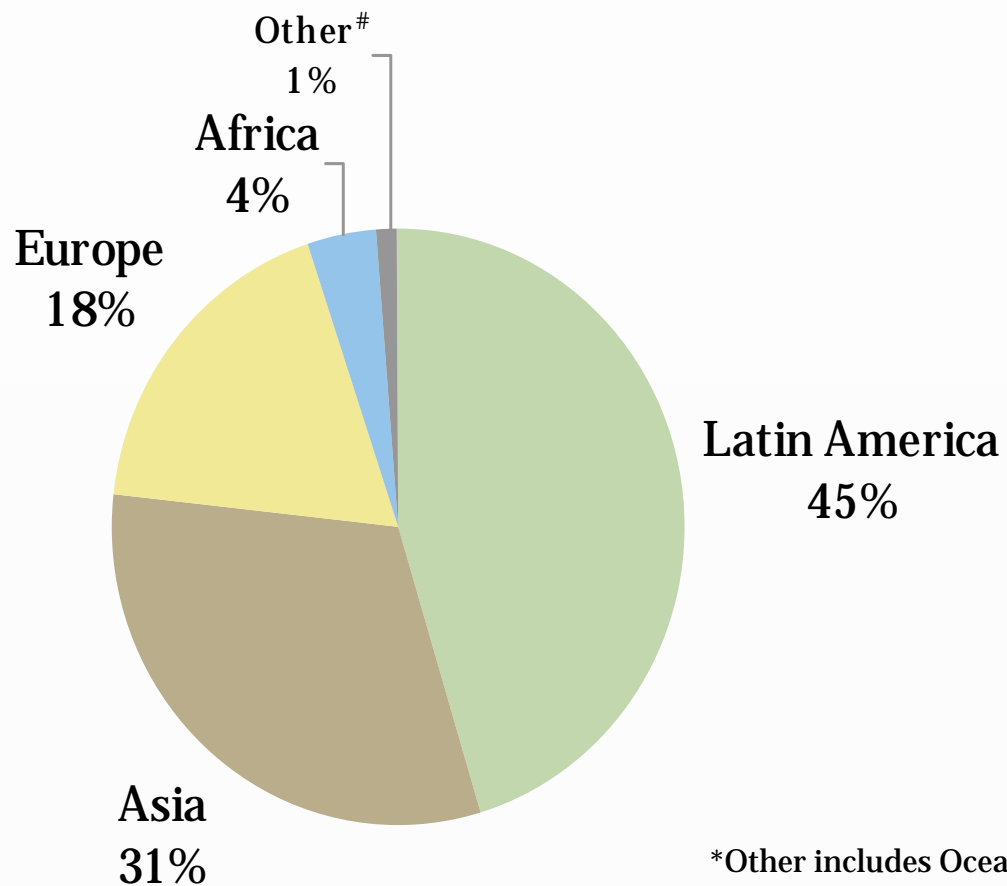
Source: U.S. Census Bureau, American Community Survey, 2009.

Who are the Newest New Jerseyans?





