

Engaging Your Irish American Community

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Setting the Stage

- A community pharmacy owner living in New Hampshire within 1 mile of his pharmacy. However, he notices that not many members from the Irish community get their prescriptions filled at his store.

What can he do to become a trusted member in his community and increase his store sales?

Objectives

- Describe the history of the Irish population in America
- Review strategies for pharmacies to better engage with our Irish population employees and patients
- Identify the stakeholders in the community committed to Irish health and explain how a pharmacy owner can expand his/her services to support this patient population

History of Irish population in America

Irish immigration to the United States has been shaped by economic conditions, religious conflicts, and political factors. Irish immigrants have made significant contributions to American culture, including politics, industry, and the arts. Most Irish Americans of the 21st century are descendants of immigrants who moved to the United States in the mid-19th century because of the Great Famine in Ireland

Early Irish immigration

- Many early Irish immigrants were "Scotch-Irish" and came from Ulster.
- They were drawn to America by the promise of religious freedom and land ownership.
- Many settled in rural areas, working in farming, fishing, and other trades.

Peak of Irish immigration

- The Great Famine of 1845-1852 caused a peak in Irish emigration to the United States.
- Between 8,000 and 10,000 Irish immigrants helped build the transcontinental railroad.

A brief overview of the history of Irish immigration into the United States and how it has influenced the modern customs of St. Patrick's Day celebrations

17th century - 1820	Irish immigrants constituted a fraction of the colonists and eventual US citizens in the United States.
1820 - 1845	The Irish potato famine launched a huge wave of immigration to the US. Between 1820 and 1860, Irish immigrants accounted for a third of the immigrant population.
1845 - 1854	No Irish Need Apply has begun to be posted in job ads in newspapers all over the country, with more subtle ads asking for "Protestants" (most Irish immigrants were Catholic). Irish were stereotyped as drunkards and brutes, to the point that a Cholera outbreak in Boston in 1849 was blamed on "Irish brutes."
1860 - 1865	Many Irish immigrants from New York, Massachusetts and Pennsylvania served in the Irish brigade. They fought in the Battle of Antietam and took heavy losses on the second day of the Battle of Gettysburg. It is debated by historians that Irish Americans' service in the war slowly began to change public opinion towards the Irish.
1877	In June of 1877, a group of labor rights protestors associated with the Molly Maguires were hanged in Carbon and Schuylkill county. While the Molly Maguires engaged in brawling and sabotage, their murder charge is considered unjust, as the judge was influenced by the mining companies they were protesting the work conditions of. The king of the Molly Maguires, John Kehoe, was only given a full state pardon in 1979, 102 years after his execution.
1892 - 1900	Ellis Island opens to process new immigrants from all nationalities. Many Irish immigrants still live in poverty, but there are many who have climbed the social ladder and have gained respect in American society. In places such as Boston, Chicago, and New York many Irish Americans were elected to political office.
1928 - 1960	2nd generation Irish & Italian American Al Smith loses the presidential election. The Ku Klux Klan played a major role in bringing him down. Despite this, many Irish Americans rose to fame in places like Hollywood, politics, and radio. As a result, they changed the way America viewed the Irish.

JFK - The Most Well Known Irish-American President

In 1960, John F. Kennedy became the youngest-elected American president at age 43. Kennedy possessed a strong knowledge of American history, was forward-thinking, and articulate. His [inaugural address](#) remains one of our nation's best-remembered speeches. His most famous line, "ask not what your country can do for you, ask what you can do for your country", inspired an entire generation of Americans to public service. Kennedy symbolized youth and vigor and many Americans were hopeful that he would deliver on his promises for a better future.

During his presidency, Kennedy created the Peace Corps, he challenged Americans to be [first to the moon](#), he crafted the Civil Rights Act, and signed the Equal Pay Act. He was also the first president who helped establish major laws to help those with intellectual disabilities. During the [Cuban Missile Crisis](#), when nuclear confrontation loomed, he was instrumental in de-escalating tensions. Kennedy was also the first president to start modern televised press conferences. He was a natural in front of the camera and used his humor, charm, and wit, to connect with his audiences. Kennedy was widely popular in the United States and abroad.



