A Brief Introductory Guide to the Discrimination Faced by the Asian American Community from the 19th Century to the Present

Tayler Gulbrandson
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A special thanks to my mentor, Dr. Dwaine Plaza, for guiding me through the process of creating this project.

Thank you to Dr. Patricia Sakurai and Dr. Juan Hu for being committee members and for your willingness to answer my questions throughout the thesis process.

Thank you to Rebecca and Larry Landis for the resources and guidance you provided me with.

Thank you to my parents and brother for reading countless drafts of my thesis and for providing me with feedback and support throughout the process.
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**References**
Hello, my name is Tayler Gulbrandson and I along with the guidance of Dr. Dwaine Plaza created this brief introductory guide to the discrimination faced by the Asian American community from the 19th century to the present.

This project began in 2021 after the Atlanta Spa shootings where eight people were tragically murdered, six of them being Asian women. I felt immensely heartbroken when this hate crime occurred. I, as a white woman, remember reflecting on how little I knew about the discrimination the Asian American and Pacific Islander (AAPI) community faces and how I was disappointed in myself for not being a better ally to the AAPI community.

During the summer of 2021, I began talking to my family about how I wished the education system in the United States valued teaching critical race theory more. I discussed with them my desire to create a guide on the research and statistics everyone in the United States should know regarding the discrimination the AAPI community has faced in the United States. When I shared this idea with my family, my dad began talking about how I would need to make the guide easily understood by the average person like him who doesn't have a research background but does have a
strong desire to learn about the experiences of the AAPI community.

Following this conversation, I made it my goal to have my undergraduate honors thesis be a guide about the discrimination experienced by the AAPI community in the United States. I wanted the guide to be easily understood by anyone ages 12 and up. I have done my best to use charts, graphs, tables, and bullet points in this guide to make the information as easily understood as possible.

This guide is meant to be used in workplaces, schools, and homes to foster a conversation about the experiences of members of the AAPI community. Whether you have a vast knowledge of the AAPI community's experiences or have no knowledge at all, this guide will hopefully allow you to explore something new.

This guide's title purposefully includes the word "introduction" to communicate that this is not an exhaustive guide to the experiences and history of the AAPI community in regard to discrimination. This guide includes key historical events, with that being said, there were events that I missed or was not able to include due to this guide being a brief introduction rather than a complete history.

Additionally, there were several studies that I felt were important to include that did
not use language that was as culturally sensitive as I would have liked. I have taken
care to do my best to use language that would convey the utmost respect toward the
AAPI community, although there were certain studies that used culturally insensitive
language that were important to include due to their content. These studies had
unfortunately not been replicated with more appropriate language.

It is also crucial to acknowledge that this guide does not represent every group within
the AAPI community adequately due to the lack of sources available. There is not a
sufficient amount of research done on the experiences of the AAPI community in
general. There is a particular lack of sources regarding nearly every group in the AAPI
community, with Japanese and Chinese American data being the most accessible.
Specifically, there is a lack of data regarding the Pacific Islander community. I
acknowledge that this lack of data on certain groups is reflected in this guide. If there
are research studies that readers think would be good additions to future drafts of this
guide, I welcome suggestions, please email me at: AAPIGuideSuggestions@gmail.com.

Lastly, I think it is important to acknowledge the conceptual baggage I bring to
creating a project like this. I am white, 23 years old, and a woman. I identify with both
American and Faroese cultures. Although I grew up in a suburban town outside of
Portland, Oregon, my Faroese grandmother taught me and all of her children and grandchildren Faroese traditions that we regularly practice. Some of the privileges I hold are that I am middle-class, able-bodied, I have moderately high social and cultural capital, I will not experience racial discrimination in my life, and thus far in my life I have not experienced significant financial hardship. I also received a privileged education due to growing up in a wealthy community where I attended highly ranked public schools during my K-12 education. My only personal experiences of discrimination have been towards my gender. I think it is important to acknowledge the privilege I have experienced as a white person and that people may see me writing this guide as a non-AAPI person to be insensitive. While I am an ally to the AAPI community, I am not a part of the AAPI community myself and will never understand what it is like to live in the United States as a minority or as a member of the AAPI community.
FAQs

What does AAPI or API stand for?

AAPI: Asian American and Pacific Islander
API: Asian/Pacific Islander

How many people identifying as Pacific Islanders or Native Hawaiian live in the United States?

- Of the United States Census participants, people identifying as only Native Hawaiian or other Pacific Islanders, or identifying as Native Hawaiian or other Pacific Islanders in combination with another race was 1.6 million people or .5% of the total United States population (Jones et al, 2021)

Who is part of the Native Hawaiian and Other Pacific Islanders community?

People with ancestry in the original peoples of:

- Hawaii
- Guam
- Samoa
- Other Pacific Islands (see demographics section)

(U.S. Census Bureau quickfacts: United States)
How many people identifying as Asian live in the United States?

- 19.9 million people or 6% of all United States Census respondents identified as Asian alone

- 4.1 million respondents of the United States Census identified as Asian in combination with another race

- Of the United States Census participants, 24 million people or 7.2% of the population identified as Asian Alone or Asian in combination with another race

(Jones et al, 2021)

Who is part of the Asian community?

People with ancestry in the original peoples of:

- The Far East Region of Asia
- The Southeast Region of Asia
- The Indian Subcontinent Region

- Cambodia
- China
- India
- Japan
- Korea
- Malaysia
- Pakistan
- The Philippine Islands
- Thailand
- Vietnam
- & more

(U.S. Census Bureau quickfacts: United States)
Important Terms

**AAPI**: Asian American and Pacific Islander

**API**: Asian/Pacific Islander

**Concentration Camp**: "Internment centre for political prisoners and members of national or minority groups who are confined for reasons of state security, exploitation, or punishment, usually by executive decree or military order. Persons are placed in such camps often on the basis of identification with a particular ethnic or political group rather than as individuals and without benefit either of indictment or fair trial" (Concentration camp, n.d.).
Hate Crime: "Involves a criminal act, including violent crime such as harassment, assault, murder, arson, vandalism, or threats to commit such crimes against a person or his/her property due to their real or perceived race, color, religion, nationality, country of origin, disability, gender or sexual orientation" (Gover et al., 2020).

Internment: "Putting a person in prison or other kind of detention, generally in wartime" (Internment, n.d.).

Model Minority Myth: The Model Minority Myth is a stereotype that Asian Americans are a uniform group who have all been successful in America due to a cultural emphasis on inherited intelligence, hard work, and focus on education and familial accomplishments (Gover et al., 2020).
Demographics & The Model Minority Myth
• Asian American Demographics
• Pacific Islander & Native Hawaiian Demographics
• The Model Minority Myth
We see the following numbers of people identifying in each Asian group in the United States (consider that some respondents may be in multiple groups):

Number of Residents in the United States that Identify in Each Asian Group (2020)

(United States Census Bureau, n.d.)
### Number of Residents in the United States that Identify in Each Asian Group (2020)

<table>
<thead>
<tr>
<th>Group</th>
<th>Estimate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asian Indian</td>
<td>4,505,780</td>
</tr>
<tr>
<td>Bangladeshi</td>
<td>197,395</td>
</tr>
<tr>
<td>Bhutanese</td>
<td>27,972</td>
</tr>
<tr>
<td>Burmese</td>
<td>185,406</td>
</tr>
<tr>
<td>Cambodian</td>
<td>333,529</td>
</tr>
<tr>
<td>Chinese, except Taiwanese</td>
<td>5,121,528</td>
</tr>
<tr>
<td>Filipino</td>
<td>4,133,942</td>
</tr>
<tr>
<td>Hmong</td>
<td>323,156</td>
</tr>
<tr>
<td>Indonesian</td>
<td>129,579</td>
</tr>
<tr>
<td>Japanese</td>
<td>1,550,875</td>
</tr>
<tr>
<td>Korean</td>
<td>1,926,508</td>
</tr>
<tr>
<td>Laotian</td>
<td>257,297</td>
</tr>
<tr>
<td>Malaysian</td>
<td>34,753</td>
</tr>
<tr>
<td>Mongolian</td>
<td>28,260</td>
</tr>
<tr>
<td>Nepalese</td>
<td>170,677</td>
</tr>
<tr>
<td>Okinawan</td>
<td>15,716</td>
</tr>
<tr>
<td>Pakistani</td>
<td>550,834</td>
</tr>
<tr>
<td>Sri Lankan</td>
<td>60,838</td>
</tr>
<tr>
<td>Taiwanese</td>
<td>232,406</td>
</tr>
<tr>
<td>Thai</td>
<td>316,607</td>
</tr>
<tr>
<td>Vietnamese</td>
<td>2,167,209</td>
</tr>
<tr>
<td>Other Asian, specified</td>
<td>148,699</td>
</tr>
<tr>
<td>Other Asian, not specified</td>
<td>698,168</td>
</tr>
</tbody>
</table>

(United States Census Bureau, n.d.)
We see the following number of people identifying in each Pacific Islander or Native Hawaiian group in the United States (consider that some respondents may be in multiple groups):

Number of Residents in the United States that Identify in Each Native Hawaiian or Pacific Islander Group (2020)

- Native Hawaiian
- Other Pacific Islander, not specified
- Samoan
- Chamorro
- Other Micronesian
- Tongan
- Fijian
- Marshallese
- Other Polynesian
- Other Melanesian

(United States Census Bureau, n.d.)
### Number of Residents in the United States that Identify in Each Native Hawaiian or Pacific Islander Group (2020)

<table>
<thead>
<tr>
<th>GROUP</th>
<th>ESTIMATE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Polynesian:</strong></td>
<td></td>
</tr>
<tr>
<td>Native Hawaiian</td>
<td>619,855</td>
</tr>
<tr>
<td>Samoan</td>
<td>211,876</td>
</tr>
<tr>
<td>Tongan</td>
<td>65,037</td>
</tr>
<tr>
<td>Other Polynesian</td>
<td>23,152</td>
</tr>
<tr>
<td><strong>Micronesian:</strong></td>
<td></td>
</tr>
<tr>
<td>Chamorro</td>
<td>156,083</td>
</tr>
<tr>
<td>Marshallese</td>
<td>38,193</td>
</tr>
<tr>
<td>Other Micronesian</td>
<td>75,220</td>
</tr>
<tr>
<td><strong>Melanesian:</strong></td>
<td></td>
</tr>
<tr>
<td>Fijian</td>
<td>49,581</td>
</tr>
<tr>
<td>Other Melanesian</td>
<td>2,786</td>
</tr>
<tr>
<td>Other Pacific Islander, not specified</td>
<td>258,770</td>
</tr>
</tbody>
</table>

(United States Census Bureau, n.d.)
Model Minority Myth

- The Model Minority Myth is a stereotype that Asian Americans are a uniform group who have all been successful in America due to a cultural emphasis on inherited intelligence, hard work, and focus on education and familial accomplishments.

- This myth does not consider the diversity within the Asian American community and lumps in the entire Asian community in the United States as having a singular experience.

- The model minority myth also hides that Asian Americans are often faced with being viewed as having "permanent foreigner status".

- This myth can be used to mask the issues of racism that exist in the United States. The myth seeks to assert that hard work is the reason why Asian Americans have been successful and does not consider that while certain groups of Asian Americans are doing well socioeconomically, other groups of Asian Americans are not. This myth also refrains from confronting the reality of the discrimination the AAPI community faces as a whole.

(Gover et al., 2020)
In your own life, do you notice people believing the stereotype that the Asian American community is a Model Minority?

What negative impacts is the Asian American community experiencing due to the Model Minority Myth?

Using the internet, find 3 examples of stories of discrimination experienced by Asian Americans that are related to the Model Minority Myth.

Reflection Questions:

1. In your own life, do you notice people believing the stereotype that the Asian American community is a Model Minority?

2. What negative impacts is the Asian American community experiencing due to the Model Minority Myth?

3. Using the internet, find 3 examples of stories of discrimination experienced by Asian Americans that are related to the Model Minority Myth.

Consider Watching: "Why Do We Call Asian Americans The Model Minority?" to Learn More About the Model Minority Myth

https://www.youtube.com/watch?v=PrDbvSSbxk8

(AJ+, 2017)
Asian American Historical Timeline

1851
By 1851, 25,000 Chinese miners had arrived in California to mine gold

1875
The Page Law is put in place

1882
The Chinese Exclusion act is passed

1917
Immigration Act of 1917 is passed by congress

1941
Attack on Pearl Harbor

(A different asian american timeline, n.d.)
(A&E Television Networks, 2021)
(Japanese American Internment, n.d.)
1942 Executive Order 9066 was signed by FDR

1942 The War Relocation Authority is established

1942 Japanese Americans living on the West coast were given orders to report to a Control Station for instructions on when they would be taken to a concentration camp

1965 Immigration & Nationality Act of 1965

2020 COVID-19 Pandemic

(Immigration and nationality act of 1965, n.d.)
(Covid-19 pandemic timeline fast facts, 2022)
Chinese miners arrived in California after the discovery of gold in California. 25 thousand Chinese miners had arrived in California by 1851 (A&E Television Networks, 2021).

The Chinese miners were faced with unstable work, hostility from the locals, and a language barrier (A&E Television Networks, 2021).

Many Chinese miners faced dangerous conditions and low wages, especially the 10,000 miners employed by Central Pacific Railroad who were building the Transcontinental Railroad (A&E Television Networks, 2021).

Once there weren't any more Chinese laborers in California left to recruit to work on the Transcontinental Railroad, laborers were recruited from China (Fuchs, 2019).

After laborers were recruited in China, almost 90% of Central Pacific's workforce was Chinese (Fuchs, 2019).
The Transcontinental Railroad

Chinese laborers working on the railroad:

(Fuchs, 2019)
• The Page Act was enacted in 1875 and prohibited recruiting labor from "China, Japan, or any Oriental country" if the person migrating was coming to the United States for "lewd and immoral purposes" or not being brought to the United States by their own choice.

• The Page Act banned importing women for prostitution.

• The Page Act resulted in extreme interrogations at the Angel Island Immigration Station.

• The Page Act prevented Chinese women from entering the country and therefore prevented Chinese men from beginning their own families in the United States.

(A&E Television Networks, 2021)
Angel Island Immigration Station

Immigrants from Japan being examined on a ship docked at Angel Island Immigration Station by United States Immigration officials in 1931:

(Wallenfeldt, n.d.)
President Chester Arthur signed the Chinese Exclusion Act, which banned Chinese workers from coming into the United States and banned immigrants from China from receiving American Citizenship.

The Chinese Exclusion Act is particularly relevant because it was only overturned in 1943.

Congress extended the Chinese Exclusion Act every 10 years while it was in place until 1943.

The Chinese Exclusion Act was overturned due to labor shortages in the United States during World War II and as an effort to strengthen ties with China as an ally during World War II.

Examples of Propaganda Related to The Chinese Exclusion Act

(The only one barred, n.d.)

(The Chinese Exclusion Act: Resources, 2020)
The Immigration Act was passed by Congress in 1917.

The Immigration Act created an "Asiatic Barred Zone". This act barred the following groups of people:
- Chinese
- Thai
- Asian Indians
- Burmese
- Malays
- And More

Japanese immigrants were not included on the barred list because there were already restrictions on Japanese immigrants in place.

The Philippines was also not included on the barred list because the Philippines was a United States territory at the time.

(A&E Television Networks, 2021)
Map of the Asiatic Barred Zone Put in Place By the 1917 Immigration Act

(Cheng, n.d.)
ATTACK ON PEARL HARBOR

December 7th, 1941

- On December 7th, the Japanese attacked the United States naval base located at Pearl Harbor on the island of Oahu (Business Insider, 2020)

- 2,403 people died in total during the attack on Pearl Harbor, 2,335 military personnel and 68 civilians were killed (How many people died at pearl harbor during the attack?, n.d.)

- 4 battleships were sunk during the attack (Business Insider, 2020)

- President Franklin D. Roosevelt described the attack as, "A date that will live in infamy" (World War II facts, n.d.)

"A date that will live in infamy"

- Franklin D. Roosevelt (32nd U.S. President)

- The day after the attack on Pearl Harbor, December 8th, 1941, the United States formally declared war against Japan
  - This was the United States' entrance into World War II

(World War II facts, n.d.)
One of the Japanese planes flying over Pearl Harbor as smoke fills the area (Business Insider, 2020).