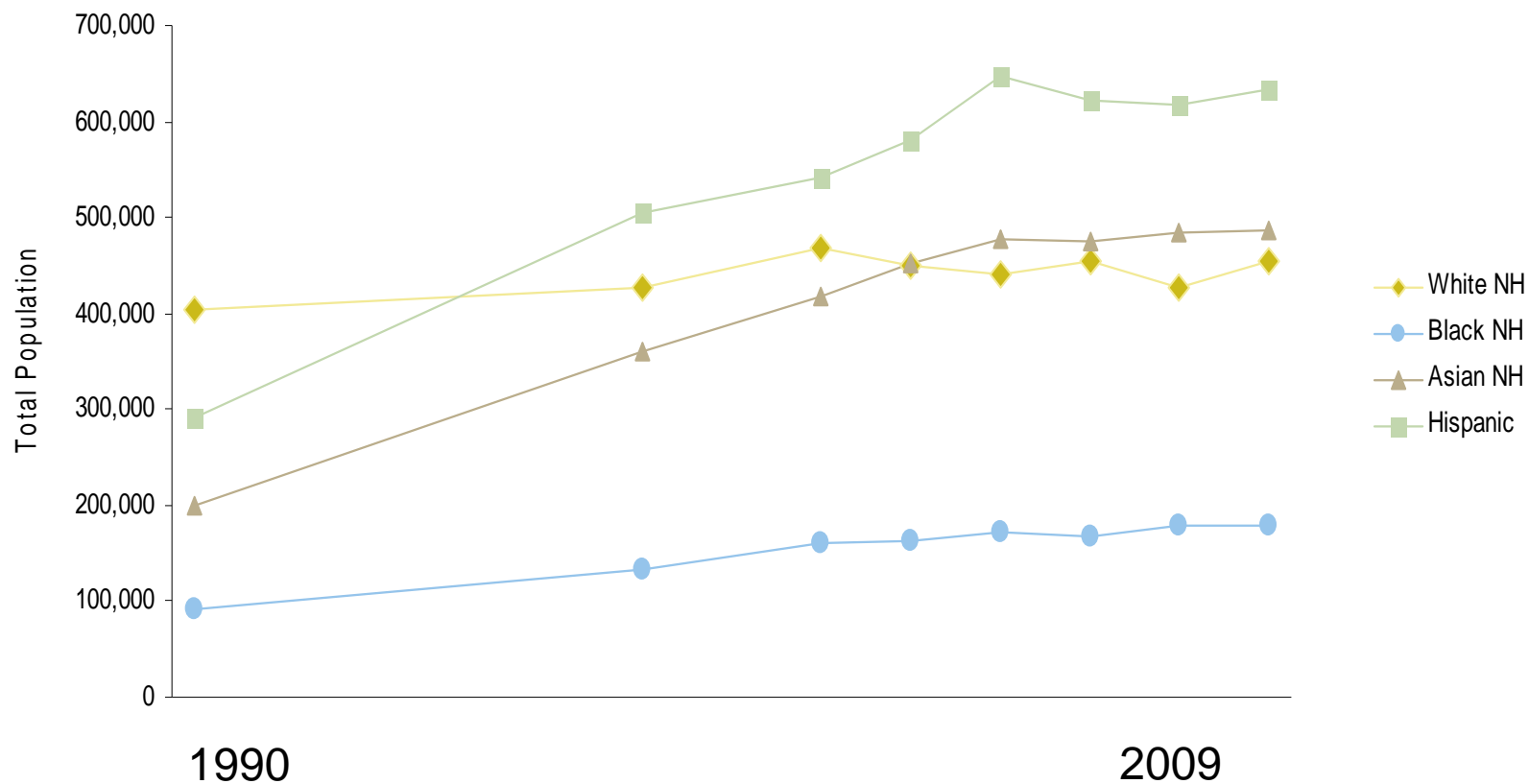
Foreign-Born Population by Region of Birth



*Other includes Oceania (Australia-New Zealand sub region, Melanesia, Micronesia, Polynesia) Canada & other N. America