Map of the Ireland



States With the Most Americans of Irish Descent

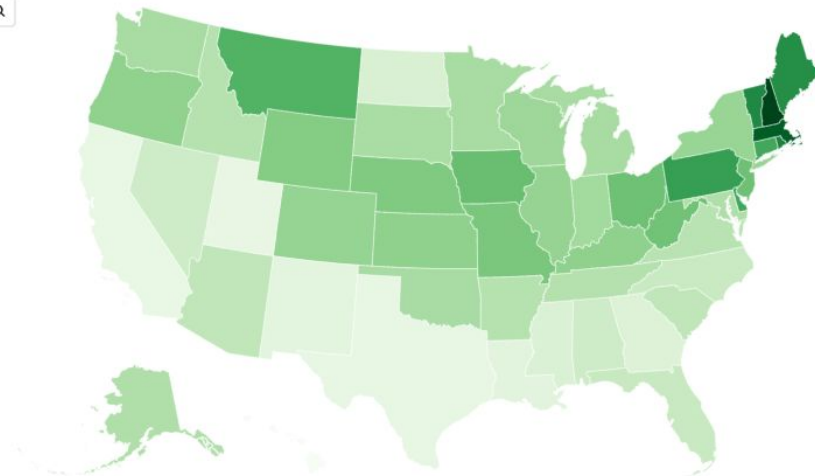
These are the 10 most Irish states
by population share:

1. New Hampshire (20%)
2. Massachusetts (19%)
3. Rhode Island (17%)
4. Vermont (16%)
5. Maine (16%)
6. Pennsylvania (15%)
7. Delaware (14%)
8. Connecticut (14%)
9. Montana (14%)
10. Iowa (13%)

Most Irish States

Nationwide, about 9.5% of Americans report being of Irish descent, making it the third-most prominent ancestry in the U.S., according to estimates by the American Community Survey.

4.4%  20.2%



Source: 2022 American Community Survey 5-year estimates • Chart: Julia Haines/U.S. News & World Report
Data reflects the percent of each state's population claiming Irish heritage.



Click on the link below to find an interactive map.

[https://www.usnews.com/news/best-states/articles/the-most-irish-states#:~:text=Hawaii%20\(4.4%25\),shepherd's%20pie%20were%20also%20trending.](https://www.usnews.com/news/best-states/articles/the-most-irish-states#:~:text=Hawaii%20(4.4%25),shepherd's%20pie%20were%20also%20trending.)

Population Search

You can search your county or zip code to view the demographic data of the patient population that lives around your pharmacy.

Examples of useful databases: US Census Bureau, Centers for Disease Control (CDC), state health department, or another source.

- <https://www.census.gov/>
- <https://www.countyhealthrankings.org/explore-health-rankings>
- <http://www.city-data.com/>

Engagement:

Employees, Patients, Community Stakeholders

Creating a business proposition around a
niche market

Irish Religious Groups

Many Irish Americans identify as Catholic or were raised Catholic, and the Catholic Church has been a cornerstone of Irish American identity. However, not all Irish Americans identify as Catholic, and Irish American identity is complex and diverse.

Catholicism

- About 47% of Irish Americans identify as Catholic or were raised Catholic
- Young Irish Americans are less likely to identify as Catholic than older Irish Americans
- The Catholic Church has provided a sense of community and cultural preservation for many Irish Americans

Other religious beliefs

- Some Irish Americans have resisted the Church's policies and tenets
- Irish Americans have also experienced discrimination based on their religion and culture

Engaging Your Patients: Immunization Considerations

- Some patients may express culturally-based concerns about **modesty**, especially in the presence of someone of the opposite sex.
 - → **Ask** the patient if they would prefer to use the Immunization Room/Private area if available.
 - → **Ask** the patient if a female or male pharmacist/technician immunizer would be preferred.
 - Most patients are aware that these requests might not be able to be accommodated. However, **culturally competent care** should always be offered whenever possible to make all our patients feel more comfortable.
- Patients, especially females, may wear **jewelry or adornments** with strong cultural or religious meaning.
 - → **Ask** if they could remove or adjust the item to allow access for immunization.



Travel Health Clinic

Travel Health Notices – Be aware of current health issues in Ireland. Learn how to

Ireland

protect yourself. [Routine vaccines](#)

Make sure you are up-to-date on all routine vaccines before every trip. Some of these vaccines include

- [Chickenpox \(Varicella\)](#)
- [Diphtheria-Tetanus-Pertussis](#)
- [Flu \(influenza\)](#)
- [Measles-Mumps-Rubella \(MMR\)](#)
- [Polio](#)
- [Shingles](#)



 Travel Health Notices

[Hepatitis A](#)

Consider hepatitis A vaccination for most travelers. It is recommended for travelers who will be doing higher risk activities, such as visiting smaller cities, villages, or rural areas where a traveler might get infected through food or water. It is recommended for travelers who plan on eating street food.

[Hepatitis A - CDC Yellow Book](#) [Dosing info - Hep A](#)



Travel Health Clinic

Hepatitis B

Recommended for unvaccinated travelers younger than 60 years old traveling to Ireland. Unvaccinated travelers 60 years and older may get vaccinated before traveling to Ireland.

[Hepatitis B - CDC Yellow Book](#)

[Dosing info - Hep B](#)

Measles

Cases of measles are on the rise worldwide. Travelers are at risk of measles if they have not been fully vaccinated at least two weeks prior to departure, or have not had measles in the past, and travel internationally to areas where measles is spreading.

