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CAPIWAVES

A report based on the California Pacific Islander Well-being and COVID-19 Economic Survey

Brittany N. Morey, Sora Park Tanjasiri, Corina Penaia, Cynthia Fok, Shreya Paul, 'Alisi Tulua, Richard C. Chang, Ninez A. Ponce, and Andrew Subica



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UC Irvine Department of Health, Society, & Behavior
UC Riverside Department of Social Medicine, Population, &
Public Health
UCLA Center for Health Policy Research

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(CPR3)

About

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Mental Health Impact of COVID-19 on California's Native Hawaiian and Pacific Islander (NHPI) Adults

Findings from the California Pacific Islander Well-being and COVID-19 Economic Survey (CAPIWAVES)



More than
1 in 4 (28.2%)
experienced "fair" or
"poor" mental health.

24.1%
reported moderate
or severe anxiety.

1 in 3 (33.9%)
reported needing mental health
care for help with stress, depression,
or emotions in the past year.

7.0%
reported major
depressive disorder.

Access to mental health care

Nearly
3 in 4 (73.2%)
reported **never** seeking
professional help for emotional
or mental health problems.



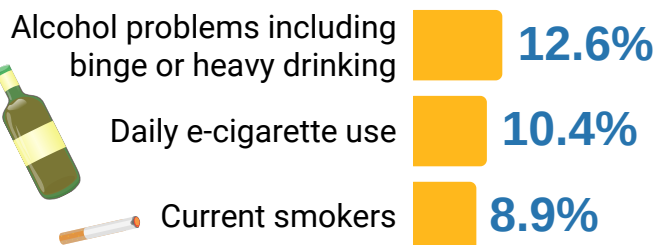
1 in 6 (17.0%)
reported avoiding or delaying
needed mental health care.

Top 3 reasons for delaying care:

- 1 Cost/money/lack insurance
- 2 Not knowing how to find a mental health provider
- 3 Not wanting friends or family to find out

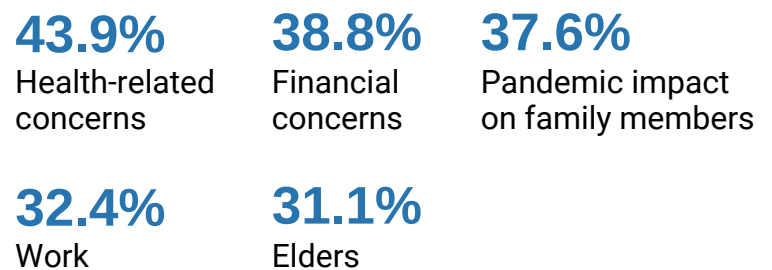


NHPI adults who reported use of alcohol and other substances:



COVID-19 pandemic was associated with worsening mental health problems

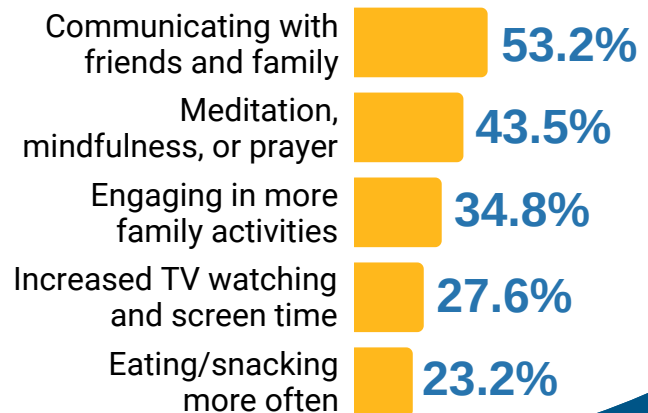
Major sources of stress:



Reported degree of negative impacts of the pandemic on mental health:



Most common coping strategies used to manage stress:



Economic Impact of COVID-19 on California's Native Hawaiian and Pacific Islander (NHPI) Adults

Findings from the California Pacific Islander Well-being and COVID-19 Economic Survey (CAPIWAVES)

Decrease in household income



1 in 3 (34.0%)

NHPI adults had a decrease in household income since the pandemic.

Job and income loss

29.7%

of NHPI adults had someone in their household lose their job or a significant amount of their income as a result of the pandemic.

Financial and child care difficulties due to COVID-19

More than

1 in 4 (27.4%)

had difficulty with basic financial necessities (paying bills, tuition, or affording groceries).

1 in 4 (25.5%)

had difficulty with paying rent or mortgage.

More than

1 in 9 (11.4%)

had difficulty obtaining child care or had an increase in child care expenses.

Access to financial assistance during the pandemic

Among all NHPI adults...

31.2% of NHPI adults who were eligible based on reported household income received government health benefits.

19.0%

received government health benefits, including Medi-Cal, Medicaid, and Medicare.

19.3%

received unemployment benefits.

31.5% of NHPI adults who were eligible based on reported household income received CalFresh/SNAP.

19.4%

received support through CalFresh/Supplemental Nutrition Assistance Program (SNAP).

9.0%

received social security or supplemental social security benefits.

14.7% of NHPI adults who were eligible based on income and being a parent received the EITC.

6.7%

received Earned Income Tax Credit (EITC).

6.1%

received rental assistance or relief.

5.7%

received CalWORKS/Temporary Assistance for Needy Families (TANF).

4.1%

received assistance from a community organization.

3.6%

received assistance from a church or religious organization.



Executive Summary

The **Mental Health and Socioeconomic Impact of COVID-19 on California’s Native Hawaiians and Pacific Islanders** is a report based on the California Pacific Islander Well-being And COVID-19 Economic Survey (CAPIWAVES). This report provides estimates on the status of mental health, as well as socioeconomic status, for Native Hawaiian and Pacific Islander (NHPI) adults in California. This report also provides insights into how the COVID-19 pandemic may have impacted mental health and economic well-being for NHPI adults in California. The estimates presented in this report are meant to represent the total NHPI adult, non-institutionalized population in California. In addition to the total NHPI population, the report provides disaggregated estimates for seven NHPI groups in the survey: CHamoru, Fijian, Marshallese, Native Hawaiian, Sāmoan, Tongan, and other Pacific Islander (including, not otherwise specified). These disaggregated estimates may be relevant to these specific populations but should be interpreted with caution when the sample size is smaller or when the population characteristic is not very common.

Key Findings

Below are the key findings from CAPIWAVES:

Mental Health

Many NHPI adults in California reported experiencing poor mental health:

- Over 1 in 4 NHPI adults (28.2%) reported experiencing “fair” or “poor” mental health.
- Self-reported screening for major depressive disorder (MDD) was lower at 7.0% of all NHPI respondents, compared to other community studies of NHPI populations. Among specific groups, 11% of Tongans and 9.7% of Sāmoans reported MDD.
- Nearly one-quarter (24.1%) of NHPI adults reported moderate or severe anxiety on the Generalized Anxiety Disorder (GAD-7) questionnaire.

Although poor mental health was common, relatively few NHPI Californians sought and were able to access mental healthcare.

- Lifetime mental healthcare seeking was reported by 26.8% of NHPI adults, indicating that nearly three-quarters had *never* sought professional help for emotional or mental health problems in their lifetimes.
- Among those NHPIs who had ever sought mental healthcare, the majority (63.2%) were satisfied or very satisfied with their care, while 13.8% were

unsatisfied or very unsatisfied with their care, and 23.0% felt neutral about their care.

- About 1 in 3 NHPI adults (33.9%) reported needing mental healthcare in the past year for help with stress, depression, or emotions.
- A similar percentage of all NHPIs reported avoiding or delaying needed mental healthcare (17.0%) compared to those who wanted and received care (16.8%).
- The most cited reasons for delaying or not receiving mental healthcare included cost/money/not having insurance (63.3%), not knowing how to find a mental health provider (31.8%), not wanting friends or family to find out (28.1%), being unable to take time off from work (25.8%), and not being covered by insurance (24.1%).

The COVID-19 pandemic was associated with mental health problems among NHPIs in California.

- A majority of NHPI adults experienced distress due to the COVID-19 pandemic, with 47.5% reporting moderate and 9.2% reporting high levels of distress.
- A majority of NHPI Californians reported somewhat negative (37.0%) moderately negative (11.3%), and extremely negative (11.2%) impact of the COVID-19 pandemic on mental health.
- The major sources of stress for NHPIs during the COVID-19 pandemic included health-related concerns (43.9%), financial concerns (38.8%), and pandemic impact on family members (37.6%), their work (32.4%), and their elders (31.1%).
- The most common coping strategies that NHPI adults used to manage stress included: communicating with friends and family (53.2%); meditation, mindfulness, or prayer (43.5%); engaging in more family activities (34.8%); watching television or engaging in other screen activities (27.6%); or eating/snacking more often (23.2%). Other coping activities included reading, religious events, and volunteer work.

Use of alcohol and other substances has been high among NHPI adults since the COVID-19 pandemic.

- Alcohol use (including binge or heavy drinking) was reported by 12.6% of all surveyed NHPI adults.
- Current smoking was reported by 8.9%, former smoking was reported by 7.5%, and never smoking was reported by 83.6% of all NHPI adults.
- Daily e-cigarette use was reported by 10.4% and never using e-cigarettes was reported by 71.9% of all NHPI adults.

- Daily marijuana or hashish use was reported by 4.7%, weekly use by 7.0%, and former use by 20.1% of all NHPI adults.

Socioeconomic Status

NHPIs living in California were severely impacted economically by the COVID-19 pandemic.

- Over 1 in 3 (34.0%) of NHPI adults reported a decrease in household income since the COVID-19 pandemic.
- Nearly one-third (29.7%) of NHPI adults reported having someone in their household lose their job or a significant amount of income due to the pandemic.
- The majority (60.7%) of NHPI adults were employed in full-time or part-time work prior to the COVID-19 pandemic. Many worked in jobs considered “essential” or “frontline” during the pandemic, including: protective services, food prep, serving, personal care, and maintenance (20%); natural resources, construction, maintenance, production, transportation, or material moving (17.7%); and healthcare (13.5%).
- Nearly 1 in 7 (13.8%) of NHPI respondents lost their regular jobs during the pandemic, while roughly equal percentages saw an increase in work hours (11.3%) or a decrease in work hours (11.0%).
- The majority (50.7%) of NHPI adults had difficulty meeting basic financial necessities during the COVID-19 pandemic, including 27.4% reporting difficulty paying bills, paying tuition, or affording groceries and 25.5% reporting difficulty paying their rent or mortgage. More than 1 in 9 (11.4%) had difficulty obtaining childcare or had an increase in childcare expenses.

Although NHPI adults in California experienced severe economic impacts due to the pandemic, fewer than expected NHPI adults were able to access financial assistance, even when they were eligible.

- Only 51.8% of NHPI adults received COVID-19 stimulus checks in 2020 or 2021. Stimulus checks were most commonly used by NHPIs to pay rent or mortgage, for essentials like food, and to pay bills.
- 1 in 5 (19.3%) of NHPI respondents received unemployment benefits, but another 1 in 10 (9.5%) reported being unable or ineligible to apply.
- 1 in 5 (19.0%) of NHPI adults received government health benefits, including Medi-Cal (California’s Medicaid program) or Medicare. Of those eligible based on reported household income, less than one-third (31.2%) received government health benefits.

- Similarly, 1 in 5 (19.4%) of NHPI adults received CalFresh, also known as Supplemental Nutrition Assistance Program (SNAP) benefits, but nearly 1 in 10 (9.3%) tried to apply, but were ineligible, while over half (51.5%) did not apply at all. Among only those who were determined to be eligible based on reported household income, less than one-third (31.5%) received CalFresh or SNAP.
- Fewer than 1 in 10 (9.0%) received social security or supplemental social security benefits, with over two-thirds (67.8%) not applying at all.
- Of eligible NHPIs based on income and being a parent, only 14.7% received the Earned Income Tax Credit (EITC).
- Few NHPIs received rental assistance or relief (6.1%), CalWORKs (Temporary Assistance for Needy Families [TANF] in California) (5.7%), assistance from a church or religious organization (3.6%), or from another community organization (4.1%).

Background

The Native Hawaiian and Pacific Islander (NHPI) population was the racial group with the highest COVID-19 cases and death rates in many states across the United States, including California.¹ During the height of the pandemic in 2021, of the 20 states where NHPI data were available, 18 states were reporting that NHPI COVID-19 death rates were higher than those among American Indian/Alaska Native, Asian, Black or African American, Hispanic, and White populations.² Since the start of the pandemic in March 2020 until October 2024, there have been 67,860 confirmed COVID-19 cases and 590 deaths due to COVID-19 among NHPIs in California, resulting in a case rate of 47,841 per 100,000 and a death rate of 416 per 100,000—the highest case and death rates of any other race and ethnic groups in the state.¹ California is home to about 330,000 NHPI residents, the state with the second largest population of NHPIs outside of Hawai'i.³

Prior to the pandemic, NHPIs living in California were already experiencing health inequities, with higher rates of multiple chronic diseases such as heart disease, diabetes, and cancer.^{4–7} Furthermore, NHPIs in California were experiencing socioeconomic disadvantage, with lower average per capita income (\$31,721) compared to Whites (\$59,444), Asians (\$48,970), and Black or African Americans (\$33,131) and lower percent completing a college degree (22.1%) compared to Asians (49.1%), Whites (32.2%), and Black or African Americans (23.3%) in the state.⁸ These socioeconomic and health inequities likely contributed to and were exacerbated by the COVID-19 pandemic's impact on NHPI communities.^{9–11} Throughout the COVID-19 pandemic, NHPI community members in the state were voicing to leaders the heavy burden that COVID-19 was taking on their communities. As many Californians began resuming daily activities such as returning to work and school, NHPI community members were expressing concerns that recovery efforts for their communities were made especially difficult due to the toll that the pandemic had on mental health and economic well-being among NHPI families. In response to these community concerns, the California Pacific Islander Well-being and COVID-19 Economic Survey (CAPIWAVES) was created.

There have been limited available data and statistics for mental health and socioeconomic conditions among NHPI Californians in the past. Many data sources erroneously lump NHPIs with Asian Americans in their reporting, hiding NHPI statistics.^{12–17} Other data sources may leave out NHPIs completely in their reporting due to inaccurate collection of race data, or due to small sample sizes.^{12,13} One notable exception is the California Health Interview Survey (CHIS), housed within the UCLA Center for Health Policy Research, which collects and reports data for NHPI Californians.¹⁸ However, CHIS is limited in the amount of mental health and socioeconomic condition data it collects, and it did not specifically focus on the mental health and socioeconomic impacts of COVID-19 among NHPIs.

From 2020 to 2022, researchers with CHIS successfully collected and reported data on behaviors and attitudes on tobacco use among 1,267 NHPI adults for the California

Pacific Islander Health Attitudes and Behaviors Survey.¹⁹ This effort began by re-interviewing previous NHPI respondents of CHIS and applied a type of sampling called Respondent-Driven Sampling (discussed below in Methods) that could more accurately reflect the population of NHPIs in California.^{20–22} However, when these methods were not generating a large enough sample within the short available time frame, the CHIS effort supplemented its probability-based and RDS strategy with a web-based convenience sample recruited via social media. This prior effort developed the foundation for CAPIWAVES to design an RDS effort with more intense community engagement to achieve a sample that is generally representative of the NHPI adult population. Therefore, one of the goals of CAPIWAVES was to learn from the previous CHIS effort and determine whether an intensive community-engaged RDS strategy could be successful in generating a large sample of NHPIs in California.

The purpose of CAPIWAVES was to illuminate the mental health and socioeconomic impact of the COVID-19 pandemic on California’s NHPI population and to disseminate the data findings to NHPI community members. This work was funded by two grants from the California Collaborative for Public Health Research (CPR3). We previously reported the preliminary findings to community members on June 11, 2024 in an online webinar, the recording of which is available on [YouTube](#). This report on mental health and socioeconomic well-being is meant to be a resource for community-based organization leaders, advocates, and community members who are invested in the resilience and future of the NHPI community.

Methodology

About

CAPIWAVES is a study that recruited adults 18 years-old or older who self-reported as Native Hawaiian or Pacific Islander and were residents of California. This survey employed Respondent-Driven Sampling (RDS) — a method that has been previously used to sample relatively small populations. Beginning in November 2023, the research team held several meetings with NHPI community partners throughout the state. Community partners were identified by members of the NHPI Data Policy Lab as community leaders with connections to diverse NHPI communities in California. In the meetings, the research team informed community partners about the CAPIWAVES research design and invited them to assist in identifying the initial survey takers, or “Seeds.” Community partners conducted outreach to their networks to identify a set number of Seeds. The goal was to identify an initial sample of 60 Seeds who represented six of the largest NHPI groups — CHamoru, Fijian, Marshallese, Native Hawaiian, Sāmoan, and Tongan — within the three major regions of the state: Northern, Central, and Southern California.

NHPI community partners played an instrumental role in identifying Seeds who represented the diverse NHPI communities throughout the state through outreach and follow-up. Once NHPI community partners identified potential Seeds who were at least 18 years-old and had strong ties to NHPI communities in their respective region of the state, they referred them to the research team for recruitment.²³ Potential Seeds had the option of attending a virtual meeting with the research team or watching a recorded video to learn detailed information about the study purpose and sampling design, and to have the opportunity to ask any questions. Once the Seeds agreed to participate, the research team sent them an email with a link and unique access code to take the CAPIWAVES survey. Of 65 invited Seeds, 58 participated by taking the survey. After the Seeds completed the survey, each of them received four coupon codes via email to invite up to four other NHPI adult California residents to also take the survey. Once the invitees enrolled in the study and took the survey, those participants became Wave 1. Wave 1 participants who completed the survey were then provided with four coupon codes to invite up to four other NHPI adult California residents from their personal network to complete the survey, who became Wave 2. This sampling process continued in this way until at least five waves were reached and the total sample size goal was met. Throughout recruitment, NHPI community partners and Seeds followed up regularly with their networks to ensure that the Waves kept going and growing. Participation and selection of whom to give coupons to was completely voluntary.

