Historical Trauma among Native Hawaiians and its Applications

Historical trauma includes any traumatic events (over time and across generations) experienced by members or descendants of racial/ethnic, national, or religious groups.

Native Hawaiian (NH) Historical Trauma
- Criminalization of NH Religion
- Depopulation
- Privatization of Land
- Illegal Occupation
- Deculturation

Impacts to Native Hawaiian (NH) Health and Well-Being
- Substance Use
- Depression & Anxiety
- Other Mental Health Disorders
- Lifestyle & Diet Changes
- Cardiometabolic Diseases

In a 2014 study of Native Hawaiian community college students (N=128), they thought about the following at least once a year:

- 81% thought about loss of ancestral land
- 87% thought about loss of language
- 75% reported ethnic discrimination, a mediator between historical trauma and substance use.
- 66% thought about loss of self-respect

Historical trauma is not limited to Native Hawaiians but other groups across the U.S., including, but not limited to, American Indians, Alaska Natives, African Americans, Asians, Jews, Muslims, and more.

Sources: