Leading Causes of Death Among Vietnamese Americans, 2005-2020
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Background
Vietnamese Americans
- The fourth largest Asian subgroup in the United States, with a population of 2.2 million.
- Few prior studies focus on Vietnamese mortality

Purpose of Study
- Examine the mortality rates and trends of leading causes of death in Vietnamese Americans as compared to Non-Hispanic Whites (NHWs)
- Explore secular trends (2005-2020) in Vietnamese American mortality by cause
- Explore the influence of nativity status and sex on Vietnamese Americans’ mortality rates

Methods
Type of Study
- Ecological study

Data Sources
- Death counts: National Center for Health Statistics (NCHS), 2005-2020
- Population denominator: American Community Survey (ACS), 2005-2020

Main Outcome and Measures
- Age-adjusted mortality (AMRs) with 95% confidence intervals
- Analysis of trends over time
- Analysis stratified by sex and by nativity (US- vs Non-US born)

Results

<table>
<thead>
<tr>
<th>Vietnamese Americans</th>
<th>Proportion of death (%)</th>
<th>Non-Hispanic White</th>
<th>Proportion of death (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Cancer</td>
<td>28.74</td>
<td>Heart disease</td>
<td>23.71</td>
</tr>
<tr>
<td>2 Heart Disease</td>
<td>17.43</td>
<td>Cancer</td>
<td>21.76</td>
</tr>
<tr>
<td>3 Cerebrovascular</td>
<td>8.71</td>
<td>Chronic lower respiratory diseases</td>
<td>6.03</td>
</tr>
<tr>
<td>4 Accidents</td>
<td>4.72</td>
<td>Accident</td>
<td>5.06</td>
</tr>
<tr>
<td>5 Diabetes</td>
<td>3.66</td>
<td>Cerebrovascular diseases</td>
<td>5.03</td>
</tr>
<tr>
<td>6 Chronic lower respiratory diseases</td>
<td>3.05</td>
<td>Alzheimer's disease</td>
<td>3.88</td>
</tr>
<tr>
<td>7 Influenza &amp; Pneumonia</td>
<td>2.5</td>
<td>Diabetes</td>
<td>2.48</td>
</tr>
<tr>
<td>8 Alzheimer</td>
<td>2.43</td>
<td>Influenza/Pneumonia</td>
<td>2.05</td>
</tr>
<tr>
<td>9 Self-Harm</td>
<td>1.89</td>
<td>Chronic liver diseases</td>
<td>1.66</td>
</tr>
<tr>
<td>10 Nephritis, nephrotic, and nephrosis</td>
<td>1.85</td>
<td>Nephritis, nephrotic, and nephrosis</td>
<td>1.64</td>
</tr>
</tbody>
</table>

Figure 1: Age-adjusted mortality rates for leading causes of death between non-Hispanic Whites and Vietnamese Americans from 2005-2020.

Figure 2: Age-adjusted mortality rates for leading causes of death between Vietnamese American males and females, years 2005-2020.

Figure 3: Trends in Non-Hispanic White Leading Causes of Death, 2005-2020

Figure 4: Trends in Vietnamese Leading Causes of Death, 2005-2020

Summary
- Vietnamese Americans have lower mortality rates both overall and cause-specific compared to NHWs
- Vietnamese females have lower mortality compared to Vietnamese males, with the exception of Alzheimer’s
- NHWs mortality from heart disease, cancer, and stroke are falling
- Vietnamese mortality from heart disease, cancer, and stroke are increasing
- These data highlight the need for disaggregated data reporting to target at-risk groups with effective public health measures