

# Youth'07: Asian Data

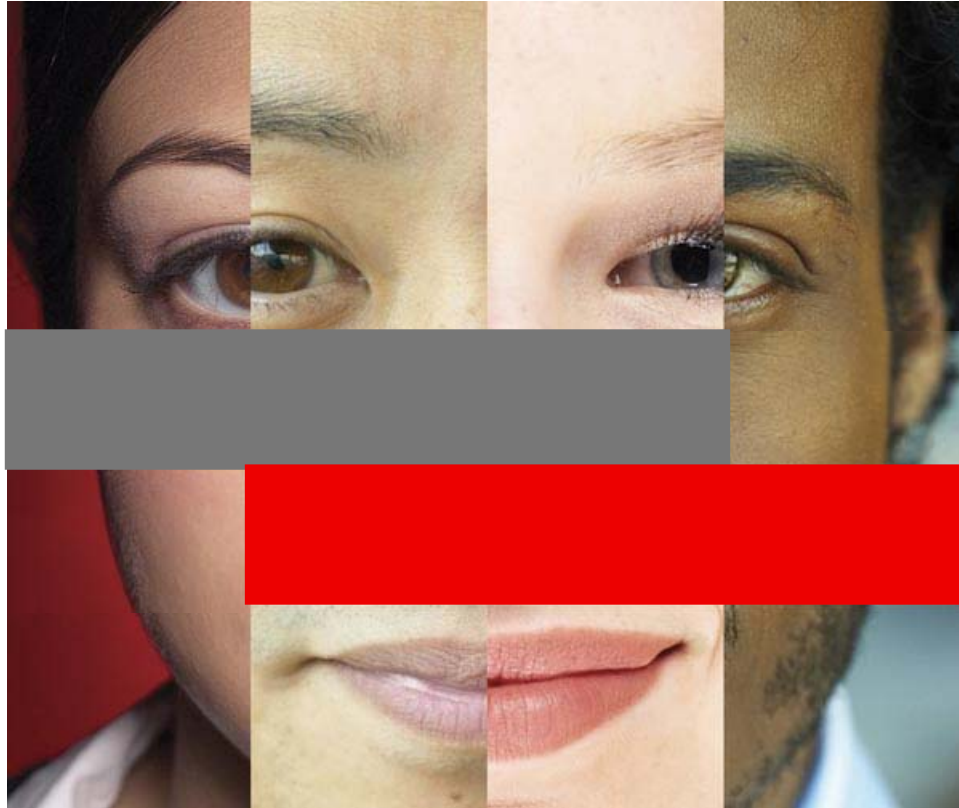
Questions for Youth Health Research



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# Ethnicity Categorisation

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# Who is Asian?

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- Not a single ethnic category
- Diverse range of ethnic groups
  - Culture
  - Language
  - Traditions
  - Migration experiences
  - Health needs

# Youth'07 survey

- ASIAN
  - Aligned to definition developed by Statistics New Zealand
  - Asian continent
    - Afghanistan ↔ Japan
    - China ↔ Indonesia



# Youth'07 survey

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- Self-reported
- Permitted to identify with >1 ethnic group
  - Filipino
  - Chinese
  - Indian
  - Japanese
  - Korean
  - Cambodian
  - Other Asian

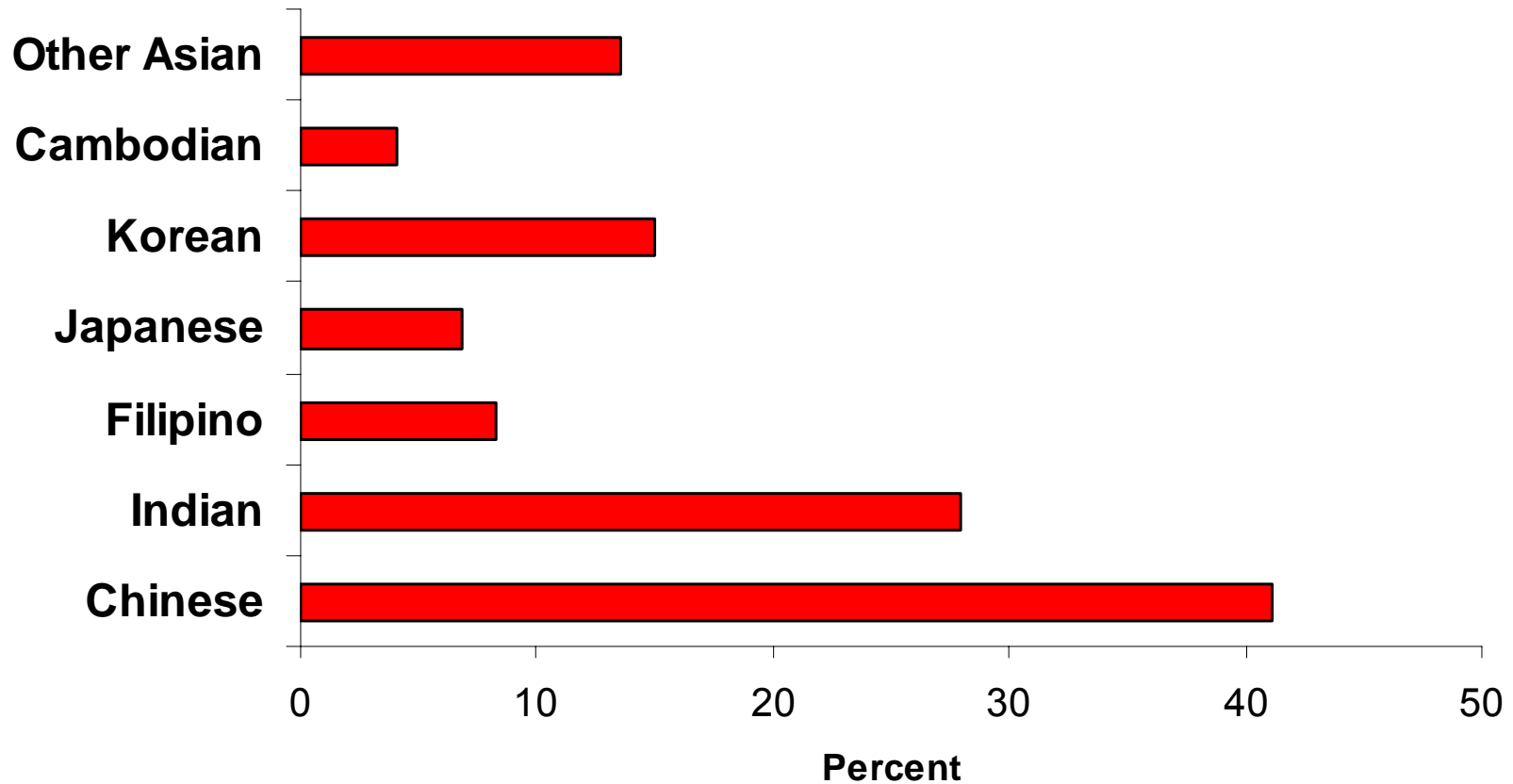
# “Asian” students in Youth’07 survey

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- “Asian” = 1310
  - 14% of total sample
- Chinese = 537
- Indian = 365

