**African-American Culture**

Culture care meanings and actions:

* Extended family networks with concern for “brothers and sisters”
* Value religion and involvement in the church
* Interdependence in black communities, being present and involved
* Technology is valued
* Families value hugging and other appropriate touching
* Folk (soul) foods and home remedies
* Music and physical activities (singing, sports, etc.)

Leininger, M. (Ed.).(1991). *Culture care diversity and universality: A theory of nursing*. New York, NY: NLN Press.

**Anglo-American Culture**

Culture care meanings and actions:

* Individualism – focus on self-reliance, independence, and freedom
* Reliance on technology, facts and numbers, materialism, and money
* Competition and achievement
* Youth and beauty
* Leisure time highly valued
* Less respect for authority and the elderly
* Generous in times of crisis
* Caring shown by reducing stress, doing special things, or by giving individual attention
* Value being able to learn “How to do it” for self-care and to get medical facts

Leininger, M. (Ed.).(1991). *Culture care diversity and universality: A theory of nursing*. New York, NY: NLN Press.

**Arab-American Muslim Culture**

Culture care meanings and actions:

* Providing family care and support
* Offering respect and privacy time for religious beliefs and prayers (4 times each day)
* Respecting and protecting gender role differences in culture
* Knowing cultural taboos and norms (can’t eat pork, smoke, or use alcohol)
* Recognize honor with obligation
* Helping to “save face” and preserve cultural values
* Visiting the sick
* Helping children and the elderly
* Following the teaching of the Koran

Leininger, M. (Ed.).(1991). *Culture care diversity and universality: A theory of nursing*. New York, NY: NLN Press.

**Chinese-American Culture**

Culture care meanings and actions:

* Serving others (not self-care)
* Compliance with authority and elders
* Obedience to authority, elders, and government
* Watching closely
* Values using fold remedies (herbs) and other treatments, like acupuncture
* Group assistance to others in community
* Value working hard and giving back to society

Leininger, M. (Ed.).(1991). *Culture care diversity and universality: A theory of nursing*. New York, NY: NLN Press.

**German-American Culture**

Culture care meanings and actions:

* Working very hard.
* Being on time.
* Being orderly and organized, clean and neat
* Stoic – not letting pain or other feelings show – no complaining
* Helping others, and protecting others from harm or “outsiders”
* Maintain religious beliefs, rules, and norms.
* Controlling self and others.
* Values science and logic – “Knowledge is power.”
* Eating proper food, getting rest and fresh air are valued.

Leininger, M. (Ed.).(1991). *Culture care diversity and universality: A theory of nursing*. New York, NY: NLN Press.

**Mexican-American Culture**

Culture care meanings and actions:

* Extended family valued, giving direct family aid and love
* Interdependence with kin and social activities
* Patriarchal (Father is the protector and head of the family), but mother makes care decisions
* Native foods for healing and use of folk-care practices, folk healers and belief in hot-cold theory
* Respect for authority and the elderly
* Use of touching
* Religion is valued, and acceptance of God’s will

Leininger, M. (Ed.).(1991). *Culture care diversity and universality: A theory of nursing*. New York, NY: NLN Press.

**Japanese-American Culture**

Culture care meanings and actions:

* Duty and obligation to kin and work group
* Respect for family, authority, honor and national pride
* Concern for protection and nurturing (children and elders may be indulged by caregivers)
* Patriarchal (led by father), but family included in caring
* Values personal cleanliness.
* Systematic goals for high achievement, high educational standards, and future planning
* Control emotions and actions to “save face and prevent shame”. Values quietness and passivity.
* Honor and pride toward elders – Values politeness and rituals.
* Attention to physical complaints, but has endurance for pain and stress.
* Use of folk therapies.

Leininger, M. (Ed.).(1991). *Culture care diversity and universality: A theory of nursing*. New York, NY: NLN Press.

**North-American Indian Culture**

Culture care meanings and actions:

* Harmony between land, people, and environment
* “Give and take” relationship with “Mother Earth” with rhythmic timing.
* Active listening, using periods of silence, and Spiritual inspiration (guidance).
* Respect for native folk healers – practice culture rituals and taboos.
* Tribal elders have authority.
* Pride in cultural heritage and “Nations”.
* Respect for children and elders.

Leininger, M. (Ed.).(1991). *Culture care diversity and universality: A theory of nursing*. New York, NY: NLN Press.

**Polish-American Culture**

Culture care meanings and actions:

* Upholds Christian religious beliefs and practices (prayer) and special days.
* Family and cultural care – giving to others in need, and self-sacrificing for God
* Being very frugal with money or possessions.
* Working very hard without complaining
* Persistent - “Don’t give up”.
* Value folk remedies and Polish foods to stay well or recover from illness.

Leininger, M. (Ed.).(1991). *Culture care diversity and universality: A theory of nursing*. New York, NY: NLN Press.

**Swedish-American Culture**

Culture Care Meanings and actions:

* Attention to detail
* Self-responsibility
* Maintaining Privacy
* Being hospitable
* Being orderly and organized
* Cleanliness: Self and environment

Leininger, M. (Ed.).(1991). *Culture care diversity and universality: A theory of nursing*. New York, NY: NLN Press.

**Asian American Hmong Culture**

Culture care meanings and actions:

* Hmong people have strong ethnic identity, social unity, and close family ties
* Community social structures have power, keeping people together to maintain cultural roots
* Strong reliance on close families with large, extended family networks
* Father or oldest male in the family may make health decisions for others in the family, but clan leaders have the ultimate decision
* Time is focused on the present, rather than the future
* Religious beliefs and health practices combine natural and supernatural worlds
* Folk healer, called a shaman, is believed to have healing power
* Folk remedies include amulets, charms, knotted strings, special cloths, massage, herbal preparations, “cupping”, or “coining” of skin, and other rituals
* Hospitality and traditional foods are valued
* Hmong people prefer less direct eye contact
* Instead of disagreeing, a common response would be silence, or “yes”, but then not cooperating
* Health decisions are made by the head of household, and/or elders of the clan
* Hmong people often come late, or miss appointments.
* Family responsibilities come before all other responsibilities

**Norwegian-American Culture**

Culture care meanings and actions:

* Extended family networks common in rural area
* Value common good of the family rather than needs of individual members
* Independence and “peace and quiet” are valued
* Religion and involvement in the church are seen as important
* People tend to be quiet and informal
* People are expected to be on time
* Personal space is respected
* Warm and friendly behavior after a relationship is established
* Values modern medicine

Leininger, M. (Ed.).(1991). *Culture care diversity and universality: A theory of nursing*. New York, NY: NLN Press.

**Irish-American Culture**

Culture care meanings and actions:

* Values independence, and family kinship groups, generosity and hospitality
* Strong work ethic and self-image as an agricultural country
* Friendly and informal culture both publicly and privately
* Personal space small – No problem with public displays of affection
* Modesty, privacy, ability to read and speak well are valued. Humor and sarcasm are often used, but loud, boastful behavior is discouraged
* Folk cultural beliefs in holy and healing places and ties to the “old country” remain strong
* Values religion, dance, music, dress, food, and celebrations
* Famous for international music, eating, singing, etc.
* High risk of heavy drinking and smoking
* Stoic and uncomplaining with pain – Tends to feel guilty when ill, as if they are a burden

Regents, University of California. (2005). Culture & Clinical Care. Lipson, J.G. & Dibble, S.L. San Francisco: UCSF Nursing Press.