Battleship Row on December 7th. Battleship Row was a series of 8 battleships (Business Insider 2020 & U.S. Department of the Interior, n.d.).

The USS Arizona, one of the battleships on Battleship Row sinking on December 7th. 1,177 sailors and marines died on the USS Arizona. The USS Arizona is still at the bottom of Pearl Harbor (Business Insider, 2020 & U.S. Department of the Interior, n.d.).

The USS Tennessee and the USS West Virginia on December 7th, 1941. Both battleships were eventually able to be repaired after the attack (Business Insider 2020 & U.S. Department of the Interior, n.d.).
Prior to Executive Order 9066, in the earlier days of February 1942, curfews were imposed on Japanese Americans in 12 zones along the Pacific coast that were created by the War Department.

Executive Order 9066 was signed by President Franklin D. Roosevelt on February 19th, 1942.

- Executive Order 9066 allowed the United States military to exclude people from specific areas.

(Japanese American internment, n.d.)
WAR RELOCATION AUTHORITY (WRA) WAS ESTABLISHED
March 18th, 1942

- The WRA's mission was to:
  2. Surround the people they had detained with troops.
  3. Block them from purchasing land.
  4. Return them to their former homes once WWII had ended.

(Japanese American internment, n.d.)

- All people with Japanese ancestors, including children and the elderly, were thought to be possibly spying on the United States government at this time regardless of the lack of proof that anyone with Japanese ancestry was spying on the United States government.

- As a result of the WRA, 120,000 Japanese Americans were forced to go to concentration camps.

(A&E Television Networks, 2009)
JAPANESE AMERICANS LIVING ON THE WEST COAST WERE GIVEN AN ORDER TO REPORT TO A CONTROL STATION

March 31st, 1942

- At the control stations, Japanese Americans gave the names of their family members and were given instructions on when they were going to be taken to a concentration camp.

- Japanese Americans were given notice 4 to 14 days before they were illegally incarcerated.
  - During this time, Japanese Americans had to sell belongings, businesses, and properties.

  (Japanese American internment, n.d.)

- Those transported to one of the 10 concentration camps were split into three groups Nisei ("Native U.S. citizens of Japanese immigrant parents"), Issei ("Japanese immigrants"), and Kibei ("native U.S. citizens educated largely Japan").

  (A&E Television Networks, 2009)
These flyers were hung in California and flyers like this were hung in areas where those with Japanese ancestry were forced to go to concentration camps.
Following Executive Order 9066 and the establishment of the WRA, 120,000 Japanese and Japanese American people were illegally incarcerated by the government on the West Coast based on their race.

- Incarceration lasted up to 4 years.
- Those incarcerated did not receive due process.
- Half of those who were incarcerated were children.
- Japanese Americans that were incarcerated left their homes and jobs.
- Families were often separated and sent to different camps.
- There was inadequate healthcare in the camps which resulted in the premature deaths of many.

(Internment history, n.d.)
In 1988 President Reagan signed the Civil Liberties Act of 1988 after it was passed by Congress. **The Civil Liberties Act of 1988 addressed the injustice of the Japanese American concentration camps, apologized for those injustices, and gave each person who was illegally incarcerated $20,000** (National Archives, n.d.).
The Immigration & Nationality Act of 1965 was signed by President Lyndon B. Johnson in 1965.

Prior to this act being put into place, there was a quota system that put restrictions on immigration from everywhere except Western Europe.

Following the Immigration and Nationality Act, immigrants from Asian countries were able to immigrate to the United States in higher numbers due to restrictions being lifted.

Almost a half million people were immigrating to the United States annually following the passage of the Immigration and Nationality Act.

The Immigration and Nationality Act increased immigration from Asia.

(Immigration and nationality act of 1965, n.d.)
• On January 21st, the first case of COVID-19 was identified on U.S. soil

• On February 6th, 2020 the first COVID-19 related death in the United States was reported.

• On March 11th, 2020 the World Health Organization (WHO) declares the outbreak of the COVID-19 virus to be a pandemic.

• The death toll in the United States from COVID-19 passed 500,000 people on February 22nd, 2021.

(Covid-19 pandemic timeline fast facts, 2022)

• Since the COVID-19 pandemic began to February 28th of 2021, 3,795 anti-AAPI hate incidents have been reported (2020-2021 national report, 2021).

• Please see the section "Contemporary Hate crimes & Verbal Attacks" for more information on the discrimination experienced by the AAPI community during the COVID-19 pandemic.
Discrimination Experienced by Japanese American Students at Oregon State University
• Jack Yoshihara
• Eugene Okino
• Ruth Nomura
Prior to Executive Order 9066, in January of 1942, Jack Yoshihara, an Oregon State student and football player was unable to travel to Durham, North Carolina with the football team to play Duke in the Rose Bowl.

Yoshihara was unable to travel to North Carolina because at the time anyone with Japanese Ancestry was unable to travel more than 35 miles from their home.

Despite not being able to travel to the Rose Bowl, Yoshihara was included in OSU's Rose Bowl photo.

Yoshihara also received their Rose Bowl ring over 40 years later in 1985.

In 1942, after Executive Order 9066, Yoshihara was forced to go to the Mindoka Internment camp in Idaho.

- Yoshihara had to withdraw from Oregon State College at this time.

(Landis, 2012)
The Rose Bowl Program of 1941, Jack Yoshihara is featured in the bottom left corner.