# Ethnicity of respondents

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# “Asian”

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- Assumed Homogeneity
- Validity of the results
- Implications for
  - Public health messages
  - Policy makers
  - Funders



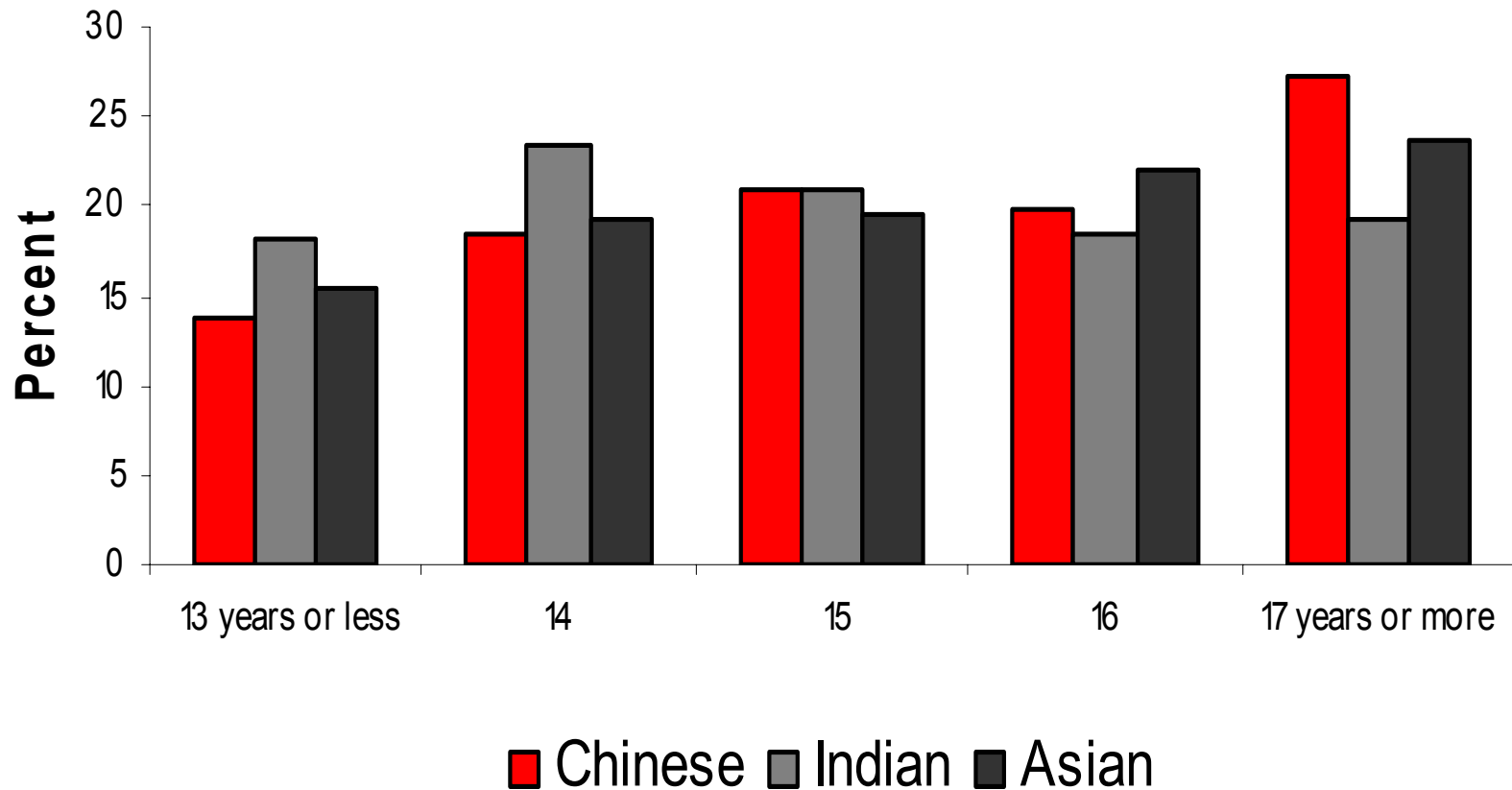
# “Asian” Youth’07 Data

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- “Asian” population
- Key Domains
  - Family
  - School
  - Nutrition and Physical Activity
  - General and Emotional Health
  - Substance Use
  - Sexual Behaviour
- Questions for Youth Health Research