A total of 929 NHPI Californians completed the survey between January 2024 and May 31, 2024, which started from 58 Seeds and reached 12 Waves. The survey was made available via web in English and Marshallese languages. In addition to answering questions about mental health and socioeconomic conditions, each survey respondent was asked about the number of NHPI adults they know in California — also known as

their self-reported network size. The self-reported network size and the connections between respondent waves were used to generate estimates that may represent the total NHPI adult population in California.²⁴⁻²⁶ However, please take care when interpreting estimates, especially for relatively rare outcomes and for the NHPI subgroups, as the data may not accurately represent smaller categories or subpopulations.

The analysis was conducted using RDS Analyst software (version 0.71).²⁷ Gile's successive sampling estimator, with 15,000 bootstraps, was used to generate weighted estimates and 95% confidence intervals.²⁸ Statistical testing was not conducted to assess differences in estimates between subgroups.

Interpretations and Limitations

This report describes the demographic characteristics of the sample and then provides statistics for mental health and socioeconomic conditions. The results present prevalence statistics (in percentages) and 95% confidence intervals for the total sample of all NHPs in California, as well as for each of the Pacific Islander groups — CHamoru, Fijian, Marshallese, Native Hawaiian, Sāmoan, Tongan, or other Pacific Islander/no Pacific Islander group specified. Please use caution when interpreting differences between Pacific Islander groups. When 95% confidence intervals overlap with one another, this means that the groups are not significantly different from one another from a statistical standpoint. Also, some of the upper 95% confidence intervals for percentages may exceed 100%, which shows that the sampling error was large, probably because the sample size was too small or the characteristic was uncommon in those cases.

In this report, we took the strategy of sharing all the data analyses. However, statistically unstable estimates are symbolized by an exclamation point (!). This symbol reflects percentages that, due to small sample size, may not accurately represent the population. To determine whether estimates were stable or unstable, we used the coefficient of variation (CV), which is calculated as the ratio between the standard error of the point estimate and the point estimate. Estimates were considered statistically unstable if the CV was greater than or equal to 0.30.

Estimates with the (!) symbol in this report should be interpreted with extreme caution. We do not recommend using these statistically unstable values for purposes of policy development, program planning, or advocacy. In the following text, we focus on describing the stable estimates for NHPs overall and for disaggregated subgroups when available. Nevertheless, we show the statistically unstable estimates to report on the complete data that were collected and analyzed.

Construction of NHPI as a race category and detailed race categories

In terms of constructing the Native Hawaiian and other Pacific Islander categories, survey respondents were first asked if their race or ethnicity was Pacific Islander, American Indian or Alaska Native, Asian or Asian American, Black or African American, Hispanic/Latino, White or Caucasian, Multiracial, or other. Respondents could select all that apply. Those who selected “Pacific Islander” were asked to further specify if they were Chuukese, Fijian, Guamanian or CHamoru, Kosraean, Marshallese, Native Hawaiian, Palauan, Sāmoan, Tongan, or other Pacific Islander. Respondents could select all NHPI groups that applied to them.

For this report, we used this information to categorize NHPI respondents into the following groups: CHamoru, Fijian, Marshallese, Native Hawaiian, Sāmoan, Tongan, or other Pacific Islander. People who marked more than one of these were included in multiple categories. For example, a respondent who marked both Sāmoan and Tongan was included in both of those categories. Therefore, the sum of all respondents counted in the specific NHPI categories is greater than the total number of 929 NHPI respondents.

If a respondent took the survey, but did not select a specific Native Hawaiian and other Pacific Islander category, they were recorded under “other Pacific Islander.”

This reporting of multiracial NHPIs in multiple categories aligns with guidance from the Office of Management and Budget’s 2024 Statistical Policy Directive No. 15, which is meant to more accurately represent NHPIs who have large shares of multiracial individuals.^{[29](#)}

Demographic Characteristics

The sample was based on 929 NHPI survey respondents (**Table 1**). Of the survey respondents, about 19.6% were CHamoru, 6.4% were Fijian, 9.3% were Marshallese, 15.9% were Native Hawaiian, 35.3% were Sāmoan, 20.8% were Tongan, and 5.3% were other Pacific Islander or did not specify a Pacific Islander group. Note that these percentages add up to more than 100%, and the unweighted frequencies exceed the total of 929, because individuals could be counted in more than one NHPI category if they identified belonging to more than one.

The majority of the sample (62.1%) identified as women, 33.8% identified as men, and all other respondents described their gender as non-binary, gender fluid, queer, transgender, or preferred not to say.

Most of the sample were in the younger age range: 37.0% were in their 20s, 30.6% were in their 30s, and 11.7% were in their 40s. People in their 60s and older made up 3.9% of the sample.

Sexual orientation varied in the sample, with the majority (80.8%) identifying as straight, 8.8% identifying as bisexual, and 5.6% identifying as gay or lesbian.

In terms of highest level of education completed, the largest group was those who completed high school or GED (40.8%), followed by those who had some college experience (28.3%), and those who graduated from college (17.1%). Only 5.8% had not graduated from high school.

Slightly over half of respondents (55.9%) were single and had never been married, while 28.9% were married or living as married. A little over 1 in 3 (36.3%) were parents or legal guardians of children.

NHPI respondents lived throughout California regions: the Greater Bay Area (34.9%), Sacramento Area and Yuba County (21.7%), San Joaquin Valley and Central Coast (6.3%), Greater Los Angeles Area (11.5%), and other Southern California Areas (25.5%).

About 65.8% of respondents reported having some type of health insurance. Of those with health insurance, the most common types of health insurance were either through an employer (27%) or through Medi-Cal (24%).

With regard to annual household income, 22.9% earned less than \$20,000, while 10.2% earned \$100,000 or more. A relatively large percentage of respondents (16.0%) preferred not to report household income.

The size of respondents' households varied, with 21.6% having one and 21.2% having two members of the household. At the same time, 12.1% had five, 7.5% had six, 1.5% had seven, 2.3% had eight, and 2.4% had nine or more household members.

Table 1. Demographic Characteristics of Sample (N = 929)

	Unweighted N	Percent %	(95% CI)
NHPI Ethnicity (mutually non-exclusive)			
CHamoru	58	19.6	(10.7 - 28.5)
Fijian	133	6.4	(2.1 - 10.7)
Marshallese	94	9.3	(3.4 - 15.2)
Native Hawaiian	115	15.9	(9.4 - 22.5)
Sāmoan	310	35.3	(25.8 - 44.7)
Tongan	275	20.8	(13.9 - 27.8)
Other Pacific Islander (including not otherwise specified)	48	5.3	(2.1 - 8.5)
Gender*			
Man	282	33.8	(27.1 - 40.4)
Woman	604	62.1	(55.3 - 69.0)
Non-binary/Gender fluid/Queer/Transgender	13	2.4 (!)	(0.1 - 4.7)
Prefer not to say	14	1.7 (!)	(0.0 - 3.6)
Age*			
18 to 19	74	9.2	(5.1 - 13.3)
20 to 29	325	37.0	(29.8 - 44.3)
30 to 39	250	30.6	(22.9 - 38.3)
40 to 49	134	11.7	(7.6 - 15.7)
50 to 59	82	7.6	(3.4 - 11.7)
60+	48	3.9	(1.3 - 6.6)
Sexual Orientation*			
Bisexual	39	8.8	(3.6 - 14.0)
Gay/Lesbian	39	5.6	(2.3 - 8.9)
Straight	802	80.8	(74.3 - 87.2)
Other	5	0.5 (!)	(0.0 - 1.1)
Prefer not to say	28	4.4 (!)	(1.3 - 7.5)
Education*			
Less than high school graduate	41	5.8	(2.5 - 9.0)
Grade 12 or GED (High school graduate)	321	40.8	(33.6 - 47.9)
College 1 year to 3 years (Some college)	323	28.3	(22.4 - 34.2)
College 4 years or more (College graduate)	192	17.1	(12.3 - 21.8)
Prefer not to say	36	8.1	(2.7 - 13.5)

	Unweighted N	Percent %	(95% CI)
Marital Status*			
Single, Never been married	477	55.9	(48.7 - 63.1)
Married or Living as married	312	28.9	(22.6 - 35.3)
Separated or Divorced	55	7.3	(3.6 - 11.0)
Widowed	24	1.6 (!)	(0.2 - 3.0)
Prefer not to say	45	6.3	(3.1 - 9.6)
Parent/Legal Guardian status*			
Yes	387	36.3	(29.6 - 43.1)
No	496	59.5	(52.6 - 66.3)
Prefer not to say	30	4.2	(1.6 - 6.8)
Region			
Greater Bay Area	368	34.9	(24.6 - 45.2)
Sacramento Area and Yuba	138	21.7	(12.2 - 31.2)
San Joaquin Valley and Central Coast	70	6.3	(2.6 - 10.1)
Los Angeles	116	11.5	(6.0 - 17.1)
Other Southern California	237	25.5	(16.5 - 34.6)
Health Insurance Status*			
Yes	677	65.8	(58.6 - 73.0)
No	159	25.2	(18.5 - 32.0)
Prefer not to say	77	9.0	(4.9 - 13.1)
Health Insurance Type			
Through current or former employer/union (of yours or another family member's). This includes COBRA coverage.	381	27.0	(21.6 - 32.4)
Through school, professional association, trade group, or other organization	18	2.1 (!)	(0.5 - 3.7)
Purchased directly from an insurance company (purchased by you or another family member).	24	2.7	(1.1 - 4.3)
Medicare, for people 65 and older, or people with certain disabilities	26	2.1 (!)	(0.5 - 3.7)
Medi-Cal	195	24.0	(17.7 - 30.2)
CHAMPUS/CHAMP-VA, TRICARE, VA or some other military healthcare	16	1.3 (!)	(0.2 - 2.4)
Covered California, or some other kind of Obamacare	20	1.2	(0.5 - 1.9)

	Unweighted N	Percent %	(95% CI)
Don't know	18	1.0 (!)	(0.0 - 1.9)
Prefer not to say	24	7.2	(2.8 - 11.6)
Annual Household Income*			
Less than \$20,000	129	22.9	(15.7 - 30.2)
\$20,000-\$39,999	127	18.2	(13.0 - 23.3)
\$40,000-\$59,999	155	15.5	(10.9 - 20.5)
\$60,000-\$79,999	129	9.8	(6.1 - 13.4)
\$80,000-\$99,999	87	7.6	(4.6 - 10.5)
\$100,000 or more	157	10.2	(7.0 - 13.3)
Prefer not to say	129	16.0	(10.5 - 21.4)
Household Size*			
One	108	21.6	(14.8 - 28.5)
Two	181	21.2	(15.9 - 26.6)
Three	137	15.2	(10.6 - 19.8)
Four	148	16.1	(11.0 - 21.2)
Five	118	12.1	(8.1 - 16.2)
Six	90	7.5	(4.3 - 10.8)
Seven	37	1.5	(0.7 - 2.2)
Eight	40	2.3	(0.9 - 3.7)
Nine or more	54	2.4	(1.1 - 3.8)

* 17 individuals did not answer this demographic question

CI = Confidence Interval

! = Statistically Unstable Estimate

Mental Health

For NHPIs' general mental health, 28.2% of respondents reported experiencing “fair” or “poor” mental health. Among specific NHPI subgroups, “fair/poor” mental health ratings were prevalent among other Pacific Islanders (39.3%), Tongans (31.3%), Native Hawaiians (31.1%), Sāmoans (31.1%), and CHamorus (30.5%). However these percentages were not significantly different from one another (**Table 2**).

Table 2. General Mental Health (In general, would you say your mental health is excellent, very good, good, fair, or poor?)

	Excellent /Very Good/Good (%)	(95% CI)	Fair/Poor (%)	(95% CI)
All NHPI	71.8	(65.3 - 78.4)	28.2	(21.6 - 34.7)
CHamoru	69.5	(54.0 - 84.9)	30.5	(15.1 - 46.0)
Fijian	75.0	(50.5 - 99.4)	25.0 (!)	(0.6 - 49.5)
Marshallese	82.9	(72.5 - 92.3)	17.1	(6.7 - 27.5)
Native Hawaiian	68.9	(50.5 - 87.2)	31.1	(12.8 - 49.5)
Sāmoan	76.2	(65.2 - 87.3)	31.1	(12.8 - 49.5)
Tongan	68.7	(57.2 - 80.3)	31.3	(19.7 - 42.8)
Other Pacific Islander	60.7	(39.4 - 82.1)	39.3	(17.9 - 60.7)

CI = Confidence Interval
! = Statistically Unstable Estimate

Self-reported screening for major depressive disorder (MDD) revealed that 7.0% of NHPI respondents screened positive for MDD (**Table 3**) — a far lower rate of MDD than found in other community studies of NHPI populations.^{30,31} Self-reported measures of anxiety revealed that 24.1% of NHPI respondents reported experiencing moderate or severe anxiety (**Table 4**).

Table 3. Major Depressive Disorder (measured by self-reported Patient Health Questionnaire [PHQ-9] screener)

	Yes (%)	(95% CI)	No (%)	(95% CI)
All NHPI	7.0	(3.9 - 10.2)	93.0	(89.8 - 96.1)
CHamoru	6.9 (!)	(0.0 - 15.1)	93.1	(84.9 - 101.3)
Fijian	14.9 (!)	(0.0 - 34.4)	85.1	(65.6 - 104.7)
Marshallese	3.3 (!)	(0.0 - 7.9)	96.7	(92.1 - 101.2)
Native Hawaiian	4.7 (!)	(1.3 - 8.0)	95.3	(92.0 - 98.7)
Sāmoan	9.7	(3.2 - 16.3)	90.3	(83.7 - 96.8)
Tongan	11.0	(3.8 - 18.1)	89.0	(81.9 - 96.2)
Other Pacific Islander	1.5	(0.0 - 4.7)	98.6	(95.3 - 101.8)

CI = Confidence Interval
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Table 4. Generalized Anxiety Disorder (measured by self-reported Generalized Anxiety Disorder 7-item questionnaire [GAD-7])

	Minimal anxiety (%) (95% CI)	Mild anxiety (%) (95% CI)	Moderate/Severe anxiety (%) (95% CI)
All NHPI	51.4 (44.3 - 58.5)	24.5 (18.4 - 30.7)	24.1 (18.0 - 30.1)
Fijian	34.6 (!) (7.2 - 62.1)	14.1 (!) (0.0 - 34.1)	51.3 (16.7 - 85.9)
Chamoru	47.8 (31.7 - 63.9)	19.4 (8.4 - 30.4)	32.8 (16.7 - 48.9)
Marshallese	53.2 (34.4 - 72.0)	16.2 (!) (3.0 - 29.4)	30.7 (12.2 - 49.1)
Native Hawaiian	49.1 (28.9 - 69.2)	35.1 (15.5 - 54.8)	15.8 (5.7 - 25.9)
Sāmoan	52.9 (40.1 - 65.7)	24.8 (13.4 - 36.1)	22.3 (13.0 - 31.7)
Tongan	56.9 (43.9 - 70.0)	18.6 (9.0 - 28.2)	24.5 (13.7 - 35.3)
Other Pacific Islander	35.7 (!) (0.0 - 79.9)	18.4 (7.4 - 29.3)	46.0 (!) (6.1 - 85.8)

CI = Confidence Interval
! = Statistically Unstable Estimate

Lifetime mental healthcare seeking for emotional or mental health problems (e.g., therapy, medication) was reported by 26.8% of NHPI respondents, indicating that nearly three-quarters had never sought professional help for emotional or mental health problems. These patterns did not vary significantly across NHPI subgroups. Native Hawaiians sought professional help at a rate of 40.7%, CHamoru at a rate of 37.2%, and other Pacific Islanders at a rate of 46.9%. Many groups had high rates of reporting *never* seeking mental healthcare, including Marshallese (81.5%), Tongans (80.3%), and Sāmoans (79.5%) (Table 5).

Table 5. Lifetime Mental Healthcare Seeking (Have you ever in your life sought professional help for an emotional or mental health problem such as medication or therapy?)

	Yes (%)	(95% CI)	No (%)	(95% CI)
All NHPI	26.8	(20.6 - 33.0)	73.2	(67.0 - 79.4)
CHamoru	37.2	(21.0 - 53.5)	62.8	(46.5 - 79.0)
Fijian	38.0 (!)	(9.5 - 66.5)	62.0	(33.5 - 90.5)
Marshallese	18.5 (!)	(0.0 - 37.7)	81.5	(62.3 - 100.7)
Native Hawaiian	40.7	(22.8 - 58.6)	59.3	(41.4 - 77.2)
Sāmoan	20.5	(11.0 - 30.0)	79.5	(70.0 - 89.0)
Tongan	19.7	(10.6 - 28.9)	80.3	(71.1 - 89.4)
Other Pacific Islander	46.9	(19.7 - 74.1)	53.1	(25.9 - 80.3)

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! = Statistically Unstable Estimate

Among respondents who had received emotional or mental healthcare ($n = 265$), satisfaction with care varied widely. Overall, 13.8% of NHPI respondents were unsatisfied or very unsatisfied with the care they received, while 23.0% felt neutral about their care (**Table 6**).

