

## Literature Review

### Korean American: Culture and Care Needs

#### 1. Glucose Control in Korean Immigrants with Type II Diabetes:

(ABSTRACT) Despite the rising incidence of type II diabetes in Korean immigrants, little is known about glucose control in these individuals. This descriptive study examined factors influencing glucose control in Korean immigrants with type II diabetes. Participants were 143 Korean immigrants with type II diabetes who completed questionnaires, a finger stick blood test for glycosylated hemoglobin (HbA1c), and anthropometric measures. The mean HbA1c level was 7.6 % ( $SD = 1.5$ ; range = 5.6 to 12.5). Less than half of the participants (41.3%) met the American Diabetes Association's goal of less than 7%. After adjusting for demographic and health variables, family diet support, waist-to-hip ratio (WHR), the duration of diabetes, the number of diabetic medications, and age significantly influenced glucose control. Findings support the positive role of family involvement in diabetes management. Patients with long-standing diabetes, higher WHR, and more diabetic medications deserve special attention because they tend to have higher HbA1c levels.

Rankin.S., Choi, S., Glucose Control in Korean Immigrants with Type II Diabetes. 2009.  
<http://wjn.sagepub.com/cgi/content/abstract/31/3/347>

#### 2. Health and Health Care of Korean-American Elders:

(ABSTRACT) This report covers the three main characteristics of the Korean culture, reviews the health beliefs and traditional health care practices, and describes the two factors that health care provider should consider when counseling a Korean American family regarding temporary or long-term nursing home placement.

Shin, K. R., Shin, C., Blanchette, P., Health and Health Care of Korean-American Elders. 2002.  
<http://www.stanford.edu/group/ethnoger/korean.html>

#### 3. Acculturation and Korean-American Children's Social and Play Behavior:

(ABSTRACT) This study examined how acculturation styles are related to Korean immigrant mothers' parenting and play attitudes and their young children's social and play behavior. 108 Korean-American and 52 European-American mothers completed the Parents as Teacher Inventory and a play questionnaire. Observers recorded children's social and play behavior during free play activities in their preschool, and teachers rated their social behavior. Korean-American mothers completed an acculturation measure. Results showed Korean-American mothers who had an 'assimilated' acculturation style, were more accepting and encouraging of children's creativity and play, and reported more parent-child play in the home than mothers with an integrated, marginal, or separated acculturation styles. Children of assimilated and integrated mothers engaged in more frequent pretend play and were rated by their teachers as being more difficult. The results suggest there are distinct cultures of family life and childhood that manifest themselves as Korean immigrant families individually adapt to life in the U.S. The findings support the importance of examining cultural differences that exist between people whose ancestry can be traced to the same nationality.

Farver, J.A., Lee-Shin, Y. Acculturation and Korean-American Children's Social and Play Behavior. 2001. Journal of Social Development.  
<http://www3.interscience.wiley.com/journal/119047418/abstract>

#### 4. Dietary Acculturation and diet quality of hypertensive Korean Americans:

(ABSTRACT) This paper is a report of a study to describe the dietary acculturation of hypertensive and normotensive Korean Americans and native Koreans by comparing dietary pattern and diet quality. Dietary acculturation is a major factor that influences the risks for cardiovascular disease in immigrants. Nurses play a key role in educating immigrants about dietary acculturation. Limited studies have examined dietary acculturation of Korean immigrants with hypertension. A descriptive study of hypertensive and normotensive Korean Americans and native Koreans ( $n = 398$ ) was conducted in 2003–

04, using the 24-hour dietary recall method. Dietary pattern was measured by consumption frequency of Korean, American and common food, and eating outside the home. Diet quality was measured by the revised version of the Diet Quality Index. Korean Americans showed greater consumption of American food, common food and fast food, and ate away from home more often than native Koreans. Overall Diet Quality Index scores were not statistically significantly different between the two groups after matching. Compared with native Koreans, Korean Americans consumed lower amounts of sodium, potassium, vegetables and fruits, and energy from carbohydrates. Hypertensive Korean Americans consumed fewer vegetables and fruits, and less sodium and potassium than hypertensive native Koreans. No statistically significant differences were found between hypertensive and normotensive Korean Americans in dietary acculturation. Dietary acculturation of immigrants is a common phenomenon regardless of the country from which they immigrate. Healthcare professionals should consider the advantages and disadvantages of dietary acculturation in health promotion for immigrants.

