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AAPI ADULTS HAVE MORE CONFIDENCE AND TRUST IN MEDICAL PROFESSIONALS THAN GOVERNMENT OFFICIALS, AND MOST ARE STRESSED ABOUT HEALTH CONCERNS

Personal finances are a source of stress for most AAPI adults, along with health concerns. Many are also stressed about discrimination, with 1 in 4 experiencing a hate crime or incident in the past year.

Chicago, May 4, 2026 – A new AAPI Data/AP-NORC poll finds that 9 in 10 AAPI adults report confidence in doctors, nurses, scientists and medical researchers to act in the best interest of public health, while more than half (56%) are not confident in the federal government to do so.

Trust in various healthcare professions to do what is best for AAPI adults and their families mirrors confidence in doing what is best for public health. They are most likely to trust doctors and nurses (80%), pharmacists (74%), and mental health counselors (58%), as well as public health officials in state government (45%). Fewer trust public health officials in federal government (27%), alternative medicine practitioners (27%), health insurance providers (22%), or hospital executives (20%).

Most AAPI adults have used a form of alternative medicine to treat or prevent health problems in the past year. Seventy-nine percent have used one of the approaches asked about on the survey, most commonly dietary supplements (62%) and probiotics (46%). About half (55%) have used non-dietary approaches, including mindfulness-based stress reduction techniques (32%) and movement practices, such as Yoga, Tai Chi, or Qigong (21%).

When it comes to federal health policy, most AAPI adults favor restricting processed foods to remove added sugar or dyes (74%). They are more divided on revising federal dietary guidelines to prioritize meat, dairy and fats (31% favor and 26% oppose). More oppose than favor changes to vaccine policies. About half are extremely or very concerned about not being able to afford treatment options, while about 1 in 3 are concerned about treatments not being taken seriously by providers and medical records being shared with immigration enforcement.

“These findings show that trust for AAPI adults is strongest at the point of care, and for health policy at the state level, not at the federal level,” says Karthick Ramakrishnan, executive director of AAPI Data and researcher at UC Berkeley. “That context matters as people navigate both conventional and alternative approaches to their health and are continuing to express concerns about health policy.”

The survey also covers mental health and finds that 3 in 4 AAPI adults cite personal finances (75%) and health concerns (74%) as major or minor sources of stress, while 59% say the same about relationships with friends or family.

While discrimination is a source of stress for fewer AAPI adults than other issues, 48% still say it is a source of stress in their life right now. One in 10 have experienced a hate crime in the last year, and another 2 in 10 have experienced a hate incident. These findings are similar to reports among AAPI adults from June 2025, and mark a decline compared to October 2023.

Few AAPI adults experience discrimination very often, but most have experienced it at some point in their community (64%) and when applying for jobs (60%). About half have experienced it when getting health care when dealing with the police (53%) and from doctors (51%). About 6 in 10 AAPI adults think it is likely they will

face discrimination because of their race or ethnicity in the next 5 years, including 29% who say it is extremely or very likely. About half say it is likely they will face discrimination based on their immigrant background or status.

While most AAPI adults do not feel symptoms of anxiety, those who experienced a hate crime or incident are more likely than those who did not report moderate or severe anxiety (28% vs 14%), as are those who cite health concerns, personal finances, personal relationships or discrimination as stressors in their lives.

“This poll reveals that stress among AAPI adults reflects a mix of common life pressures and ongoing exposure to discrimination,” says Jennifer Benz, director of The AP-NORC Center. “And these stressors remain closely linked to mental health and anxiety for those who experience them.”

About the Study

The nationwide study was conducted by The AP-NORC Center for Public Affairs Research and AAPI Data from March 23-30, 2026, using the Amplify AAPI Monthly Survey drawing from NORC’s Amplify AAPI® Panel designed to be representative of the U.S. Asian American, Native Hawaiian, and Pacific Islander household population. Online interviews were offered in English, the Chinese dialects of Mandarin and Cantonese, Vietnamese, and Korean with 1,228 Asian American, Native Hawaiian, and Pacific Islanders aged 18 and older living in the United States. The margin of sampling error is +/- 4.5 percentage points.

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The two organizations have established The AP-NORC Center for Public Affairs Research to conduct, analyze, and distribute social science research in the public interest on newsworthy topics, and to use the power of journalism to tell the stories that research reveals. Learn more at www.apnorc.org.

About AAPI Data

AAPI Data is a leading research and policy organization producing accurate data to shift narratives and drive action toward enduring solutions for Asian American (AA) and Native Hawaiian/Pacific Islander (NHPI) communities across the nation. AAPI Data aspires to transform public and private systems to ensure that all AA and NHPI communities are recognized, valued, and prioritized. Learn more at aapidata.com. Email press@aapidata.com for more questions.

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