

Preliminary focus group summary among Native Hawaiian & Pacific Islander moms in Utah

August 2023

Demographics by the numbers

11

Moms participated

4

Islands represented:
Tonga, Fiji, Samoa, Hawaii

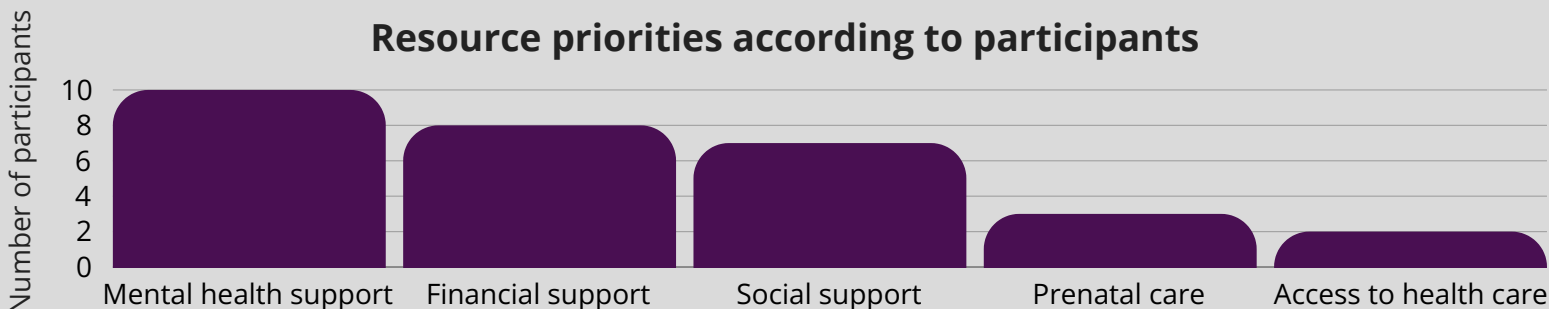
8

Unique zip codes represented

34

Total children among participants

Resource priorities according to participants



Key themes and participant quotes

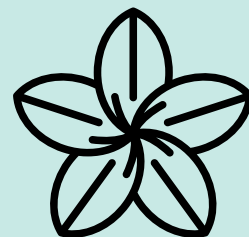
More caring connection needed with healthcare providers



"I wish the patient care was better where [the doctor] actually cared, and this was his job... That ultimately my baby was the most important to him too. But he was really dismissive, disregarding."

Cultural & generational gaps

"It would have been nice to know how to be a mother in America. A lot of our parents are first generation Americans. They don't know much about American medicine."



Mental wellbeing



"Postpartum was no joke, and I didn't know. I feel like I learned more from my own sisters when they were going through it.

It would trigger me like, 'Oh, I was actually going through that.' I had no idea. I was just over there, like, 'Man up, stop being soft. You can deal with it!' But that is definitely not the way to go about it."

Validation & cultural connection

"I always feel like I have to be strong. I want to go somewhere where I can feel fragile too. I don't want to be told, 'You're so strong.' Sometimes I'm not strong. If I had a community of [mostly Polynesian women] to be validated, communicate with other moms, and just talk to another adult, that would have been nice."



This focus group was hosted by the Utah Pacific Islander Health Coalition.



UWNQC
Utah Women & Newborns Quality Collaborative

Utah Department of
Health & Human Services
Family Health

This data is taken from a small sample size of the NHPI community in Utah. This is not intended to be understood as the experience of all NHPI mothers in Utah, but is meant to illustrate some experiences by members of this community.

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