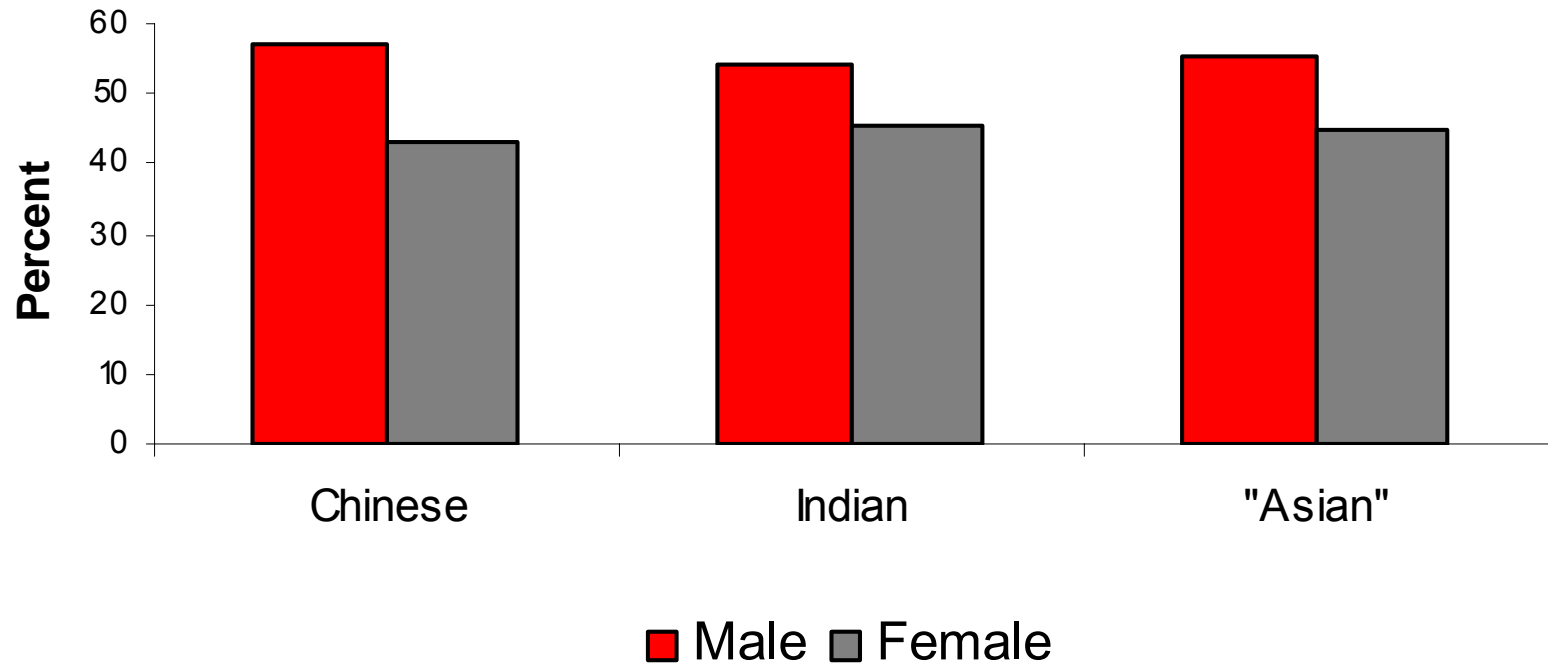
# Age Distribution

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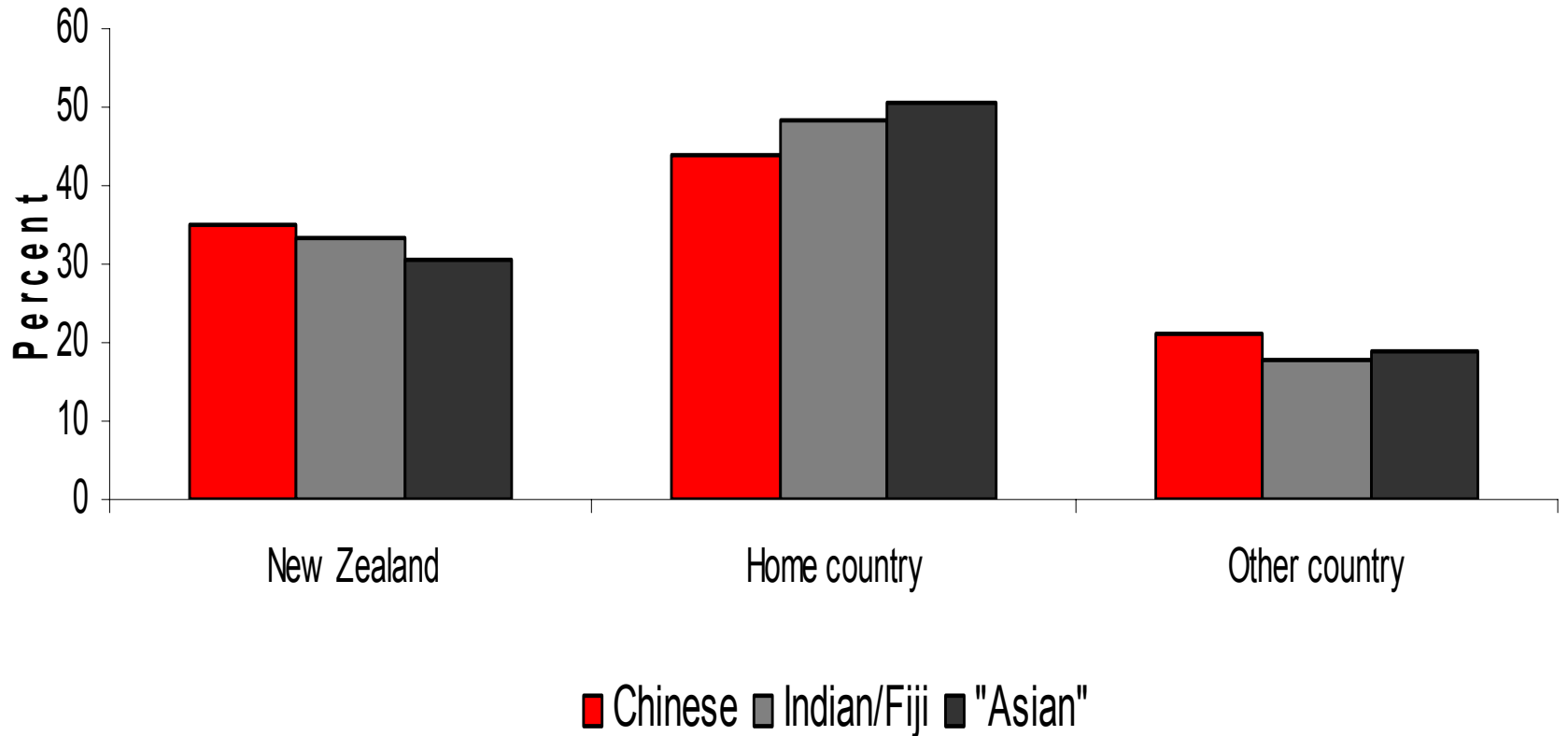
# Gender

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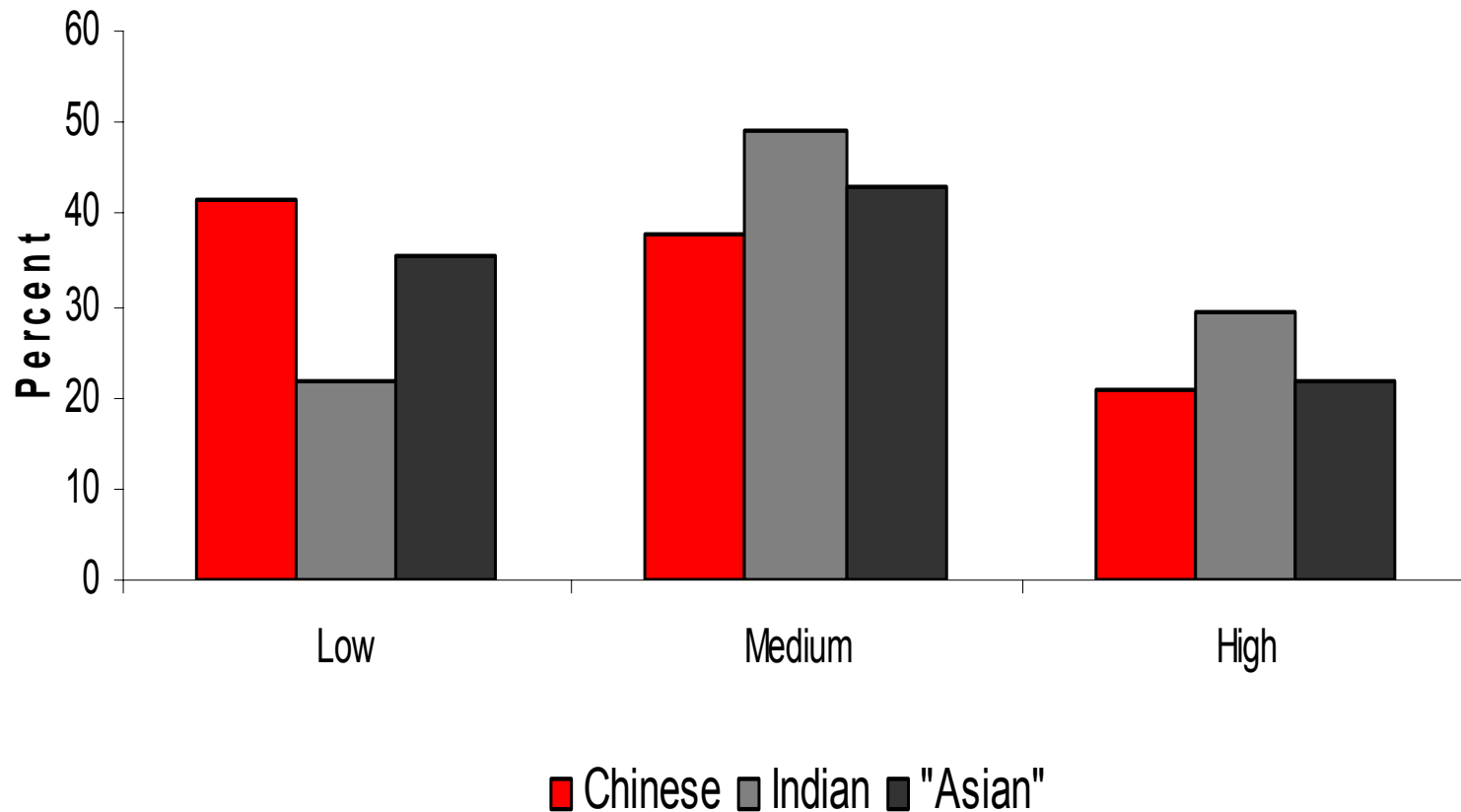
# Country of Birth