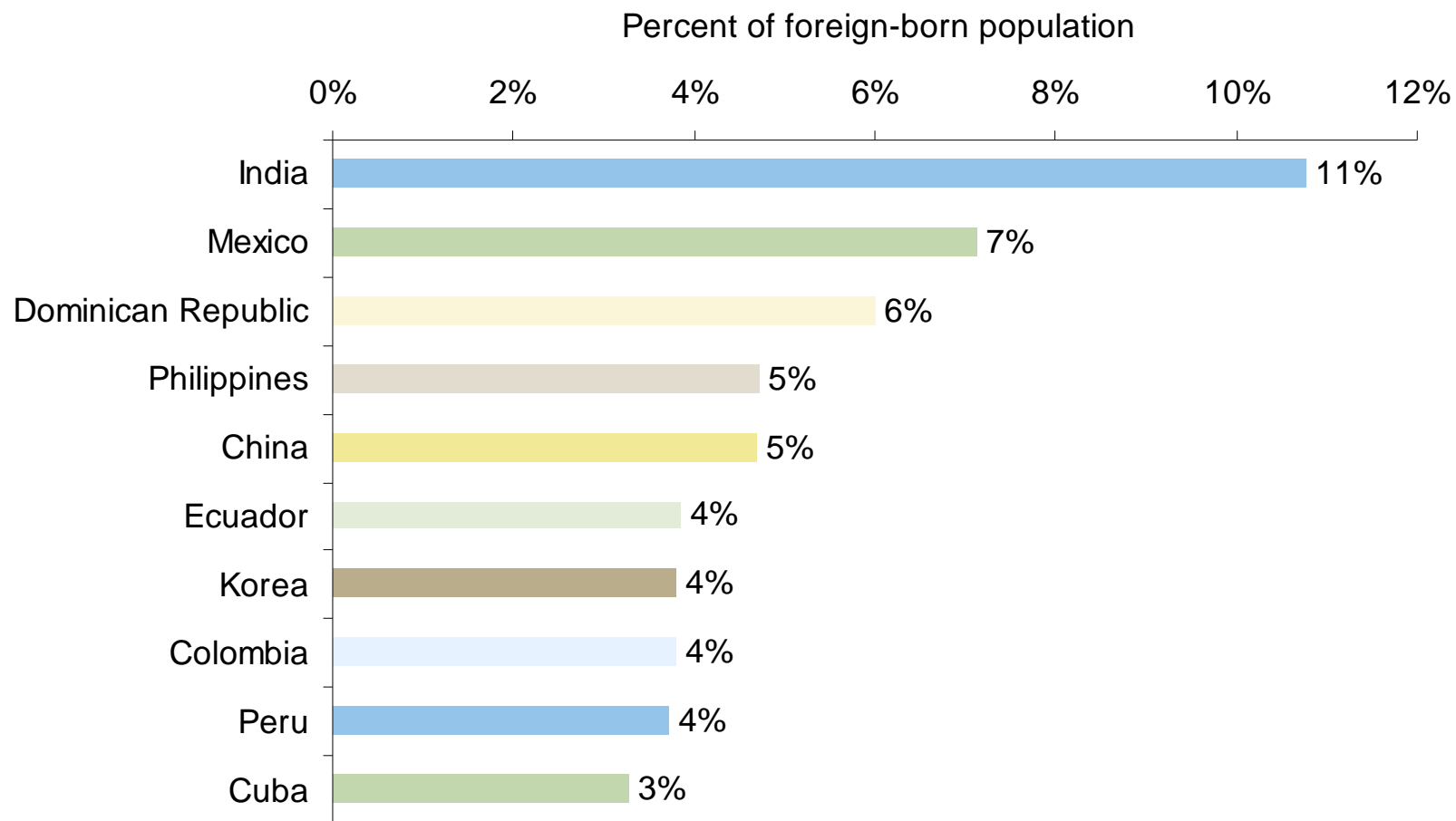
Foreign-Born Population Growth by Race/Ethnicity



Source Census 1990, 2000; American Community Survey



Top 10 Countries of Origin of Foreign-Born Population



Source: American Community Survey, New Jersey, 2009



Top Countries of Origin of Foreign-Born by Race/Ethnicity

Whites		
Ancestry	Population	%Total
Poland	53,696	12.3%
Italy	45,445	10.4%
Portugal	27,365	6.3%
Brazil	25,576	5.8%
Germany	25,426	5.8%

Blacks		
Ancestry	Population	%Total
Haiti	42,549	26.0%
Jamaica	33,237	20.3%
Guyana	11,777	7.2%
Ghana	10,804	6.6%
Nigeria	10,754	6.6%



Top Countries of Origin of Foreign-Born by Race/Ethnicity

Asian		
Ancestry	Population	%Total
India	177,081	37.4%
Philippines	80,014	16.9%
Korea	62,196	13.1%
China	49,406	10.4%
Pakistan	20,642	4.4%

