

Bahala Nah!: Reflections on Health and Wellness among 1st and 2nd Generation Filipino Immigrants in Greater Vancouver



Jocelle Mae Refol
Faculty of Health Sciences

BACKGROUND

Despite Filipinos being one of the largest immigrant groups in Canada (Kelly, 2015), there is a gap in literature that considers sociocultural and structural factors in their social integration (Liboro, 2018). This study explores these factors in the role of Filipino-Canadian immigrant experiences of health and wellness.

METHODS

1. Recruited ten participants to participate in three focus groups divided by generation: 1st, 1.5, and 2nd generation Filipino/a/x immigrants
2. Coded focus groups transcripts in NVivo to conduct analysis

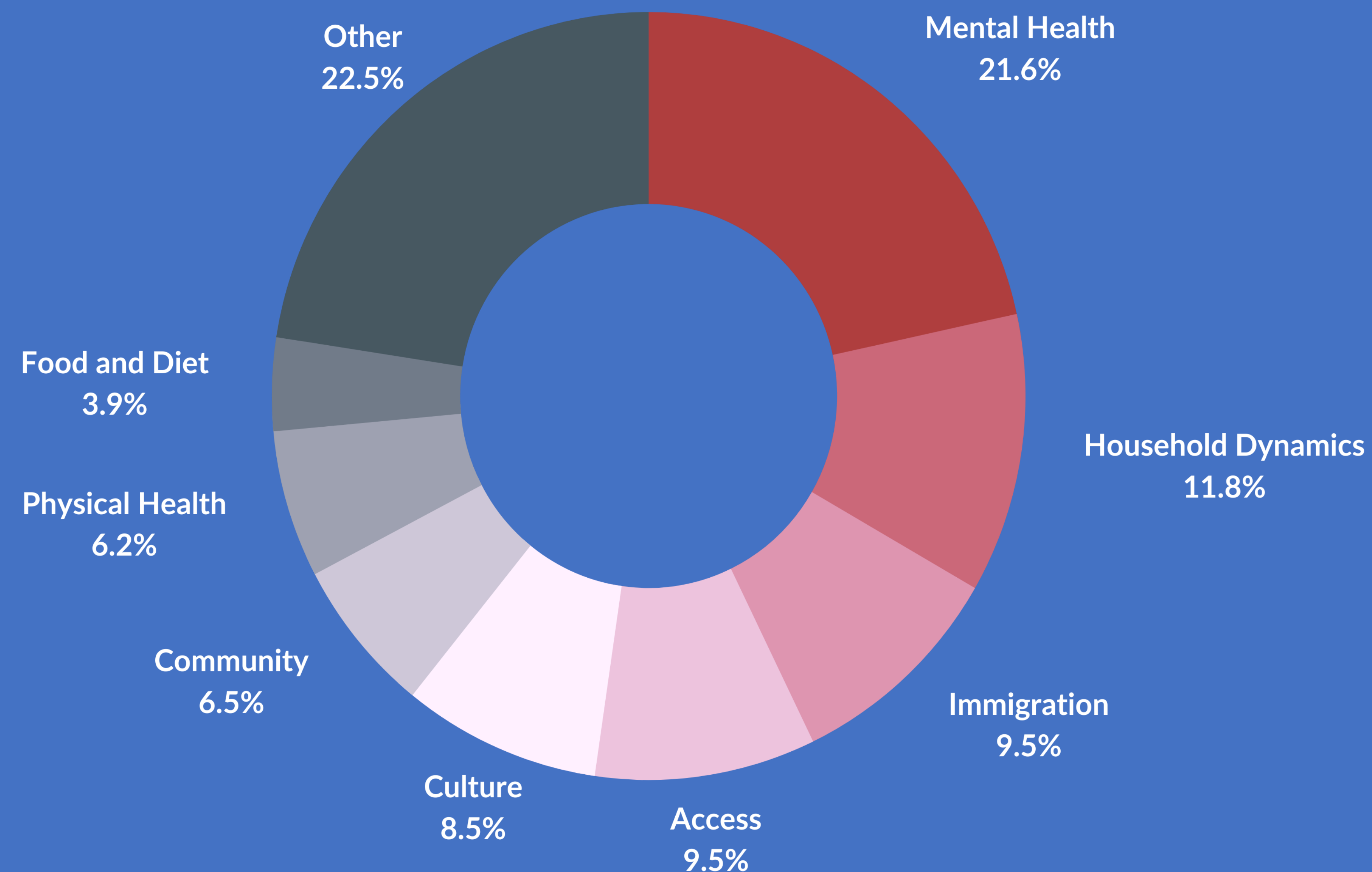
PRELIMINARY RESULTS

Mental health was the most discussed topic across all three generational groups, followed by household dynamics and intergenerational trauma.

DISCUSSION

Preliminary findings suggest that there are barriers to accessing mental health resources across all Filipino generational groups interviewed. Future research could investigate the quality of mental health resources for Filipinos who can access mental health care.

Mental health was referenced 66 times across all 1st, 1.5, and 2nd generation focus groups.



- Barriers associated to costs, long wait times, and general inaccessibility are of main concern.
- Participants across all groups emphasized religion and intergenerational trauma as a contributor to the stigma of mental health within their families/households.

ADDITIONAL FINDINGS

- 1st and 1.5 generation discussion emphasized “loss”, such as loss of culture, language, or connection to community.
- 2nd generation discussion emphasized differential familial perspectives of health, the privilege of living in Canada, and navigating their Filipino identity.

COMMUNITY PARTNERS

- Kathara Society
- Sliced Mango Collective
- Tulayan Organization

ACKNOWLEDGEMENTS

Supervisors:

- Dr. Maya Gislason, PhD, MA
- Angel Kennedy, MPH

REFERENCES

Kelly, P. F. (2015). Transnationalism, emotion and second-generation social mobility in the Filipino-Canadian diaspora. *Singapore Journal of Tropical Geography*, 36(3), 280–299.

<https://doi.org/10.1111/sjtg.12115>

Liboro, R. M. (2018). Racial minority immigrant acculturation: Examining Filipino settlement experiences in Canada utilizing a community-focused acculturation framework. *Community Psychology in Global Perspective*, 4(1), 66–84.

<https://doi.org/10.1285/i24212113v4i1p66>



Jocelle Refol
jocelle_refol@sfu.ca
Scan for Twitter
(@JocelleRefol)