All international travelers should be fully vaccinated against measles with the measles-mumps-rubella (MMR) vaccine, including an early dose for infants 6–11 months, according to [CDC's measles vaccination recommendations for international travel](#).

COVID-19

All eligible travelers should be up to date with their COVID-19 vaccines. Please see [Your COVID-19 Vaccination](#) for more information.

Travel Health Clinic

Plan for how you will get health care during your trip, should the need arise:

- Carry a list of [local doctors and hospitals](#) at your destination.
- Review your health insurance plan to determine what medical services it would cover during your trip. Consider purchasing travel health and medical evacuation insurance for things your regular insurance will not cover.
- Carry a card that identifies, in the local language, your blood type, chronic conditions or serious allergies, and the generic names of any medicines you take.
- Bring copies of your prescriptions for medicine and for eye glasses and contact lenses.
- Some prescription drugs may be illegal in other countries. Call [Ireland's embassy](#) to verify that all of your prescription(s) are legal to bring with you.
- Bring all the medicines (including over-the-counter medicines) you think you might need during your trip, including extra in case of travel delays. Ask your doctor to help you get prescriptions filled early if you need to.
-

Many foreign hospitals and clinics are accredited by the Joint Commission International. A list of accredited facilities is available at their website (www.jointcommissioninternational.org).

Health Risks in the Irish Population

Studies indicate that the Irish population faces a higher risk of certain health issues, particularly related to cardiovascular diseases like coronary heart disease, stroke, and hypertension, often linked to lifestyle factors like smoking, high alcohol consumption, and poor diet, which contribute to a significant proportion of deaths in Ireland; additionally, mental health concerns like anxiety and depression are also prevalent within the Irish population.

Key points about health risks in the Irish population:

- **Cardiovascular diseases**: Higher rates of coronary heart disease, stroke, and hypertension compared to other populations. -
-
- **Behavioral risk factors**: High prevalence of smoking, excessive alcohol consumption, and poor diet contributing to cardiovascular diseases.
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- **Mental health concerns**: Elevated rates of anxiety, depression, and other mental health disorders.
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- **Obesity**: A significant portion of the Irish population is considered obese.

Hypertension Remote Physiologic Monitoring Program at Your Pharmacy

EngageDr.™

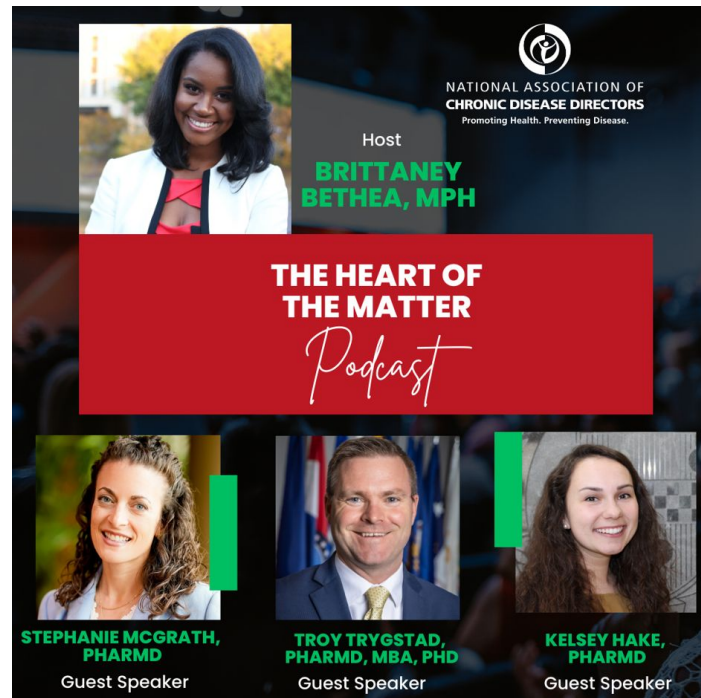


What is it and why should a pharmacy consider it?

State Health Department Grant Programs

Women in the United States are experiencing unacceptable and avoidable heart-related illness and death, and nearly half of U.S. women do not recognize that heart disease is the leading cause of death for women.

Heart-health disparities specific to women widen and deepen when combined with race, ethnicity, and other social factors. We encourage individuals, health care and public health professionals, and our partners to help close the disparities gap.



The podcast cover features a dark background with a red banner across the middle. At the top left is a portrait of Brittane Bethea, MPH, with the text 'Host BRITTANEY BETHEA, MPH' to her right. At the top right is the logo for the 'NATIONAL ASSOCIATION OF CHRONIC DISEASE DIRECTORS' with the tagline 'Promoting Health. Preventing Disease.' The red banner contains the text 'THE HEART OF THE MATTER Podcast' in white. Below the banner are three portraits of guest speakers: Stephanie McGrath, PharmD; Troy Trygstad, PharmD, MBA, PhD; and Kelsey Hake, PharmD. Each portrait is accompanied by their name and title in green text, and the words 'Guest Speaker' in white text below.