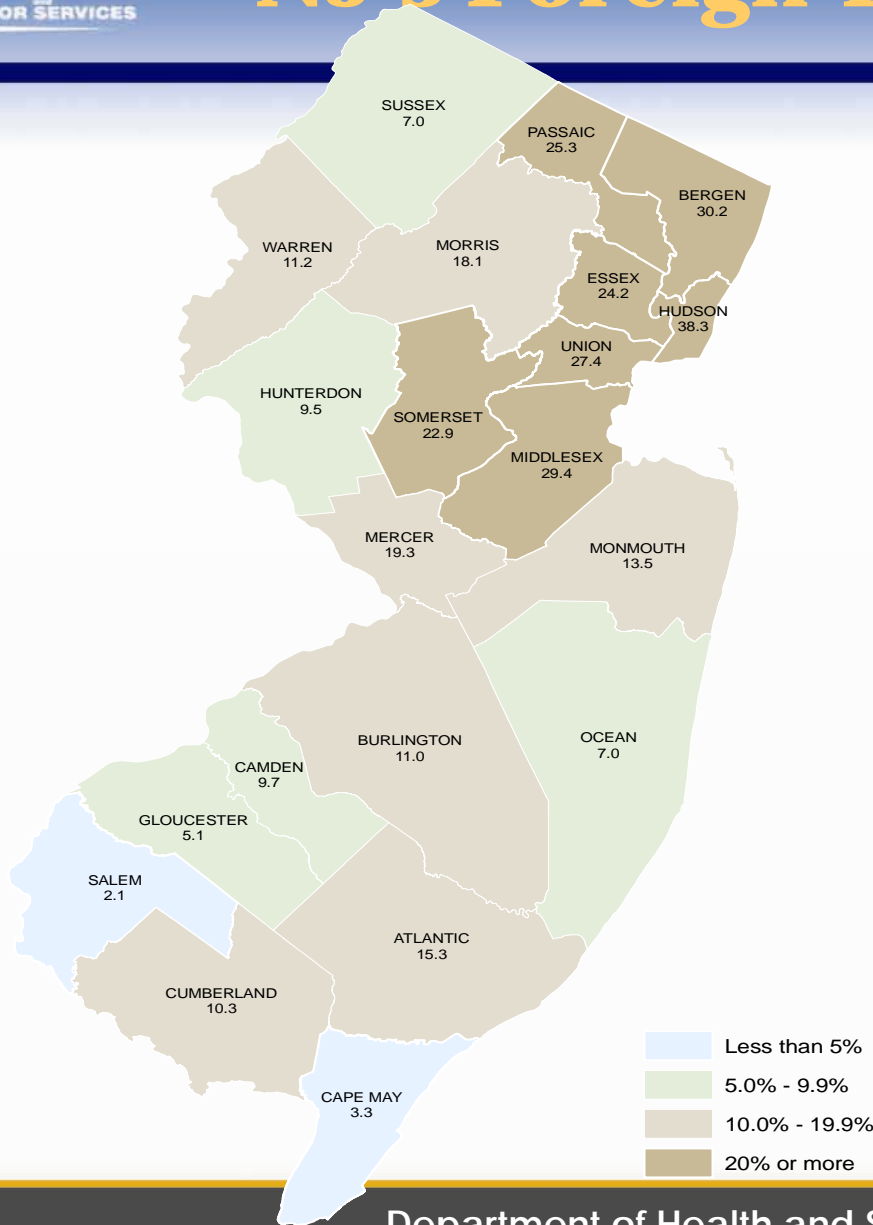
Hispanics		
Ancestry	Population	%Total
Mexico	112,162	18.0%
Dominican Republic	95,302	15.3%
Colombia	77,295	12.4%
Ecuador	75,570	12.1%
Cuba	49,193	7.9%

Where do the Newest New Jerseyans live?



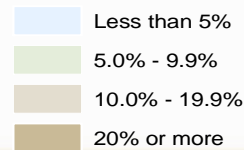


NJ's Foreign-Born Population



Hudson (38%), Bergen (30%) & Middlesex (29%) counties have largest foreign-born populations

