Asian Americans and Pacific Islanders are the fastest growing population in America. **There are over 24 million AAPIs in America (and counting!),** representing 50 ethnic groups and 100 languages.

AAPIs make up 7.3% of the U.S. population.

Only **2%** of NCAA athletes are Asian-American.

In a 2020 study, these students reported being impacted by the "model minority" myth has been detrimental to reaching out and asking for help.

Compared to other racial/ethnic groups of athletes, **AAPI student athletes have a higher rates of depression and suicide.**

**56.7%** of the overall population will not receive treatment for mental health

**73.1%** of AAPIs will not receive treatment for mental health

Supporting details

- Many Asian/Pacific Islander cultures consider mental health taboo, making it harder to ask for help.
- Over 10% of all AAPIs in America are below the poverty level, and less than 6% are uninsured.
- Over 30% of AAPIs report having a "poor English proficiency" making it difficult to find a provider.

Impact of the COVID-19 Pandemic

AAPIs were targeted during COVID-19, and were blamed for the pandemic.

**OVER 9,000 HATE CRIMES & ASSAULTS** occurred, and AAPIs reported significant anxiety and fear in daily life.

www.athletesforhope.org | @athletesforhope | contact@athletesforhope.org
AAPI Mental Health Resources

Asian Mental Health Collective
asianmhc.org

Asian & Pacific Islander American Health Forum
apiahf.org

Chinese American Family Alliance for Mental Health
cafarmh.org

GAPIMNY - Empowering Queer & Trans Asian Pacific Islanders
gapimny.org

References:


