

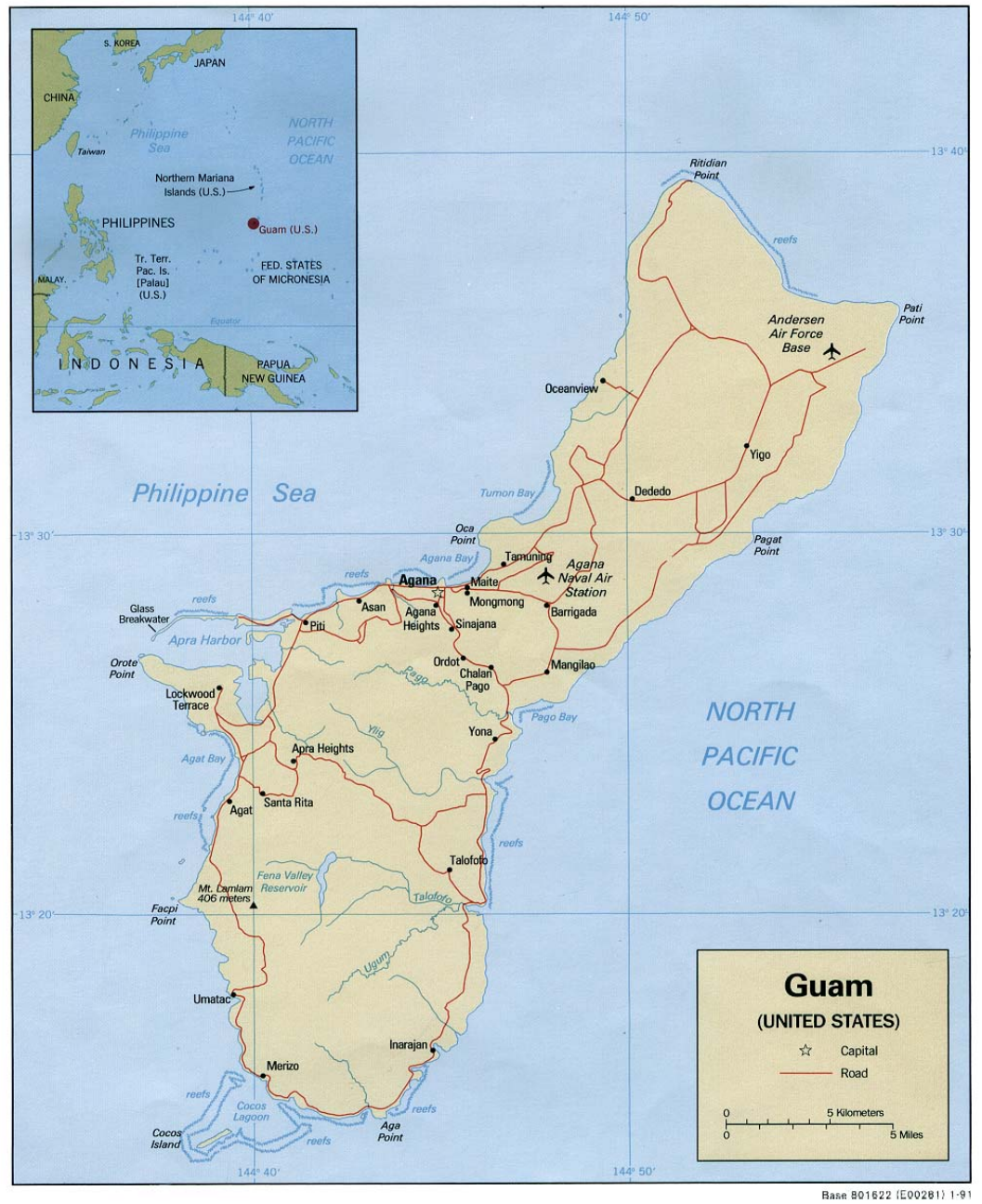
GUAM



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Guam's Geography:

