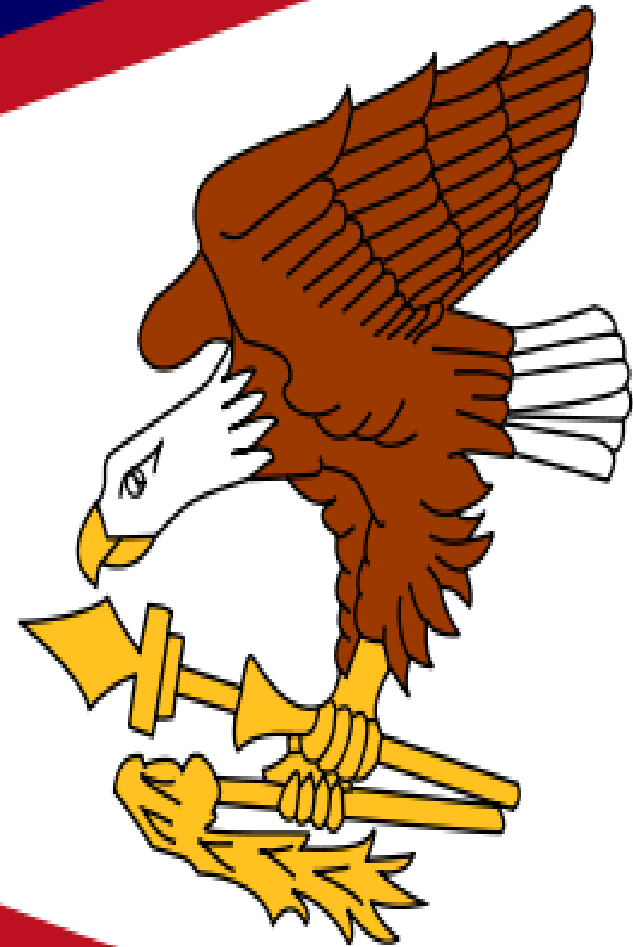
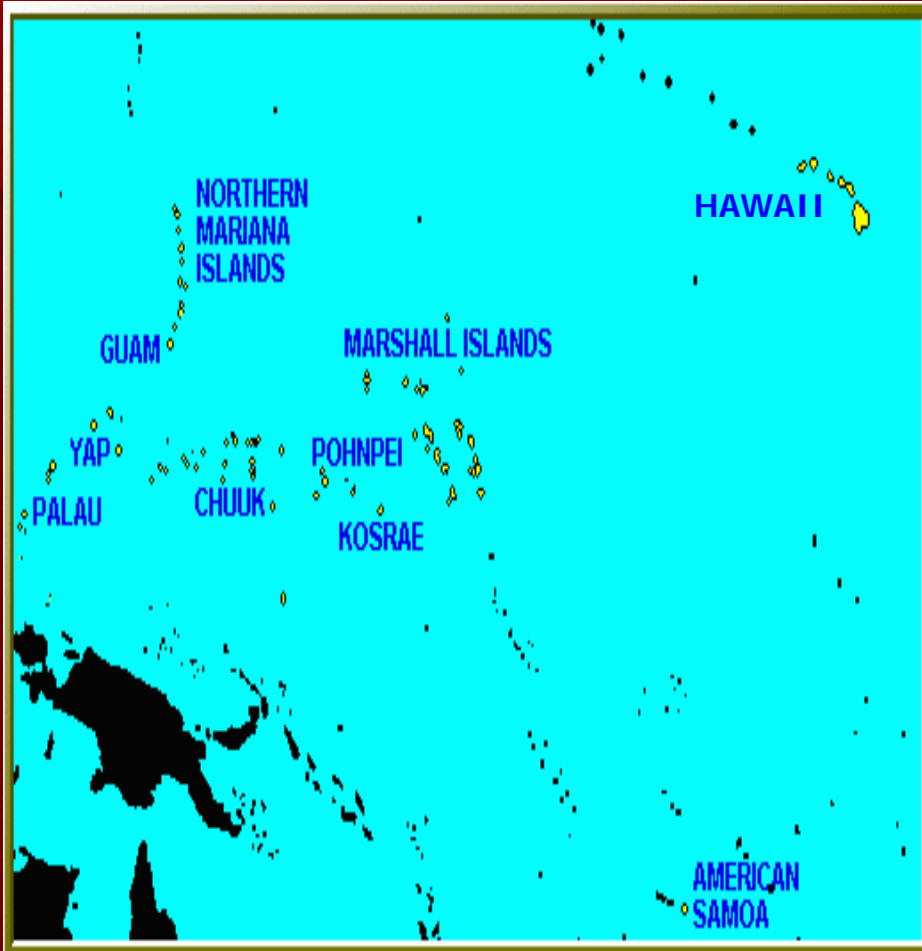


AMERICAN SAMOA



**SIAUNOFO LOGOLOGO, TRAVIS FLEMING, REBECCA
FIAME, SUELYNN MOLESI, ESE MISIATA**
(Families 4H & Nutrition Program)

MAP



American Samoa in the Pacific



Tutuila & Manu'a Islands

GEOGRAPHY

- The territory consists of seven islands: five inhabited high volcanic islands: Tutuila, Aunu'u, Ofu, Olosega, and Ta'u.
- One inhabited atoll (Swains) and one uninhabited atoll (Rose atoll) is a wildlife refuge managed by the U.S. Fish and Wildlife Service.
- Land area: 199 sq.km (76 sq.miles)
- Sea area: 390,000 sq.km
- Am.Samoa is 2,600 miles south of the Hawaiian Islands, and approximately 2,000 miles north of New Zealand.
- It lies between 13 degrees and 15 degrees latitude south and 169 and 171 degrees longitude west.