Table 6. Satisfaction with Mental Healthcare Received (How satisfied were you with the care you received?) (Only asked of those who ever received emotional or mental healthcare, N = 265)

	Very satisfied (%) (95% CI)	Satisfied (%) (95% CI)	Neutral (%) (95% CI)	Unsatisfied/Very unsatisfied (%) (95% CI)
All NHPI	21.3 (10.2 - 32.4)	41.9 (28.4 - 55.4)	23.0 (14.1 - 31.9)	13.8 (4.6 - 23.0)
CHamoru	12.2 (!) (0.0 - 27.7)	48.6 (!) (14.4 - 82.7)	19.5 (7.8 - 31.2)	19.8 (!) (0.0 - 56.1)
Fijian	3.6 (!) (0.0 - 14.2)	8.5 (!) (0.0 - 38.6)	11.2 (!) (2.4 - 19.9)	76.8 (32.3 - 121.3)
Marshallese	21.4 (8.7 - 34.2)	0 (!) (0.0 - 0.1)	27.5 (!) (0.0 - 109.5)	51.1 (!) (0.0 - 103.2)
Native Hawaiian	15.0 (!) (0.0 - 31.1)	39.7 (!) (10.9 - 68.5)	24.6 (!) (2.7 - 46.4)	20.7 (!) (0.0 - 50.0)
Sāmoan	33.6 (!) (5.4 - 61.9)	37.4 (12.4 - 62.3)	10.9 (!) (0.0 - 22.3)	18.1 (!) (0.0 - 40.0)
Tongan	18.3 (!) (0.0 - 37.4)	30 (!) (5.5 - 54.4)	42.6 (20.0 - 65.1)	9.2 (!) (2.3 - 16.1)
Other Pacific Islander	38.5 (!) (0.0 - 80.5)	49.7 (!) (8.4 - 91.0)	4.7 (1.6 - 7.8)	7.1 (!) (0.7 - 13.5)

CI = Confidence Interval
! = Statistically Unstable Estimate

When respondents' need for mental healthcare in the past year was assessed, 33.9% of NHPI respondents reported needing mental healthcare in the past year (**Table 7**).

Table 7. Need for Mental Healthcare (In the past 12 months, was there a time when you wanted to talk someone with or seek help about stress, depression, or problems with emotions?)

	Yes (%)	(95% CI)	No (%)	(95% CI)
All NHPI	33.9	(27.4 - 40.4)	66.1	(59.7 - 72.6)
CHamoru	31.5	(16.7 - 46.3)	68.5	(53.7 - 83.3)
Fijian	43.9	(16.6 - 71.3)	56.1	(28.7 - 83.5)
Marshallese	28.0	(10.6 - 45.5)	72.0	(54.5 - 89.4)
Native Hawaiian	54.5	(37.1 - 72.0)	45.5	(28.0 - 63.0)
Sāmoan	29.6	(18.7 - 40.5)	70.4	(59.5 - 81.3)
Tongan	26.3	(16.7 - 36.0)	73.7	(64.0 - 83.3)
Other Pacific Islander	57.4	(31.9 - 83.0)	42.6	(17.0 - 68.1)

CI = Confidence Interval

Among all respondents, 17.0% of NHPIs reported avoiding or delaying needed mental healthcare compared to 16.8% of respondents who reported wanting and receiving care; almost exactly a 1 to 1 ratio of NHPIs who wanted and received versus avoided/delayed needed mental healthcare (**Table 8**). Among those who avoided or delayed mental healthcare, the top reasons were: 1) the cost/money/not having insurance (63.3%); 2) not knowing how to find a mental health provider (31.8%); 3) not wanting friends or family to find out (28.1%); 4) unable to take time off from work (25.8%); and 5) not covered by health insurance (24.1%) (**Table 9**). Overall, these results illustrated that healthcare-seeking behavior among NHPIs could be influenced by cost and coverage for mental healthcare, access to mental health resources, cultural norms, and/or stigma around mental health.

Table 8. Delayed or Did Not Receive Mental Healthcare (If YES to needing mental healthcare in the past 12 months, did you delay or not get the care you thought you needed? [Yes/No])

	Didn't want care (%) (95% CI)	Wanted care, received it (%) (95% CI)	Wanted care, but delayed or did not receive (%) (95% CI)
All NHPI	66.1 (59.7 - 72.6)	16.8 (11.3 - 22.4)	17.0 (12.5 - 21.6)
CHamoru	68.5 (53.7 - 83.3)	16.1 (5.2 - 27.0)	15.4 (5.0 - 25.8)
Fijian	56.1 (29.6 - 82.6)	10.5 (!) (0.6 - 20.3)	33.5 (!) (6.4 - 60.5)
Marshallese	72.0 (54.6 - 89.4)	7.3 (!) (0.0 - 16.0)	20.8 (!) (4.1 - 37.4)
Native Hawaiian	45.5 (28.1 - 62.9)	32.1 (12.7 - 51.5)	22.4 (7.2 - 37.6)
Sāmoan	70.4 (59.4 - 81.4)	14.2 (4.7 - 23.6)	15.4 (7.9 - 23.0)
Tongan	73.7 (64.0 - 83.4)	9.4 (3.4 - 15.4)	16.9 (9.0 - 24.8)
Other Pacific Islander	42.6 (16.3 - 68.9)	34.6 (!) (7.7 - 61.6)	22.8 (!) (5.2 - 40.4)

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Table 9. Reasons for Delaying or Not Receiving Mental Healthcare (Select all that apply.) (Only asked of those who delayed or did not receive mental healthcare, N = 226)

	All NHPI (%) (95% CI)	CHamoru (%) (95% CI)	Fijian (%) (95% CI)	Marshallese (%) (95% CI)	Native Hawaiian (%) (95% CI)	Sāmoan (%) (95% CI)	Tongan (%) (95% CI)	Other Pacific Islander (%) (95% CI)
Cost/money/do not have insurance	63.3 (51.1 - 75.6)	38.1 (13.9 - 62.4)	53.1 (!) (0.0 - 87.6)	24.4 (!) (0.0 - 51.9)	59.5 (24.2-94.7)	56.9 (33.0-80.8)	69.2 (52.2 - 86.2)	80.1 (68.0 - 92.2)
Not knowing how to find a mental health provider	31.8 (17.7 - 46.0)	48.5 (!) (12.7 - 84.3)	86.6 (81.5 - 91.6)	61.8 (24.1 - 99.5)	33.1 (!) (0.0 - 67.4)	12.5 (!) (1.4 - 23.7)	28.5 (11.4 - 45.7)	65.9 (21.4 - 110.5)
Not wanting friends or family to find out	28.1 (15.4 - 40.9)	48.4 (!) (9.2 - 87.7)	42.7 (!) (0.0 - 96.9)	78.9 (58.2 - 99.6)	38.5 (!) (2.8 - 74.1)	20.4 (!) (1.4-39.4)	44.1 (19.0 - 69.2)	1.7 (!) (0.0 - 3.4)
Unable to take off time from work	25.8 (12.4 - 39.3)	48.1 (17.2 - 79.1)	44.4 (!) (0.0 - 99.8)	45.6 (!) (11.3 - 80.0)	61.2 (!) (6.3 - 116.2)	23.3 (!) (0.2 - 46.3)	21.8 (8.5 - 35.1)	0 (0)
Not covered by health insurance	24.1 (11.7 - 36.6)	43.9 (17.5 - 70.3)	46.9 (!) (0.0 - 99.7)	59.4 (30.1 - 88.7)	37.5 (!) (4.6 - 70.4)	19.2 (!) (0.0 - 40.0)	24.1 (!) (2.0 - 46.2)	13.3 (!) (0.0 - 35.4)
Available mental health providers were not a good fit for me	20.3 (7.4 - 33.3)	46.8 (26.4 - 67.3)	41.1 (!) (10.4 - 71.8)	45.5 (29.7 - 61.2)	57.1 (25.4 - 88.8)	10.4 (!) (1.4 - 19.3)	14.3 (!) (0.7 - 27.8)	7.3 (!) (0.0 - 27.6)
Unable to find a mental health provider	17.2 (6.5 - 28.0)	48.4 (!) (11.2 - 85.6)	43.6 (!) (0.0 - 96.7)	57.6 (24.8 - 90.3)	44.9 (!) (10.1 - 79.8)	3.8 (!) (0.7 - 7.0)	3.2 (!) (0.8 - 5.6)	16.1 (!) (0.0 - 43.1)
Worries about being discriminated against or treated poorly because I am Pacific Islander	14.7 (!) (4.2 - 25.3)	35.8 (!) (0.0 - 72.5)	42.7 (!) (0.0 - 96.8)	46.6 (!) (0.0 - 98.6)	32.1 (!) (2.3 - 61.9)	16.5 (!) (4.4 -28.6)	11.5 (!) (2.2 - 20.8)	5.9 (!) (0.0 - 21.6)

	All NHPI (%) (95% CI)	CHamoru (%) (95% CI)	Fijian (%) (95% CI)	Marshallese (%) (95% CI)	Native Hawaiian (%) (95% CI)	Sāmoan (%) (95% CI)	Tongan (%) (95% CI)	Other Pacific Islander (%) (95% CI)
Lack of transportation	12.4 (!) (1.4 - 23.4)	29.6 (!) (0.6 - 58.6)	41.1 (!) (10.5 - 71.7)	45.5 (29.5 - 61.3)	24.6 (!) (0.0 - 54.7)	6.9 (!) (0.0 - 15.2)	16.9 (!) (0.0 - 35.4)	24.4 (!) (0.0 - 71.0)
Worries about being discriminated against or treated poorly because of my sexual or gender identity	10.5 (!) (0.6 - 20.3)	34.6 (!) (0.0 - 71.4)	44.7 (!) (0.0 - 95.8)	46.2 (!) (1.1 - 91.4)	28.4 (!) (0.0 - 59.0)	5.6 (!) (0.0 - 13.2)	8.3 (!) (2.1-14.3)	5.9 (!) (0.0 - 21.6)
Language barriers	8.0 (!) (0.0 - 16.9)	29.0 (!) (0.8 - 57.2)	41.1 (!) (10.5 - 71.7)	57.1 (33.4 - 80.8)	24.6 (!) (0.0 - 55.0)	4.0 (!) (0.3 - 7.8)	0.9 (!) (0.0 - 2.0)	0 (0)
Other reason	7.2 (!) (1.3 - 13.2)	10.1 (!) (0.0 - 43.4)	0.9 (!) (0.0 - 2.5)	0.6 (!) (0.0 - 1.2)	9.3 (!) (0.0 - 39.3)	10.1 (!) (0.0 - 22.7)	0.9 (!) (0.0 - 3.0)	0 (0)
Did not need emotional or mental healthcare	4.8 (!) (0.0 - 10.3)	2.3 (!) (1.2 - 3.4)	4.1 (!) (0.0 - 17.0)	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)

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! = Statistically Unstable Estimate

COVID-19-Related Mental Health

Levels of COVID-19-related distress among NHPI respondents revealed that almost half (47.5%) experienced moderate distress due to the COVID-19 pandemic, with 9.2% reporting high distress (**Table 10**).

Table 10. COVID-19 Distress (On a scale of 0 to 10, how much distress have you experienced related to COVID-19 since the COVID-19 pandemic?)

	No/Low distress (0-4) (%) (95% CI)	Moderate distress (5-7) (%) (95% CI)	High distress (8-10) (%) (95% CI)
All NHPI	43.3 (36.6 - 50.0)	47.5 (40.8 - 54.2)	9.2 (5.9 - 12.6)
CHamoru	34 (20.1 - 47.9)	55.1 (40.4 - 69.9)	10.8 (!) (2.2 - 19.5)
Fijian	35.6 (!) (6.6 - 64.7)	32.4 (!) (0.9 - 63.9)	32.0 (!) (0.0 - 72.9)
Marshallese	43.9 (24.8 - 63.1)	41.1 (22.1 - 60.2)	14.9 (!) (0.0 - 31.2)
Native Hawaiian	47.1 (29.2 - 65.0)	44.7 (26.3 - 63.1)	8.2 (!) (0.0 - 17.1)
Sāmoan	46.4 (33.8 - 59.1)	39.6 (27.8 - 51.5)	13.9 (6.6 - 21.3)
Tongan	36.9 (24.3 - 49.6)	54.1 (41.1 - 67.2)	8.9 (!) (2.6 - 15.3)
Other Pacific Islander	36.8 (!) (2.4 - 71.1)	56.1 (19.4 - 92.7)	7.1 (!) (2.0 - 12.3)

CI = Confidence Interval
! = Statistically Unstable Estimate

The sources of stress for NHPI respondents during the COVID-19 pandemic included health-related concerns (43.9%) followed by financial concerns (38.8%), and the pandemic's impact on their family members (37.6%), their work (32.4%), and their elders (31.1%). Note that any differences across NHPI subgroups were not statistically significant (**Table 11**).

Table 11. Sources of Stress during the COVID-19 Pandemic (What have been your greatest sources of stress from the COVID-19 pandemic? [Select all that apply.]

	All NHPI (%) (95% CI)	CHamoru (%) (95% CI)	Fijian (%) (95% CI)	Marshallese (%) (95% CI)	Native Hawaiian (%) (95% CI)	Sāmoan (%) (95% CI)	Tongan (%) (95% CI)	Other Pacific Islander (%) (95% CI)
Health concerns	43.9 (37.1 - 50.8)	49.3 (32.8 - 65.8)	46.6 (18.7 - 74.6)	45.0 (25.0 - 65.0)	50.5 (30.6 - 70.3)	43.0 (30.9 - 55.1)	42.5 (29.1 - 55.9)	61.1 (36.8 - 85.3)
Financial concerns	38.8 (32.4 - 45.2)	49.6 (34.4 - 64.9)	45.1 (!) (13.3 - 76.8)	19.8 (!) (5.8 - 33.9)	36.2 (20.8 - 51.6)	38.0 (26.6 - 49.3)	35.8 (23.2 - 48.5)	40.0 (17.8 - 62.2)
Impact on other family member(s)	37.6 (31.5 - 43.7)	47.3 (32.3 - 62.3)	57.3 (32.4 - 82.2)	38.4 (19.2 - 57.6)	41.7 (24.0 - 59.3)	35.9 (24.9 - 46.9)	32.3 (20.9 - 43.8)	35.8 (13.9 - 57.7)
Impact on work	32.4 (26.8 - 38.0)	30.7 (18.4 - 43.1)	41.7 (15.9 - 67.5)	16.6 (5.6 - 27.7)	33.3 (17.9 - 48.6)	38.6 (27.1 - 50.0)	37.0 (24.0 - 50.1)	23.1 (11.4 - 34.8)
Impact on your elder(s)	31.1 (25.0 - 37.1)	35.2 (21.6 - 48.8)	50.6 (22.4 - 78.8)	38.3 (18.9 - 57.8)	37.1 (17.9 - 56.3)	31.2 (20.9 - 41.5)	30.2 (18.5 - 41.9)	27.6 (!) (4.6 - 50.6)
Social isolation	28.8 (22.8 - 34.7)	40.2 (22.5 - 57.8)	32.0 (!) (6.0 - 58.1)	32.6 (13.0 - 52.1)	26.6 (11.7 - 41.5)	33.4 (22.6 - 44.2)	28.4 (17.0 - 39.7)	13.9 (!) (0.0 - 28.1)
Social distancing or being quarantined	28.5 (22.7 - 34.3)	48.1 (31.4 - 64.8)	33.4 (!) (7.8 - 59.1)	27.2 (9.3 - 45.1)	34.4 (18.2 - 50.6)	24.7 (15.2 - 34.2)	25.8 (14.9 - 36.8)	27.0 (8.7 - 45.4)
Disruption of community events (e.g., funerals, church services, birthdays, weddings, etc.)	22.7 (17.7 - 27.7)	26.4 (14.6 - 38.3)	13.3 (!) (0.0 - 26.9)	12.1 (!) (3.3 - 20.9)	35.6 (17.6 - 53.6)	22.4 (13.4 - 31.5)	22.3 (12.2 - 32.4)	11.7 (3.6 - 19.8)
Impact on your child(ren)	21.0 (16.0 - 26.0)	32.3 (18.4 - 46.3)	23.8 (!) (1.6 - 46.0)	14.3 (4.6 - 24.0)	23.7 (10.3 - 37.1)	20.0 (11.0 - 29.0)	16.4 (8.7 - 24.0)	12.3 (!) (2.7 - 21.9)
Access to food	19.7 (14.8 - 24.7)	25.2 (11.3 - 39.2)	36.1 (!) (9.3 - 63.0)	24.1 (!) (5.3 - 43.0)	24.0 (!) (3.3 - 44.6)	25.7 (15.7 - 35.8)	17.0 (8.0 - 26.1)	10.9 (5.9 - 16.0)
Impact on your community	19.5 (14.3 - 24.6)	26.3 (9.9 - 42.7)	46.4 (17.5 - 75.2)	24.1 (!) (7.0 - 41.2)	25.2 (10.1 - 40.2)	20.1 (11.5 - 28.8)	11.6 (5.8 - 17.4)	11.3 (3.6 - 19.1)

	All NHPI (%) (95% CI)	CHamoru (%) (95% CI)	Fijian (%) (95% CI)	Marshallese (%) (95% CI)	Native Hawaiian (%) (95% CI)	Sāmoan (%) (95% CI)	Tongan (%) (95% CI)	Other Pacific Islander (%) (95% CI)
Access to personal care products or household supplies	14.5 (10.3 - 18.7)	21.2 (8.3 - 34.1)	30.0 (!) (2.2 - 57.8)	16.3 (!) (0.5 - 32.1)	12.5 (!) (2.7 - 22.2)	17.7 (9.6 - 25.8)	12.5 (5.4 - 19.5)	9.2 (4.7 - 13.7)
Access to medical care, including mental healthcare	14.1 (10.2 - 18.0)	22.9 (10.9 - 34.9)	17.2 (!) (0.0 - 38.6)	15.3 (!) (0.0 - 31.4)	14.2 (!) (3.1 - 25.3)	14.9 (7.7 - 22.2)	12.4 (5.7 - 19.1)	8.7 (!) (.9 - 15.5)
Access to baby supplies (e.g., formula, diapers, wipes)	10.2 (6.1 - 14.4)	17.9 (4.3 - 31.5)	28.9 (!) (1.0 - 56.8)	15.5 (!) (0.0 - 32.4)	9.1 (!) (0.0 - 22.2)	12.6 (5.0 - 20.2)	5.0 (!) (1.4 - 8.5)	13.9 (!) (0.0 - 35.0)
I was not stressed about the COVID-19 outbreak	14.7 (8.9 - 20.6)	6.2 (!) (0.5 - 11.8)	14.7 (!) (0.0 - 29.6)	22.3 (!) (4.2 - 40.4)	8.7 (!) (1.2 - 16.2)	15.1 (!) (3.4 - 26.8)	22.2 (7.6 - 36.9)	3.3 (!) (0.0 - 14.7)

CI = Confidence Interval
! = Statistically Unstable Estimate

Overall, a majority of NHPI respondents reported negative impacts of the COVID-19 pandemic on their mental health, with 37.0% describing the pandemic's impact as *somewhat negative*, 11.3% as *moderately negative*, and 11.2% as *extremely negative*. Smaller proportions of NHPIs experienced positive effects, including 6.5% who found the pandemic *slightly positive*, 2.8% who viewed it as *moderately positive*, and 5.9% who described it as *extremely positive* (**Table 12**).