**30 Miles Long
(4-12 miles Wide)**

210 Sq. Miles

13°N and 145°E

19 Villages

Capital: Hagåtña

**Northern
Guam:80,466**

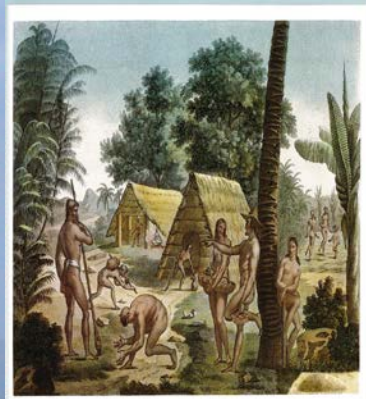
**Central Guam:
45,382**

**Southern Guam:
28,957**

(Census, 2000)

HISTORY

- Spanish claimed Marianas Islands in 1565
 - Jesuit missionaries settled on Guam
- Chamorro people “conquered” in 1600’s
- U.S. took possession of Guam from Spanish in 1898
- Japan invaded Guam on December 8, 1941
- U.S. liberated Guam from Japanese in July 21, 1945



Demographics

Population of 183,286

(2011, CIA World Factbook)

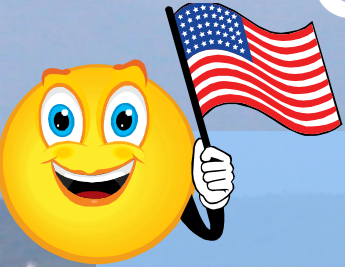
- Chamorro 37%
- Filipino 26%
- Other Pacific Islanders 11%
- Caucasian 7%
- Asians 6%
- Other ethnic origin 13%

Demographics

- Urban population = 93% of total population
- Rate of urbanization = 1.2% annual rate of change
- Religion = 85% Roman Catholic
- First Languages:
 - English 38%
 - Chamorro 22.2%
 - Philippine languages 22.2%
 - Other Pacific Island 6.8%
 - Asian languages 7%
 - Other languages 3.5%

(2011, CIA World Factbook)

Guam's Political Status



- “unincorporated territory of the United States”
 - U.S. Citizens
 - If we move to States, we have full political equality
 - Here on Guam, we cannot vote for:
 - U.S. President
 - U.S. Congress member with VOTING POWER
 - U.S. Congress can:
 - overturn any law passed in Guam
 - Decides which parts of the U.S. Constitution apply to Guam Laws



Immigration/Emigration

- Emigration
 - Large Chamorro population in Hawaii, California, Washington, and Nevada
- Immigration
 - Micronesia, Philippines, other Asian countries

Lifestyle

- GDP total = \$2.5 billion (2005 estimate)
- GDP per capita = \$15,000 (2005 estimate)
- Imports (\$701 million) — petroleum, food, manufactured goods
- Exports (\$45 million) — construction materials, fish, food and beverage products, transshipments of refined petroleum products
- Industries — US military, tourism, construction, transshipment services, concrete products, printing & publishing, food processing

(2011, CIA World Factbook)

Lifestyle

- Agriculture products = fruits, copra, vegetables, eggs, pork, poultry, beef
- Labor force (89,950):
 - Agriculture 26%
 - Industry 10%
 - Services 64%
- Unemployment rate 8.2% (2010)
- How people live
 - Much like Hawaii & U.S. Mainland
- Food is important part of our culture



10 Leading Causes of Death on Guam

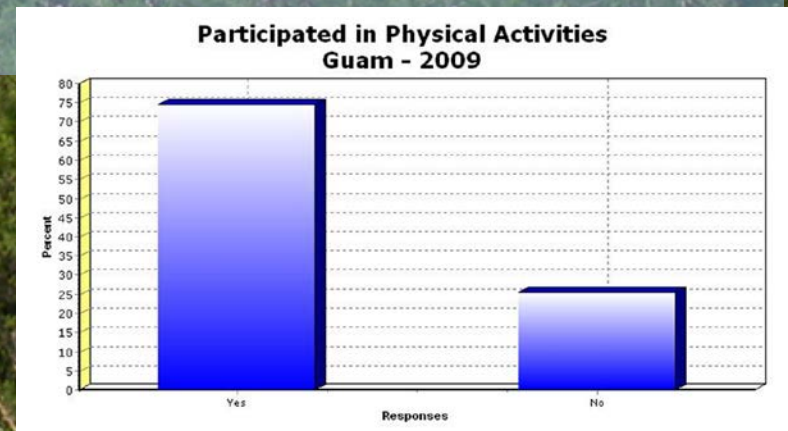
- Diseases of the heart 31.8%
- Malignant neoplasms 13.9%
- Cerebrovascular disease 9.3%
- Diabetes 4.7%
- Suicide 4.2%
- All other accidents & adverse events 3.7%
- Bacterial diseases (septicemia) 3.2%
- Motor vehicle accidents 3.0%
- Liver Disease 2.2%
- Chronic obstructive pulmonary disease 1.9%

