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South Asian Family Approaches to Disease

Stress, Social Isolation and Loneliness among People with Serious Illness and Their Family Caregivers

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Health Risk Factors for Loneliness

- **100+ million adults** in the United States have a serious or chronic condition
 - E.g., cancer, heart disease, and dementia
- **53 Million adults** are family caregivers of these adults
 - Having a caregiver improves outcomes
- **Both groups are at high risk for social isolation and loneliness**
 - Amplified among minoritized groups because of cultural and language barriers
- In San Mateo county, the top 3 racial/ethnic groups are White (37.0%) followed by Asian (30.3%) and Hispanic (23.9%).

What do we do?

- Governor's initiative of getting to know 6 neighbors is a great start
- We need evidence-based interventions
- My team is building a behavioral intervention for South Asian (e.g., Indian, Pakistani) families who manage breast cancer
- Looking forward to other initiatives and policies as San Mateo county leads the way!





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Thank You



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