



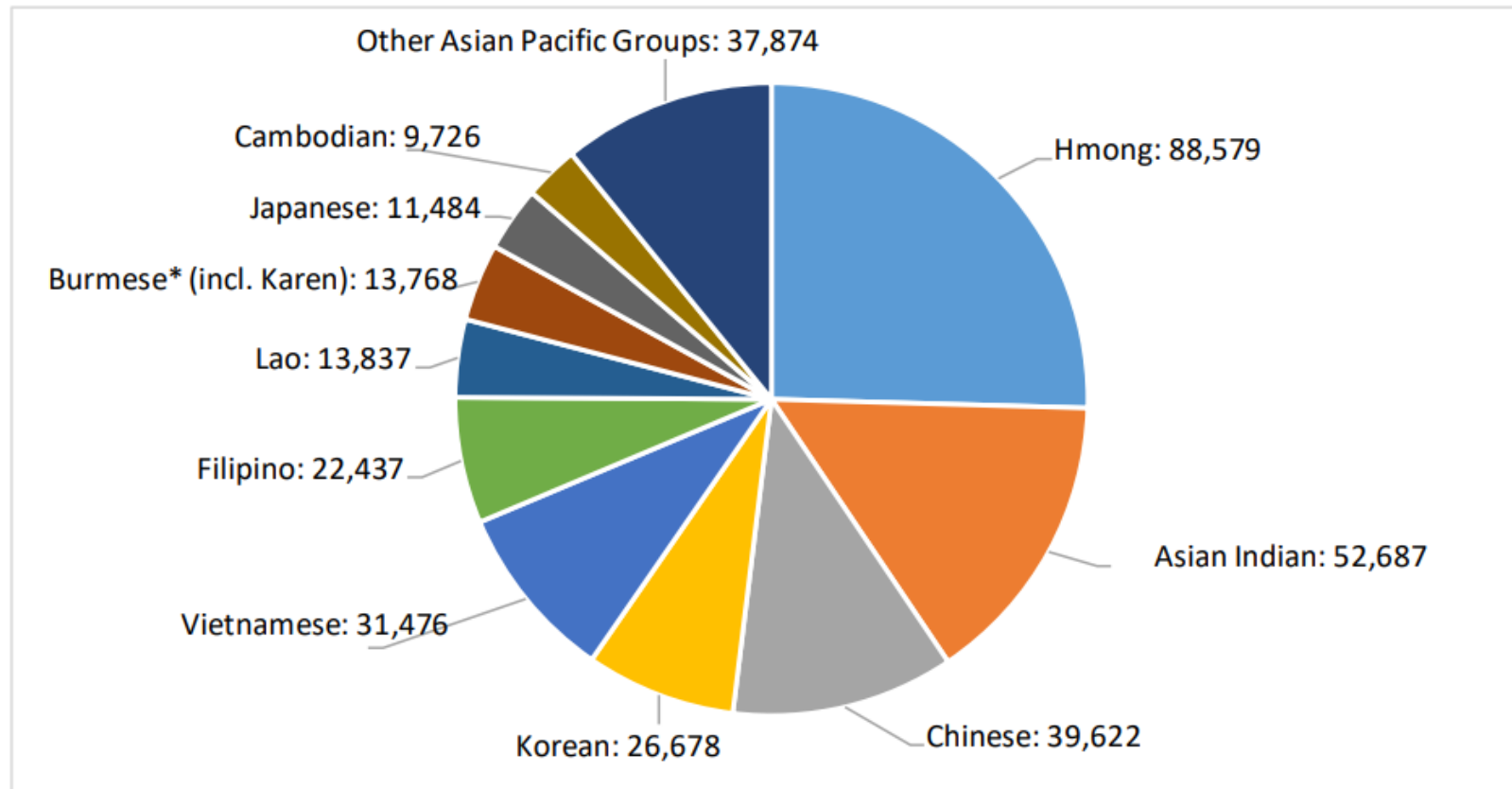
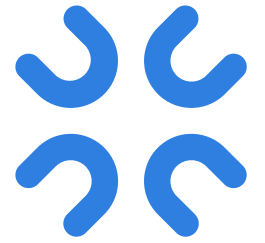
Understanding the Diversity within - AAPI Voices on Culture, Care, and Mental Health

