The Majority of Asian American Women 50+ Experience Discrimination Regularly

60% of Asian American women 50-plus feel discriminated against regularly.*

The most common types of discrimination are:

- Ethnicity/Race/Skin Tone: 82%
- Accent: 44%
- Age: 40%

75% of Asian American women 50-plus who experience discrimination regularly try to avoid discriminatory behavior.

Avoidance tactics used most often include:

- Carefully watch what you say and how you say it: 63%
- Carefully observe what happens around you: 52%
- Consider how safe or comfortable you may feel: 49%

78% of working Asian American women age 50-plus who experience discrimination regularly have felt pressured to look or act a certain way at work.

*defined as “sometimes,” “often,” or “almost always"

Discrimination Impacts the Mental Health of Asian American Women 50-plus

Asian American women 50-plus who experience discrimination regularly rate their current mental health lower than those who do not (56% vs. 37% say they have low/moderate mental health).

Discrimination based on ethnicity/race/skin tone appeared to have the greatest impact on mental health.

Source: Mirror/Mirror: AARP Survey of Women's Reflections on Beauty, Age, and Media™ (2022)
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