To manage their stress and reported stressors during the COVID-19 pandemic, NHPI respondents used a variety of coping mechanisms. The most frequently reported coping strategies among NHPIs were communicating with friends and family (53.2%), meditation, mindfulness, or prayer (43.5%), and engaging in more family activities (34.8%). Watching television or engaging in other screen activities (27.6%) and eating/snacking more often (23.2%) were other popular coping methods. Other activities such as reading (12.9%), religious events (10.8%), or volunteer work (7.1%) were also reported as stress management activities among NHPIs. Coping by drinking alcohol was reported by 7.9% of NHPIs (**Table 13**). Differences across NHPI subgroups were not statistically significant.

Table 12. Impact of COVID-19 on Mental Health (Please indicate the extent to which you view the COVID-19 pandemic as having either a positive or negative impact on your mental health.)

	Extremely negative (%) (95% CI)	Moderately negative (%) (95% CI)	Somewhat negative (%) (95% CI)	No impact (%) (95% CI)	Slightly positive (%) (95% CI)	Moderately positive (%) (95% CI)	Extremely positive (%) (95% CI)
All NHPI	11.2 (6.7 - 15.7)	11.3 (6.8 - 15.8)	37.0 (30.4 - 43.6)	25.2 (19.2 - 31.2)	6.5 (3.8 - 9.2)	2.8 (0.9 - 4.8)	5.9 (2.4 - 9.4)
CHamoru	10.5 (!) (0.6 - 20.4)	12.1 (!) (2.8 - 21.4)	55.4 (40.5 - 70.2)	11.3 (!) (3.6 - 19.1)	4.6 (!) (0.8 - 8.5)	3.1 (!) (0.0 - 8.6)	3 (!) (0.9 - 5.1)
Fijian	34.2 (!) (0.0 - 75.5)	7.7 (!) (0.0 - 25.0)	27.5 (!) (0.0 - 59.7)	17.7 (!) (0.4 - 35.0)	1.6 (!) (0.0 - 4.4)	1.6 (!) (0.0 - 4.2)	9.7 (!) (0.1 - 19.3)
Marshallese	24.2 (!) (2.5 - 45.9)	4.8 (!) (0.0 - 10.1)	19.8 (7.5 - 32.2)	37.1 (14.5 - 59.8)	5.7 (!) (0.0 - 13.1)	8.0 (!) (0.0 - 19.9)	0.4 (!) (0.0 - 0.9)
Native Hawaiian	9.0 (!) (0.0 - 18.9)	13.5 (!) (4.3 - 22.7)	51.6 (32.5 - 70.7)	18.5 (5.9 - 31.2)	3.1 (!) (0.0 - 6.7)	4.1 (!) (0.0 - 9.7)	0.1 (!) (0.0 - 0.3)
Sāmoan	12.4 (4.0 - 20.8)	12.3 (2.0 - 22.5)	30.5 (20.5 - 40.5)	34.5 (22.4 - 46.5)	4.1 (1.3 - 6.8)	1.0 (!) (0.0 - 2.2)	5.3 (!) (0.1 - 10.5)
Tongan	14.5 (!) (4.5 - 24.4)	7.6 (!) (2.5 - 12.7)	25.6 (14.6 - 36.7)	22.6 (11.0 - 34.2)	14.4 (4.9 - 23.9)	1.5 (!) (0.4 - 2.5)	13.8 (!) (2.1 - 25.6)
Other Pacific Islander	12.8 (!) (3.2 - 22.4)	10.4 (!) (0.0 - 27.6)	35.5 (!) (6.6 - 64.3)	18.2 (!) (0.0 - 39.3)	14.3 (!) (0.0 - 36.1)	2.2 (0.9 - 3.5)	6.7 (!) (0.0 - 24.2)

CI = Confidence Interval
! = Statistically Unstable Estimate

Table 13. Coping during the COVID-19 Pandemic (What have you done to cope with your stress related to the COVID-19 outbreak? [Select all that apply.]

	All NHPI (%) (95% CI)	CHamoru (%) (95% CI)	Fijian (%) (95% CI)	Marshallese (%) (95% CI)	Native Hawaiian (%) (95% CI)	Sāmoan (%) (95% CI)	Tongan (%) (95% CI)	Other Pacific Islander (%) (95% CI)
Talking with friends and family (e.g., by phone, text, video)	53.2 (46.1 - 60.3)	53.0 (36.3 - 69.8)	55.4 (28.2 - 82.7)	54.7 (34.3 - 75.1)	54.3 (34.4 - 74.2)	57.5 (45.0 - 70.1)	50.0 (36.6 - 63.3)	48.2 (26.0 - 70.3)
Meditation, mindfulness, or prayer	43.5 (36.7 - 50.3)	46.7 (31.2 - 62.1)	56.0 (31.1 - 81.0)	39.4 (20.5 - 58.2)	47.4 (28.7 - 66.0)	49.2 (36.2 - 62.2)	40.5 (27.7 - 53.2)	30.9 (13.6 - 48.3)
Engaging in more family activities (e.g., games, sports)	34.8 (28.6 - 41.0)	43.9 (27.9 - 60.0)	53.8 (27.4 - 80.3)	31.3 (10.9 - 51.7)	42.3 (25.5 - 59.2)	37.0 (25.4 - 48.5)	36.6 (23.9 - 49.4)	33.0 (!) (0.0 - 65.9)
Increased television watching or other "screen time" activities (e.g., video games, social media)	27.6 (22.1 - 33.2)	31.4 (17.7 - 45.1)	53.2 (26.4 - 80.0)	31.0 (12.7 - 49.3)	39.8 (22.4 - 57.3)	23.6 (14.4 - 32.8)	24.8 (15.7 - 34.1)	33.6 (!) (7.9 - 59.3)
Eating more often, including snacking	23.2 (17.7 - 28.7)	26.6 (13.8 - 39.4)	37.2 (!) (8.2 - 66.3)	17.8 (!) (0.1 - 35.6)	30.8 (11.7 - 49.9)	25.0 (15.8 - 34.2)	20.6 (11.8 - 29.5)	27.0 (!) (7.8 - 46.2)
Increasing time reading books, or doing activities like puzzles and crosswords	12.9 (9.2 - 16.5)	17.9 (7.4 - 28.5)	35.0 (!) (7.6 - 62.3)	24.8 (!) (6.4 - 43.2)	14.0 (!) (3.1 - 24.9)	10.4 (4.1 - 16.6)	10.0 (5.2 - 14.9)	21.7 (9.2 - 34.2)
Community or other religious events, either online or in-person (e.g., community gatherings, church services)	10.8 (7.3 - 14.3)	7.5 (!) (0.0 - 15.6)	31.4 (!) (6.5 - 56.3)	17.1 (!) (0.5 - 33.8)	26.1 (10.4 - 41.8)	7.1 (3.1 - 11.2)	12.4 (5.3 - 19.4)	18.4 (!) (1.1 - 35.8)

	All NHPI (%) (95% CI)	CHamoru (%) (95% CI)	Fijian (%) (95% CI)	Marshallese (%) (95% CI)	Native Hawaiian (%) (95% CI)	Sāmoan (%) (95% CI)	Tongan (%) (95% CI)	Other Pacific Islander (%) (95% CI)
Drinking alcohol	7.9 (4.4 - 11.3)	6.3 (!) (1.2 - 11.4)	16.5 (!) (0.0 - 33.0)	1.2 (!) (0.0 - 3.1)	4.5 (!) (0.0 - 9.5)	6.7 (!) (1.5 - 11.9)	7.8 (!) (0.0 - 15.7)	35.1 (!) (0.0 - 90.0)
Volunteer work	7.1 (3.9 - 10.2)	5.5 (!) (0.0 - 12.6)	17.6 (!) (0.0 - 38.4)	14.4 (!) (0.0 - 30.0)	9.8 (!) (0.0 - 21.3)	9.9 (3.9 - 16.0)	7.4 (2.5 - 12.2)	24.8 (!) (3.7 - 45.8)
Talking to my healthcare providers more frequently, including mental healthcare provider (e.g., therapist, psychologist, counselor)	6.8 (3.8 - 9.8)	7.9 (2.8 - 13.0)	5.4 (!) (0.0 - 12.0)	1.1 (!) (0.0 - 2.9)	3.7 (!) (0.0 - 10.6)	7.1 (!) (1.6 - 12.6)	13.7 (!) (3.0 - 24.4)	2.2 (1.0 - 3.4)
Using marijuana (e.g., vaping, smoking, eating) or cannabidiol (CBD)	5.6 (3.4 - 7.9)	9.1 (!) (1.6 - 16.6)	4.8 (2.4 - 7.1)	3.3 (!) (0.0 - 7.5)	6.8 (!) (0.0 - 14.5)	3.8 (1.5 - 6.2)	5.5 (1.8 - 9.1)	0.3 (!) (0.1 - 0.6)
Using tobacco (e.g., smoking, vaping)	4.1 (1.7 - 6.5)	4.6 (!) (0.0 - 9.3)	14.6 (!) (0.3 - 29.4)	1.1 (!) (0.0 - 3.1)	0.8 (!) (0.0 - 1.9)	7.4 (!) (1.4 - 13.4)	2.3 (!) (0.0 - 4.5)	0.4 (0.2 - 0.6)
Other, please specify	2.0 (0.7 - 3.4)	7.6 (!) (2.2 - 13.0)	2.3 (!) (0.0 - 6.4)	0.0 (!) (0.0 - 0.1)	1.8 (!) (0.2 - 3.4)	0.2 (!) (0.0 - 0.3)	0.7 (!) (0.0 - 1.5)	0.3 (!) (0.0 - 0.9)
I have not done any of these things to cope with the COVID-19 outbreak	4.1 (1.4 - 6.8)	5.4 (!) (0.0 - 14.1)	5.5 (!) (0.0 - 11.8)	11.6 (!) (0.0 - 27.3)	2.4 (!) (0.0 - 5.4)	3.0 (!) (0.1 - 6.0)	0.8 (!) (0.0 - 1.8)	0.3 (!) (0.1 - 0.6)
I was not stressed about the COVID-19 outbreak	14.1 (8.0 - 20.3)	15.2 (!) (4.4 - 26.0)	14.8 (!) (0.3 - 29.2)	13.7 (!) (0.0 - 28.0)	3.1 (!) (0.0 - 7.9)	10.8 (!) (0.2 - 21.3)	18.9 (!) (5.6 - 32.2)	15.0 (!) (0.0 - 32.9)

CI = Confidence Interval
! = Statistically Unstable Estimate

Alcohol, Tobacco, and Marijuana Use

During the COVID-19 pandemic, alcohol and substance use were high. For alcohol, among NHPI respondents, 12.6% reported experiencing current alcohol-related problems such as binge or heavy drinking (**Table 14**).

Table 14. Alcohol Problem Reported (including binge and heavy drinking)

	Yes (%)	(95% CI)	No (%)	(95% CI)
All NHPI	12.6	(8.3 - 16.9)	87.4	(83.1 - 91.7)
CHamoru	15.3 (!)	(4.6 - 26.0)	84.7	(74.0 - 95.4)
Fijian	5.2	(1.7 - 8.6)	94.9	(91.4 - 98.3)
Marshallese	11.6 (!)	(0.0 - 29.0)	88.4	(71.0 - 105.9)
Native Hawaiian	5.4 (!)	(1.3 - 9.5)	94.6	(90.5 - 98.7)
Sāmoan	12.1	(5.5 - 18.7)	87.9	(81.3 - 94.5)
Tongan	18.7	(7.2 - 30.2)	81.3	(69.8 - 92.8)
Other Pacific Islander	26.1 (!)	(4.0 - 48.2)	73.9	(51.9 - 96.0)

CI = Confidence Interval
! = Statistically Unstable Estimate

For smoking, 8.9% of NHPIs reported being current smokers and 7.5% reported being former smokers (**Table 15**). These cigarette smoking estimates were lower than what was found in CHIS 2022-2023, which reported 15.8% of NHPIs being current smokers and 20.2% being former smokers.³² Current smoking was also lower than what was reported in the CHIS NHPI Health Behaviors and Attitudes Tobacco Use Report, which reported 59.3% of NHPIs as current smokers.¹⁹ These differences may be due to the different sampling and data collection methods used in each of the surveys.

Table 15. Cigarette Smoking Status

	Never smoker (%) (95% CI)	Former smoker (%) (95% CI)	Current smoker (%) (95% CI)
All NHPI	83.6 (77.9 - 89.3)	7.5 (3.7 - 11.3)	8.9 (4.2 - 13.6)
CHamoru	77.1 (61.2 - 92.9)	16.3 (!) (0.9 - 31.8)	6.6 (!) (0.4 - 12.8)
Fijian	86.7 (76.9 - 96.4)	5.4 (!) (0.0 - 11.1)	7.9 (!) (0.0 - 15.7)
Marshallese	87.6 (72.2 - 103.0)	0.8 (!) (0.0 - 2.0)	11.5 (!) (0.0 - 27.5)
Native Hawaiian	85.9 (75.3 - 96.4)	9.6 (!) (0.7 - 18.5)	4.5 (!) (0.0 - 10.4)
Sāmoan	86.4 (76.7 - 96.0)	4.9 (1.5 - 8.3)	8.8 (!) (0.0 - 18.2)
Tongan	84.7 (73.6 - 95.7)	2.9 (!) (0.7 - 5.1)	12.4 (!) (1.3 - 23.6)
Other Pacific Islander	94.1 (86.6 - 101.6)	5.1 (!) (0.0 - 12.6)	0.7 (0.4 - 1.0)

CI = Confidence Interval
 ! = Statistically Unstable Estimate

Notably, e-cigarette use was higher among NHPI respondents than cigarette use with 10.4% reporting daily e-cigarette use and 3.1% using e-cigarettes weekly. Positively, 71.9% of NHPIs reported never using e-cigarettes (**Table 16**). These rates are similar to what was found in CHIS 2022-2023, in which 73.6% of NHPIs reported never using e-cigarettes.³³ However, self-reported e-cigarette use was higher in the CHIS NHPI Health Behaviors and Attitudes Tobacco Use Report, which reported 38.4% of NHPIs currently using vaping products and only about 47.8% of NHPIs never using vaping products.¹⁹

Table 16. E-Cigarette Use

	Never (%) (95% CI)	Yes ever, not at all currently (%) (95% CI)	Less than monthly (%) (95% CI)	Less than weekly, at least once a month (%) (95% CI)	Less than daily, at least once a week (%) (95% CI)	Daily (%) (95% CI)
All NHPI	71.9 (65.9 - 78.0)	6.7 (4.0 - 9.5)	5.5 (1.8 - 9.2)	2.4 (!) (0.3 - 4.6)	3.1 (1.3 - 4.9)	10.4 (6.3 - 14.4)
CHamoru	74.5 (60.7 - 88.2)	7.4 (!) (1.0 - 13.8)	3.3 (!) (0.0 - 7.0)	5.2 (!) (0.0 - 12.5)	2.4 (!) (0.0 - 5.4)	7.2 (!) (0.0 - 16.5)
Fijian	71.3 (38.2 - 104.5)	2.3 (!) (0.6 - 4.0)	10.6 (!) (0.0 - 22.1)	14.7 (!) (0.0 - 48.8)	0.8 (!) (0.0 - 3.4)	0.3 (!) (0.0 - 0.5)
Marshallese	57.1 (38.1 - 76.1)	2 (!) (0.0 - 4.2)	6.9 (!) (0.0 - 17.4)	10.4 (!) (0.6 - 20.2)	0.8 (!) (0.0 - 1.9)	22.8 (!) (5.0 - 40.7)
Native Hawaiian	70.0 (52.8 - 87.3)	14.6 (!) (0.0 - 31.2)	4.3 (!) (0.9 - 7.8)	6.3 (!) (0.0 - 14.5)	0.1 (!) (0.0 - 0.3)	4.6 (!) (0.0 - 9.8)
Sāmoan	75.0 (64.3 - 85.8)	2.8 (!) (0.4 - 5.2)	6.9 (!) (0.0 - 15.8)	2.1 (!) (0.0 - 5.2)	3.9 (!) (0.0 - 7.8)	9.3 (3.4 - 15.1)
Tongan	69.0 (56.7 - 81.4)	6.1 (2.4 - 9.8)	2.9 (!) (0.7 - 5.1)	5.2 (!) (0.0 - 12.4)	7.8 (!) (0.5 - 15.0)	9.1 (!) (0.9 - 17.3)
Other Pacific Islander	53.3 (25.8 - 80.9)	14.9 (!) (0.0 - 36.4)	0.6 (0.3 - 0.9)	0 (!) (0.0 - 0.1)	2.8 (1.1 - 4.4)	28.4 (!) (2.0 - 54.9)

