



# **Cultures of Color in America: A Guide to Family, Religion, and Health**

*Sybil Lassiter*

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By the year 2000, more than one-third of Americans will be persons of color, and by 2050 non-white persons will constitute 45% of the population. Immigration from European countries has decreased, but the number of migrants from countries of non-white ancestry has increased. Consequently, many Americans are showing a growing interest in knowledge about the values and behaviors of their diverse associates. This book offers an insight into the diverse lifestyles for some cultures of color in American society. Although all members of these cultures may not identify themselves as persons of color, the cultures were selected because they incorporate a significant number of non-white individuals.

Each chapter presents an overview of a cultural group that includes a brief history, migration trends, traditional and modern family practices, religious beliefs, concepts about death and dying, nutritional preferences, health behaviors, and diseases often found among its members. The cultures discussed are Africans, African Americans, Alaskans, Asians, Haitians, Hawaiians, Native Americans, Puerto Ricans, and West Indians. This book should be of interest to academics, health care professionals, sociologists, clergy, and laypersons. Its goal is to alleviate fear and prejudice through informed understanding.

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