(DPHSS, 2005)



Health Status

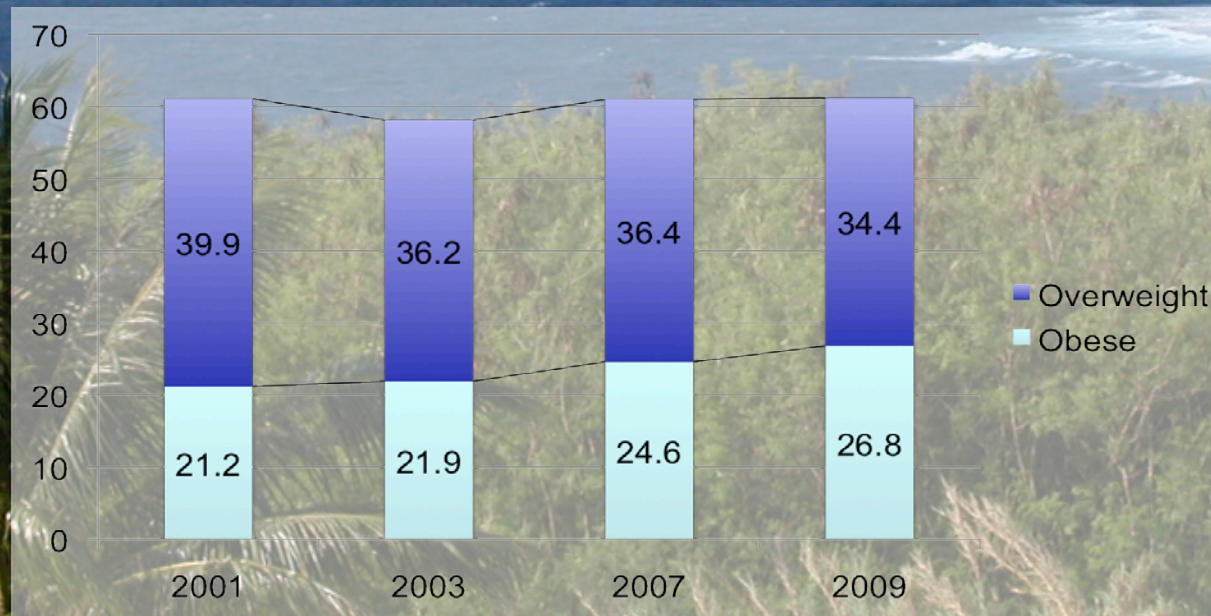
- Life expectancy at birth is 78.34 years
- Rates of:
 - Cancer
 - 1,580 new cases between 2003-2007
 - Heart disease
 - 199 deaths in 2003
 - #1 cause of death on Guam
 - Tuberculosis
 - 61 per 100,000 population
 - Physical Activity levels (BRFSS)



Obesity on Guam



- Body weight on Guam (2009 BRFSS):
 - 38.9% “healthy” weight range (BMI < 25.0)
 - 34.4% overweight (BMI 25.0 - 29.9)
 - 26.8% obese (BMI ≥ 30)



Life On Guam Before WWII

- Chamorro diet:

- Taro, yams, cassava, breadfruit, coconut
- Fish, chicken, canned salmon & sardines, salted fish
- Eggplants, banana blooms, taro leaves, long beans, wingbeans, monggOS (beans/lentils)
- Fruits



After WWII ... Diets of Chamorro's shifted



The most significant “imports” that changed Chamorro diet & health status:



Food and Life Events



- Holidays
- Weddings
- Funerals/Rosaries
- Birthdays
- Christenings
- Graduation
- Patron Saints of Villages - Fiestas

Popular Local Foods



BBQ chicken



Finedine



Apigigi



Red rice



BBQ eggplant



Chicken kelaguen



Pancit