(Rose Bowl program, 1942)
Jack Yoshihara Received an Honorary Degree at Oregon State University's Commencement Ceremony in 2008

- House Bill 2823 was signed by the Governor of Oregon, Ted Kulongoski, on May 31st, 2007.

"The bill allowed state institutions of high education to award honorary post-secondary degrees to individuals, or their next-of-kin, who were forced to leave college and evacuate to an internment camp"

- 42 Japanese American Students who attended Oregon State College (Oregon State University's former name) that were forced to withdraw from OSC due to forced evacuation, received honorary degrees at Oregon State University's 2008 commencement. Five of the students receiving honorary degrees attended commencement in 2008, including Jack Yoshihara.

(Cripe, 2008)
During the Winter term of 1966 at Oregon State University, the Beta Pi chapter of Sigma Chi fraternity agreed to pledge Eugene Okino.

During Spring term of the same school year, Okino completed his pledging requirements. When the regional director received Okino's pledge initiation report, they requested that the President of Beta Pi send letters to chapter alumni for comments on a non-white student joining their fraternity.

This letter received backlash from Oregon State University and risked the continuance of the Beta Pi chapter.

An alumnus in San Diego replied to the letter, saying: "There is nothing wrong with our adhering to our own kind in a social situation as close as Sigma Chi".

Okino was eventually initiated into Sigma Chi in March of 1967. Okino graduated with a degree in engineering in 1969.
Ruth Nomura was born in Portland, Oregon on October 15th, 1907 and attended Jefferson High School (Landis, p. 293).

Nomura’s parents immigrated to the United States from Japan in 1903 (Tanbara, Ruth Nomura (1907–2008), n.d.).

Nomura attended Oregon State Agricultural College (now called Oregon State University) and graduated with a bachelor's of science in home economics (Landis, p. 293).

Nomura was among the first Nisei students to graduate from Oregon State.
  - **Nisei** means the child of Japanese immigrants.
    - (Landis, p. 293 & Merriam-Webster, n.d.)

Nomura and her husband, Earl, avoided going to the Japanese concentration camps after President Roosevelt's Executive Order 9066 by moving to Minneapolis, Minnesota (Landis, p. 293).

- **Nomura and her husband helped over 100 Japanese Americans leave the concentration camps and move to Minnesota** (Landis, p. 293).
(Tanbara, Ruth Nomura (1907–2008), n.d.)
DISPARITIES
• Healthcare
• Mental Healthcare
• Employment & Education
• Housing
A study from the University of Southern California (2018) that included:

- Chinese Participants: 24.5%
- Asian Indian Participants: 22%
- Vietnamese Participants: 19.7%
- Korean Participants: 18.1%
- Filipino Participants: 10.2%
- Participants from other Asian groups: 5.6%

(Jang et al., 2018)
44.2% of the AAPI sample was in the category of experiencing mental distress

Around 7% of the AAPI sample reported that in the last year there was a time when they needed mental healthcare but were unable to get it

6.1% of the AAPI sample was in the category of having a serious mental illness

12% of the AAPI sample reported having unmet mental healthcare needs
### Healthcare Statistics Among Different AAPI Communities in 2018

<table>
<thead>
<tr>
<th></th>
<th>Chinese</th>
<th>Asian Indian</th>
<th>Korean</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>No Health Insurance:</strong></td>
<td>16.2%</td>
<td>10.5%</td>
<td>18.3%</td>
</tr>
<tr>
<td><strong>Chronic Medical Condition:</strong></td>
<td>28.6%</td>
<td>25.1%</td>
<td>27.7%</td>
</tr>
<tr>
<td><strong>Mental Distress:</strong></td>
<td>38.9%</td>
<td>41%</td>
<td>43.8%</td>
</tr>
<tr>
<td><strong>Serious Mental Illness:</strong></td>
<td>4.8%</td>
<td>4.2%</td>
<td>7.2%</td>
</tr>
<tr>
<td><strong>Any Mental Health Service Use:</strong></td>
<td>18.5%</td>
<td>27.1%</td>
<td>18.3%</td>
</tr>
</tbody>
</table>

(Jang et al., 2018)
Consider that 54.6% of the Vietnamese community is experiencing mental distress and only 20.1% have utilized a mental healthcare service (Jang et al., 2018).

Consider that the use of any mental health services for the Filipino community is 12.7% higher than any of the other AAPI communities included here.
In 2012, 34% of Asian Americans, Native Hawaiians, and other Pacific Islanders (AA&NHOPIs) were Limited English Proficient (LEP).

Compared to, 9% of the overall United States population being LEP in 2012.

(Limited English Proficiency, 2014)
In 2012, 53% of Vietnamese Americans were LEP.

Whereas in 2012, only 2% of Native Hawaiians were LEP.

(Limited English Proficiency, 2014)
BARRIERS FACED BY ASIAN AMERICANS WITH LOW ENGLISH PROFICIENCY IN THE HEALTHCARE SYSTEM

In 2017, 13 Percent of Asian Americans Reported Experiencing Discrimination When Receiving Medical Care

13%

(McMurty et al., 2019)

Barriers Faced Before Arriving at a Healthcare Facility For Asian Americans Who are Not Proficient in English:

- Making appointments
- Locating healthcare facilities

(Kim & Keefe, 2010)
Barriers Faced After Arriving at a Healthcare Facility:

- Communication with healthcare providers.
- Receiving information about any health problems the patient is having.
  - **Example:** Pamphlets about a health concern that are only available in English.
  
  (Kim & Keefe, 2010)

Interpreter Services:

- Interpreters don’t adequately resolve the barriers Asian Americans with low English proficiency experience in the healthcare system.