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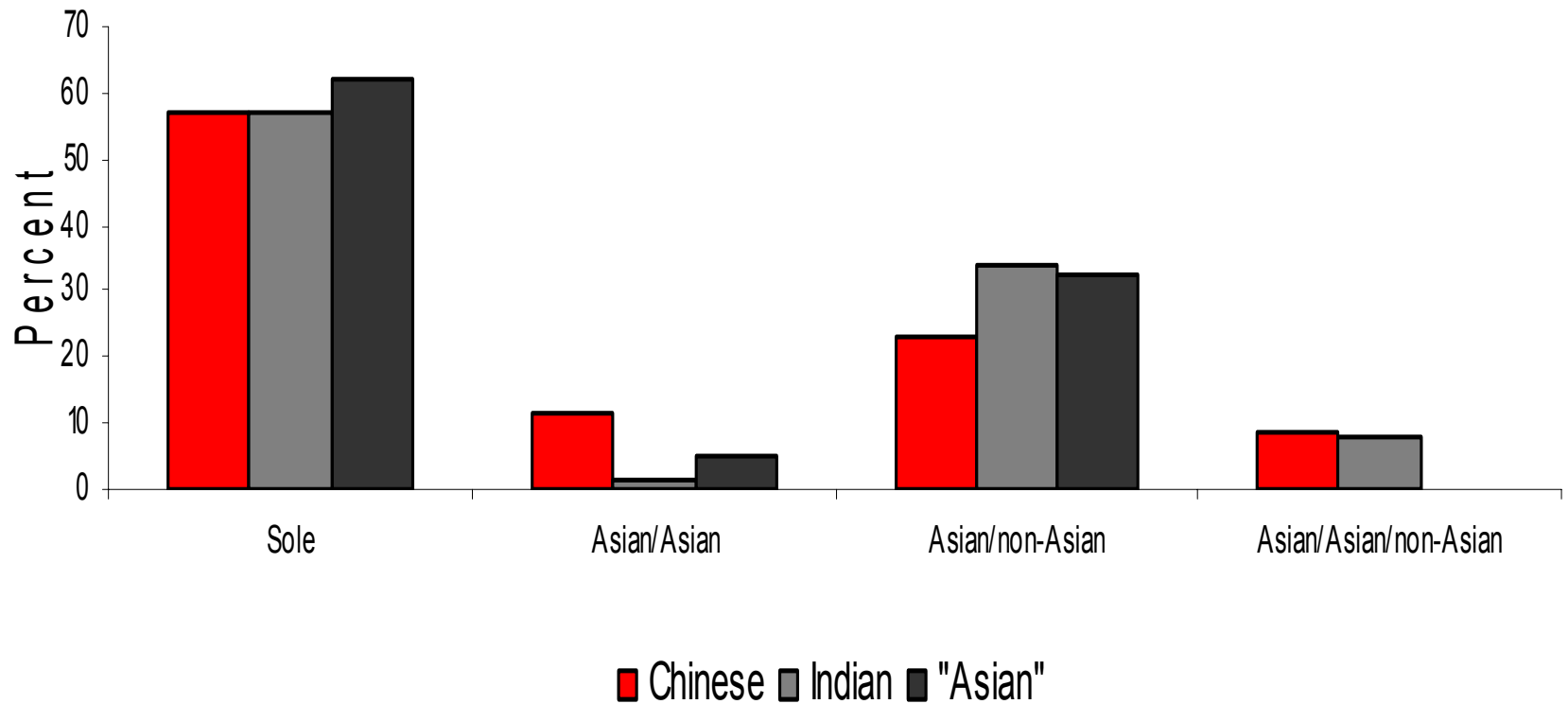
# NZ Deprivation Index