A UCare Employee Panel led by Equity & Inclusion

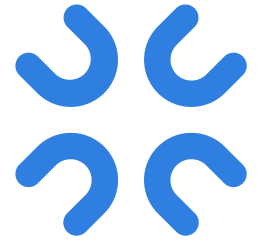


By the Numbers

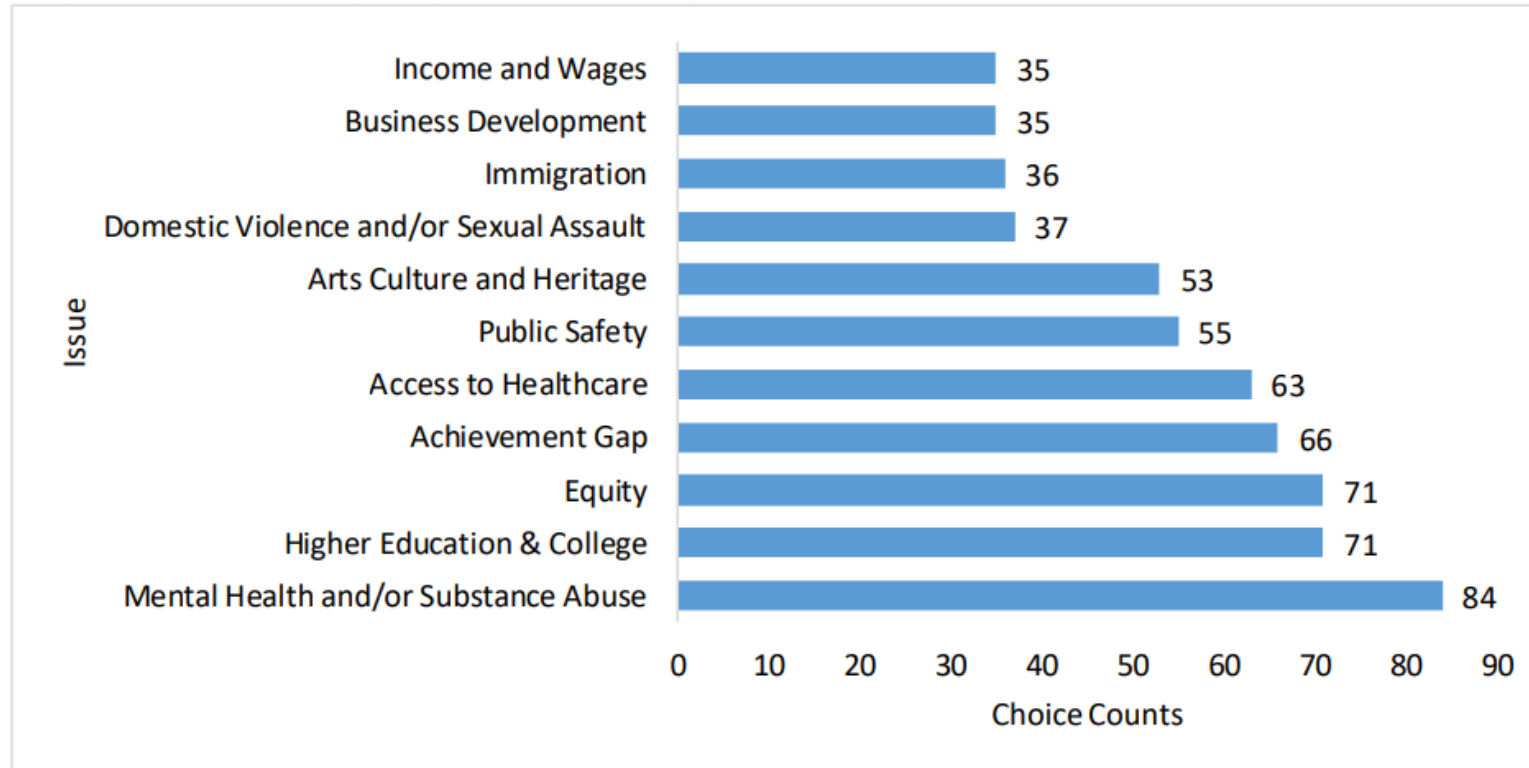
Asian Pacific Minnesotan Population Size, by Ancestry or Ethnic Origin.



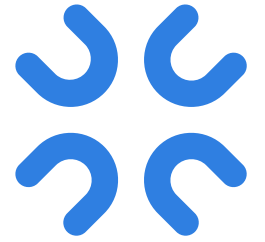
Ten Most Frequently Selected Priority Issues



Graph 4. Ten Most Frequently Selected Priority Issues.



AAPI Membership at UCare



MSHO & MSC +

- 4,749 (15.0%)
 - 6.4% Speak Hmong
 - 1.6% Vietnamese
 - .8% Lao

Connect & Connect+ Medicare

- 2,718 (6.3%)
 - 56% are non-English proficient speakers
 - 2.9% speak Hmong





Cultural Profiles

Hmong



Geography:

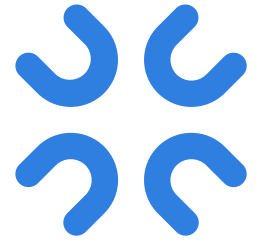
- 18th and 19th centuries: Laos, Vietnam, Thailand and Burma.
- Major communities in United States:
 - Minnesota (especially the Twin Cities and cities like St. Paul)
 - California (Fresno, Sacramento, Merced)
 - Wisconsin (Milwaukee, Wausau, La Crosse)
 - Others: North Carolina & Michigan

Languages:

- White Hmong (Hmoob Dawb): Known for softer tones and more nasal pronunciation.
- Green Hmong (Hmoob Ntsuab): Has slightly different vocabulary and tones; spoken in parts of Laos and by many Hmong Americans.