[Listen HERE](#)



EXPECT MORE

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Heart Health Month Bulletin and Podcast

Tobacco Cessation Program



Managing Common Withdrawal Symptoms

Learn how to identify and navigate common withdrawal symptoms.



How Quitlines Can Help

Quitlines provide free coaching over the phone to help you quit smoking. Available in several languages.



Quit-Smoking Medicines

Learn what available medicines can do to help you quit smoking for good.



State Quitline Services

Learn about quitline services available in your area through the [North American Quitline Consortium](#) 



Tips for Quitting

Get tips to help you deal with urges and cravings.



Making a Quit Plan

Preparation is key to quitting successfully, and making a quit plan is the first step.

Key Takeaway: Pharmacy owners can consider a Direct Pay Services- 8 week Program - group classes or one on one classes or initial consultations

Mental Health Screenings

Patient counselling points:

Online screening is one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition.

Mental health conditions, such as depression or anxiety, are real, common and treatable. And recovery is possible.

Screening tools are meant to be a quick snapshot of your mental health. A further conversation about options with your healthcare provider is essential.

Mental Health Screenings

Types of Mental Health Screening include :

- 1) PHQ-9
- 2) ADHD test
- 3) PTSD test
- 4) Anxiety test
- 5) Depression test
- 6) Addiction test

Empower your patients with education around mental health

Patient educational materials

Weight Loss Consultations

CDC-Recognized Family Healthy Weight Programs

FHWPs are comprehensive, family-based lifestyle change programs. They help children with overweight or obesity make progress toward a healthier weight through positive behavior changes. FHWPs are safe, effective treatments that are designed for children and their families or caregivers. FHWPs are also known as [intensive health behavior and lifestyle treatment](#) programs.

Several national organizations, including the U.S. Preventive Services Task Force (USPSTF) and the American Psychological Association, recommend FHWPs to help treat childhood obesity

Key Takeaway: Pharmacy Owners can consider a Direct Pay Services- 8 week Program , Body and spirit are intertwined

Genetic Mutations

Irish have higher frequencies of certain genetic mutations than other populations, including those for lactase persistence, cystic fibrosis, and haemochromatosis.

Genetic traits

Lactase persistence

The ability to digest milk into adulthood, which is present in many Irish people

Haemochromatosis

A condition that causes excessive iron retention, which has been present in Ireland since the Bronze Age . The C282Y mutation is the primary cause of hereditary hemochromatosis

Cystic fibrosis

A genetic disease that is more common in Ireland than in other parts of the world

Celiac disease

A genetic disease that is more common in Ireland than in other parts of Europe

Galactosemia

A metabolic disorder that prevents the breakdown of sugars in dairy, legumes, and organ meats

C282Y

A mutation that is present in the Irish at a higher frequency than in other populations

<https://pubmed.ncbi.nlm.nih.gov/16920278/#:~:text=The%20C282Y%20mutation%20is%20held.Scandinavian%20and%20Nordic%20Countries>
<https://pubmed.ncbi.nlm.nih.gov/16920278/#:~:text=The%20C282Y%20mutation%20is%20held.Scandinavian%20and%20Nordic%20Countries>

C282Y mutation

How it works

- The C282Y mutation prevents the HFE protein from binding to β 2-microglobulin
- This prevents the HFE protein from reaching the cell surface
- The HFE protein aggregates inside the cell
- This impairs signaling, which leads to too much iron building up in the body

Other effects

- The [C282Y mutation](#) is more common in people with type 2 diabetes
-
- The [C282Y mutation](#) may have some benefits for people who are asymptomatic carriers, such as a positive effect on the immune system and a reduced risk of developing certain diseases
-

Genetic inheritance

- If you have the C282Y mutation, you should consider your future partner's genetic status before starting a family

Genetic Variants

In the Irish population, genetic variants within the cytochrome P450 (CYP) enzyme system, particularly CYP2D6, are commonly studied as they significantly influence medication response, with variations leading to differences in drug metabolism, potentially causing either reduced efficacy or increased adverse effects depending on the individual's genotype; other relevant genes include MTHFD1 related to folate metabolism, which has been linked to neural tube defects in Irish populations when certain variants are present.

Key points about Irish genetic variants affecting medication response:

CYP2D6:

This gene encodes an enzyme crucial for metabolizing many medications, including antidepressants, antipsychotics, and pain medications. Individuals with specific CYP2D6 variants may be "poor metabolizers" experiencing reduced drug efficacy or "ultra-rapid metabolizers" with a higher risk of adverse effects.

