



Asian Pacific American Heritage Month

“According to the Federal Asian Pacific American Council (FAPAC), the theme for AAPI Heritage Month 2022 is “**Advancing Leaders Through Collaboration.**” The FAPAC encourages local and national governments to prioritize collaboration, development, diversity, transparency, and inclusion through leadership training of AAPI people.”¹

“The month of May was chosen for AAPI Heritage Month because it commemorates the immigration of the first Japanese people to the United States on May 7, 1843. May is also a significant month because it recognizes Golden Spike Day, May 10, 1869, which marks the completion of the transcontinental railroad that was built with significant contributions from Chinese workers.”²

The Numbers:

- 22.9 million**— Approximate Asian decent population in US in 2019²
- 1.6 million**—Approximate Native Hawaiian and Other Pacific Islander descent population in US in 2019²
- 607,010**—Approximate # of Native Hawaiian residents in US in 2019²
- 577,835** — Estimated # of Asian-owned employer firms in the US in 2018²
- 17,083,436**—Estimated #of US Veterans of Asian descent in 2019²
- 979,413**—Estimated # of US Veterans of Native Hawaiian & Other Pacific Islander descent in 2019²
- 941**— # of active physicians in US of Native Hawaiian & Other Pacific Islander descent in 2018(0.1%)³
- 23**— # of matriculated US medical students of Native Hawaiian & Other Pacific Islander descent in 2018³

¹ AAINCA.org/Asian-American-and-pacific-islander-heritage-month/

² US Census Data, 2019

³ AAMC Diversity in Medicine Facts & Figures 2019

Engage:

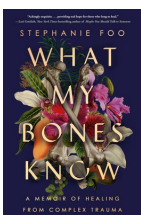
- [What My Bones Know: A Memoir of Healing from Complex Trauma](#) by Stephanie Foo
- [Snap Judgment: Don't Worry, Be Happy](#) (50 min listen)
- [Ulam: Main Dish](#) (1 hour 30 min watch)
- [Women who ran Seattle: How Ruby Chow went from high-school dropout to unstoppable force](#) (2 min read)
- [Norman Mineta, first Asian American Cabinet secretary, dies at age 90](#) (5 min read)
- [This Filipino American Life Podcast](#) (Listening times vary)
- [Ethnicity and Health in America Series: Racism-Related Stress in the Asian-American Community](#) (main page 1.5 min reading time, recommended articles reading times vary)
- [Celebrate AAPI Heritage Month with these Podcasts](#)
- [Turning Red](#) (1 hr, 40min view, Disney+)
- [George Takei got Reparations. He says they 'Strengthen the Integrity of America'](#) (5 min listen)
- [Crying in H Mart](#) by Michelle Zauner
- [5 Ways You Can Celebrate Asian Pacific American Heritage Month](#) (3 min read)
- [The story behind Asian Pacific American Heritage, and why it's celebrated in May](#) (4 min read)

Support:

- [Sodam](#)
- [Kauai Family Restaurant](#)
- [Lucky Envelope Brewing](#)
- [Sweet Alchemy Ice Cream](#)
- [Taku](#)
- [Musang](#)
- [The Flour Box](#)
- [Coffeeholic House](#)
- [Historic Panama Hotel](#)
- [Stop AAPI Hate](#)
- [Asian-owned businesses in Seattle](#)

Participate:

- [Celebrate Asian American and Pacific Islander Heritage Month in Seattle with these activities](#)
- [Food for the Body and Soul: Advocating for Community through Culinary Traditions, May 10 3:45-5:15pm, Free, Registration Required](#)



What My Bones Know: A Memoir of Healing from Complex Trauma



Snap Judgment: Don't Worry, Be Happy



Ulam: Main Dish



The story behind Asian Pacific American Heritage, and why it's celebrated in May