  (Kim & Keefe, 2010)

- A study conducted with mostly Asian immigrants with low-English proficiency found that patients were more reluctant to ask questions about their health when they had an interpreter compared to when they had a language-concordant clinician.

  (Green et al., 2005)
Mental Health Care During the COVID-19 Pandemic

23% more Asian Pacific Islander college students in the United States reported severe anxiety in the Fall of 2020 than reported severe anxiety in the Fall of 2019.

9% more Asian Pacific Islander (API) college students in the United States reported severe depression in the Fall of 2020 than reported severe depression in the Fall of 2019.

Experiences of discrimination related to COVID-19 or hostility related to COVID-19 are associated with a greater probability of meeting the criteria for one or more mental health disorder.

The utilization of treatment among Asian college students with one or more mental health disorder dropped 26% from Fall of 2019 to Spring of 2020.

(Zhou et al., 2021)
A Survey Taken in Austin, Texas in 2015 by Participants Who Were 18+ Years Old and Self-Identified as Asian American Found That:

- 30% of the participants reported experiencing perceived discrimination
- 44% of the participants fell into the category of having mental distress

If a participant in the study had experienced perceived racial discrimination, they were 1.9 times more likely to be experiencing mental distress

(Cho et al., 2021)
Education Rates Among People of Asian Descent in the United States:

According to data collected by the United States Census Bureau, compared to other races, people of Asian descent who are older than 25 reported the highest rates of having a bachelor's degree or a more advanced degree than a bachelor's degree.

- **High School Graduate or More:** 89.1%
- **Some College or More:** 70%
- **Associate's Degree or More:** 60.4%
- **Bachelor's Degree or More:** 53.9%
- **Advanced Degree:** 21.4%

(Ryan & Bauman, 2022)

Employment Overall:

In March of 2020, the percentage of currently working men ages 18-59 years old was 75.3%. This percentage dropped by 13%, to 62.3% in April of 2020 as the COVID-19 pandemic impacted the United States.

The percentage of currently working men ages 18-59 years old in March of 2020.

75.3%

The percentage of currently working men ages 18-59 years old in April of 2020.

62.3%

(Kim et al., 2021)
Despite people of Asian descent in the United States having the highest rates of postsecondary schooling, during the COVID-19 pandemic between March and April of 2020, the percentage of currently working Asian American men dropped significantly more compared to men of other races.

(Kim et al., 2021)
The Asian American community has had the largest increase in homeownership between 1980 and 2019 compared to any other racial or ethnic group.

In 1980, 52% of Asian households were homeowners

In 2019, 60% of Asian households were homeowners

(Choi & Pang, 2021)
Consider that at every income level, white households have a significantly higher rate of homeownership than Asian households.

In most income categories, Asian households had higher rates of homeownership than Hispanic and Black households.

Among all income categories we see that white households have the highest rates of homeownership compared to Asian, Black, and Hispanic households.

(Choi & Pang, 2021)
CONTEMPORARY HATE CRIMES & VERBAL ATTACKS
• Vincent Chin
• The Aftermath of the Murder of Vincent Chin
• Donald Trump
• World Health Organization (WHO)
• Hoa Nguyen
• Atlanta Spa Shooting
• Verbal Attacks on Members of the AAPI Community During the COVID-19 Pandemic
• Karen Fukuhara
On June 19th, 1982, Vincent Chin was beaten to death at his bachelor party in Detroit, Michigan, because two of the customers at the strip club Chin was at thought Chin was Japanese (Little, 2020).

Chin died four days after the beating due to the injuries inflicted by the beating (Little, 2020).

The perpetrators of this crime were Ronald Ebens, a Chrysler foreman, and Eben's stepson, Michael Nitz. Nitz had lost his job working for Chrysler. Many American autoworkers at this time blamed Japanese car manufacturers for the decline in auto manufacturing in Detroit (Little, 2020 & Man 2020).

Ebens, prior to beating Chin to death, was heard yelling at Chin:

"It's because of you little motherf***ers that we're out of work."

-Ronald Ebens (Man, 2020)
THE AFTERMATH OF THE MURDER OF VINCENT CHIN

- Originally, Ebens and Nitz were charged with second-degree murder. After a plea bargain, Judge Charles Kaufman ruled that Ebens and Nitz were only guilty of manslaughter (Little, 2020 & Vincent Chin, n.d.).

- Ebens and Nitz each received only $780 in court fees, a fine of $3,000, and three years of probation for the murder of a 27-year-old man who had his entire life ahead of him (Little, 2020).

- The sentences of Ebens and Nitz were described by the Detroit Chinese Welfare Council President as:

"A license to kill for $3,000, provided you have a steady job or are a student and the victim is Chinese."

- Kin Yee (Little, 2020)

- The acquittal of Ebens and Nitz led to a grassroots movement spreading across the United States. This movement began with a group in Detroit called the Citizens for Justice and spread from there (Man, 2020).
Protest of the verdict of the case

Chin's Mother, Lily Chin
(Little, 2020)

Lily Chin in Detroit's City County Building
(Little, 2020)

Protest of the verdict of the case
(Vincent Chin, n.d.)
On March 16th, 2020 President Donald Trump Tweeted:

The United States will be powerfully supporting those industries, like Airlines and others, that are particularly affected by the Chinese Virus. We will be stronger than ever before!

6:51 PM · Mar 16, 2020 · Twitter for iPhone

(Fallows, 2020)

San Francisco's Asian American civil rights groups began the "Stop AAPI Hate" reporting center on March 19th of 2020, after United States President Donal Trump began continually calling the Corona Virus the 'Chinese Virus' (Man, 2020).

