Trident University

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BHS414 - Cross-Cultural Health Perspectives

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03/25/2013

**Continuing with the same cultural group and health issue for the Session Long Project that you began in Module 2, please write a 2 - 3 page paper to address the following:**

Describe the *Relationships and Expectations* of the group you chose. Specifically address how each of the PEN-3 model’s three factors within the dimension of Relationships and Expectations applies to your group. Be sure to provide examples.

Use subheadings to clearly show that you have addressed each of the three factors. Support your discussion with references from scholarly and professional references (not just your opinion).

There are some common health issues that have been observed among Chinese- American women and immigrants of the US. It is very important to be fully aware of such issues so that one can easily secure the best medical help that will help to reduce the largest causes of death and terminal diseases for these people. Chinese-American women are popular for smoking, and are also very ignorant about their health issues. They demonstrate very low rates for cancer screening too. Hepatitis B is one of the most common health issues that affect these women (Brecht, 2008). It is said that out of every 10 people, at least one of them gets infected with chronic hepatitis B. Many immigrants also show a high rate of tuberculosis, which is rated at 24 times more than that of the Native Americans (Foo, 2004).

In the US, 8-13% of Chinese-American women and other immigrants test positive for tuberculosis (Foo, 2004). Research also indicates that the rate of suicide among these women is about 12.5%, especially for married women. Chinese men are notorious for dealing with their pressures and problems by physically abusing their wives and family members. This is also common with many immigrant groups. For that reason, most immigrant and Chinese-American women keep many health problems to themselves and will hardly open up, especially in the presence of their husbands (Tewari & Alvarez, 2012). Most of them hence suffer in silence, and usually rush to hospital when their condition is already in a very critical stage. Because of smoking, these women have shown a high prevalence for lung cancer and diabetes. Lung cancer among immigrants, in general, is about 18% higher than that of Caucasians (Foo, 2004). On the other hand, Chinese –American women have shown a higher rate of lung cancer than Caucasians by about 22.3%. In the year 2006 and 2007, diabetes was the 7th leading cause of death among American women; it was ranked 5th among immigrants (Brecht, 2008).

**Applying PEN 3 Model**

**Perceptions**

Chinese-American women and most immigrants have various attitudes, ideas and levels of knowledge that may hinder them from trying to look for a solution to their problems (Dutta, 2008). First, they believe that men should be respected, and that their actions should not be questioned by a woman. They believe that they are inferior to these men. For these reasons, they do not fight back or try to take steps that will protect them against being battered by their husbands. Besides, these women do not see anything wrong with excessive smoking; they smoke to get high and forget about their problems. This means that they see smoking as something positive, and hence dismiss the negative consequences of excessive smoking (Foo, 2004). A lot of counseling is hence needed to help these women understand their rights, as well as alternative ways of dealing with their problems.

**Enablers**

There are several positive and negative enablers for this group of people. First, there are human right groups that can help fight advocate for the rights of these women (Tewari & Alvarez, 2012). There is also knowledge that excessive smoking is dangerous to one’s health. On the other hand, members of their extended families play a big role in making these women to stick to their culture, including the harmful ones. There is also fear of being a disowned by the society, once they fall out with their culture.

**Nurturers**

Most of these immigrant women come from backgrounds that are culturally conservative. This means that for many of them, western cultures are difficult to accommodate, and they still keep practicing their cultural beliefs (Terari& Alvarez, 2012). Most of them live in the same area, so that they can provide emotional support to each other. They also keep talking to their elders, who encourage them to persevere and respect their cultures. For that reason, they continue growing deep into their cultural beliefs, even though they are in an alien country.

References

Brecht, A. (2009). *Health promotion at the community level: New advances.* New York: Sage Publishers.

Dutta, A. (2008). *Communicating health: A Culture-centered approach*. New York: Polity.

Foo, L. (2004). *Asian American women: Issues, concerns, and responsive human and civil rights advocacy*. New York: iUniverse Press.

Tewari, N., & Alvarez, A. (2012).*Asian American psychology: Current perspectives*. London: Psychology Press.