HISTORY

- The Samoan people are Polynesians
- Their ancestors settled the islands about 3,000 years ago.
- "Discovered" by European explorers in the 18th century
- The 1900 Treaty of Berlin granted U.S. rights over all islands of the Samoa group east of Longitude 171° W (Germany controlled W. Samoa)
- In 1900 the chiefs of Tutuila and Aunu'u ceded those islands to the U.S and on April 17, 1900, American Samoa raised the U.S. flag. This is now an important holiday known as "Flag Day".
- 1900 to 1951 American Samoa was under U.S. Navy control, initially as a coaling station for the fleet during the Age of Steam.
- In 1951, the Territory was transferred to the Department of the Interior, under whose control it remains.

DEMOGRAPHICS

- The population of American Samoa is estimated at 69,200
- Ethnicities in American Samoa (2000 census):
 - Native Pacific Islander (Samoans): 91.6%
 - White: 1.1%
 - Mixed: 4.2%
 - Other: 0.3% (Filipinos, Taiwanese, Koreans, Chinese)
- Religion: Christian Congregationalist 50%, Roman Catholic 20%, Protestant and other 30%
- Languages:
 - Samoan 90.6% (closely related to Hawaiian and other Polynesian languages)
 - English 2.9%, Tongan 2.4%, other Pacific islander 2.1%, other 2% (*note: most people are bilingual, 2000 census*)

POLITICS

- American Samoa is an unincorporated and unorganized territory of the U.S. administered by the Department of Interior.
- Native born American Samoans are U.S. Nationals and hold U.S. passports.
- American Samoans cannot participate in U.S. elections.

IMMIGRATION/EMIGRATION

- How many emigrate?
30% of male, 20% female, 50% families
- What do they do?
Work, further education, military
- Which area of US do they settle in?
All over the U.S. but more so in the West Coast.

LIFESTYLE

■ How do people live?

- They live in both subsistence and cash economies.
- Labor force 17,630 (2005)
- Employed by government 7,000+

■ Employment:

Tuna canneries: 34%, Government: 33%, Others: 33%

Unemployment - 29.8% (2005)

■ Industry: tuna canneries (largely supplied by foreign fishing vessels), handicrafts

■ What's culturally important?

- '*Muamua le Atua*' (God first)
- Matai titles: Head of the immediate family,
- Traditional *fa'alavelave*: weddings, funerals.

HEALTH ISSUES

- American Samoa was a relatively healthy place in the times of our parents and grandparents who would farm, fishing and walk.
- Life expectancy at birth: 72.5 years
- Leading causes of death:
 - Heart diseases
 - Cancers
 - Diabetes mellitus
- Rate of obesity: 93.5% adults (STEPS report 2007)
- Rate of diabetes: 43.7%
- 62.2% population classified physically inactive



DIETARY CHANGE



- Traditionally, people ate fish, breadfruit, taro, palusami, and pork cooked in the underground oven (*umu*).
- Now people are more into fast food.
- Children's dietary behavior - it is very hard to change back to eating local foods e.g. taro and rice. A lot of children don't like eating taro or bananas, but they like rice more often.
- Some families are having their *to'ona'i* (traditional Sunday meal) at a restaurant or fast food outlet.



FOOD AND LIFE EVENTS

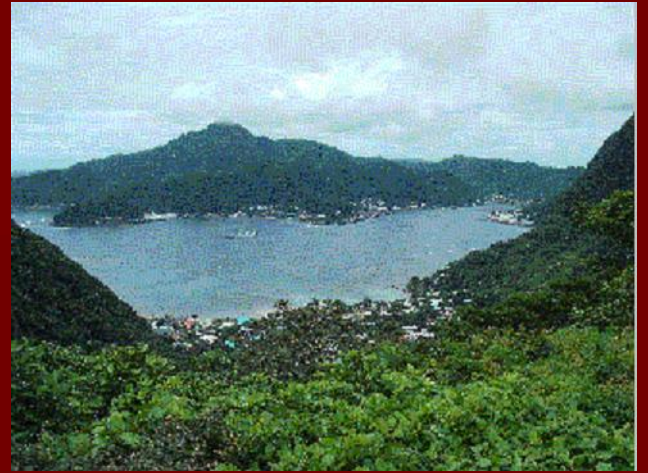
■ Common ceremonial occasions

- Weddings, Funerals, Birthdays
- Saofa'i (the ceremony & celebration of conferring a title on a prospective chief, or *matai*)
- Other *fa'alavelaves* (any event in the Samoan culture that involves the gathering of extended family)
- Foods are served in big plates with a lot of different kinds of food, including local foods. Food is very important in these occasions, the family holding the occasion should have enough food for those who will attend, they will also be given extra to take home for their families.

POPULAR LOCAL FOODS

- Panipopo: coconut buns
- Vaisalo: made of young coconut flesh
- Supo esi: made from ripe papaya and coconut cream.
- Sua fa'i: made from ripe bananas and coconut cream.
- Ko pai: made of flour and coconut cream
- Palusami: taro leaves cooked with coconut cream
- Fai ai fe'e: Octopus cooked in coconut





IMAGES OF AMERICAN SAMOA