(2020-2021 National Report, 2021)
• The purpose of the reporting center was to document the rapidly increasing incidents of racist attacks against Asian Americans.

• **In the first two weeks of the reporting center being up, 1,100 racial attacks were reported.**
  
  ◦ These attacks included verbal and physical attacks.
  
  ◦ These attacks included phrases like 'Go back to China' as well as verbal attacks referring to people of Asian descent as diseased.

(Man, 2020)

Where to Find the Stop AAPI Hate Organization:

- Instagram: @StopAAPIHate
- Twitter: @StopAAPIHate

**Website:** stopaapihate.org/
The World Health Organization (WHO) complied with their "Best Practices for Naming of Human Diseases" when choosing the name Corona Virus 19 (COVID-19) for the most recent pandemic (Gover et al., 2020).

- The name was chosen due to SARS-CoV-2 being the virus that causes COVID-19 (NCI Dictionary, n.d.).

- The "Best Practices" seeks to avoid naming diseases names that include elements such as:
  - Geographic locations
  - Name's of people
  - Species of an animal or a food
  - References to cultures, populations, industries, or occupations
  - Terms that provoke fear

(WHO issues best practices, n.d.)
Dr. Keiji Fukuda, Assistant Director-General for Health Security at the WHO explained that "We’ve seen certain disease names provoke a backlash against members of particular religious or ethnic communities... This can have serious consequences for peoples’ lives and livelihoods" (W.H.O. issues best practices, 2015).

On March 18th, 2020, President Trump was asked why he uses the term "Chinese virus" and he responded by saying, "It's not racist at all, no. It comes from China, that's why" (Members of the Coronavirus Task Force, 2020).

On March 19th, 2020, President Trump's notes for a press conference were pictured with the word "Corona" crossed out and "Chinese" written above as the replacement descriptor for the virus. (Gover et al., 2020) (Bump, 2020)
Hoa Nguyen is a Vietnamese refugee who has lived in the United States for 40 years (Samson, 2022).

On January 19th, around 9 pm, Nguyen was walking to the grocery store in Brooklyn when she was punched three times (Samson, 2022).

The man who assaulted Nguyen passed by another woman and specifically approached Nguyen, leading Nguyen to come to the conclusion that she was targeted. Prior to the attack, the perpetrator was heard yelling and swearing (Kim, 2022).

Following the assault, Nguyen called her son (pictured on the next page) who then called 911. Mercel Jackson was arrested for attacking Nguyen and told police he: "Doesn't like how Chinese people look" and he "thinks Chinese people look like measles". Jackson also said that he "doesn't like Chinese people looking at [him]". (Samson, 2022)
(Assaulted. harassed., 2022)

(Samson, 2022)
• On March 16th, 2021, a man shot eight people at three different spas in Atlanta, GA.

• Six of the eight victims were women of Asian descent.

• The man who carried out the shootings told police he has a sex addiction and carried out the shootings to eliminate what he described as "temptation".

• The man also told police that he had previously gone to massage parlors and this attack was his way of retaliating.

(8 dead in Atlanta spa shootings, 2021)
• Following the shooting, Sheriff Frank Reynolds of the Cherokee County Sheriff's office was questioned on whether the shooting was racially motivated and Reynolds responded by saying, "That did not appear to be the motive."

• Captain Jay Baker explained the shooter's mindset by stating, "He was pretty much fed up and kind of at the end of his rope and yesterday was a really bad day for him, and this is what he did."

• Activist Helen Zia said in response to these statements:

"Hyper sexualization of Asian American women is part of the racism toward Asian Americans and to say that sexual addiction is an excuse or a reason to go on a mass killing rampage is ridiculous. He's going to take the word of a mass shooter, who happens to be white, against the lived experience of the Asian American community... I couldn't believe that a police captain was recounting the bad day that the killer had without a shred of empathy for the really bad day that the eight victims and their families had."

(CBS Mornings, 2021)
Verbal Attacks on Members of the Asian American Community During the COVID-19 Pandemic

A Chinese American woman walking to work experienced a verbal attack:

"I was crossing the street to get into my work. I was wearing a face mask due to my being immuno-compromised. A man walked past me and yelled 'take that mask off, you f***ing brought it here in the first place' and menaced at me. I was stunned and unable to respond and just went into my work building."

A Chinese American student experienced a verbal attack by another student:

"I wore a face mask out of consideration for others because I had caught a cold. A student as he walked by talking to his friend, laughed and pointed to me saying "now THAT looks like corona virus.""

(Ren & Feagin, 2021)
An Asian American man described their experience of being verbally attacked:

“[I was] at the hospital for a bone marrow donor screening (I'm the donor). Was asked to wear a face mask by the nurse. Man sitting next to me said loudly into his cell phone, 'I'm going to get sick because of all these Chinese with face masks on.' I was the only non-white person in the room.

(Ren & Feagin, 2021)
Karen Fukuhara, a 30-year-old Japanese American actress was the victim of a hate crime in March of 2022 (IMDB, n.d.).
Karen Wrote on her Instagram following the attack:

"Today I was struck in the head by a man (I'm physically fine) & this shit needs to stop. Us women, Asians, the elderly need your help.

I rarely share about my private life but something happened today that I thought was important. I was walking to a cafe for some coffee and a man struck me in the back of my head. It came out of nowhere. We made eye contact before, I wasn't doing anything out of the ordinary. It came to my surprise and my hat flew off. By the time I looked back, he was a few feet away from me (he must have kept walking after hitting me). I thought about confronting him but first he started coming towards me and I didn't think it was worth the risk. After a few seconds of staring at each other, and him yelling at me, he eventually walked away.

