

2026 Asian American, Native Hawaiian, Pacific Islander (AANHPI) Heritage Month



SAN MATEO COUNTY HEALTH
**BEHAVIORAL HEALTH
& RECOVERY SERVICES**

Kristie Lui & Tia Bell
Office of Diversity and Equity
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Why This Work Matters:

Asian American Adults in SMC:

- Only 33% of Asian adults know where to access drug treatment (lowest among all groups)
- 11.7% reported high stress levels in a typical day

Pacific Islander Adults in SMC:

- 17% of Pacific Islander adults have no one to turn to for help (highest among all groups)
- 39.8% reported prolonged depression
- 14% reported suicidal thoughts in the past year

Asian Americans and Pacific Islanders are the least likely to seek professional help for mental health or emotional problems than the overall SMC population.

San Mateo County Health and Quality of Life Survey (2022): San Mateo County. (2022). *Health and Quality of Life Survey. San Mateo County*

All Together Better: San Mateo County. (2022). *All Together Better: Health and Quality of Life Indicators.*
<https://www.smcalltogetherbetter.org>



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Community-Led Solutions:

CHI

- Chinese Resource Guide
- Lunar New Year: Year of the Horse Celebration
- Pilot Site Tours

FMHI

- Increased Outreach and Accessibility Communication
- Community Asset Mapping
- Community Partnership Collaborations

PII

- Youth & Community Trainings
- Community Engagement & Wellness
- Partnerships & Cultural Connection



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Community Partners:

Alyson Suzuki (Unitedly); Francesca Reyes (Community Leader); Epi Aumavae (Samoan Solutions)

Lived Experience Speaker:



**Michelle Chee (She/Her)
Health Ambassador**



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