CI = Confidence Interval
 ! = Statistically Unstable Estimate

With regard to marijuana or hashish use, daily use was reported by 4.7% of NHPI respondents and 7.0% reported weekly use, with 20.1% reporting prior but not current use of marijuana or hashish (**Table 17**). Rates of marijuana or hashish use were fairly similar compared to CHIS 2022-2023, in which 49.5% of NHPI adults reported never using marijuana.³⁴ However, marijuana use was higher in the CHIS NHPI Health Behaviors and Attitudes Tobacco Use Report, which reported 34.4% of NHPIs currently using marijuana.¹⁹

Table 17. Marijuana or Hashish Use

	Never (%) (95% CI)	Yes ever, not at all currently (%) (95% CI)	Less than monthly (%) (95% CI)	Less than weekly, at least once a month (%) (95% CI)	Less than daily, at least once a week (%) (95% CI)	Daily (%) (95% CI)	Prefer not to say (%) (95% CI)
All NHPI	53.1 (46.1 - 60.1)	20.1 (14.7 - 25.4)	6.9 (3.9 - 9.8)	1.9 (0.7 - 3.1)	7.0 (2.5 - 11.4)	4.7 (2.5 - 7.0)	6.4 (3.1 - 9.6)
CHamoru	37.2 (21.4 - 53.0)	33.2 (16.6 - 49.9)	6.4 (!) (0.4 - 12.4)	4.0 (!) (0.0 - 9.3)	3.9 (!) (0.0 - 8.6)	6.7 (!) (0.3 - 13.2)	8.5 (!) (1.4 - 15.6)
Fijian	62.9 (35.9 - 89.9)	4.4 (!) (0.0 - 9.5)	8.8 (!) (0.0 - 28.5)	0.6 (0.2 - 0.9)	7.9 (!) (0.6 - 15.2)	0.8 (!) (0.1 - 1.5)	14.7 (!) (0.0 - 35.1)
Marshallese	57.2 (37.5 - 76.8)	13.1 (!) (0.3 - 25.8)	3.3 (!) (0.0 - 7.4)	0.1 (0.0 - 0.2)	9.6 (!) (0.0 - 22.2)	6.1 (!) (0.0 - 12.7)	10.6 (!) (0.0 - 22.6)
Native Hawaiian	46.0 (25.9 - 66.4)	16.7 (!) (3.6 - 29.7)	8.4 (!) (0.3 - 16.4)	4.4 (!) (0.0 - 8.8)	16.1 (!) (0.0 - 36.5)	6.2 (!) (0.0 - 13.8)	2.2 (!) (0.0 - 5.9)
Sāmoan	62.3 (51.0 - 73.7)	15.3 (8.3 - 22.3)	7.1 (!) (1.3 - 13.0)	0.7 (0.3 - 1.2)	2.7 (!) (0.0 - 6.4)	3.8 (!) (0.8 - 6.9)	8.0 (!) (0.6 - 15.4)
Tongan	60.7 (48.1 - 73.2)	15.0 (7.1 - 22.9)	4.9 (!) (0.5 - 9.2)	1.2 (!) (0.0 - 2.9)	6.6 (!) (0.0 - 14.6)	4.8 (!) (0.0 - 9.8)	6.9 (!) (0.3 - 13.4)
Other Pacific Islander	42.4 (!) (4.5 - 80.4)	35.0 (!) (0.0 - 72.1)	10.4 (4.6 - 16.1)	0 (!) (0.0 - 0.1)	11.2 (!) (0.0 - 24.1)	0.7 (0.3 - 1.0)	0.4 (!) (0.0 - 0.9)

CI = Confidence Interval
! = Statistically Unstable Estimate

Socioeconomic Status

Household Income and Occupation Changes

Overall, one third (34%) of NHPI respondents reported a decrease in their household income since the COVID-19 pandemic (**Table 18**). Similarly, nearly one third (29.7%) reported someone in their household losing their job or a significant amount of income (**Table 19**).

Table 18. Pandemic Household Income Change (Has your household income changed significantly since prior to the COVID-19 pandemic, in February 2020?)

	Yes, my household income is more (%) (95% CI)	Yes, my household income is less (%) (95% CI)	No, my household income is about the same (%) (95% CI)
All NHPI	21.7 (16.0 - 27.5)	34.0 (27.7 - 40.2)	44.3 (37.4 - 51.2)
CHamoru	21.5 (10.0 - 33.0)	23.5 (10.3 - 36.6)	55.0 (39.6 - 70.5)
Fijian	41.1 (!) (13.1 - 69.1)	46.3 (17.0 - 75.7)	12.6 (!) (3.2 - 21.9)
Marshallese	20.2 (!) (3.9 - 36.5)	42.9 (23.4 - 62.5)	36.9 (19.2 - 54.6)
Native Hawaiian	14.3 (!) (2.1 - 26.5)	35.6 (20.2 - 51.0)	50.2 (33.2 - 67.1)
Sāmoan	25.1 (13.6 - 36.5)	31.4 (21.0 - 41.8)	43.6 (30.8 - 56.3)
Tongan	11.0 (4.7 - 17.3)	41.4 (28.0 - 54.9)	47.5 (34.0 - 61.1)
Other Pacific Islander	26.4 (!) (0.0 - 65.8)	36.6 (!) (9.0 - 64.2)	37.0 (!) (5.4 - 68.7)

CI = Confidence Interval
! = Statistically Unstable Estimate

Table 19. Pandemic Job or Income Loss (Did anyone in your household lose their job or lose a significant amount of their income as a result of the COVID-19 pandemic?)

	Yes (%)	(95% CI)	No (%)	(95% CI)
All NHPI	29.7	(23.7 - 35.7)	70.3	(64.3 - 76.3)
CHamoru	22.8	(10.8 - 34.8)	77.2	(65.2 - 89.2)
Fijian	32.2 (!)	(3.8 - 60.7)	67.8	(39.3 - 96.2)
Marshallese	35.1	(17.9 - 52.3)	64.9	(47.7 - 82.2)
Native Hawaiian	19.7	(6.4 - 33.0)	80.3	(67.0 - 93.6)
Sāmoan	26.9	(17.0 - 36.8)	73.1	(63.3 - 83.1)
Tongan	27.6	(17.2 - 38.0)	72.4	(62.0 - 82.8)

	Yes (%)	(95% CI)	No (%)	(95% CI)
Other Pacific Islander	52.8	(19.7 - 86.0)	47.2 (!)	(14.0 - 80.4)

CI = Confidence Interval
! = Statistically Unstable Estimate

With regards to job status prior to the COVID-19 pandemic, 44.1% of NHPs worked full-time and 16.6% part-time, with 9.0% unemployed and looking for work or temporarily laid off, and 9.9% unemployed and not looking for work. Retirees made up 3.9% of NHPs (**Table 20**). With regards to occupation category before the pandemic, more than one quarter of NHPs were in management, business, financial, or sales and office jobs (28.3%). One fifth (20%) of NHPs worked in protective services, food prep and serving, or personal care and maintenance. Less than one-fifth (17.7%) were in natural resources, construction, maintenance, production, transportation, or material moving. Among NHPs, 13.5% worked in healthcare (which included home health aides, health administrators, health communication specialists, medical assistants, medical billing, mental health professionals, nurses, pharmacists, physicians, schedulers, scribes, technicians, therapists, and other healthcare staff). (**Table 21**). Many occupations in these last three aforementioned broad categories were considered “essential jobs” or “frontline workers” by the government during the COVID-19 pandemic.

Nearly one in seven (13.8%) NHPs lost their regular jobs during the pandemic. Roughly equal percentages of NHPs took a new job (11.8%), had an increase in work hours (11.3%), or had a decrease in work hours (11.0%). Meanwhile, 8.7% of NHPs switched to working remotely, 7.0% saw an increase in workload, 6.2% had salary or wages cut, and 5.3% saw decreases in workload (**Table 22**). NHPs faced a variety of additional challenges during the pandemic. Over a quarter (27.4%) had difficulty with basic financial necessities such as paying bills, tuition, or affording groceries. One quarter (25.5%) had difficulty paying rent or mortgage. More than one in 10 (11.4%) of NHPs had difficulty obtaining childcare. Overall, over half of NHPs experienced at least one of these difficulties during the COVID-19 pandemic (**Table 23**).

Table 20. Employment Status Prior to COVID-19 Pandemic (Which of the following best describes your work situation prior to the COVID-19 pandemic, in February 2020?)

	All NHPI (%) (95% CI)	CHamoru (%) (95% CI)	Fijian (%) (95% CI)	Marshallese (%) (95% CI)	Native Hawaiian (%) (95% CI)	Sāmoan (%) (95% CI)	Tongan (%) (95% CI)	Other Pacific Islander (%) (95% CI)
Working full time	44.1 (37.2 - 51.0)	53.1 (36.1 - 70.2)	41.8 (15.4 - 68.2)	21.0 (7.4 - 34.6)	37.4 (15.4 - 59.4)	43.5 (31.0 - 56.1)	44.8 (29.5 - 60.1)	59.3 (34.6 - 84.1)
Working part time	16.6 (10.4 - 22.8)	12.7 (!) (2.2 - 23.1)	25.5 (!) (0.0 - 51.4)	7.3 (!) (0.0 - 15.3)	15.3 (!) (0.4 - 30.2)	22.3 (8.4 - 36.2)	8.8 (!) (0.1 - 17.4)	19.2 (!) (0.0 - 39.9)
Self-employed	8.4 (3.9 - 12.9)	9.6 (!) (0.0 - 24.0)	8.4 (!) (0.0 - 19.7)	0.9 (!) (0.0 - 2.2)	12.6 (!) (0.0 - 25.5)	3.5 (!) (0.0 - 7.5)	15.4 (5.9 - 24.9)	2.7 (1.2 - 4.2)
Unemployed, looking for work, or temporarily laid off	9.0 (5.3 - 12.6)	6.9 (!) (0.0 - 15.0)	16.2 (!) (0.0 - 39.9)	32.7 (13.1 - 52.3)	5.6 (!) (0.3 - 10.8)	10.7 (4.1 - 17.4)	9.1 (!) (1.1 - 17.0)	16.2 (!) (0.0 - 34.4)
Unemployed, not looking	9.9 (6.2 - 13.7)	8.8 (!) (0.5 - 17.0)	5.6 (!) (0.1 - 11.1)	14.4 (!) (0.0 - 29.0)	6.2 (!) (0.0 - 13.7)	12.3 (4.0 - 20.6)	11.5 (!) (3.3 - 19.7)	0.5 (!) (0.0 - 1.2)
Retired	3.9 (1.0 - 6.8)	4.7 (!) (0.0 - 14.7)	0 (!) (0.0 - 0.1)	9.5 (!) (0.0 - 23.7)	3.6 (!) (0.0 - 8.5)	3.8 (!) (0.0 - 8.3)	2.6 (!) (0.0 - 6.3)	0.1 (0.0 - 0.2)
Homemaker	0.8 (!) (0.3 - 1.3)	1.2 (!) (0.0 - 3.1)	0 (!) (0.0 - 0.1)	2.6 (!) (0.0 - 7.1)	0.9 (!) (0.0 - 2.0)	0.3 (!) (0.0 - 0.6)	0.4 (!) (0.0 - 1.2)	0 (!) (0.0 - 0.1)
Maternity/illness/sick leave	2.6 (0.0 - 5.4)	0 (!) (0.0 - 0.1)	0 (!) (0.0 - 0.1)	6.3 (!) (0.0 - 13.9)	2.2 (!) (0.1 - 4.3)	2.5 (!) (0.0 - 8.1)	5.1 (!) (0.0 - 10.8)	0.7 (!) (0.2 - 1.3)
Disabled	2.6 (!) (0.0 - 6.2)	1.0 (!) (0.0 - 2.1)	0 (!) (0.0 - 0.1)	0.2 (!) (0.0 - 0.5)	14.7 (!) (0.0 - 50.0)	0 (!) (0.0 - 0.1)	0 (!) (0.0 - 0.1)	0 (!) (0.0 - 0.1)
Student	2.0 (!) (0.9 - 3.3)	2.0 (!) (0.0 - 5.3)	2.6 (!) (0.0 - 7.1)	5.1 (!) (0.0 - 14.8)	1.6 (!) (0.0 - 3.6)	1.1 (!) (0.0 - 2.2)	2.4 (!) (0.0 - 4.7)	1.2 (!) (0.3 - 2.1)

CI = Confidence Interval
! = Statistically Unstable Estimate

Table 21. Occupation Category Prior to COVID-19 Pandemic (What kind of work did you do prior to the COVID-19 pandemic, in February 2020?) (Only asked of those who work full time, part time, self-employed, or other, N=681)

	All NHPI (%) (95% CI)	CHamoru (%) (95% CI)	Fijian (%) (95% CI)	Marshallese (%) (95% CI)	Native Hawaiian (%) (95% CI)	Sāmoan (%) (95% CI)	Tongan (%) (95% CI)	Other Pacific Islander (%) (95% CI)
Management, business, financial, sales, and office	28.3 (21.3 - 35.3)	26.8 (12.1 - 41.5)	25.4 (!) (0.0 - 55.0)	10.0 (!) (0.0 - 25.9)	33.1 (13.2 - 53.0)	33.0 (19.4 - 46.5)	31.2 (15.0 - 47.4)	24.1 (!) (0.0 - 53.2)
Protective services, food prep and serving, personal care, and maintenance	20.0 (20.0 - 13.6)	20.6 (6.8 - 34.4)	15.1 (!) (0.0 - 38.2)	32.7 (11.6 - 53.7)	24.3 (9.1 - 39.5)	11.2 (!) (2.3 - 20.2)	28.4 (10.6 - 46.2)	14.5 (!) (0.0 - 29.1)
Natural resources, construction, maintenance, production, transportation, and material moving	17.7 (11.4 - 24.0)	4.2 (!) (0.0 - 8.6)	32.6 (!) (3.9 - 61.4)	42.8 (21.3 - 64.4)	14.6 (!) (1.9 - 27.2)	22.0 (9.7 - 34.3)	18.5 (6.4 - 30.5)	2.5 (!) (0.0 - 16.4)
Healthcare*	13.5 (7.4 - 19.7)	17.7 (5.8 - 29.6)	1.1 (!) (0.0 - 3.8)	6.1 (2.4 - 9.9)	12.4 (!) (0.0 - 25.5)	12.7 (!) (0.0 - 26.3)	8.2 (!) (0.0 - 17.9)	26.5 (!) (0.0 - 74.3)
Social/community services, education, legal, art, and media	6.2 (3.5 - 9.0)	8.3 (!) (0.3 - 16.3)	6.9 (!) (0.0 - 24.7)	4.2 (!) (1.3 - 7.1)	7.8 (!) (0.0 - 18.9)	7.2 (!) (1.4 - 13.1)	6.2 (!) (0.7 - 11.7)	2.3 (!) (0.6 - 3.9)
Computer, engineering, and science	2.0 (!) (0.2 - 3.8)	3.4 (!) (0.0 - 7.1)	0.0 (!) (0.0 - 0.1)	0.2 (!) (0.0 - 0.5)	5.1 (!) (0.6 - 9.6)	0.8 (!) (0.0 - 1.7)	0.5 (!) (0.0 - 1.1)	4.5 (!) (1.1 - 8.0)

	All NHPI (%) (95% CI)	CHamoru (%) (95% CI)	Fijian (%) (95% CI)	Marshallese (%) (95% CI)	Native Hawaiian (%) (95% CI)	Sāmoan (%) (95% CI)	Tongan (%) (95% CI)	Other Pacific Islander (%) (95% CI)
Employed, occupation not otherwise specified	12.2 (4.7 - 19.6)	19.0 (!) (0.0 - 38.9)	18.9 (!) (0.0 - 40.2)	3.9 (!) (0.7)	2.8 (!) (0.0 - 11.1)	13.0 (!) (0.0 - 29.1)	7.1 (!) (0.0 - 18.1)	25.6 (!) (0.0 - 78.4)

CI = Confidence Interval

! = Statistically Unstable Estimate

* Healthcare occupations included home health aides, health administrators, health communication specialists, medical assistants, medical billing, mental health professionals, nurses, pharmacists, physicians, schedulers, scribes, technicians, therapists, and other healthcare staff

Table 22. Pandemic Job Changes (Did you experience significant changes with your job because of or during the COVID-19 pandemic? [Select all that apply.]

