

# Acculturation Continuum

## Where does your patient fit in?

### Traditional

- First generation
- Varying English language skills.
- Highly educated professionals/retail/business owners/homemakers
- More traditional
  - values and belief systems.
  - conservative clothing
  - expectations/gender roles.
  - meals eaten at home.
- Can be vegetarian or meat/poultry/seafood based on country/religion of origin.
- Muslims avoid pork
- Hindus avoid beef and often all animal protein and eggs
- May only/mostly socialize within own community
- Exception: First generation families who have come from wealthy acculturated cities in South Asia.

### Integrated

- Second or third generation
- Strong English language skills
- Blend of traditional and mainstream values and belief systems.
- More comfortable with embracing culture and expressing individuality with traditional and non-traditional clothing
- More relaxed gender roles
- More secure in their own cultural identity
- More relaxed with eating meat, fish and poultry. Family members may have food different preferences.
- More comfortable socializing with people from other ethnic groups

### Assimilated

- Any generation
- Changed names
- Strong English language skills
- Adapted to mainstream values and beliefs
- More comfortable with expressing individuality with traditional and non traditional clothing. Maybe more pressure to wear non traditional clothing in order to fit in.
- More relaxed with eating meat, fish and poultry. May avoid eating culturally traditional foods.
- More relaxed gender roles
- Pressure to adapt to western identity
- Family members may have different preferences.
- More comfortable socializing with people from other communities

[HealthyLifestylesPLLC@gmail.com](mailto:HealthyLifestylesPLLC@gmail.com)

469 854 1656