Cape May (3.3%) & Salem (2.1%) counties have smallest foreign-born population

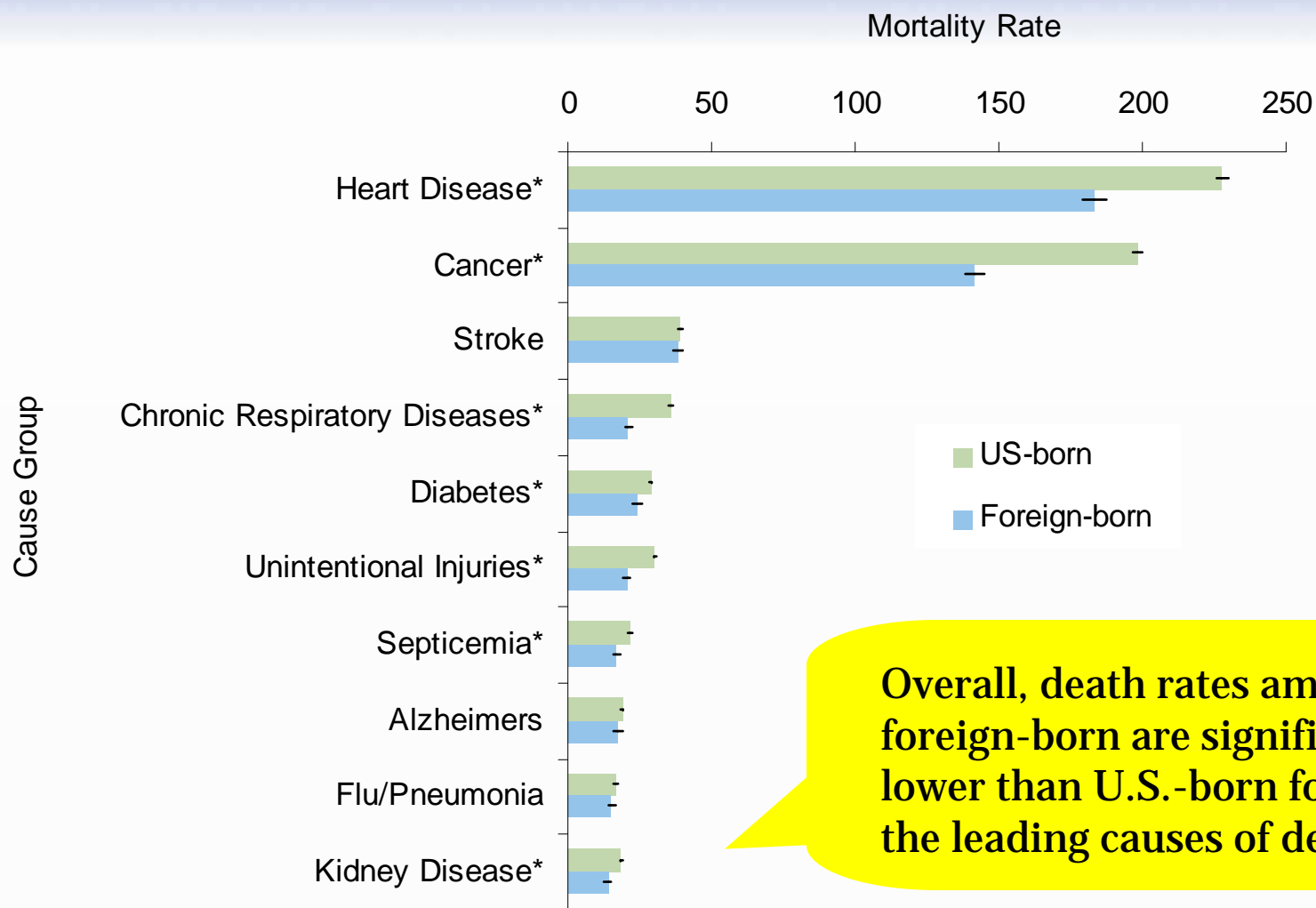


The Health of the Newest New Jerseyans





Health of the Newest New Jerseyans



Overall, death rates among foreign-born are significantly lower than U.S.-born for most of the leading causes of death

* statistically significant

The Health of the Newest New Jerseyans: Duration of Residence





Changing Health & Behaviors

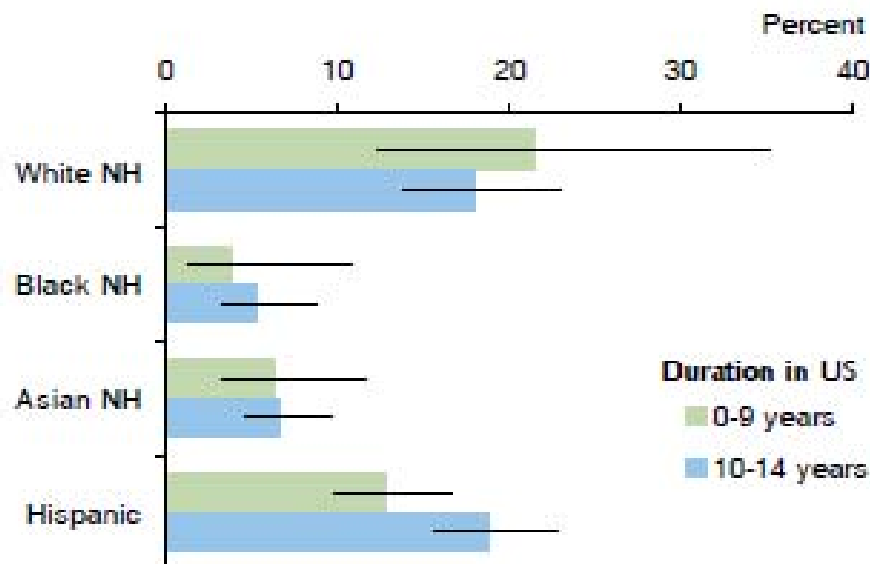
- **Despite better health overall, length of time in the U.S. can negatively affect health & health behaviors of the foreign-born**
- **Some possible causes of changing health outcomes are:**
 - Adoption of less healthy dietary practices
 - Increases in tobacco and alcohol use
 - Increasingly sedentary lifestyle
 - Reduction in selective migration as ties to host country increase