	All NHPI (%) (95% CI)	CHamoru (%) (95% CI)	Fijian (%) (95% CI)	Marshallese (%) (95% CI)	Native Hawaiian (%) (95% CI)	Sāmoan (%) (95% CI)	Tongan (%) (95% CI)	Other Pacific Islander (%) (95% CI)
No	44.7 (37.7-51.7)	57.9 (43.6 - 72.3)	40.4 (15.2-65.6)	57.7 (38.8 - 76.6)	28.5 (13.8 - 43.3)	37.9 (25.7 - 50.2)	41.4 (27.7 - 55.0)	47.1 (!) (3.9 - 90.4)
Yes, I lost my regular job	13.8 (9.2 - 18.5)	14.9 (!) (2.9 - 26.8)	28.9 (!) (0.0 - 62.1)	23.8 (!) (6.6 - 41.0)	10.3 (!) (0.0 - 21.0)	15.1 (6.8 - 23.5)	11.1 (3.7 - 18.6)	13.2 (!) (0.0 - 30.2)
Yes, I took a new job	11.8 (7.7 - 15.9)	11.8 (!) (2.0 - 21.7)	17 (!) (0.0 - 41.8)	5.2 (!) (0.0 - 10.9)	14.2 (!) (3.4 - 25.1)	15.0 (6.8 - 23.2)	8.6 (3.5 - 13.6)	0.2 (!) (0.1 - 0.4)
Yes, switched to working remotely	8.7 (5.0 - 12.5)	8.2 (2.7 - 13.7)	5.7 (!) (0.0 - 13.1)	2.7 (!) (0.0 - 5.8)	26.4 (8.5 - 44.4)	6.8 (2.9 - 10.7)	4.5 (!) (0.7 - 8.3)	3.0 (!) (0.0 - 8.7)

	All NHPI (%) (95% CI)	CHamoru (%) (95% CI)	Fijian (%) (95% CI)	Marshallese (%) (95% CI)	Native Hawaiian (%) (95% CI)	Sāmoan (%) (95% CI)	Tongan (%) (95% CI)	Other Pacific Islander (%) (95% CI)
Yes, increase in work hours	11.3 (6.6 - 16.0)	6.8 (!) (1.6 - 12.0)	2.9 (!) (0.2 - 5.6)	6.2 (!) (0.6 - 11.7)	13.9 (!) (1.5 - 26.4)	12.5 (!) (2.7 - 22.4)	10.6 (!) (1.7 - 19.4)	12.6 (!) (0.0 - 32.6)
Yes, decrease in work hours	11.0 (7.3 - 14.8)	11.0 (3.7 - 18.4)	3.3 (!) (0.0 - 8.3)	4.9 (!) (0.0 - 10.3)	7.4 (!) (0.0 - 15.6)	10.2 (4.2 - 16.3)	12.6 (!) (3.9 - 21.3)	19.0 (!) (2.2 - 35.8)
Yes, increase in workload	7.0 (4.2 - 9.7)	5.3 (!) (1.5 - 9.1)	2.3 (!) (0.7 - 3.8)	4.8 (!) (0.5 - 9.1)	17.1 (!) (4.4 - 29.7)	6.2 (!) (0.6 - 11.7)	7.9 (!) (0.2 - 15.5)	16.4 (!) (0.0 - 34.1)
Yes, decrease in workload	5.3 (2.3 - 8.3)	2.7 (!) (0.0 - 5.7)	4.6 (!) (0.0 - 11.2)	3.3 (!) (0.0 - 8.1)	2.4 (!) (0.0 - 5.1)	6.2 (!) (0.3 - 12.2)	11.9 (!) (1.6 - 22.2)	1.1 (0.4 - 1.7)
Yes, salary or wages cut	6.2 (3.1 - 9.3)	3.8 (!) (0.1 - 7.5)	0.2 (!) (0.0 - 0.3)	8.5 (!) (0.0 - 18.6)	7.6 (!) (0.0 - 17.2)	8.7 (!) (1.7 - 15.8)	2.6 (!) (0.3 - 4.8)	1.7 (!) (0.4 - 2.9)
Yes, salary or wages increased	1.7 (0.6 - 2.8)	2.7 (!) (0.1 - 5.2)	2.7 (!) (0.0 - 7.8)	0.0 (!) (0.0 - 0.1)	3.3 (!) (0.0 - 7.8)	2.4 (!) (0.0 - 5.0)	0.9 (!) (0.2 - 1.6)	0.0 (!) (0.0 - 0.1)
Yes, other significant change*	1.2 (0.4 - 1.9)	2.0 (!) (0.0 - 4.8)	0.3 (!) (0.0 - 1.0)	0.0 (!) (0.0 - 0.1)	2.7 (!) (0.0 - 6.1)	0.2 (0.0 - 0.3)	1.4 (0.5 - 2.3)	0.2 (!) (0.1 - 0.4)

CI = Confidence Interval

! = Statistically Unstable Estimate

* Other: Early retirement; Additional job; Transition from in-person to remote or hybrid; Transition focus from work to school; Maternity leave; Lack of precaution taken by employer; Switched jobs; Job loss; Job duties changed; Small business affected by quarantine orders

Table 23. Pandemic-Related Financial and Childcare Difficulties (Have you experienced any of the following situations because of the COVID-19 pandemic? [Select all that apply.]

	I've had financial difficulties with basic necessities, such as paying bills, tuition, groceries, etc. (%) (95% CI)	I've had financial difficulties with paying rent or mortgage (%) (95% CI)	I've had difficulty in obtaining childcare, or had an increase in childcare expenses (%) (95% CI)	Other* (%) (95% CI)	None of these (%) (95% CI)
All NHPI	27.4 (21.9 - 33.0)	25.5 (19.4 - 31.5)	11.4 (5.8 - 17.0)	0.5 (0.2 - 0.8)	49.3 (42.3 - 56.4)
CHamoru	27.1 (14.3 - 39.8)	21.8 (9.2 - 34.5)	9.4 (!) (0.4 - 18.3)	0 (!) (0.0 - 0.1)	57.9 (41.5 - 74.3)
Fijian	5.4 (!) (0.1 - 10.6)	26.2 (!) (0.0 - 52.4)	33.8 (!) (0.0 - 81.3)	0 (!) (0.0 - 0.1)	37.8 (13.0 - 62.6)
Marshallese	18.9 (6.8 - 31.1)	10.8 (!) (1.1 - 20.5)	13.1 (!) (0.0 - 27.8)	0 (!) (0.0 - 0.1)	62.4 (44.2 - 80.7)
Native Hawaiian	18.2 (7.4 - 29.0)	28.5 (1.1 - 20.5)	8.8 (!) (0.0 - 19.6)	0 (!) (0.0 - 0.1)	54.0 (34.7 - 73.3)
Sāmoan	27.1 (17.7 - 36.4)	28.0 (18.1 - 37.9)	21.5 (8.3 - 34.7)	0 (!) (0.0 - 0.1)	42.0 (29.8 - 54.4)
Tongan	32.0 (21.1 - 43.0)	24.5 (14.1 - 35.0)	6.8 (!) (1.0 - 12.7)	0 (!) (0.0 - 0.1)	50.5 (37.2 - 63.7)
Other Pacific Islander	61.5 (25.2 - 97.9)	13.3 (!) (0.0 - 32.2)	0.0 (!) (0.0 - 0.1)	0 (!) (0.0 - 0.1)	29.2 (!) (0.8 - 57.5)

CI = Confidence Interval

! = Statistically Unstable Estimate

* Other: Early retirement; unstable work; increased rent; job loss; lack of childcare; gas; funeral arrangement expenses; partial public assistance

Receipt of Financial and Other Assistance

When asked whether members of their household had received COVID-19 stimulus checks, a majority (51.8%) of NHPIs received the relief stimulus checks in either 2020 or 2021 (**Table 24**). When asked how they used the stimulus checks, 38.3% of NHPIs used these monies for rent or mortgage, 34.7% for essentials like food, 22.6% to pay bills such as car payments/insurance or utilities, 10.1% for paying off debts (including credit cards), 8.9% for caring for a family member (including childcare or elder care), 3.6% for hospital or healthcare expenses, and 2.5% for school/tuition costs (**Table 25**).

Table 24. Receipt of COVID-19 Stimulus Checks (Did any members of your household receive COVID-19 relief stimulus checks in either 2020 or 2021?)

	Yes (%) (95% CI)	No (%) (95% CI)	Don't know (%) (95% CI)	Prefer not to say (%) (95% CI)
All NHPI	51.8 (44.7 - 59.0)	25.5 (18.5 - 32.6)	19.0 (13.7 - 24.3)	3.6 (!) (1.1 - 6.1)
CHamoru	51.7 (31.8 - 71.6)	29.9 (11.7 - 48.1)	14.2 (!) (3.0 - 25.4)	4.2 (!) (0.9 - 7.5)
Fijian	25.3 (!) (0.5 - 50.2)	49.7 (22.3 - 77.1)	10.3 (!) (2.9 - 17.7)	14.7 (!) (0.0 - 35.2)
Marshallese	43.1 (24.8 - 61.4)	23.8 (!) (6.5 - 41.2)	31.1 (13.6 - 48.7)	2.0 (!) (0.0 - 4.9)
Native Hawaiian	46.6 (24.5 - 68.8)	26.4 (!) (5.3 - 47.5)	26.4 (!) (1.7 - 51.2)	0.5 (!) (0.0 - 1.4)
Sāmoan	55.3 (43.0 - 67.5)	17.9 (7.9 - 28.0)	21.1 (11.4 - 30.8)	5.7 (!) (0.0 - 12.1)
Tongan	58.4 (44.6 - 72.2)	25.5 (12.8 - 38.2)	14.4 (!) (3.9 - 25.0)	1.6 (!) (0.2 - 3.0)
Other Pacific Islander	34.6 (!) (6.3 - 62.9)	47.9 (!) (13.3 - 82.5)	13.5 (!) (0.0 - 31.7)	4.0 (!) (0.0 - 13.4)

CI = Confidence Interval
! = Statistically Unstable Estimate

Table 25. Use of Stimulus Money (How did your household members use the stimulus money? [Select all that apply.]) (Only asked of those who received stimulus checks, N=602)

	All NHPI (%) (95% CI)	CHamoru (%) (95% CI)	Fijian (%) (95% CI)	Marshallese (%) (95% CI)	Native Hawaiian (%) (95% CI)	Sāmoan (%) (95% CI)	Tongan (%) (95% CI)	Other Pacific Islander (%) (95% CI)
Rent/mortgage	38.3 (31.6 - 44.9)	33.1 (18.0 - 48.2)	16.4 (!) (0.0 - 36.1)	36.7 (18.0 - 55.3)	34.9 (18.1 - 51.8)	44.0 (31.9 - 56.1)	46.9 (33.6 - 60.2)	10.7 (!) (0.0 - 28.2)
Essentials like food	34.7 (28.4 - 40.9)	36.5 (21.8 - 51.2)	20.9 (!) (0.3 - 41.5)	35.1 (17.5 - 52.6)	34.5 (18.6 - 50.3)	31.4 (19.7 - 43.0)	37.1 (25.2 - 49.0)	31.5 (!) (6.6 - 56.4)
Caring for a family member (including childcare or caring for an elder)	8.9 (5.5 - 12.4)	4.1 (!) (0.6 - 7.7)	1.7 (!) (0.0 - 3.4)	3.0 (!) (0.0 - 6.1)	1.9 (!) (0.4 - 3.5)	13.6 (6.0 - 21.2)	17.4 (7.7 - 27.1)	3.4 (!) (0.0 - 10.0)
Hospital or healthcare expenses	3.6 (2.1 - 5.1)	3.1 (!) (0.0 - 6.3)	0.3 (!) (0.0 - 0.9)	3.4 (!) (0.0 - 8.2)	2.7 (!) (0.4 - 4.9)	2.8 (!) (0.5 - 5.2)	7.8 (2.6 - 13.0)	3.2 (!) (0.0 - 11.2)
School or tuition costs	2.5 (1.3 - 3.7)	0.7 (!) (0.0 - 1.6)	1.7 (!) (0.0 - 4.2)	1.7 (!) (0.0 - 4.4)	1.5 (!) (0.0 - 3.3)	1.9 (!) (0.0 - 4.0)	5.2 (!) (1.2 - 9.2)	10.1 (!) (0.0 - 24.9)
Paying off debts, including credit cards	10.1 (7.2 - 13.0)	14.1 (6.4 - 21.9)	5.0 (!) (0.0 - 12.1)	3.3 (!) (0.3 - 6.4)	16.0 (5.3 - 26.7)	6.9 (3.0 - 10.7)	14.2 (6.2 - 22.2)	6.1 (!) (0.0 - 14.2)
Other bills, such as car payments, insurance, or utilities payments	22.6 (17.6 - 27.7)	20.7 (10.9 - 30.4)	7.2 (!) (0.0 - 19.0)	18.6 (6.0 - 31.2)	24.1 (9.8 - 38.5)	23.5 (14.0 - 33.0)	27.1 (15.7 - 38.5)	21.6 (!) (2.2 - 41.1)

	All NHPI (%) (95% CI)	CHamoru (%) (95% CI)	Fijian (%) (95% CI)	Marshallese (%) (95% CI)	Native Hawaiian (%) (95% CI)	Sāmoan (%) (95% CI)	Tongan (%) (95% CI)	Other Pacific Islander (%) (95% CI)
Vacation, leisure, or recreation	1.9 (0.9 - 3.0)	2.4 (!) (0.4 - 4.4)	1.6 (!) (0.0 - 3.9)	0.0 (!) (0.0 - 0.1)	3.9 (!) (0.0 - 9.6)	1.5 (!) (0.0 - 3.1)	3.1 (!) (0.0 - 6.7)	1.3 (!) (0.0 - 4.5)
Tithe, gift, or donation to church	2.2 (!) (0.4 - 4.0)	0.1 (!) (0.0 - 0.3)	5.8 (!) (0.0 - 15.4)	2.2 (!) (0.0 - 4.8)	0.4 (0.1 - 0.6)	0.9 (!) (0.2 - 1.6)	6.2 (!) (0.0 - 14.1)	0.2 (!) (0.1 - 0.4)
Savings	6.4 (3.8 - 9.1)	4.6 (!) (0.7 - 8.6)	4.9 (!) (0.0 - 10.4)	0.2 (!) (0.0 - 0.5)	13.3 (!) (1.5 - 25.0)	5.2 (!) (1.0 - 9.4)	9.6 (3.3 - 16.0)	1.7 (0.7 - 2.7)
Other	0.1 (!) (0.0 - 0.2)	0 (!) (0.0 - 0.1)	0 (!) (0.0 - 0.1)	0 (!) (0.0 - 0.1)	0 (!) (0.0 - 0.1)	0 (!) (0.0 - 0.1)	0 (!) (0.0 - 0.1)	0 (!) (0.0 - 0.1)

CI = Confidence Interval
! = Statistically Unstable Estimate

For the following **Table 26** through **Table 36**, we report on receipt of public assistance or other forms of assistance. For each type of assistance, respondents were asked, “Since the start of the COVID-19 pandemic in March 2020 until July 2023, have you either received, applied for, or tried to apply for any of the following forms of income or assistance?”

Between March 2020 and July 2023, nearly one fifth (19.3%) of NHPs received unemployment benefits, with another 9.5% trying but unable to apply or ineligible; over half of NHPs (53.5%) did not apply at all (**Table 26**). Similarly, 19.0% of NHPs received government health insurance (including Medi-Cal, Medicaid, Medical Assistance, or Medicare), with 6.0% trying but unable to apply or ineligible; over half of NHPs (54.8%) did not apply at all (**Table 27**).

Table 26. Receipt of Unemployment Benefits or Payments

	Received (%) (95% CI)	Applied and waiting to receive (%) (95% CI)	Tried but was not able to apply for, or was not eligible (%) (95% CI)	Did not apply for (%) (95% CI)	Don't know or prefer not to say (%) (95% CI)
All NHP	19.3 (14.1 - 24.4)	4.7 (!) (0.8 - 8.6)	9.5 (6.0 - 13.0)	53.3 (46.2 - 60.3)	13.3 (7.7 - 18.8)
CHamoru	14.8 (!) (4.4 - 25.1)	2.7 (!) (0.0 - 6.4)	5.7 (!) (0.8 - 10.6)	67.3 (52.9 - 81.6)	9.6 (!) (0.0 - 19.4)
Fijian	26.1 (!) (0.0 - 53.5)	0.0 (!) (0.0 - 0.1)	1.8 (!) (0.0 - 4.2)	60.3 (32.9 - 87.7)	11.9 (!) (1.4 - 22.4)
Marshallese	16.3 (!) (2.9 - 29.7)	0.9 (!) (0.6 - 2.5)	7.1 (!) (0.0 - 15.6)	53.2 (33.5 - 73.0)	22.4 (!) (3.4 - 41.5)
Native Hawaiian	4.8 (!) (0.0 - 10.2)	0.0 (!) (0.0 - 0.1)	5.6 (!) (0.8 - 10.4)	79.8 (70.3 - 89.2)	9.8 (3.4 - 16.2)
Sāmoan	24.3 (14.2 - 34.3)	11.3 (!) (1.7 - 20.9)	16.6 (7.7 - 25.5)	33.7 (22.7 - 44.7)	14.2 (!) (3.5 - 24.9)
Tongan	18.5 (9.5 - 27.5)	0.8 (!) (0.0 - 1.8)	13.7 (!) (3.9 - 23.5)	55.9 (42.6 - 69.3)	11.1 (!) (2.2 - 19.9)
Other Pacific Islander	21.0 (!) (1.1 - 40.8)	0.0 (!) (0.0 - 0.1)	1.7 (!) (0.0 - 5.2)	68.6 (47.5 - 89.6)	8.8 (!) (1.9 - 15.7)

CI = Confidence Interval
! = Statistically Unstable Estimate

Table 27. Receipt of Any Kind of Government Health Insurance or Health Coverage Plan including Medi-Cal, Medicaid, Medical Assistance, or Medicare

	Received (%) (95% CI)	Applied and waiting to receive (%) (95% CI)	Tried but was not able to apply for, or was not eligible (%) (95% CI)	Did not apply for (%) (95% CI)	Don't know or prefer not to say (%) (95% CI)
All NHPI	19.0 (12.8 - 25.2)	5.4 (!) (1.0 - 9.7)	6.0 (3.1 - 9.0)	54.8 (47.6 - 62.0)	14.8 (9.2 - 20.5)
CHamoru	19.5 (!) (3.6 - 35.5)	4.9 (!) (0.0 - 24.0)	3.2 (!) (0.4 - 5.9)	63.1 (41.9 - 84.3)	9.3 (!) (0.0 - 20.2)
Fijian	21.4 (!) (0.0 - 46.3)	14.3 (!) (0.0 - 34.1)	0.0 (!) (0.0 - 0.1)	51.8 (24.4 - 79.3)	12.4 (!) (0.3 - 24.5)
Marshallese	19.3 (!) (4.1 - 34.5)	12.5 (!) (0.0 - 24.9)	4.3 (!) (0.0 - 11.0)	35.4 (17.0 - 53.7)	28.6 (!) (8.5 - 48.6)
Native Hawaiian	25.9 (!) (5.4 - 46.4)	5.5 (!) (0.2 - 10.9)	0.8 (!) (0.0 - 1.8)	57.3 (37.1 - 77.5)	10.5 (3.6 - 17.4)
Sāmoan	19.0 (10.0 - 27.9)	11.3 (!) (0.8 - 21.7)	11.2 (!) (3.3 - 19.0)	42.3 (30.5 - 54.1)	16.2 (5.2 - 27.3)
Tongan	8.2 (2.8 - 13.5)	3.2 (!) (0.0 - 8.4)	9.6 (!) (2.2 - 16.9)	66.4 (54.1 - 78.6)	12.7 (!) (3.0 - 22.5)
Other Pacific Islander	18.1 (!) (0.0 - 41.2)	0.0 (!) (0.0 - 0.1)	3.5 (!) (0.0 - 9.3)	69.6 (45.8 - 93.4)	8.8 (!) (2.2 - 15.4)

CI = Confidence Interval
! = Statistically Unstable Estimate

Nearly one fifth (19.4%) of NHPIs received support through CalFresh, also known as the Supplemental Nutrition Assistance Program (SNAP) or food stamps, with 9.3% trying but able to apply or ineligible; 51.5% of NHPIs did not apply at all (**Table 28**). Over one tenth (11%) of NHPIs received food pantry support, with 4.8% trying but unable to; nearly two thirds of NHPIs (64.4%) did not try at all (**Table 29**).