Kim, M., Lee, S., Yang-Heui, A., Bowen, P., Lee, H., Dietary Acculturation and diet quality of hypertensive Korean Americans (ABSTRACT). 2007.  
<http://www3.interscience.wiley.com/journal/118486979/abstract>

##### **5. Acculturation, Food Consumption and Diet-related Factors among Korean Americans:**

(ABSTRACT) This study examined how Korean Americans with different levels of acculturation varied in food consumption, and which diet-related factors were important to acculturation and food consumption. Pre-tested questionnaires were mailed to a national sample, and 55% of the deliverable sample responded, producing 356 usable questionnaires. Socio-cultural acculturation was measured with a two-culture matrix model and Gordon's theoretical work and showed four dimensions: American structural, American cultural, Korean structural, and Korean cultural. Food frequency questionnaire responses were divided into American, common, and Korean food consumption. American food consumption increased with higher American structural adaptation and loss of Korean culture. In the relationship of acculturation to frequency of American food consumption, preparing meals themselves, concern about health, and willingness to try other ethnic foods were important. Meal preparation and purchasing power were related to the number of regularly consumed American foods. Korean food consumption decreased with higher familiarity with American culture and less retention of Korean society. Women with someone to prepare meals were most likely to eat more Korean foods. Korean food availability was related significantly only to the number of regularly consumed Korean foods. Future work can benefit by acknowledging acculturation as a multidimensional process and applying several dietary assessment approaches.

Lee, S.K., Sobal, J., Frongillo, E. A. Jr., Acculturation, Food Consumption and Diet-related Factors among Korean Americans. 2008. Lee, S.K., Sobal, J., Frongillo, E. A. Jr., Acculturation, Food Consumption and Diet-related Factors among Korean Americans. 2008. [http://www.sciencedirect.com/science?\\_ob=ArticleURL&\\_udi=B8JK3-4SD1CFK-5&\\_user=10&\\_rdoc=1&\\_fmt=&\\_orig=search&\\_sort=d&\\_docanchor=&\\_view=c&\\_searchStrId=1020384468&\\_rerunOrigin=google&\\_acct=C000050221&\\_version=1&\\_urlVersion=0&\\_userid=10&md5=44295b0a2d0fe75aced9085312140292](http://www.sciencedirect.com/science?_ob=ArticleURL&_udi=B8JK3-4SD1CFK-5&_user=10&_rdoc=1&_fmt=&_orig=search&_sort=d&_docanchor=&_view=c&_searchStrId=1020384468&_rerunOrigin=google&_acct=C000050221&_version=1&_urlVersion=0&_userid=10&md5=44295b0a2d0fe75aced9085312140292)

##### **6. Acculturation and Dietary Practices Among Korean Americans:**

(ABSTRACT) This study examines the variation in dietary practices and nutritional intakes of Korean Americans at different acculturation levels. Cross-sectional mail survey with US national sample of 348 Korean Americans (46% of the Korean American sample to whom questionnaires were delivered). Korean Americans who were more acculturated consumed more American food and less Korean food. American foods such as oranges, low-fat milk, bagels, tomatoes, and bread were consumed regularly by Korean Americans; Korean foods such as rice, kimchi, garlic, green onions, and Korean soup were also consumed regularly. American foods were adopted the most at breakfast and the least at dinner. Bicultural people regularly incorporated more different types of foods into their diet. Despite significant differences in dietary practices, dietary quality did not vary by acculturation status. Acculturation was influential in the dietary patterns of Korean Americans. Specific information about Korean diet related to acculturation status can be used by dietitians who work with Korean Americans. Dietitians can benefit

from gathering and applying specific information about Korean diets and diets of other ethnic groups; they also need to recognize the changing nature of dietary patterns as acculturation occurs.

Lee, S., Sobal J. Acculturation and Dietary Practices Among Korean Americans. 2003.  
[http://www.sciencedirect.com/science?\\_ob=ArticleURL&\\_udi=B758G-48994TR-B8&\\_user=10&\\_origUdi=B8JK3-4SD1CFK-5&\\_fmt=high&\\_coverDate=09%2F30%2F1999&\\_rdoc=1&\\_orig=article&\\_acct=C000050221&\\_version=1&\\_urlVersion=0&\\_userid=10&md5=fd31ded5eeeb121ec46e9e8715715a13](http://www.sciencedirect.com/science?_ob=ArticleURL&_udi=B758G-48994TR-B8&_user=10&_origUdi=B8JK3-4SD1CFK-5&_fmt=high&_coverDate=09%2F30%2F1999&_rdoc=1&_orig=article&_acct=C000050221&_version=1&_urlVersion=0&_userid=10&md5=fd31ded5eeeb121ec46e9e8715715a13)

### **7. Chronic Diseases and Dietary Changes in Relation to Korean Americans' Length of Residence in the United States:**

(ABSTRACT) This cross-sectional study aimed to document dietary changes and disease prevalence in relation to the length of residence in the United States for Korean Americans in Michigan. Chronic diseases reported most frequently by men and women, respectively, were hypertension, digestive diseases, arthritis, and diabetes. Length of residence in the United States ( $\leq 15$  years, 16 to 25 years, or  $\geq 26$  years) was inversely associated with the prevalence of digestive diseases in men ( $P=0.017$ ) and women ( $P=0.001$ ), and positively with respiratory diseases in men and thyroid disease in women ( $P<0.05$ ). Length of residence in the United States was inversely associated with intake of rice/rice dishes in both men (servings per week,  $P<0.001$ ) and women ( $P=0.012$ ). The prevalence of digestive diseases associated inversely with length of residence and positively with servings of rice/rice dishes consumed for Korean-American men. The age-adjusted odds ratio for digestive diseases was highest among men who had the shortest length of residence in the United States ( $\leq 15$  years) and greater consumption of rice/rice dishes ( $>2$  servings per day) (odds ratio 12.10;  $P=0.03$ ). Dietary changes of Korean-American immigrants in the United States over time were associated with changes in their chronic disease patterns. These findings may help food and nutrition professionals who work with minority immigrants because they identify factors that affect changes in dietary patterns and work toward preventing diet-related diseases. Prospective studies could address underlying mechanisms of the observed diet–disease relationship with subsequent generations of Korean Americans, as well as various ethnic minority immigrants in the United States.