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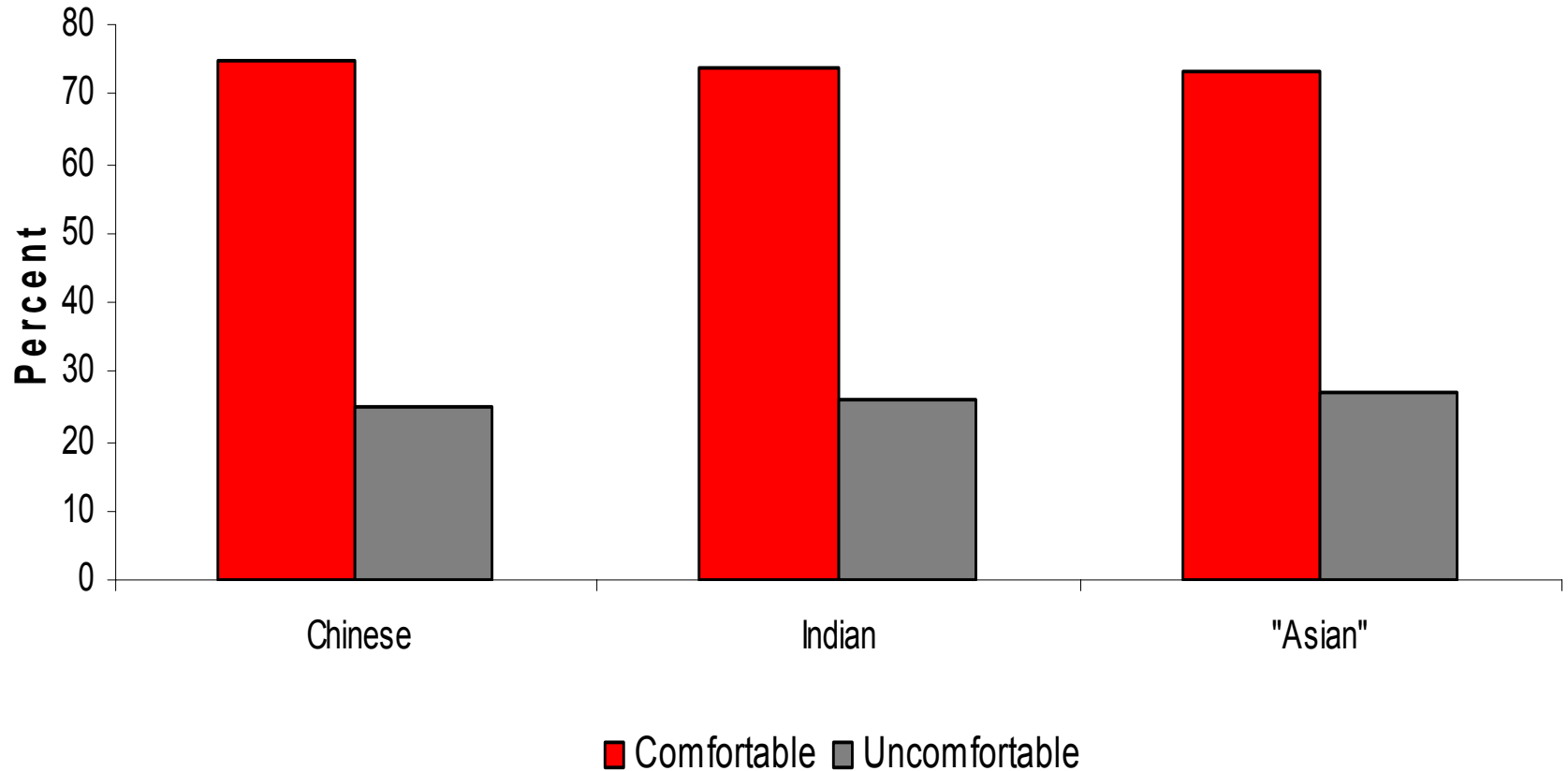
# Sole and Multiple Ethnicity

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# Comfort Level in New Zealand/Pakeha Social Surroundings

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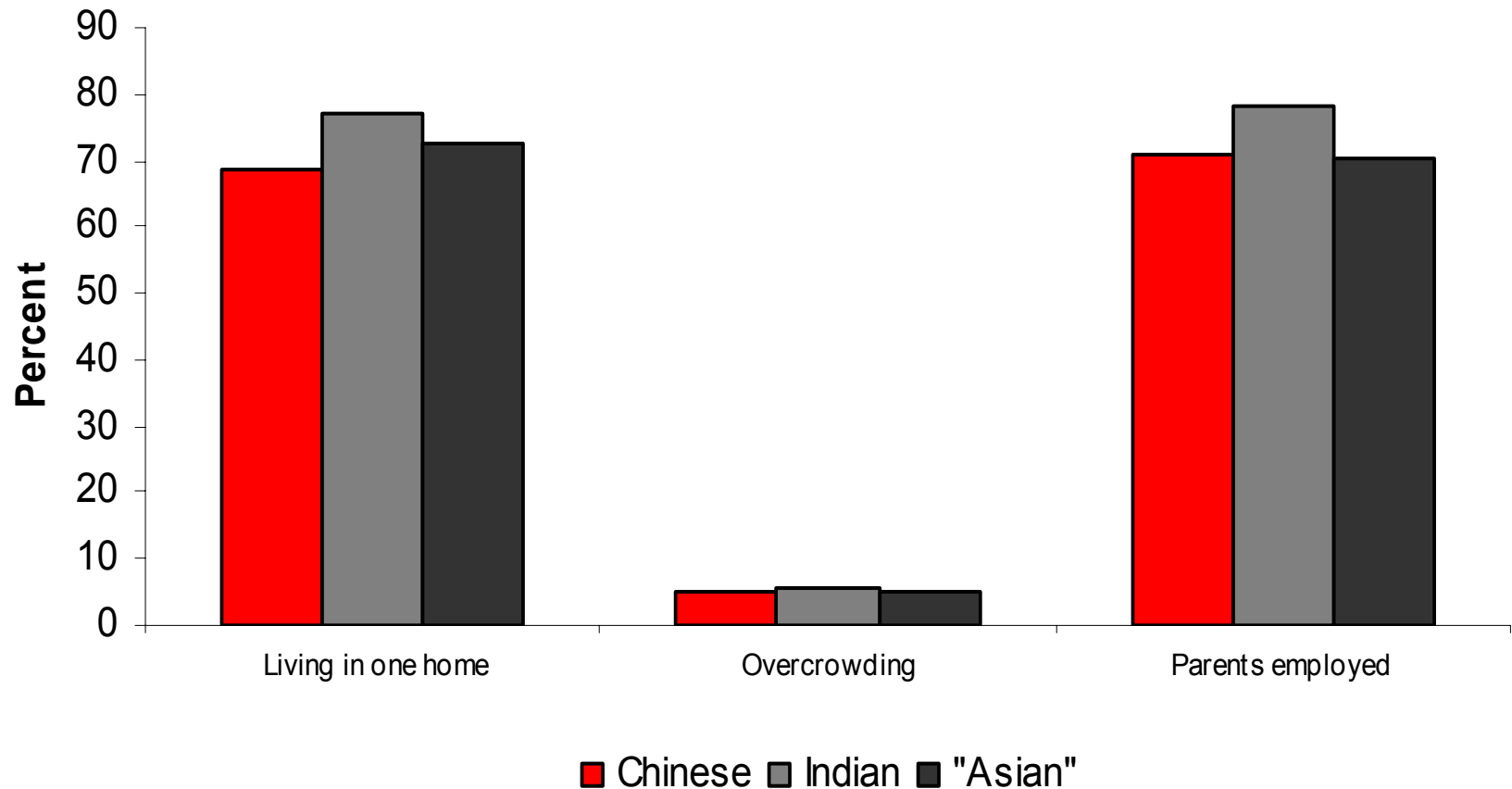
# Family and School

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# Family Background/Circumstances

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# Comparison with NZ European Students

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- Chinese and Indian students
  - More likely to report
    - Moving homes  $\geq 2$  times in the year prior to the survey
    - Household overcrowding
    - Parental unemployment
- Indicators of **Family Adversity**
  - Not changed markedly since 2001

