Asian American Native Hawaiian Pacific Islander Heritage Month

There are 24 million people in the United States who identify as Asian, Native Hawaiian, or Pacific Islander. These diverse communities have enriched this country for generations—from human rights to art and cuisine to STEM—and are critical to our future success. Asian American Native Hawaiian Pacific Islander (AANHPI) Heritage Month gives us an opportunity to recognize the unique identities, experiences, traditions, and contributions of people living in these communities. Click here to learn about the key historical moments that led to the origin of this observance and how it became an official celebration.

Here are some suggestions for celebrating AANHPI heritage throughout May and beyond

Learn the differences between Asian Americans, Native Hawaiians, and Pacific Islanders
- One of the most impactful actions we can take is understanding and respecting one’s identity. The U.S. Census defines Asian Americans as those with origins in the Far East, Southeast Asia, or Indian subcontinent. The six largest sub-groups of Asian Americans are from China, Japan, Korea, Vietnam, the Philippines, and India. Native Hawaiians and other Pacific Islanders are those with origins in the U.S. jurisdictions of Melanesia, Micronesia, and Polynesia. Click here for maps, definitions, and additional resources.
- We can take this a step further by making a conscious effort to learn one’s given name. If you’re not sure how to pronounce the first or last name of someone with AANHPI heritage, simply ask!

Explore the breadth and depth of AANHPI voices
- We deepen empathy and awareness when we move past stereotypes and see people for who they are at their core. The Asian Diaspora Project is a social media series that seeks to expand the media narrative about Asians in the West and highlight stories of those making incredible contributions to their communities. Canwen Xu addresses Asian American stereotypes in her TED talk, I Am Not Your Asian American Stereotype. For unfiltered discussions around the Asian American experience, check out the AuthEthnic podcast hosted by Jen Lee and Yonsoo Kang.

Create art and cuisine inspired by AANHPI cultures
- Get creative with inspired crafts and dishes of your own. Try your hand at Chinese calligraphy or the folding art of origami. Learn how to make staple recipes such Korean kimchi fried rice, Vietnamese summer rolls, Polynesian doughnuts, or Hawaiian lau lau.

Looking for more? Great places to check for events are local colleges and universities, museums, or cultural institutions. As always, contact CCA@YourService for personalized resources, referrals, or other support you may need any time, any day.

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“The power of visibility can never be underestimated.”
Margaret Cho