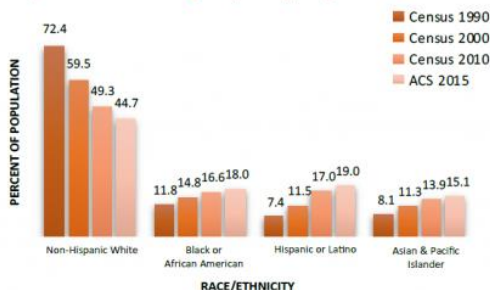


Montgomery County Asian American Community A Snapshot of Palliative Care and End of Life Challenges and Opportunities

ASIAN AMERICAN DEMOGRAPHICS:

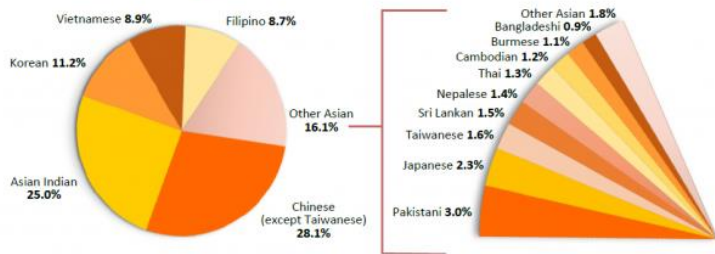
According to the 2017 American Community Survey (ACS), Asian Americans constitute 15.2% (161,254) of Montgomery County's population.

Population Trends in Montgomery County, Maryland



Sources: 2015 American Community Survey (ACS), 2010 Census, 2000 Census, 1990 Census, U.S. Census Bureau

Asian American Subgroups



*Please note that the percentages have been rounded
Source: 2017 American Community Survey (ACS), US Census Bureau

Asian American older adults are the largest minority subgroup among Montgomery County's 65+ age group. The Asian American community includes many different cultures and languages.

Source: [Asian American Health Initiative](#)

Recent national data suggest the following:

Advance Care Planning: A 2023 survey of Americans found that about one-third of Asian Americans were uncertain of where to turn for information about documenting their end-of-life wishes and values. This same study found:

- Forty-one percent of Asian Americans surveyed indicated that they knew the type of end-of-life care they wished to receive, but only 7% had documented these goals.
- Conflicting cultural values and belief systems around the end of life may be a leading reason that Asian Americans are potentially less likely to have advance care planning conversations with a clinician or family member.
- Misconceptions about hospice and palliative care may be fueling utilization disparities among this demographic.

Palliative Care: Along with Hispanic and African Americans, Asian Americans (AAs) tend to report lower utilization rates of Palliative Care services than non-Hispanic Caucasians.

- Symptoms tended to be underreported/undertreated due to several cultural barriers. Despite limited research, studies suggested that AAs hid their pain instead of seeking help, leading to underestimation of the patient's symptom severity by family caregivers and healthcare providers.
- Many Asian cultures emphasize collective decision-making and the importance of taking care of ones parents and elders within the community. Religious beliefs, including Buddhism, Islam, and Hinduism may also have an impact on attitudes and beliefs toward treatment preferences and symptoms.
- Most Asian American's had low knowledge of and few experiences with hospice care, leading to low utilization of hospice.

While Asian Americans comprise over 15% of the County's population, recent data show only 6.5% of County hospice patients were Asian. ([Maryland Health Care Commission,, Hospice Use FY 2021 Tables and Charts](#))

Caregivers: Compared with caregivers of non-Hispanic whites, caregivers of Asian decedents reported unmet needs for caregiver support and lack of respect for cultural traditions and religious/spiritual beliefs.

- Almost half of these respondents indicated that they did not always experience respect for their cultural traditions or respect for their religious and spiritual beliefs.

Resources:

[Voice Your Choice – Advance Care Planning Tool in Multiple Languages](#)

[Montgomery County Asian American Health Initiative \(AAHI\)](#)

[AAHI Resource Library](#)

[Chinese Cultural and Community Services Center](#)

[Pan-Asian Voluntary Health Clinic](#)

[Mobile Medical Korean Community Service Center / KAMMSA](#)

[Mobile Medical IBN Sina Clinic at Islamic Education Center](#)

[Muslim Community Center Clinic](#)

[Chinese American Coalition for Compassionate Care](#)

[Culture and Death in Asian Americans and Pacific Islanders](#)

[American Psychological Association – Culturally Diverse Communities and Palliative and End of Life Care](#)