# Family Relationships

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- Comparison with NZ European students
- Chinese students
  - Less likely to report
    - Happy with family relationships
    - Perceive that their parents care for them
    - Feeling close to parents
    - Adequate time with their parents
- 2001 – 2007
  - No change

# School Engagement

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- Comparison with NZ European Students
- Chinese and Indian students were less likely to report negative feelings about school
- 2001 – 2007
  - School was OK or they liked school
    - Chinese and Indian - unchanged
  - Students feeling part of their school
    - Chinese : 86% → 89%
    - Indian : 81% → 87%

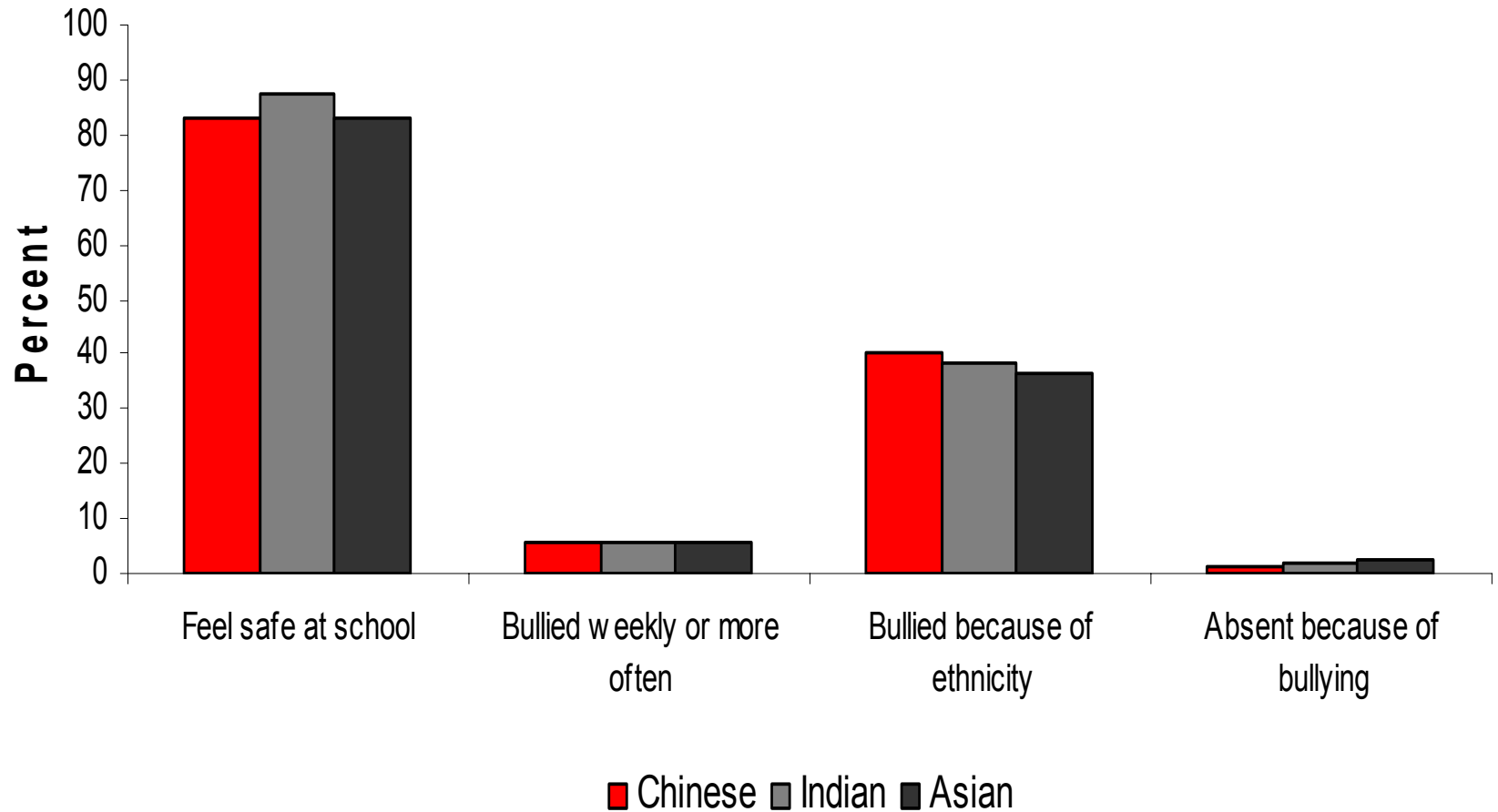
# Relationships at School

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- Comparison with NZ European students
- Chinese and Indian - no differences
  - People at school care for them
  - Teachers treated students fairly
- 2001 - 2007
  - No change

# School Safety Indicators

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# Comparison with NZ European Students

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- Chinese students less likely to feel safe at school
- No difference (Chinese & Indian students)
  - Bullying at least weekly
  - School non-attendance at least one day in the last month

# 2001 and 2007

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- Students feeling safe at school
  - Chinese : 70% → 81%
  - Indian : 75% → 85%
- The total proportions of Chinese and Indian students bullied at school have not changed
- Absenteeism because of bullying decreased
  - Chinese : 9% → 2%
  - Indian : 15% → 4%

