INTRODUCTION

- COVID-19 emerged in Wuhan, China in 2019 and has spread to nearly every country in the world.
- As cases rose, so did reports of racial discrimination and hate crimes against Asian-Americans and Pacific Islanders.
- Racial discrimination plays a major role in predicting mental and physical health outcomes.

OBJECTIVE

- To identify the health impacts of COVID-19 related discrimination on AAPI communities and the factors that play a role in shaping these incidents.
- To explore how we can address these specific impacts on the AAPI community through policy and advocacy work.

METHODS

- Initial Search: 264 records identified from database searching.
- Records screened: 237 records.
- Records excluded by title: 193 records.
- Records excluded by abstract: 13 records.
- Reports excluded: 15 non-primary research, 10 not peer-reviewed, 1 not based in the U.S.
- 14 full text records included in qualitative analysis.

RESULTS

- Figure 2. Factors associated with racial discrimination in included studies.

<table>
<thead>
<tr>
<th>Authors</th>
<th>Mental Health</th>
<th>Social media</th>
<th>Bias/stigma</th>
<th>Community/resilience</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chae et al. (2021, USA)</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cheah et al. (2021, USA)</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yam et al. (2020, USA)</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Yu et al. (2020, USA)</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
</tr>
</tbody>
</table>

- Figure 3. Socio-Ecological Model for Mental Health & Well-being.

SUMMARY

- AAPI communities have experienced more racial discrimination since the pandemic and their mental health concerns should be addressed.
- Social media and public health framing plays a tremendous role in influencing bias and stigmatization of AAPI communities.

CONCLUSIONS

- Conclusion
  - The racialization of disease is not a unique experience.
  - Increased symptoms of anxiety and depression due to discrimination reveal a significant need for mental health services among AAPI communities.

- Implications for Policy & Practice
  - Anti-racism policies should be implemented across all institutional settings along with cultural competency trainings to address and debunk anti-Asian sentiment.
  - Investment in mental health services and community-based efforts for AAPI communities.
  - Continue to acknowledge race as a Social Determinant of Health.

STRENGTHS & LIMITATIONS

- Strengths
  - Overwhelming evidence that anti-Asian discrimination has increased since COVID-19, resulting in a detrimental toll on health.
  - Highlights the multi-faceted factors that allow racism to persist.

- Limitations
  - Search limited to 2 databases.
  - Intersectionality of racial identity and disability not mentioned.

RESOURCES

For more information on stopping AAPI hate or to report a hate incident, please scan the QR code.