Changing Health & Behaviors

Smoking

Figure 6.4

Percent of foreign-born New Jersey adults who smoke by race/ethnicity and duration of residence



Smoking tends to increase for almost all groups with duration of residence except whites

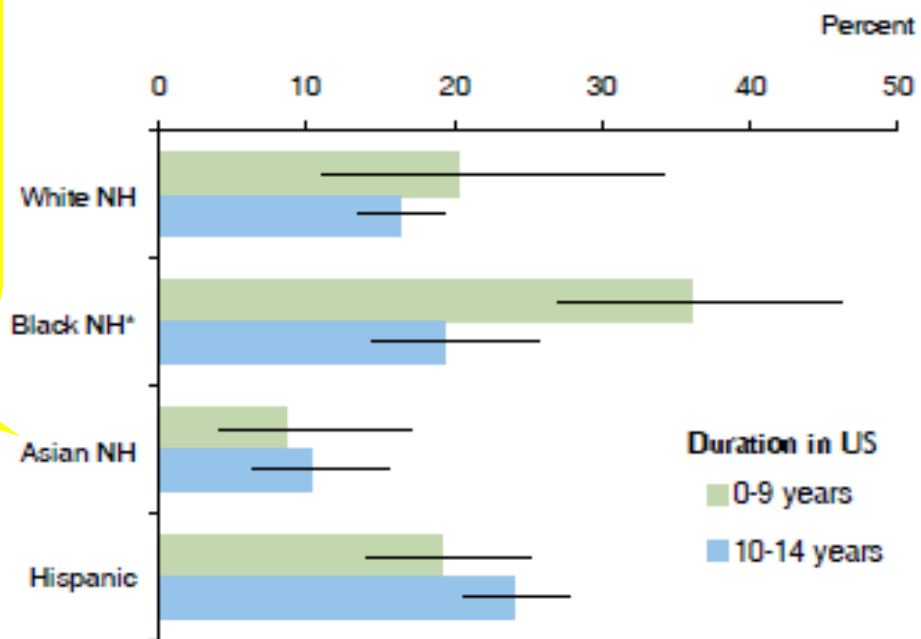
Source: New Jersey Department of Health & Senior Services, Center for Health Statistics, New Jersey Behavioral Risk Survey, 2005-2007

Changing Health & Behaviors

Obesity

Figure 6.2

Percent of foreign-born New Jersey adults who are obese by race/ethnicity and duration of residence



* statistically significant at $p < .05$

Source: New Jersey Department of Health & Senior Services, Center for Health Statistics, New Jersey Behavioral Risk Survey, 2005-2007

Obesity prevalence is higher among foreign-born Asians & Hispanics the longer they live in U.S.

Best Practices Addressing Cultural Needs





Best Practices

- NJ 1st state to require physicians receive cultural competency education 2005
- Communication Picture Board
- Interpreter services in house or via phone service
- Altering menus to recognize cultural needs – seaweed soup for new Korean moms
- Sabbath elevator that stops on every floor without need to push a button; room to spend the night
- Asking every patient “How can we be sensitive to your cultural needs?”

Summary

- **Overall health status of foreign-born resists simple categorization but several broad themes emerge:**
 - Foreign-born population is relatively healthy overall
 - Some of these health indicators change with duration of residence in the US
- **Many hospitals & physicians are already by tailoring their care to patients' cultural needs**
- **Assessing the health of the foreign-born population offers guidance for policy planners for improving existing cultural & linguistic sensitivity & health literacy initiatives statewide**
- **Health of our state's foreign-born population increasingly impacts NJ's overall health status**



“Diversity makes for a rich tapestry, and we must understand that all the threads of the tapestry are equal in value no matter what their color.”

– Maya Angelou

Roundtable Discussion

