Federated States of Micronesia (FSM)
Chuuk

Prepared and Narrated by: Merly Nelson, EFNEP Assistant Health and Nutrition
Islands in Chuuk State

Federated States of Micronesia in the Pacific Ocean.
There are 48 islands in Chuuk State.

- 46 inhabited islands
- 2 uninhabited islands
- There are 19 high islands and 29 atolls (low islands)
- The main population center of Chuuk State is Chuuk Lagoon

Chuuk land area is 49 square miles.
As part of the colonial territory of the Caroline Islands, four countries invaded Chuuk State.

First occupation was Spain (1886-1898)

Second occupation was Germany (1898-WWI)

Third occupation was Japan (WWI-WWII)

Fourth occupation was United States of America (1947-1986)
The population of Chuuk State is 53,595

Approximately 40,000 live on islands in Chuuk lagoon

In FSM the population is made up of:

- Chuukese 48.8%
- Pohnpeian 24.2%
- Kosraen 6.2%
- Yapese 9.7%
- Asian 1.8%
- Polynesian 1.5%
- Other 6.4%
DEMOGRAPHICS

- Total population (FSM): 108,000
- Urban population (FSM): 23%
- Religions (FSM):
  - Roman Catholic 52.7%
  - Congregational 40.1%
  - Baptist 0.9%
  - Seventh-Day Adventist 0.7%
  - Other 3.8%
- Languages (FSM): English (official and common language), Chuukese, Kosraen, Pohnpeian, Yapese, Ulithian, Woleaian, Nukuoro, Kapingamarangi

Field trip ship servicing outer islands
The Federated States of Micronesia (FSM) is a Freely Associated State under the Compact of Free Association with the United States. It entered into the Compact of Free Association in 1986, and this was amended in 2004.

- Citizens of the FSM are not citizens or nationals of the United States
- The Compact provides FSM citizens with the right to migrate to the United States and its territories & commonwealths as non-immigrants without visas but they must have a valid FSM passport.
- Micronesians can live, work, and study in the United States but the United States has the right to set terms and conditions on the non-immigrant stay of FSM citizens. At the present time, they are granted an unlimited length of stay
- The United States has full authority and responsibility for the defense of the FSM
The total number of people emigrating from Chuuk State is 10,199 (male 5,149: female 5,050).

As of 2010 approximately 20 per cent of FSM citizens were living abroad - mainly in the US.

They migrate to find medical assistance, employment and education.

Census 2000 data indicated that there were 2,197 FSM migrants in the CNMI, and 6,983 on Guam. A large part of Chuukese population is settled in the Hawaiian islands. There are others scattered in many different U.S states.
LIFESTYLE

ECONOMY
- Chuukese still live off the land and the ocean (subsistence). People farm, fish, and make handicrafts.
- People are also working for the government, local and private sectors (industry: 34.4%, services: 64.7%)
- An estimated two-thirds are government employees: 2,968 (FSM - FY05 est.)
- The unemployment rate is 22% (FSM), many of these people work on the land.

CULTURE
- In Chuukese culture, it is important for men to know their roles: fishing, farming, climbing, and doing handicraft.
- It is also important for every woman to know their roles within the community and society: such as cooking and weaving.
- Culturally we are still living traditionally, exchanging goods, sharing foods with relatives and neighbors.
- Cash economy has an effect on people who are working and hold high positions in government. They have more power over people.
HEALTH ISSUES

• Rates of obesity are over 40%
• People are not careful about or aware of what to eat.
• The result is that NCD’s are common among the people.
• Life expectancy at birth: 68.5 years
• Leading causes of death:
  • heart attack
  • diabetes
  • COPD
  • stroke
• Leading causes of inpatient care
  • Hypertension (high blood pressure)
  • Diarrhea/ Gastroenteritis
  • Diabetes
• Diabetes rate: 24.4%
• TB is prevalent (102 cases per 100,000 population)

• People from the FSM also have the right to seek medical assistance from any of the US territories.

(Indicators are for FSM unless noted)
DIETARY CHANGE

Pre-contact

- Local starch
- Fish
- Coconut drinks
- Cook at home

Today

- rice, bread
- canned meat, turkey tail
- sodas, can juices
- restaurant or market
FOOD AND LIFE EVENTS

• The role of food is important in these events:
  - Weddings
  - Community gatherings
  - Family gatherings
  - Funeral
  - Church activities
  - Birthdays
  - Christmas Celebration
  - New Year
  - Inaugurations
  - Picnics

~ Foods play a major role in life events like those mentioned above. During these occasions, most of the foods served are high in saturated fats, carbohydrates, salt, and sugar.
POPULAR LOCAL FOODS

~ Koon – Pounded breadfruit

~ Apeet – Preserved breadfruit

~ Mwanin Puna – Sliced taro in coconut cream

~ Amaaten Tapioka – Ground Tapioca

~ Mwanin Uuch – Banana with coconut cream
Images of Chuuk