Chinese older adults are confronting significant life challenges and health disparities due to multiple social, structural, cultural and linguistic barriers, discussed throughout this report. Nevertheless, these health challenges also represent tremendous opportunities for family members, community stakeholders, researchers, health professionals, social services agencies and policy makers to work in concert to improve the health and well-being of this vulnerable population.

- **DISEASE PREVENTION AND EARLY INTERVENTION** Targeted efforts are needed to identify at-risk older adults and provide early intervention and preventive measures. The promotion of successful and healthy aging is especially critical.

- **ACCESS TO HEALTH CARE SERVICES** Culturally and linguistically appropriate care resources are needed for medical and mental health services. There is a need to eliminate access barriers through: affordable insurance coverage, literacy and linguistically appropriate communication and education about services and insurance options, improved transportation options, and culturally appropriate care.

- **FAMILY-CENTERED HEALTH ALLIANCE** Family members’ deeper understanding of their aging parents’ needs is critical in promoting healthy aging. It is imperative to help nurture and support intergenerational relations and filial piety values.

- **COMMUNITY SOCIAL SERVICES** Community-based organizations are well-positioned to provide older adults with bilingual services, social activities, and care programs. Initiating community-based health-related activities is effectively promote successful aging.

- **PUBLIC AWARENESS AND EDUCATION** We need to expand health promotion programs with the intent of raising awareness and the level of health knowledge. Efforts to educate older adults with respect to under-recognized medical conditions, including psychological distress and elder abuse issues, are particularly crucial.

**HEALTH PROFESSIONAL EDUCATION AND TRAINING** Culturally grounded education will help ensure that more Chinese older adults and families can receive necessary health services. The trainings must emphasize the unique medical, social, and cultural complexities of vulnerable Chinese older adults.

**CITY AND STATE EFFORTS** There is a need for city council and governor appointed commissions to systematically examine the state-of-care for Chinese older adults through existing city and state services.

**FUNDING SUPPORT** The city and state need to better support grass-roots community organizations. We need the private philanthropic foundations, NIH, CDC, and SAMHSA to support a wide range of community engaged research including CBPR and to devote culturally sensitive intervention and prevention strategies.

**POLICY REFORM** We need to work with policy makers on relevant national policies (Older Americans Act, Elder Justice Act, among others) to ensure that linguistically and culturally appropriate services are provided to protect vulnerable older adults. We need to work with DHHS (AoA/ACL, CDC, CMS, SAMHSA, and ASPE) to examine the relevant existing programs and services that can potentially impact the health of the diverse and rapidly growing Chinese populations. We need the broad support of state and federal law makers to integrate the importance of diversity and culture in existing and future legislation to support our increasingly diverse aging populations.

**FUTURE RESEARCH**

**The PINE Report** is only our first step towards understanding the dynamics of health and well-being among Chinese older adults. An expanded research agenda is needed to deepen our understanding of the biological, behavioral, familial, social, and cultural factors that predispose Chinese older adults to these health disparities. We need to conduct longitudinal studies to examine how the health status of these older adults changes over time in order to better understand risk and protective factors associated with health disparities.

In addition, it will be imperative to understand the intergenerational perspectives on the health of older adults from viewpoints of adult children or other key family members. Moreover, due to the vast diversities within the Chinese populations, we need national and international studies to provide in-depth information on the health of the global Chinese aging populations.

**REFERENCE LIST**


CONCLUSION

Over the last 180 years, Chinese populations have contributed greatly to the contemporary U.S. society and have continued to grow rapidly. Despite scientific and medical advances, U.S. Chinese older adults experience disproportionate health disparities, which further limit them from benefiting from these advances. Through this largest cohort of Chinese older adults ever assemblers in Western countries, The PINE Report illustrates the physical, psychological, and social challenges, barriers, and stressors of their daily lives. We call for increased family and community care, improved delivery of care, expanded research agendas, practice changes and policy reform for our vulnerable populations. As a study participant stated, “We want to reflect our opinions so that the government can have improvement. Any social problems can be improved upon. We just need to express it.” Chinese older adults have voiced their needs. Now, it’s our turn to make a difference.