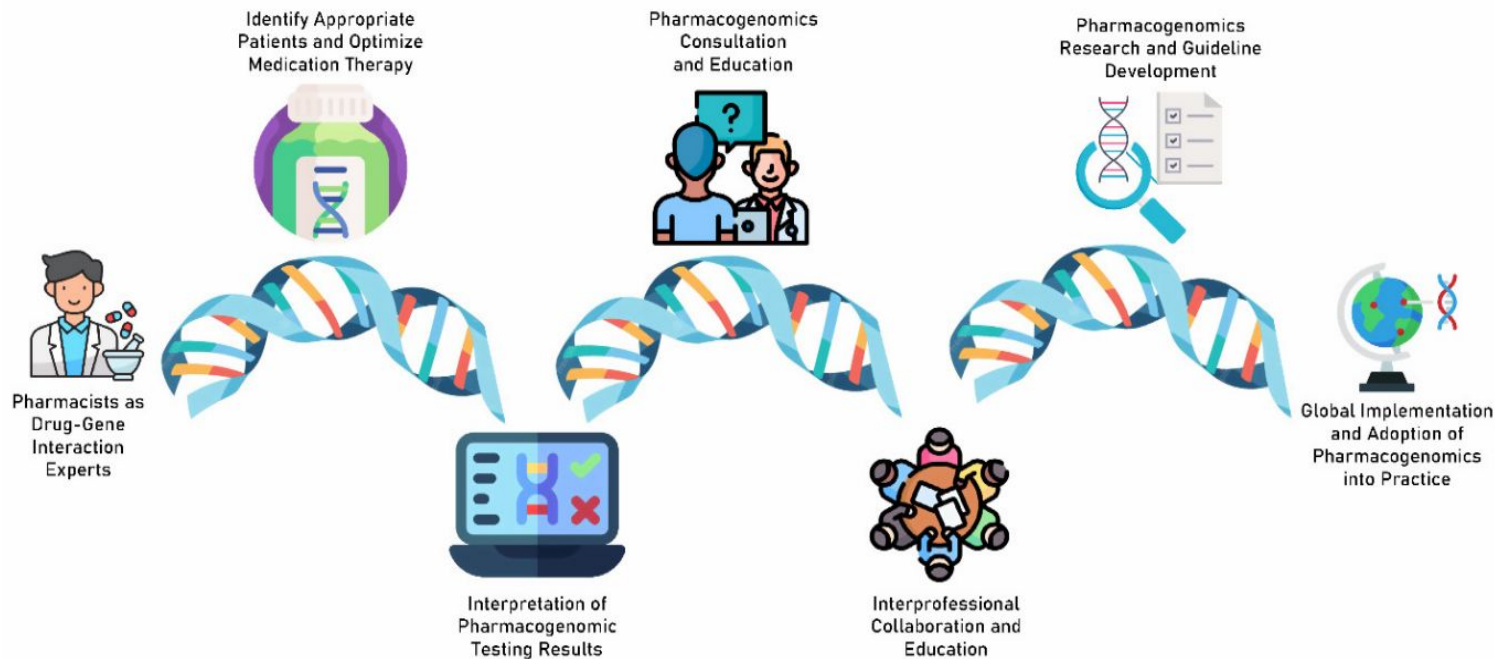
MTHFD1:

Variations in this gene are associated with folate metabolism and have been studied in relation to neural tube defects in Irish populations.

ADH1B/ADH1C:

Genetic variants in these genes are linked to alcohol metabolism and potential susceptibility to alcohol dependence in the Irish population.

Pharmacogenomic Testing at Your Pharmacy



<https://www.mdpi.com/2226-4787/11/6/180>

Pharmacogenomic Testing at Your Pharmacy

- Pharmacists should lead in the clinical implementation of pharmacogenomics as drug–gene interaction experts.
- Pharmacists should use pharmacogenomic testing for appropriate patient cases and use the test results to optimize medication therapy.
- Pharmacists should be the point of contact for patients and healthcare professionals in terms of interpreting pharmacogenomic test results and providing educational resources.
- Pharmacists should be able to confidently provide one-to-one consultations on pharmacogenomic test results to their patients.
- Pharmacists must collaborate with healthcare providers from multiple disciplines, such as physicians, nurses, or genetic counsellors, to ensure their patients receive the best possible care.
- Pharmacists should be involved in pharmacogenomics research and facilitate the development of clinical practice guidelines.
- Pharmacists should guide implementation efforts and educate healthcare professionals in the adoption of pharmacogenomic testing globally.

<https://www.mdpi.com/2226-4787/11/6/180>

Irish Folk Tales related to Health Remedies

Irish folklore is rich with tales about folk remedies, often involving magical elements, where specific plants, rituals, or even individuals with special abilities are believed to have healing powers; some common examples include cures for warts using a "seventh son of a seventh son," applying clay from graves, or using a piece of cloth from a corpse to treat toothache; these remedies are often tied to local holy wells and superstitions

Key points about Irish folk healing tales:

"The Seventh Son":

In Irish belief, the seventh son of a seventh son is thought to possess special healing abilities, capable of curing ailments like warts or headaches simply by touch.