This is the first time I've been harmed physically although racial slurs and hurtful actions have been directed to me in the past. I write this, because I've had conversations with multi-racial friends of mine that had no idea these hate crimes happen to everyday, regular people - people that they share meals with. I felt it was important to raise awareness.

Ultimately I know I got lucky. He could have come back to hit me again. He could have carried a weapon. The shock of this experience has me thinking about taking self-defense classes. But why is this something we as "victims" have to think about? What satisfaction are these perpetrators getting from hitting women, Asians, the ELDERLY? They need to be held accountable. What can we do as a community to prevent these horrible crimes."

(Fukuhara, 2022)
CONTINUE YOUR LEARNING
• Visit The Japanese American Museum of Oregon
• Visit The Manzanar National Historic Site
• Social Media Suggestions
• Youtube Videos: George Takei
• Youtube Video: "Kids Meet A Survivor of Japanese-American Internment"
• Videos on Discrimination Experienced By the AAPI Community During COVID-19
VISIT THE JAPANESE AMERICAN MUSEUM OF OREGON (JAMO)

- The Japanese American Museum of Oregon (JAMO) is a museum dedicated to showcasing the culture as well as the history of Japanese Americans living in the Pacific Northwest.

- The museum seeks to educate people about Japanese American concentration camps and promote the preservation of civil rights for Americans.

- JAMO is responsible for representing the Nikkei community's culture.
  - Nikkei Community: "Japanese emigrants and their descendants"

- The permanent exhibit features the history of:
  - Issei (first-generation immigrants) in Oregon
  - Nihonmachi (Japantown)
  - Japanese emigrants and their descendants' experiences from World War II to today

- A few blocks from JAMO, there is the Japanese American Historical Plaza (NW Couch St. and Naito Parkway in Tom McCall Waterfront Park). You can take a guided tour narrated by George Takei of the plaza through an app.

(Japanese American Museum of Oregon, n.d.)
JAPANESE AMERICAN MUSEUM OF OREGON

Address:
411 NW Flanders St.
Portland, OR 97209

Museum Hours:
Friday - Sunday, 11 AM to 3 PM
Call for reservations

Phone Number:
(503) 224 1458

Email:
info@jamo.org

(Presenting Organization, n.d.)

(Japanese American Museum of Oregon, n.d.)
Manzanar Japanese Internment Camp was a concentration camp where Japanese Americans were sent during World War II.

Of the 10 concentration camps Japanese Americans were incarcerated, the Manzanar concentration camp is the most well preserved.

Manzanar Internment Camp is located in Eastern California and the Manzanar historic site allows visitors to learn more about the Japanese American Concentration Camps.

The visitors center at Manzanar Historic Site includes several exhibits that give visitors more perspective on what living in a concentration camp was like. Exhibits include a reconstructed barrack, photos, personal accounts of the camp, and more.

There are driving tours that can be taken independently. You can also call ahead and reserve a guided tour. Additionally, the park has events, so be sure to check their events calendar before you visit to see if there are any events planned during your visit.

(Manzanar National Historic Site, n.d.)
Address:
Manzanar National Historic Site
5001 Highway 395
Independence, CA 93526

Phone Number:
(760) 878-2194 x3310

Fees:
No Entrance Fee Required

Visitors Center Hours:
Friday - Monday, 11 AM to 4 PM

Driving Tour:
Always Open

Youtube Channel:
ManzanarNPS
Social Media Suggestions

We Are AAPI
- @WeAreAAPI
- @WeAreAAPI

18 Million Rising
- @18MillionRising
- @18MillionRising

AAPI Women Lead
- @AAPIWomenLead
- @AAPIWomenLead

Act to Change
- @ActToChange
- @ActToChange

Heart of Dinner
- @HeartOfDinner
- @HeartOfDinner

Empowered Pacific Islander
- @EmpoweredPI
- @EmpoweredPI
Discussion Questions:

1. What impacts do you think living in a horse stall had on both Takei and his family members?

2. How would your childhood have been different if you were illegally incarcerated from ages 5 to 8 like Takei was?

(Late Night With Seth Meyers, 2018)

Youtube Videos: George Takei

https://youtu.be/3iLvLhy1RUQ
Discussion Questions:

1. Use the internet to find instances where other people were incarcerated without due process, like Takei was.

2. What were the hardships Takei's family faced after being released from the concentration camp?

3. Do you think the $20,000 given to every person with Japanese ancestry who was illegally incarcerated was an adequate effort to 'make right' what families like Takei's went through?

(Ted, 2014)
Discussion Questions:

1. Using the internet, find other examples of concentration camps and illegal incarceration. Look for examples in the United States and around the world.

2. Find 3 more stories of people that were incarcerated in Japanese American concentration camps during WWII and reflect on their experiences.

*The Manzanar National Park Service Youtube channel is a great place to start.

(HiHo Kids, 2018)
Videos on Discrimination Experienced By the AAPI Community During COVID-19

(Biondi, 2021)
(Carson, 2020)

https://youtu.be/zsIzcipCleM
https://youtu.be/RRssA5cC4lU
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Mike Pence and Donald Trump regularly expressed the belief that the coronavirus originated in China. Trump even went as far as to call on China to destroy the virus, a claim that has since been dismissed by experts. It is not clear if the content of this article is considered as relying on unreliable sources or not.


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