Table 28. Receipt of SNAP (Supplemental Nutrition Assistance Program), also known as CalFresh (in California) or Food Stamps

	Received (%) (95% CI)	Applied and waiting to receive (%) (95% CI)	Tried but was not able to apply for, or was not eligible (%) (95% CI)	Did not apply for (%) (95% CI)	Don't know or prefer not to say (%) (95% CI)
All NHPI	19.4 (13.3 - 25.6)	6.4 (!) (1.7 - 11.1)	9.3 (6.1 - 12.6)	51.5 (44.3 - 58.6)	13.4 (7.8 - 19.0)
CHamoru	22.3 (!) (6.3 - 38.2)	5.6 (!) (0.0 - 13.7)	6.9 (!) (1.8 - 11.9)	54.2 (37.8 - 70.7)	11.1 (!) (0.6 - 21.6)
Fijian	17.2 (!) (0.0 - 45.0)	27.5 (!) (0.4 - 54.5)	2.5 (!) (0.0 - 5.1)	40.7 (13.0 - 68.4)	12.1 (!) (0.0 - 24.6)
Marshallese	20.4 (6.8 - 34.0)	9.6 (!) (0.0 - 25.4)	8.0 (!) (0.0 - 17.1)	39.8 (22.1 - 57.6)	22.1 (!) (2.4 - 41.8)
Native Hawaiian	22.0 (!) (2.1 - 41.8)	5.5 (!) (0.2 - 10.8)	5.5 (!) (1.1 - 10.0)	62.6 (43.3 - 81.9)	4.4 (1.9 - 6.9)
Sāmoan	19.3 (10.1 - 28.5)	14.7 (!) (3.3 - 26.2)	12.3 (5.1 - 19.5)	38.2 (26.3 - 50.1)	15.4 (!) (4.3 - 26.6)
Tongan	14.9 (!) (4.4 - 25.5)	0.5 (!) (0.0 - 1.0)	12.9 (5.0 - 20.9)	59.4 (45.7 - 73.1)	12.3 (!) (2.0 - 22.5)
Other Pacific Islander	3.1 (!) (0.0 - 7.6)	0.0 (!) (0.0 - 0.1)	17.5 (!) (0.0 - 39.7)	70.6 (47.4 - 93.9)	8.8 (!) (2.4 - 15.2)

CI = Confidence Interval
! = Statistically Unstable Estimate

Table 29. Receipt of Assistance from a Food Pantry

	Received (%) (95% CI)	Applied and waiting to receive (%) (95% CI)	Tried but was not able to apply for, or was not eligible (%) (95% CI)	Did not apply for (%) (95% CI)	Don't know or prefer not to say (%) (95% CI)
All NHPI	11.0 (7.2 - 14.7)	5.3 (!) (1.3 - 9.3)	4.8 (2.1 - 7.5)	64.4 (57.5 - 71.3)	14.6 (9.0 - 20.2)
CHamoru	7.2 (!) (0.0 - 14.6)	4.5 (!) (0.0 - 12.1)	2.9 (!) (0.0 - 6.0)	74.0 (59.6 - 88.3)	11.4 (!) (0.7 - 22.1)
Fijian	14.3 (!) (0.0 - 37.5)	14.7 (!) (0.0 - 34.3)	0.0 (!) (0.0 - 0.1)	58.9 (31.3 - 86.6)	12.1 (!) (0.0 - 25.1)
Marshallese	7.7 (!) (0.6 - 14.9)	10.1 (!) (0.0 - 20.7)	0.4 (!) (0.0 - 0.8)	49.2 (28.5 - 68.9)	32.6 (11.1 - 54.1)
Native Hawaiian	5.3 (!) (0.0 - 10.5)	6.7 (!) (0.0 - 13.3)	2.9 (1.1 - 4.6)	80.7 (72.1 - 89.3)	4.5 (2.0 - 7.0)
Sāmoan	13.8 (6.1 - 21.5)	11.5 (!) (1.4 - 21.6)	7.7 (!) (1.3 - 14.0)	51.0 (39.0 - 63.0)	16.0 (5.2 - 26.8)
Tongan	11.2 (3.8 - 18.5)	3.0 (!) (1.2 - 4.8)	10.9 (!) (2.5 - 19.3)	62.8 (49.9 - 75.7)	12.1 (!) (2.8 - 21.4)
Other Pacific Islander	3.1 (!) (0.0 - 11.5)	0.0 (!) (0.0 - 0.1)	1.4 (!) (0.0 - 6.2)	82.5 (58.8 - 106.1)	13.0 (!) (0.0 - 31.5)

CI = Confidence Interval
! = Statistically Unstable Estimate

Only 9.0% of NHPIs received social security or supplemental social security, with 5.4% not able to apply; over two thirds (67.8%) did not apply at all (**Table 30**). Similarly, only 6.7% of NHPIs received earned income tax credit (EITC), with 5.6% trying but unable to apply or ineligible; 68.2% did not apply at all (**Table 31**). Regarding housing, only 6.1% of NHPIs received rental assistance or relief, with 6.6% unable to apply; 68.4% of NHPIs did not try at all (**Table 32**). A total of 5.7% of NHPIs received Temporary Assistance for Needy Families (TANF), also known as CalWORKs in California, with 5.9% trying but unable or ineligible; 69.9% did not try at all (**Table 33**). Only 3.6% of NHPIs received assistance from a church or religious organization, with 5.1% trying but unable or ineligible; 72.3% did not try at all (**Table 34**). Only 4.1% of NHPIs received assistance from another community organization, with 4.9% trying but unable to apply or ineligible; 72.4% did not try at all (**Table 35**).

Table 30. Receipt of Social Security or Supplemental Social Security

	Received (%) (95% CI)	Applied and waiting to receive (%) (95% CI)	Tried but was not able to apply for, or was not eligible (%) (95% CI)	Did not apply for (%) (95% CI)	Don't know or prefer not to say (%) (95% CI)
All NHPI	9.0 (4.2 - 13.7)	3.9 (!) (0.0 - 7.9)	5.4 (2.6 - 8.2)	67.8 (60.4 - 75.2)	13.9 (8.4 - 19.5)
CHamoru	2.6 (!) (0.0 - 5.3)	4.6 (!) (0.0 - 12.5)	3.7 (!) (0.0 - 9.4)	79.4 (64.1 - 94.7)	9.8 (!) (0.0 - 19.9)
Fijian	6.1 (!) (0.3 - 11.8)	13.8 (!) (0.0 - 35.8)	1.1 (!) (0.0 - 3.1)	67.0 (42.5 - 91.5)	12.1 (!) (0.6 - 23.6)
Marshallese	17.6 (!) (0.0 - 35.5)	9.4 (!) (2.1 - 16.8)	2.5 (!) (0.0 - 7.9)	49.0 (26.1 - 71.9)	21.4 (!) (2.1 - 40.7)
Native Hawaiian	15.5 (!) (0.0 - 40.6)	5.5 (!) (0.0 - 11.7)	2.4 (!) (0.7 - 4.0)	71.9 (46.7 - 97.1)	4.7 (2.3 - 7.2)
Sāmoan	10.5 (3.2 - 17.8)	7.8 (!) (0.0 - 18.8)	8.9 (!) (2.2 - 15.6)	55.0 (41.6 - 68.5)	17.8 (6.6 - 28.9)
Tongan	3.5 (!) (0.0 - 8.2)	1.2 (!) (0.0 - 4.0)	9.1 (!) (1.4 - 16.8)	73.8 (61.7 - 85.9)	12.4 (!) (3.3 - 21.5)
Other Pacific Islander	0.8 (!) (0.1 - 1.6)	0.0 (!) (0.0 - 0.1)	1.4 (!) (0.0 - 5.9)	84.8 (70.7 - 98.8)	13.0 (!) (0.0 - 26.2)

CI = Confidence Interval
! = Statistically Unstable Estimate

Table 31. Receipt of EITC (Earned Income Tax Credit)

	Received (%) (95% CI)	Applied and waiting to receive (%) (95% CI)	Tried but was not able to apply for, or was not eligible (%) (95% CI)	Did not apply for (%) (95% CI)	Don't know or prefer not to say (%) (95% CI)
All NHPI	6.7 (3.5 - 9.9)	4.3 (!) (0.2 - 8.3)	5.6 (2.7 - 8.6)	68.2 (61.3 - 75.0)	15.2 (9.8 - 20.7)
CHamoru	10.3 (!) (0.7 - 19.9)	5.3 (!) (0.0 - 12.7)	2.3 (!) (0.0 - 5.8)	70.1 (55.1 - 85.0)	12.1 (!) (1.5 - 22.7)
Fijian	0.3 (!) (0.0 - 0.8)	14.3 (!) (0.0 - 33.9)	1.1 (!) (0.0 - 3.1)	71.9 (50.1 - 93.8)	12.4 (!) (0.0 - 25.0)
Marshallese	18.3 (!) (3.8 - 32.7)	9.4 (!) (2.1 - 16.8)	2.8 (!) (0.0 - 7.5)	49.5 (30.0 - 69.1)	20.0 (!) (1.0 - 39.0)
Native Hawaiian	0.6 (!) (0.0 - 1.7)	5.6 (!) (0.5 - 10.7)	2.6 (!) (0.0 - 5.6)	78.8 (67.6 - 90.0)	12.5 (!) (2.5 - 22.4)
Sāmoan	7.3 (!) (1.4 - 13.3)	8.9 (!) (0.0 - 18.7)	10.2 (!) (2.8 - 17.7)	56.9 (43.9 - 69.9)	16.6 (5.8 - 27.4)
Tongan	3.5 (!) (0.0 - 7.0)	2.8 (0.9 - 4.7)	8.5 (!) (0.9 - 16.0)	72.1 (60.5 - 83.6)	13.2 (!) (3.9 - 22.4)
Other Pacific Islander	0.8 (!) (0.1 - 1.6)	0.0 (!) (0.0 - 0.1)	1.4 (!) (0.0 - 5.9)	84.3 (71.5 - 97.2)	13.4 (!) (1.4 - 25.4)

CI = Confidence Interval
! = Statistically Unstable Estimate

Table 32. Receipt of Rental Assistance or Relief

	Received (%) (95% CI)	Applied and waiting to receive (%) (95% CI)	Tried but was not able to apply for, or was not eligible (%) (95% CI)	Did not apply for (%) (95% CI)	Don't know or prefer not to say (%) (95% CI)
All NHPI	6.1 (2.5-9.6)	5.4 (!) (1.2-9.7)	6.6 (3.7-9.5)	68.4 (61.3-75.6)	13.5 (8.1-18.8)
CHamoru	8.6 (!) (0.0 - 18.1)	5.3 (!) (0.0 - 14.7)	4.4 (!) (0.0 - 9.2)	72.0 (54.8 - 89.3)	9.8 (!) (0.0 - 20.2)
Fijian	0.8 (!) (0.0 - 2.2)	13.7 (!) (0.0 - 35.2)	6.1 (!) (0.1 - 12.0)	66.5 (40.4 - 92.6)	12.9 (!) (0.0 - 30.9)
Marshallese	15.5 (!) (3.6 - 27.4)	9.5 (!) (0.0 - 24.2)	1.0 (!) (0.0 - 2.2)	47.9 (26.8 - 69.0)	26.2 (!) (5.0 - 47.4)
Native Hawaiian	0.3 (!) (0.0 - 0.7)	7.3 (!) (1.6 - 13.1)	1.3 (!) (0.3 - 2.3)	86.6 (80.3 - 93.0)	4.4 (1.9 - 7.0)
Sāmoan	7.1 (!) (0.0 - 14.3)	11.3 (!) (1.5 - 21.0)	11.5 (4.2 - 18.7)	54.5 (41.8 - 67.1)	15.7 (!) (4.8 - 26.5)
Tongan	1.6 (!) (0.5 - 2.8)	0.6 (!) (0.0 - 1.5)	13.0 (4.4 - 21.7)	73.1 (61.5 - 84.8)	11.6 (!) (2.5 - 20.8)
Other Pacific Islander	4.8 (!) (0.0 - 25.9)	0.0 (!) (0.0 - 0.1)	3.8 (!) (0.0 - 8.8)	82.6 (60.4 - 104.8)	8.8 (!) (2.4 - 15.3)

CI = Confidence Interval
! = Statistically Unstable Estimate

Table 33. Receipt of TANF (Temporary Assistance for Needy Families), also known as CalWORKs in California

	Received (%) (95% CI)	Applied and waiting to receive (%) (95% CI)	Tried but was not able to apply for, or was not eligible (%) (95% CI)	Did not apply for (%) (95% CI)	Don't know or prefer not to say (%) (95% CI)
All NHPI	5.7 (2.4 - 9.1)	4.4 (!) (0.5 - 8.3)	5.9 (3.1 - 8.7)	69.9 (62.9 - 76.8)	14.2 (8.6 - 19.8)
CHamoru	5.6 (!) (0.0 - 14.4)	6.9 (!) (0.0 - 14.9)	2.9 (!) (0.0 - 6.1)	74.9 (60.1 - 89.8)	9.8 (!) (0.0 - 20.0)
Fijian	5.5 (!) (0.0 - 12.0)	14.3 (!) (0.0 - 35.1)	1.1 (!) (0.0 - 3.2)	67.3 (43.8 - 90.9)	11.8 (!) (0.0 - 23.5)
Marshallese	9.1 (!) (0.0 - 20.1)	11.9 (!) (0.0 - 29.8)	6.6 (!) (0.0 - 13.5)	51.4 (30.4 - 72.3)	21.1 (!) (1.8 - 40.5)
Native Hawaiian	0.0 (!) (0.0 - 0.1)	5.5 (!) (0.3 - 10.7)	2.7 (!) (0.0 - 5.6)	87.0 (80.6 - 93.4)	4.8 (2.4 - 7.3)
Sāmoan	9.2 (!) (1.8 - 16.7)	7.6 (!) (1.1 - 14.2)	9.2 (!) (2.4 - 16.0)	55.5 (42.9 - 68.1)	18.5 (6.9 - 30.2)
Tongan	3.0 (!) (0.0 - 6.0)	0.3 (!) (0.0 - 0.6)	9.8 (!) (2.1 - 17.5)	74.9 (63.6 - 86.2)	12.1 (!) (3.0 - 21.3)
Other Pacific Islander	2.1 (!) (0.0 - 8.7)	0.4 (!) (0.1 - 0.8)	3.5 (!) (0.0 - 9.4)	81.0 (65.2 - 96.8)	13.0 (!) (0.0 - 26.2)