Holy Wells:

Many Irish folk remedies involve visiting sacred wells, where people would bathe or drink the water to seek healing for various illnesses.

Herbal Remedies:

Traditional Irish herbal remedies often featured plants like dandelion, nettle, and elderflower, used for specific ailments.

<https://www.askaboutireland.ie/reading-room/history-heritage/folklore-of-ireland/folklore-in-ireland/healers-and-healing/natural-remedies/#:~:text=Honey%20products%20feature%20in%20folk%20medicine.,property%20and%20a%20natural%20sweetner.>

Irish Dietary/ Lifestyle Interventions

Foods	Explanation	Education
Breakfast - Irish soda bread served with butter 	crumbly, tangy, scone-like bread made with baking soda instead of yeast served with traditional Irish butter	2 slices of Irish soda bread - 83g carbs 3.6g fiber 9.7g protein 1 tbsp Irish pure butter - 12g fat
Lunch - Irish Stew and colcannon 	a stew made with mutton, potatoes, and onions served with colcannon which is an Irish potato recipe	1 serving of Irish stew(383g) - 32g fat 34g protein 27g carbs 1 serving colcannon(511g) - 16g fat 73g carbs 10g fiber

Irish Dietary/ Lifestyle Interventions

Foods	Explanation	Education
Snack - Cheese fries 	french fries covered in cheese, topped with seasoned beef and onions	1 serving(284g) - carbs - 62g fat - 12g fiber 10g Protein - 14g
Dinner - Cottage pie 	made with minced beef, mixed vegetables, and a golden-baked topping of creamy mashed potatoes	1 serving of cottage pie(400g) Fat - 8g Carbs - 34g Fiber - 6g Protein - 14g

More Irish Food Choices

Breakfast	Lunch	Dinner	Snacks
Candied bacon - Thick sliced bacon coated in brown sugar before being baked until crispy, sticky, and caramelized	Seafood chowder - Tender shrimp, fish and scallops are combined in a creamy white wine broth with veggies.	Dublin Coddle - stew featuring sausage, bacon, onions, and potatoes. Cooked low and slow	Irish apple cake - cake made with tart and juicy Granny Smith
Reuben Casserole - layers of sauerkraut, corned beef, Swiss cheese, rye bread crumbs, and creamy Russian-style salad	Potato soup - rich and creamy Irish potato soup is loaded with vegetables and smoky bacon	Corned beef and cabbage - Jewish corned beef thrown into a pot with cabbage and potato	Beef and potato pie made up of beef, potatoes, veggies, and even Guinness. The homemade crust is flaky, buttery, and studded with fresh chives.

Pharmacist Counseling on Lifestyle and Food Choices

- Whole Grains
- Leafy Greens
- Non-Starchy Vegetables
- Fruit
- Lean Proteins
- Healthy Fats
- Legumes



Key Takeaway: To address individual nutrition needs **based on personal and cultural preferences**, health literacy and numeracy, access to healthful food choices, willingness and ability to make behavioral changes, as well as barriers to change

[Academy of Nutrition and Dietetics.](https://www.eatright.org/food/cultural-cuisines-and-traditions)

Protein: 10-35% of total calories (50-175 grams) e.g **20% 100 gm per day**

- Aim for **lean** sources: poultry, fish, beans, lentils, tofu.

Vegetables: Aim for at least 2-3 **cups per day**

- Packed with vitamins, minerals, fiber, and antioxidants.
- Variety is key: dark leafy greens, colorful peppers, broccoli, etc.
- **Non-starchy vegetables:** The foundation of your plate

Carbohydrates: 45-65% of total calories (225-325 grams) **50%**

- Primary energy source, especially for the brain.
- Choose complex carbs: whole grains, fruits, starchy veggies.

Healthy fats: Choose olive oil or other healthy fats

Fiber: Eat at least 14 grams of fiber per 1,000 calories-**28 gm per day**



Irish Herbal Remedies

Bilberry	• A small berry with anti-inflammatory and antioxidant properties • Used to treat eye disorders, diarrhea, dysentery, and hemorrhoids • Bilberry leaves can treat diabetes
Comfrey	• Also known as "knitbone" because it's used to treat broken bones • Also used for sprains, bruises, wounds, arthritis, and backaches • Can be used as a compress on the skin
Honey	• Used to treat the common cold, aphthous ulcers, and childhood eczema • Has natural antiseptic properties

Other herbs include -

Ground ivy, Eyebright, Groundsel, Young hawthorn shoots, Elder bark, Foxglove, Yarrow, and Dock leaves

Engagement: Community Stakeholders

Networking:
Going outside your comfort zone

Irish American Heritage Month

Irish American Heritage Month

Irish-American Heritage Month was first celebrated by proclamation of the President in 1991. It seemed natural to choose March (Saint Patrick's Day falls on March 17) for the month-long recognition of the contributions that Irish immigrants and their descendants have made to U.S. society. Virtually every realm of American endeavor, from steelworking to biotechnology to literature, has seen improvement through Irish-descended hands and minds.