Major festivals:

- Hmong New Year, known as "Noj Peb Caug" (literally "Eat Thirty")



Cuisine style:

- Influenced by the regions -- mainly China, Laos, Vietnam, and Thailand.
- Staple foods: Sticky Rice (Mov Nplaum) and White Rice (Mov Dawb).
- Popular Dishes: Boiled Chicken with Herbs (Qaib Hau) or Boiled Pork with Mustard Greens

Cultural Beliefs that most people share/practice:

- Spiritual and Ancestor Belief System.
- Soul (Plig) Beliefs.
- Clan System.
- Family & Respect for Elders.
- Marriage and Gender Roles.
- Funeral Rites and Afterlife.
- Herbal Medicine and Natural Healing.
- Fate and Destiny. Modesty and Privacy.

Vietnamese



Geography:

- Officially the Socialist Republic of Vietnam. At eastern edge of mainland Southeast Asia, shares borders with China (north), Laos and Cambodia (west), and the South China Sea to the east and south.
- Many of the Vietnamese Americans immigrated to the US following the end of the Vietnam War in 1975.
- 2.3 million Vietnamese Americans.
 - Major communities in California and Texas.

Major festivals:

- Tết is the Vietnamese New Year, the most important festival in Vietnam
 - Marks the beginning of the lunar calendar.
 - Time for family reunions, honoring ancestors, and wishing for good luck in the new year.

Languages:

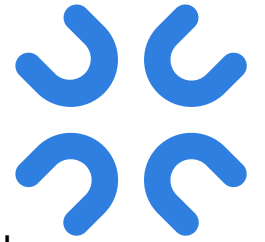
- Vietnamese is national language
- Minority groups also speak a variety of other languages such as Tay, Muong, Khmer, and Hmong.

Cuisine style:

- Rice is the staple food
- Rice noodles also highlight Vietnamese cuisine with lots of soup dishes.
- Cuisine is based around five fundamental taste "elements" including: spicy; sour; salty; sweet, and sometimes bitter.
- Street food is one highlighted characteristics around the world.

Cultural Beliefs that most people share/practice:

- Spiritual and ancestor worship
- Respect for community and family values
- Manual labor beliefs (agriculture; crafting/artisan, street vendors economy....)



Korean



Geography:

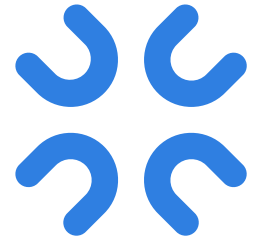
- Both N. & S. Korea occupy the southern portion of the Korean peninsula.
- South Korea is bordered by the N. Korea (north), the East Sea (Sea of Japan) (east), the East China Sea (south), and the Yellow Sea (west); to the southeast it is separated from the Japanese island of Tsushima by the Korea Strait.
- South Korea makes up about 45 percent of the peninsula's land area.
- The capital is Seoul.

Languages:

- Korean

Major festivals:

- Chuseok (Korean Thanksgiving)
- Seollal Lunar New Year

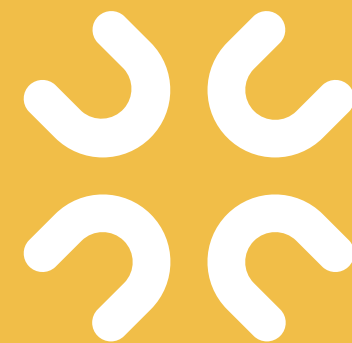


Cuisine style:

- Korean cuisine, a vibrant and flavorful part of Korean culture, is known for its unique use of spices, sauces, and fermentation techniques.
- It's a diverse culinary tradition that emphasizes balance, with a focus on fresh vegetables, rice, and fermented foods like KIMCHI.

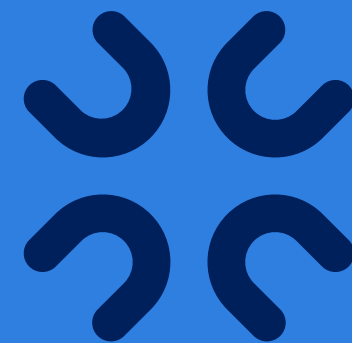
Cultural Beliefs that most people share/practice:

- Korean culture is a vibrant mix of traditional customs and modern influences.
- It is shaped by Confucian values,
- Respect for family
- Rich arts
- Delicious cuisine
- Global trends like K-pop and K-dramas.



Voices on Culture, Care, and Mental Health

UCare Employee Panel with Vu Do, Cindie Kouame, & Shua Vajmim



Wrap Up

Evaluation and Contact Information

Please take a moment to share feedback

Understanding the Diversity Within AAPI: Voices on culture, care & mental health

May 29, 2025

Scale of 1-5 with one being lowest and five highest.
Thank you for sharing your feedback!



Understanding the Diversity
Within AAPI: Voices on culture,
care & mental health



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