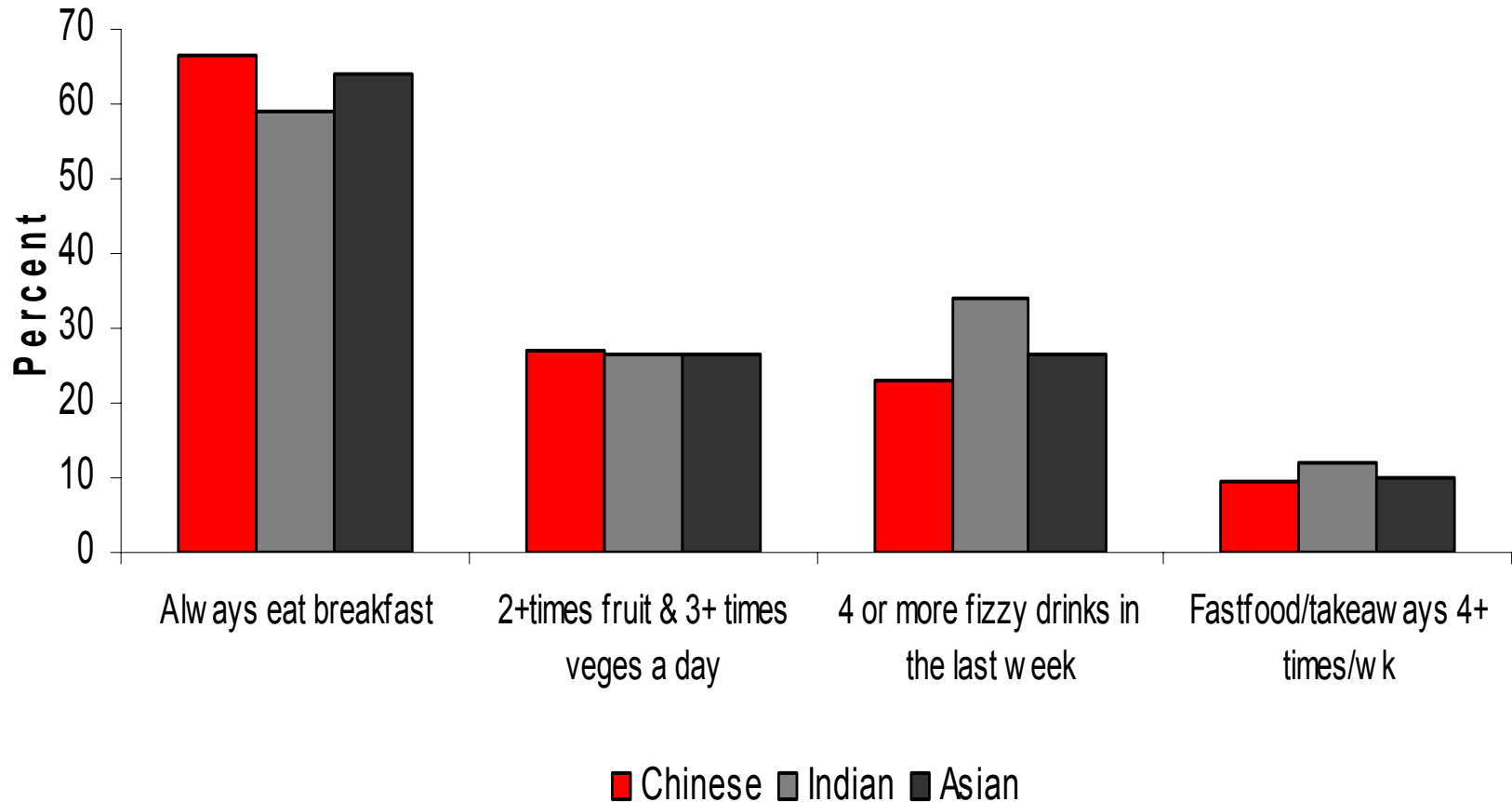
# Nutrition and Physical Activity

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# Dietary Behaviours

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# Comparison with NZ European Students

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- Always eat breakfast
  - Chinese – no difference
  - Indian – less likely
- 2001 – 2007
  - Always eat breakfast
    - Chinese : 54% → 67%
  - Nutrition behaviours
    - Indian students - remained unchanged

# Activities – Physical & Leisure

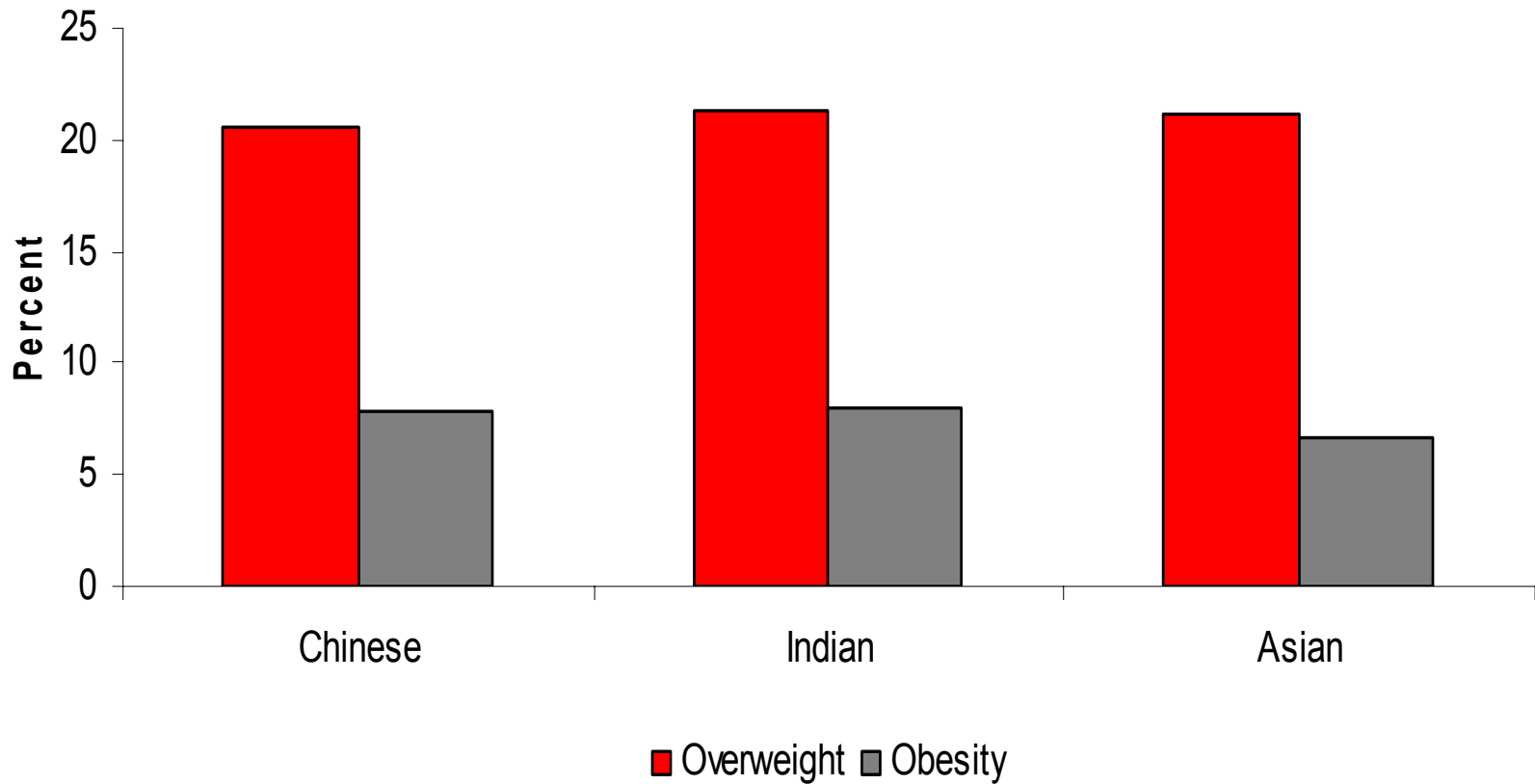
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## Comparison with NZ European students

- Exercise
  - $\geq 20$  minutes of vigorous activity
    - Chinese – less likely
    - Indian - similar proportion
- Leisure Activities
  - Internet use for  $\geq 1$  hour per day
    - Chinese – more likely
    - Indian – 2x as likely
  - Watching TV
    - Chinese - less likely