Networking Opportunity:

History of St. Paddy's Day

St. Patrick's Day March 17th	St. Patrick's Day is a holiday celebrated on March 17th to honor the death of Saint Patrick, the patron saint of Ireland. It's a day of parades, green clothing, and shamrocks.
St. Patrick died on March 17th ,461	• St. Patrick was born in Roman Britain in the 4th century. • He was kidnapped at age 16 and sold into slavery in Ireland. • He escaped and returned to Ireland in 432 to convert the Irish to Christianity. • He established churches, monasteries, and schools.
Celebrations	• The Irish have celebrated St. Patrick's Day as a religious holiday for over 1,000 years. • The first St. Patrick's Day parades in the United States were held by Irish soldiers in the Revolutionary War. • The celebrations became a way for the Irish to connect with their roots.
Traditions	People wear green clothing, People decorate with shamrocks, People attend parades, and People eat Irish bacon and cabbage
Fun fact	According to legend , St. Patrick used the shamrock to explain the Trinity



Irish American Organizations

Ancient Order of Hibernians

- The oldest Irish Catholic fraternal organization in the United States, founded in 1836
- Has roots in similar Irish societies that existed for over 300 years
- Helps newly arrived Irish immigrants

Irish American Cultural Institute (IACI)

- Founded in 1962, this nonsectarian and apolitical organization promotes an appreciation of Ireland and the Irish in America
- The only Irish American organization with the President of Ireland as its patron

Irish American Heritage Museum

- The Irish American Heritage Museum is committed to the basic tenet that preserving one's heritage is vital to providing a cultural and historical foundation to future generations of Americans. Its mission is to preserve and tell the story of the contributions of the Irish people and their culture in America, inspiring individuals to examine the importance of their own heritage as part of the American cultural mosaic.

Irish American Organizations

[American Irish Historical Society](#)

- Records, celebrates, and promotes Irish culture and its contributions to the United States

[Irish American Heritage Month](#)

- Celebrated in March, this month recognizes the contributions of Irish Americans to the United States

[Irish Immigrant Letters Home, from the Historical Society of Pennsylvania](#)

- [External](#)
- Digital images and transcription of The Curtis Family Letters, in which students can explore the reasons for Irish emigration from Ireland and the impact that immigration had on the family.

Networking Opportunity:

“A Place of Worship”

Churches, Mosques, Synagogues, Temples, Cloisters, Mandis, Jinja, Shrines, Nhà thờ ho,
Gurdwara are all sacred spaces of worship Places of Worship are all Community hubs

The Church is a community Hub

- ❖ Churches serve their communities through programs dedicated to providing food, housing, and education
- ❖ The Church offers a place of learning
- ❖ The Church is a united voice for the communities they serve
- ❖ The Church acts as a catalyst for positive change in the community
- ❖ The Church offers an avenue to reach the underserved community
- ❖ The Church and it's leaders have a profound impact on the behavior and action of the community

Networking Opportunity: Pharmacy owners can ask to be a part of events at temples and be put on the invitation lists as a way to engage with the community members in their area.

Avoiding, Debunking, and Demystifying Stereotypes

This is not us: Disproving common Irish stereotypes

Stereotype	Fact
The Irish are known for their temper The idea that the Irish are short tempered is a stereotype nurtured by colonial Britain. It was also picked up by North American commentators as anti-Irish sentiment rose with the arrival of famine-era coffin ships.	In modern terms, the Global Peace Index indicates that Ireland is now among the least violent countries in the world, placing eighth – just after Switzerland.
The Irish are known as drunks The drunken Irish stereotype is long established. As Dr. Alice Mauger of UCD points out , Plato was among its earliest cultivators when he described the Celts as “drunken and combative”.	However, Ireland has had periods of relatively low alcohol consumption, according to research by Diarmaid Ferriter . And as early as the 1830s, hundreds of thousands of Irish people signed up to be teetotallers. (The figure may have been as high as two million). This movement was led by a Capuchin friar called Father Theobald Mathew who wanted to improve the lives of Ireland’s poorest labourers.
The Irish are known for holding grudges While some Irish people are great at holding grudges, many have been known to show good will, kindness and forgiveness even in difficult circumstances.	In fact, a handful of Irish men and women have won the Nobel Peace Prize for their efforts to overcome the past and work toward peace. In 1976, Elizabeth Williams and Mairead Corrigan won it for their peace activism in Northern Ireland. Then, in 1998, John Hume and David Trimble won it for their efforts to bridge the gap between the nationalist and loyalist communities and work toward peace.

Did You Know?

Did you Know?