CI = Confidence Interval
! = Statistically Unstable Estimate

Table 34. Receipt of Assistance from a Church or Religious Organization

	Received (%) (95% CI)	Applied and waiting to receive (%) (95% CI)	Tried but was not able to apply for, or was not eligible (%) (95% CI)	Did not apply for (%) (95% CI)	Don't know or prefer not to say (%) (95% CI)
All NHPI	3.6 (1.2 - 5.9)	4.8 (!) (0.8 - 8.8)	5.1 (2.2 - 8.0)	72.3 (65.5 - 79.1)	14.2 (8.7 - 19.7)
CHamoru	0.2 (!) (0.0 - 0.5)	4.7 (!) (0.0 - 11.1)	3.7 (!) (0.0 - 9.2)	79.8 (64.0 - 95.7)	11.6 (!) (0.0 - 24.2)
Fijian	7.7 (!) (0.0 - 21.2)	14.7 (!) (0.0 - 34.3)	0.0 (!) (0.0 - 0.1)	67.3 (43.9 - 90.7)	10.3 (!) (0.0 - 22.1)
Marshallese	3.3 (!) (0.0 - 7.1)	12.5 (!) (0.4 - 24.5)	0.4 (!) (0.0 - 0.8)	55.7 (33.4 - 77.9)	28.2 (!) (5.9 - 50.5)
Native Hawaiian	0.2 (0.1 - 0.4)	7.7 (!) (0.0 - 16.2)	0.8 (0.4 - 1.3)	86.3 (77.4 - 95.2)	4.9 (2.2 - 7.6)
Sāmoan	5.5 (!) (0.4 - 10.5)	8.5 (!) (0.0 - 18.6)	9.4 (!) (1.8 - 17.0)	60.3 (46.9 - 73.7)	16.4 (5.5 - 27.2)
Tongan	3.8 (!) (0.0 - 9.1)	1.2 (!) (0.0 - 3.8)	11.5 (!) (2.8 - 20.2)	71.4 (58.5 - 84.3)	12.1 (!) (1.9 - 22.2)
Other Pacific Islander	0.0 (!) (0.0 - 0.1)	0.0 (!) (0.0 - 0.1)	1.4 (!) (0.0 - 6.1)	85.6 (71.3 - 99.9)	13.0 (!) (0.0 - 26.6)

CI = Confidence Interval
! = Statistically Unstable Estimate

Table 35. Receipt of Assistance from another Community Organization

	Received (%) (95% CI)	Applied and waiting to receive (%) (95% CI)	Tried but was not able to apply for, or was not eligible (%) (95% CI)	Did not apply for (%) (95% CI)	Don't know or prefer not to say (%) (95% CI)
All NHPI	4.1 (1.7 - 6.5)	4.7 (!) (0.8 - 8.6)	4.9 (2.0 - 7.9)	72.4 (65.7 - 79.1)	13.9 (8.4 - 19.3)
CHamoru	0.6 (!) (0.0 - 1.7)	5.3 (!) (0.0 - 12.9)	1.9 (!) (0.0 - 4.9)	80.6 (66.6 - 94.7)	11.5 (!) (0.1 - 22.9)
Fijian	5.6 (!) (0.0 - 15.2)	14.7 (!) (0.0 - 33.9)	0.0 (!) (0.0-0.1)	66.3 (42.6 - 90.1)	13.4 (!) (0.0 - 29.8)
Marshallese	4.1 (!) (0.3 - 7.9)	12.5 (!) (0.2 - 24.8)	0.2 (!) (0.0 - 0.4)	58.0 (37.7 - 78.3)	25.3 (!) (4.6 - 45.9)
Native Hawaiian	0.8 (!) (0.1 - 1.5)	5.7 (!) (0.0 - 11.3)	2.5 (0.9 - 4.2)	86.4 (79.9 - 92.9)	4.6 (2.2 - 7.0)
Sāmoan	5.4 (!) (0.2 - 10.6)	8.7 (!) (0.0 - 19.0)	9.3 (!) (1.0 - 17.5)	60.8 (47.1 - 74.5)	15.9 (5.0 - 26.9)
Tongan	6.0 (!) (0.1 - 12.0)	4.3 (!) (0.7 - 7.9)	8.7 (!) (1.1 - 16.3)	69.4 (57.3 - 81.6)	11.5 (!) (1.9 - 21.2)
Other Pacific Islander	0.0 (!) (0.0 - 0.1)	0.0 (!) (0.0 - 0.1)	1.4 (!) (0.0 - 6.1)	85.6 (71.2 - 100.0)	13.0 (!) (0.0 - 26.7)

CI = Confidence Interval
! = Statistically Unstable Estimate

Lastly, when looking only at those NHPIs who were eligible for governmental programs based on reported household income, very low proportions received any kind of support. Less than one third (31.5%) of eligible NHPIs received any kind of food support from SNAP (also known as CalFresh or food stamps) based upon SNAP eligibility; 9.9% tried but were not able to apply or were deemed not eligible. Among eligible NHPIs, only 31.2% received some kind of government health insurance (e.g., Medi-Cal, Medicaid, or Medicare), and among eligible NHPI parents, only 14.7% received Earned Income Tax Credit (EITC) (**Table 36**).

Table 36. Receipt of Government Assistance among NHPIs who were Eligible

	Eligible (N) (%)	Received (%) (95% CI)	Applied and waiting to receive (%) (95% CI)	Tried but was not able to apply for, or was not eligible (%) (95% CI)	Did not apply for (%) (95% CI)	Don't know or prefer not to say (%) (95% CI)
SNAP*	359 (38.6%)	31.5 (20.7 - 42.3)	10.9 (!) (1.6 - 20.1)	9.9 (4.5 - 15.2)	37.0 (26.6 - 47.4)	10.7 (!) (2.0 - 19.5)
Medi-Cal, Medicaid, or Medicare*	220 (23.7%)	31.2 (16.8 - 45.6)	14.7 (!) (1.2 - 28.2)	6.8 (!) (0.1 - 13.6)	34.8 (23.3 - 46.3)	12.4 (!) (0.0 - 25.8)
EITC*	353 (38.0%)	14.7 (5.9 - 23.4)	2.4 (!) (0.3 - 4.5)	3.1 (!) (0.0 - 6.8)	62.0 (49.4 - 74.5)	17.8 (6.5 - 29.1)

CI = Confidence Interval

SNAP = Supplemental Nutrition Assistance Program, also known as CalFresh in California

EITC = Earned Income Tax Credit

! = Statistically Unstable Estimate

* SNAP eligibility was based on household income at or below 200% of the Federal Poverty Level. Medi-Cal, Medicaid, or Medicare eligibility was based on household income at or below 138% of the Federal Poverty Level.

EITC eligibility was based on household income of \$18,591 or less for people who were not parents and household income of \$49,084 or less for anyone who reported being a parent or legal guardian. We could not calculate stable estimates for receipt based on eligibility for any other forms government assistance.

Recommendations

In response to data showing the heavy toll of COVID-19 on NHPI populations in California, as well as community voices asking for more information on the mental health and socioeconomic impacts of the pandemic, the CAPIWAVES project sought to illuminate gaps in our understanding of how the pandemic impacted NHPIs in the state. This report provides data on the mental health and socioeconomic status of NHPIs to better inform the efforts of community leaders, policymakers, and decision makers working to improve the lives of Californians.

While we provide detailed information on mental health and socioeconomic impacts of the COVID-19 pandemic on NHPI communities in this report, we encourage those involved in program planning and policymaking to interpret and apply the data in cooperation with members and leaders in the NHPI community. Community engagement was a key component throughout the development, implementation, and reporting of CAPIWAVES. Future programming, grantmaking, research, and policy informed by these data should proceed through further community engagement.

Sampling Method

The use of respondent-driven sampling (RDS) to collect a large sample of NHPIs in California was successful due to the above-and-beyond efforts of NHPI community research partners. RDS allowed us to generate estimates for NHPIs that begin to approach a probability-based sample. It also allowed us to collect timely and relevant data for NHPIs in a relatively short time span through community engagement. Historically, NHPI communities have faced challenges with not having population representative data, partly due to the high costs of oversampling relatively small populations. However, RDS offers a cost-effective alternative to collecting data on smaller populations. To our knowledge, this is the first time RDS has been used successfully to represent NHPI communities in California. This RDS sampling method through community partnership may be replicated in the future to collect needed data on NHPIs and other smaller populations that are not represented in population representative samples.

Considerations for Mental Health Programs, Policies, and Research

The findings on mental health showed overall negative impacts of the COVID-19 pandemic on mental health. While many NHPI Californians experience poor mental health and substantial stress, a minority of NHPIs sought or received mental healthcare, despite the expressed desire for mental health services. The data further suggests barriers to accessing services, including stigma around mental health. The following may be considered for future programming, policy, and research.

- **Programs that address and dispel stigma surrounding mental health and wellness in NHPI communities.** All NHPIs will benefit from these programs, as many reported poor mental and emotional health, but low rates of actively seeking mental healthcare.
- **Culturally appropriate NHPI mental health and wellness programs based in local communities.** These programs can be implemented in partnership with trusted NHPI community health workers and focus on intergenerational and/or family interventions. Community and family-based programs will benefit all NHPIs, but may especially help destigmatize mental health among those who reported delaying or avoiding healthcare due to not wanting their friends and family to find out.
- **Programs that connect and navigate NHPI community members with mental healthcare services.** These programs will help communities who reported high rates of avoiding or delaying needed mental healthcare and who frequently reported not knowing how to find a mental healthcare provider.
- **Programs to increase health literacy among NHPI community members, especially those with language barriers and/or low literacy.** Language barriers may be especially important to address among Marshallese, who were likely to report language barriers to accessing mental healthcare.
- **Programs that prevent e-cigarette use for NHPI communities.** This report found that NHPI communities reported using e-cigarettes more than regular cigarettes. This may also follow broader trends of younger people using e-cigarettes more often over the past decade.³⁵ Health behavior change and educational programs may focus on the health harming effects of smoking e-cigarettes, especially among younger NHPIs.
- **Policies that lessen the financial and insurance barriers for NHPIs seeking mental healthcare.** This addresses the high levels of concern expressed by many NHPIs who avoided or delayed seeking mental healthcare due to cost, money, not having insurance coverage, or mental healthcare not being covered by insurers.
- **Educational pipeline programs that build a mental healthcare workforce that is representative of NHPI cultures.** A representative, strong, culturally humble mental healthcare workforce will be able to best serve and understand the needs of NHPI communities.
- **Training for existing mental healthcare providers and their organizations to bolster their cultural competency to serve NHPI community members in a**

sensitive and caring manner that builds community trust. This is important for building rapport in communities where few have ever sought mental healthcare before. Initial positive interactions with mental healthcare systems may be especially crucial for long term sustainability of mental health programs in NHPI communities.

- **Further qualitative and quantitative research on NHPI perceptions and stigma surrounding mental health and how community members desire to seek and receive mental healthcare.** This research should consider diversity among NHPI groups. Data should be collected and disseminated with NHPI community engagement.
- **Evaluation research on the effectiveness of interventions to improve mental health for NHPI communities.** Effective interventions can be disseminated and adapted for various NHPI cultures.

Considerations for Economic/Financial Programs, Policies, and Research

The COVID-19 pandemic had severe impacts on household income and job loss among NHPI Californians. Despite these significant negative financial impacts, far fewer NHPIs than expected benefitted from COVID-19 pandemic financial relief programs. Given what we know about the NHPI communities' experience of disproportionate COVID-19 burdens and deaths, these findings on low access to financial and basic necessities support raise an alarming red flag on the inequitable distribution of taxpayer-supported assistance. The following considerations may be taken into account to ensure that, in the future, resources reach the communities most in-need.

- **Community-based programs to educate and disseminate information to NHPI community members about assistance programs they are eligible for, and how to access them.** All NHPI communities will benefit from this outreach, as many were negatively affected economically by the COVID-19 pandemic and may need immediate support.
- **Support for community-based organizations serving NHPIs to receive training and to engage in outreach that increases enrollment in assistance programs.** These efforts may focus on the types of assistance programs that meet basic needs — such as Supplemental Nutrition Assistance Programs (CalFresh), food pantries, social security, rental assistance, government health coverage, and Temporary Assistance for Needy Families (CalWORKs) — as many NHPIs reported difficulty with basic financial necessities.

- **Support for a sustainable and robust workforce of NHPI community health workers and patient navigators who connect with, advocate for, and accompany NHPI community members, assisting them with accessing needed assistance and services.** This support includes, but is not limited to, competitive wages, compensated training opportunities, and fair reimbursement structures. This workforce has been proven to be vital for overcoming the barriers that NHPI community members face in accessing assistance programs.³⁶
- **Partnerships between NHPI community health workers and local agencies that grant access to government resources.** Equitable partnerships and collaboration between local agencies and NHPI community health workers will enable more NHPI community members to access assistance they are eligible for and potentially decrease barriers to access.
- **Programs and policies that ensure NHPI language access to information and enrollment in government assistance programs.** These policies may especially benefit NHPI groups with more non-English language needs, such as Marshallese.³⁷
- **Policies that ensure fair access to government assistance programs primarily based on need.** All people with need have the right to access these government assistance programs that their taxes are funding.
- **Policies that require that assistance programs — especially emergency funds released during public health emergencies, natural, and man-made disasters — equitably benefit those populations who face the most negative impacts to their health and welfare.** As NHPI communities faced some of the most negative impacts to their mental health and economic well-being during the pandemic in California, recovery and resilience efforts in the state should benefit them. Similarly, in the future, public health emergency response efforts should consider whether NHPI communities are being disproportionately affected, and if so, policies and programs should be put into place to address those negative effects.

List of Terms

Methodological Terms

- **Survey:** a method of collecting data from a group of people through a questionnaire (a list of questions) with specific questions and topics.
- **Estimate:** an educated guess about a group of people based on the survey data. In this report, all the estimates are percentages.
- **Disaggregated data:** data that has been broken down into smaller categories or populations.
- **Sample:** a representative subset of a population.
- **Sample size:** the number of individuals/participants or observations used in a study.
- **Proportion:** a ratio of a part to a whole.
- **Respondent-driven sampling (RDS):** a method used to sample relatively small populations through peer-to-peer recruitment.
- **Self-report:** any method which involves asking participants to record their behaviors, feelings, knowledge, attitudes, beliefs, etc.
- **Bootstraps:** a form of hypothesis testing that involves resampling of a single dataset to create a multitude of simulated samples.
- **Confidence interval (CI):** the range of values you expect the true estimate to fall between.
 - **95% confidence interval (95% CI):** indicates that there is a 95% probability that the true estimate lies within the interval.
- **Seeds:** in this study, the first people who took the survey and started referring others to also take the survey.
- **Waves:** in this study, a group of people who were referred by someone else to take the survey. If someone was referred by a “Seed,” they were a part of Wave 1. If someone was referred by a person in Wave 1, then they were a part of Wave 2. If someone was referred by a person in Wave 2, then they were a part of Wave 3, and so on.

- **Statistically unstable estimate:** a sample that varies from sample to sample, rather than be close to the same value; this means small changes to the data could lead to large fluctuations in the estimate (often indicated by wide confidence intervals).
- **Coefficient of Variation (CV):** A ratio (fraction) that was used to calculate whether an estimate was unstable or not. It was calculated as the standard error of an estimate divided by the estimate. When the CV was greater than or equal to 0.30, we marked the estimate as unstable using an exclamation point (!).
- **Weighted:** a statistical technique used to adjust data to accurately represent the target population; this means that some data has more “weight” than others.
- **Unweighted:** this occurs when all data have equal “weight.”

Mental Health Terms

- **Mental health:** one’s emotional, psychological, and social well-being; it affects how you think, feel, and act.
- **Depression:** a mental health condition that is marked by prolonged periods of sadness, hopelessness, or loss of interest that can impair one’s ability to function.
- **Patient Health Questionnaire (PHQ-9):** a 9-item depression symptom scale and diagnostic tool; used to assess for the presence and severity of depression and depressive symptoms.
 - **Major Depressive Disorder:** marked by a score of 15 or higher in the PHQ-9.
- **Anxiety:** feelings of fear, dread, and uneasiness.
- **Generalized Anxiety Disorder:** a condition that causes persistent and excessive worrying that may interfere with one’s daily life.
- **Generalized Anxiety Disorder 7-Item Questionnaire (GAD-7):** a 7-item questionnaire used to measure and assess the severity of generalized anxiety disorder
 - **Minimal anxiety:** marked by a score between 0-4 in the GAD-7
 - **Mild anxiety:** marked by a score between 5-9 in the GAD-7

- **Moderate anxiety:** marked by a score between 10-14 in the GAD-7
- **Severe anxiety:** marked by a score of 15 or higher in the GAD-7
- **Distress:** feelings of anxiety, sorrow, or pain.
- **Stress:** a state of worry or mental tension caused by a difficult or challenging situation.
- **Discrimination:** the act of being treated unjustly or in a prejudiced way.
- **Problem drinking:** a pattern of harmful alcohol consumption characterized by excessive alcohol intake and difficulty controlling drinking.
 - **Binge drinking:** Consuming four or more drinks (for women) or five or more drinks (for men) in a short period of time (typically within 2 hours).
 - **Heavy drinking:** Consuming eight or more drinks (for women) or 15 or more drinks (for men) per week.

Socioeconomic Status Terms

- **Socioeconomic status:** the social standing of an individual or group measured based on income, education, and occupation.
- **Unemployment benefits/payments:** temporary income for eligible workers who lost their job.
- **Supplemental Nutrition Access Program (SNAP):** a federal program that provides food benefits to low-income families or individuals.
 - **CalFresh:** the SNAP program in California that provides low-income families or individuals with food assistance.
 - **Food stamps:** former name for SNAP.
- **Food pantry:** food distribution centers that provides food directly to those in need within specified areas/communities.
- **Social Security:** monthly payments to Americans through retirement, disability, or other programs.

- **Supplemental Social Security:** monthly payments to people with disabilities and older adults who have little to no income or resources.
- **Earned Income Tax Credit (EITC):** a refundable tax credit for low to moderate-income working individuals and couples, particularly those with children
- **Rental assistance:** a program that assists low-income individuals or families pay rent
- **Temporary Assistance for Needy Families (TANF):** a federal program that provides cash assistance and a range of support services to families with children
 - **CalWORKs:** the TANF program in California

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