# Body Size

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# National Guidelines

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- Daily intake of fruit and vegetable
  - Not met by  $\sim\frac{3}{4}$  of “Asian” students
- Daily physical activity ( $\geq 1$  hour per day)
  - Not met by majority of “Asian” students

# General and Emotional Health

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# General Health

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- Reported good health
  - Chinese - 89%
  - Indian - 92%
  - Male more likely than female
- Compared with NZ European students
  - Chinese - less likely
  - Indian – no difference

# Health Care Access

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- Unable to access health care when needed
  - Chinese : 14%
    - Last 12 months : female - 19%, male -10%
  - Indian : 17%
    - No gender differences
- Common barriers
  - Did not want to make a fuss
  - Cost too much
  - Had no transportation to get there
  - Don't know how

# Emotional Wellbeing

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- Compared with NZ European students Chinese and Indian students more likely to report
  - **Not** being happy with life
  - Depressive symptoms
    - Chinese – 12% (females 18%, males 8%)
    - Indian – 12% (females 18%, males 7%)

# 2001 and 2007

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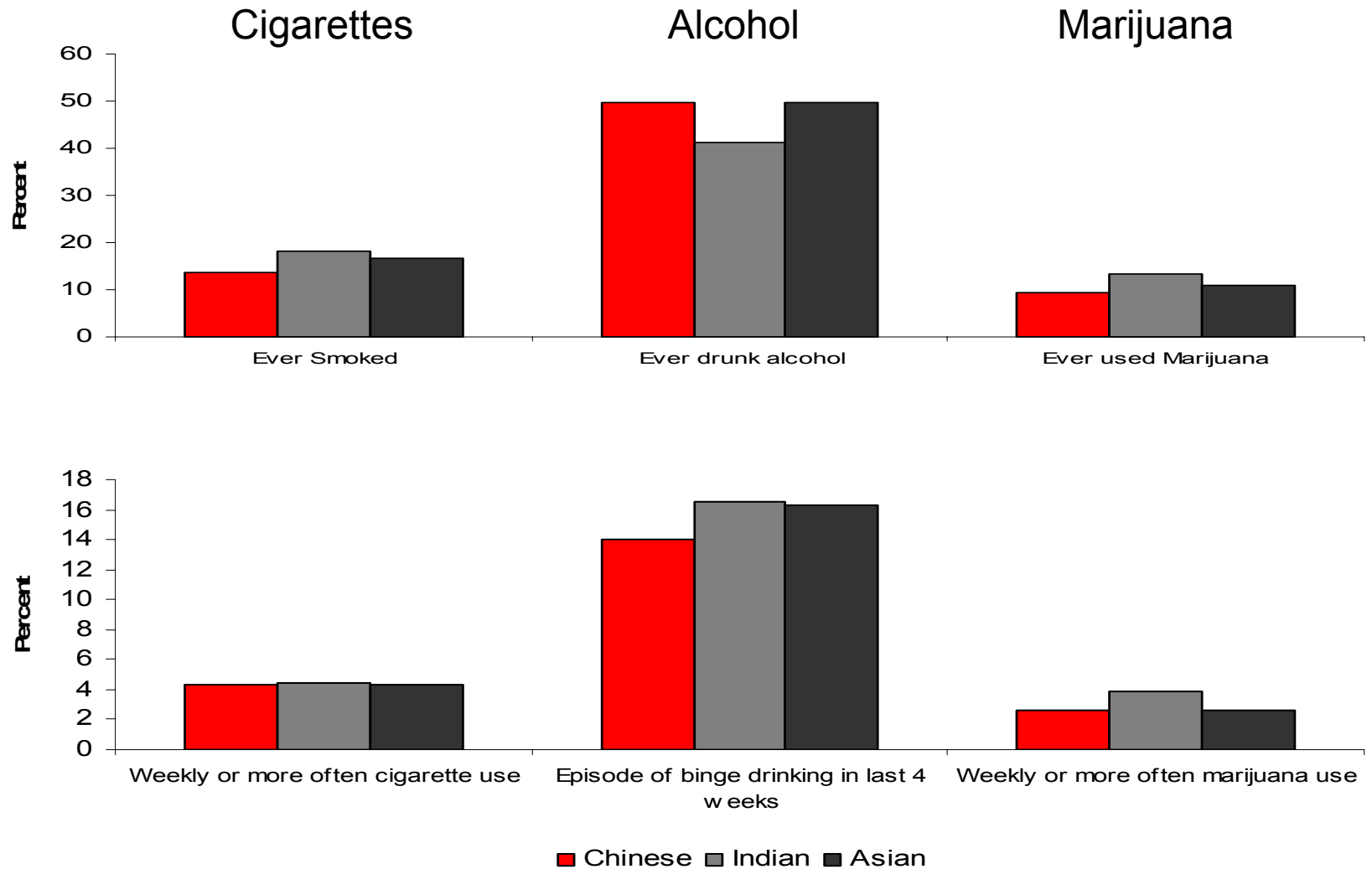
- Happy, satisfied or OK with their life
  - Chinese : 80% → 90%
  - Indian : unchanged
- Significant depressive symptoms
  - Chinese and Indian: unchanged
- Thoughts of attempting suicide
  - Chinese : 23% → 15%
  - Indian : unchanged
- Attempted suicide
  - Chinese : 9% → 4%
  - Indian : unchanged

# Substance Use and Sexual Behaviour

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# Substance Use



# 2001 and 2007

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- Tried smoked cigarettes
  - Chinese : 34% → 14%
  - Indian : 34% → 18%
- Smoking cigarettes weekly or more often
  - Chinese : 12% → 4%
  - Indian : unchanged
- Current drinkers and  $\geq 1$  episode of binge drinking in the last 4 weeks
  - Chinese and Indian : unchanged

# Sexual Behaviour

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- Ever had sexual intercourse
  - Chinese : 18%
  - Indian : 21%
  
- Currently sexually active
  - Chinese : 11%
  - Indian : 14%

# Sexual behaviour

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- Compared with NZ European students
  - Chinese and Indian
    - Less likely to ever have had sexual intercourse
    - >2x as likely to not use contraception
- 2001 and 2007
  - Contraceptive use
    - Chinese : unchanged
    - Indian : 74% → 65% (female 86% → 52%)

# Questions for Youth Health Research

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# Positive Findings

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- Family, home and school environments
- Relationships with adults at home and school
- Improvements in school safety indicators
  
- What can be learned?
- Can these result in positive health outcomes for all youth?

# Psychological Wellbeing

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- Mental Health issues concerning
- Females
- Depressive symptoms
  
- How can these be improved?

# Indian Students Facing Challenges

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- No improvements or face increased challenges compared with European students
  - Healthy eating behaviours
  - Emotional wellbeing
  - Weekly smoking
  - Marijuana use
  - Contraceptive use
- Why do females often face more challenges?



# Other Questions

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- Migration
- International students
  
- Is there a healthy immigrant effect?
- How long does this last?