Higher Education

Irish Americans are more likely than the US population as a whole to be college graduates. While 33% of Irish Americans 25 or older have at least earned a bachelor's degree and 92.5 have at least a high school diploma, for Americans generally, the corresponding numbers are only 28.2% and 85.6%, respectively.

Irish Ancestry in the US Population

Irish is the second most popular ethnicity Americans claim. Nearly 35 million Americans report having [Irish heritage](#), according to the census. That's seven times the population of Ireland, which is an estimated 4.58 million.

Wealth Among Irish Americans

Households headed by Irish Americans actually have higher median incomes (\$56,363 yearly) than the \$50,046 average for US households generally. Not surprisingly, Irish Americans also have lower poverty rates than Americans as a whole. Just 6.9% of households headed by Irish Americans had incomes at the poverty level, while 11.3% of American households generally did.



The fading of the green: Fewer Americans identify as Irish

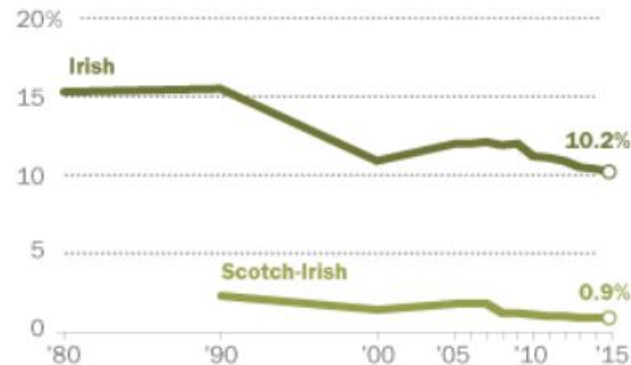
On this St. Patrick's Day, here's news that might dampen the party: The ranks of Americans who trace their ancestry back to Ireland – long one of the most prominent subgroups in American society – are slowly declining.

In 2015, [32.7 million Americans](#), or one-in-ten, identified themselves as being of Irish ancestry, making it the second-largest ancestry group in the U.S. after Germans. In addition, nearly 3 million Americans claimed Scotch-Irish ancestry, or just under 1% of the entire population. (The Scotch-Irish were mainly Ulster Protestants [who migrated](#) to the British colonies in the decades before independence, while Irish Catholics didn't begin arriving in large numbers until the 1840s.) By comparison, the [Republic of Ireland](#) and [Northern Ireland](#) have a combined population of about 6.6 million.

The ranks of both Irish and Scotch-Irish Americans have fallen a lot in the past two-and-a-half decades, and the trend does not appear likely to reverse. Two decades ago, in 1990, 38.7 million Americans (15.6% of the total population) claimed Irish ancestry, and 5.6 million (2.3%) identified as Scotch-Irish.

In the U.S., Irish ancestry is declining

% of population who say they are of ... ancestry



Source: Census Bureau, decennial census (1980, 1990, 2000) and American Community Survey 1-year estimates (2005-2015).

The fading of the green: Fewer Americans identify as Irish

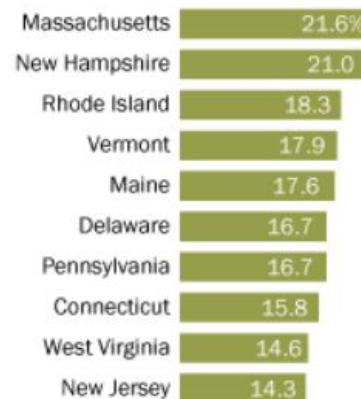
Irish and Scotch-Irish Americans are most highly concentrated in a few areas of the country, reflecting their historical migration patterns. The poor Irish immigrants who fled their famine-stricken homeland in the 1840s and 1850s generally [settled in or close to](#) the Northeastern port cities where they first arrived. New England states continue to have the highest share of residents claiming Irish ancestry: Massachusetts (21.6%), New Hampshire (21.0%), Rhode Island (18.3%), Vermont (17.9%) and Maine (17.6%).

The Scotch-Irish, who arrived earlier than the Irish in the early 1700s, moved to the [more mountainous interior](#) of what were then Britain's American colonies. To this day, the states with the highest share of residents claiming Scotch-Irish ancestry are North Carolina (2.6%), South Carolina (2.4%), Tennessee (2.2%) and West Virginia (2.0%).

The Census Bureau has asked Americans to identify their [ethnic ancestry](#) since 1980, and annually since 2005. Because they can pick one or two, we counted everyone who chose Irish or Scotch-Irish as their primary or secondary ancestry. We used one-year estimates for nationwide Irish and Scotch-Irish populations, and 2011-2015 five-year estimates for state-level populations.

Northeast states lead in Irish ancestry

% of population who say they are of Irish ancestry



Note: The top 10 states for Irish ancestry are shown.

Source: Census Bureau, 2011-2015 5-year estimates.