

Ang Kalusugan at Kayamanan: The Health and Wealth of Hawai'i Filipinos

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What Is the Purpose of this Study/Review?

- To understand how health may be improved among Filipinos in Hawai'i using self-identified community strengths and assets.
- To apply culture circles and applied methodology from the *Nakem* (soul consciousness) pedagogy.
- To empower Filipino residents by acknowledging their views on health and wealth that may not be reflected in conventional health care models.

What Is the Problem?

- Filipinos suffer from high rates of chronic diseases, while systemic and cultural barriers make it challenging for them to access health care.
- Community perspectives and values, and associated culturally relevant programs reflecting these, are needed to improve Filipino health.

What Are the Findings?

- Participants shared diverse perspectives of Filipino community health and wealth, which were used to develop a new holistic health framework, Filipino Health and Wealth framework.
- Health as a holistic concept that goes beyond physical health.
- Health programs that are relational, strength-based, and rooted in collective values are deeply needed.
- Cultural circles with trusted facilitators have the power to critically raise the social consciousness and transform community narratives to be grounded in strengths and resiliency.

Who Should Care Most?

- Community-based agencies that conduct community-engaged programs focused on health among peoples of color.
- Local governments and public health coordinators concerned about health disparities and health equity among Filipino communities.
- Academics and other educators interested in a strengths-based approach to promoting health and working collaboratively to decrease health disparities and improve access to care among Filipino communities.

Recommendations for Action

- Using the proposed framework to inform the development of effective health programs rooted in extant community assets.

- Community health programs should embrace and address health holistically, as well as encourage community dialogue to counter negative community stereotypes that have been internalized.
- Further research is needed to deepen the understanding of the complex cultural relationships between health and wealth in communities of color.