Yang, E. U. Kyung, H., Kim, W. Y., Bianchi, L., Song, W. O., Chronic Diseases and Dietary Changes in Relation to Korean Americans' Length of Residence in the United States. 2007. [http://www.sciencedirect.com/science?\\_ob=ArticleURL&\\_udi=B758G-4NT2RT8-F&\\_user=10&\\_coverDate=06%2F30%2F2007&\\_alid=1041743375&\\_rdoc=5&\\_fmt=high&\\_orig=mlkt&\\_cdi=12926&\\_sort=v&\\_st=17&\\_docanchor=&view=c&\\_ct=30&\\_acct=C000050221&\\_version=1&\\_urlVersion=0&\\_userid=10&md5=a4e175c120329e3ac7ed0be5786c2aa3](http://www.sciencedirect.com/science?_ob=ArticleURL&_udi=B758G-4NT2RT8-F&_user=10&_coverDate=06%2F30%2F2007&_alid=1041743375&_rdoc=5&_fmt=high&_orig=mlkt&_cdi=12926&_sort=v&_st=17&_docanchor=&view=c&_ct=30&_acct=C000050221&_version=1&_urlVersion=0&_userid=10&md5=a4e175c120329e3ac7ed0be5786c2aa3)

### **8. Aging, Health, and Physical Activity in Korean Americans:**

(ABSTRACT) Little is known about the health benefits and the factors that influence physical activity among older adults from ethnically different backgrounds. The aim of this article is to provide a socio-cultural context for understanding aging, health, and physical activity among older Korean Americans. Studies that focused on physical activity and exercise among older adults, older Koreans, or older Korean Americans were reviewed. The results of the review were integrated to better understand physical activity in older Korean Americans. Results from varied population-based, cross-sectional, and longitudinal studies that assessed the relationships among aging, health, and physical activity were relatively consistent in their findings. Many correlation studies found a strong, positive relationship between physical activity and health benefits and a moderately positive but sometimes mixed association between physical activity and quality of life among older adults. Additional research is needed to clarify the gap between physical activity and actual and predictive quality of life among older Korean Americans. Also, we need more evidences to show the effects of late-life physical activity or exercise on reducing or minimizing disablement in older Korean Americans.

Lim, K., Kayser-Jones, J., Waters, C., Yoo, G. Aging, Health, and Physical Activity in Korean Americans. 2007.

[http://www.sciencedirect.com/science?\\_ob=ArticleURL&\\_udi=B6WG2-4NFXCP8-M&\\_user=10&\\_origUdi=B758G-4NT2RT8-F&\\_fmt=high&\\_coverDate=04%2F30%2F2007&\\_rdoc=1&\\_orig=article&\\_acct=C000050221&\\_version=1&\\_urlVersion=0&\\_userid=10&md5=299d66ec227dd66b9897208ba5c79aa9](http://www.sciencedirect.com/science?_ob=ArticleURL&_udi=B6WG2-4NFXCP8-M&_user=10&_origUdi=B758G-4NT2RT8-F&_fmt=high&_coverDate=04%2F30%2F2007&_rdoc=1&_orig=article&_acct=C000050221&_version=1&_urlVersion=0&_userid=10&md5=299d66ec227dd66b9897208ba5c79aa9)

### **9. Cultural Perspectives on Korean American Cancer Control:**

(ABSTRACT) This paper emphasizes the importance of socio-cultural research for successful ethnic-based cancer control. The article first delineates some demographic characteristics of Korean Americans and then describes six sub-cultural groups within this population, illuminating that Korean Americans are a diverse people. The author emphasizes that any cancer control program needs to acknowledge these cultural differences in selecting the target population, identifying intervention strategies, and training a team of health-care professionals, as well as in determining psychological factors related to cancer. The author also suggests that the traditional Korean American notion of health, the preventive approach to illness by using food as medicine, the traditional classification of body types, and the *sasang* theory for the treatment of illness are all important factors worthy of further research. Finally, the synchronistic and holistic approach to health common among Korean Americans is described by citing recent studies of cancer control that combine the use of Western medicine together with proper physical exercise, diet control, and psychological and family counseling.

Koh. H.C., Cultural Perspectives on Korean American Cancer Control. 2003.  
<http://www.pubmedcentral.nih.gov/articlerender.fcgi?artid=1592339>