

**Federated States of Micronesia  
(FSM)  
Chuuk**



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# MAP



Federated States of Micronesia in the Pacific Ocean.

Islands in Chuuk State

# GEOGRAPHY



Map of the islands in Chuuk lagoon

- ❖ There are 48 islands in Chuuk State.
  - ❖ 46 inhabited islands
  - ❖ 2 uninhabited islands
  - ❖ there are 19 high Islands and 29 atolls (low islands)
  - ❖ the main population center of Chuuk State is Chuuk Lagoon
- ❖ Chuuk land area is 49 square miles.

# HISTORY OF CHUUK

- ❖ As part of the colonial territory of the Caroline Islands, four countries invaded Chuuk State.
- ❖ First occupation was Spain (1886-1898)
- ❖ Second occupation was Germany (1898-WWI)
- ❖ Third occupation was Japan (WWI-WWII)
- ❖ Fourth occupation was United States of America (1947-1986)



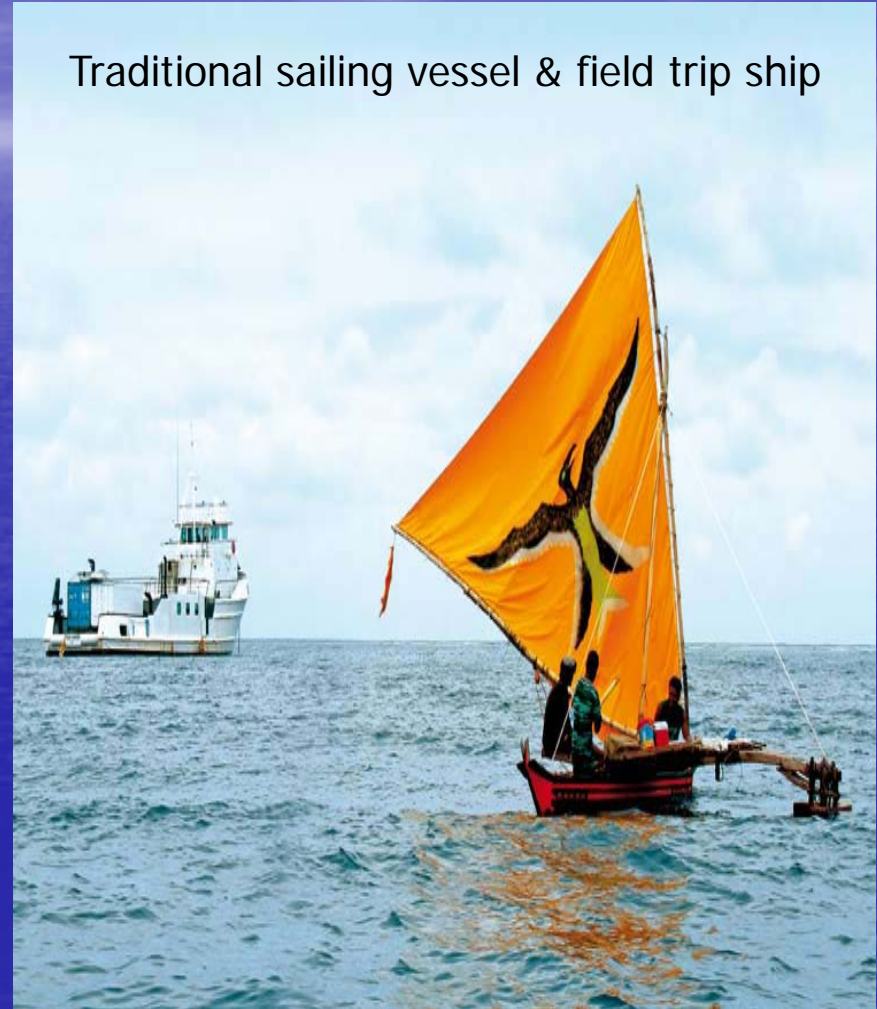
Sunken Japanese plane from WWII in Chuuk Lagoon

# DEMOGRAPHICS

- The population of Chuuk State is 53,595
- Approximately 40,000 live on islands in Chuuk lagoon
- In FSM the population is made up of:

Chuukese	48.8%
Pohnpeian	24.2%
Kosraen	6.2%
Yapese	9.7%
Asian	1.8%
Polynesian	1.5%
Other	6.4%

Traditional sailing vessel & field trip ship



# DEMOGRAPHICS

- Total population (FSM): 108,000
- Urban population (FSM): 23%
- Religions (FSM):
  - Roman Catholic 52.7%
  - Congregational 40.1%
  - Baptist 0.9%
  - Seventh-Day Adventist 0.7%
  - Other 3.8%
- Languages (FSM): English (official and common language), Chuukese, Kosraen, Pohnpeian, Yapese, Ulithian, Woleaian, Nukuoro, Kapingamarangi



# POLITICAL STATUS

The Federated States of Micronesia (FSM) is a Freely Associated State under the Compact of Free Association with the United States. It entered into the Compact of Free Association in 1986, and this was amended in 2004.

- ❖ Citizens of the FSM are not citizens or nationals of the United States
- ❖ The Compact provides FSM citizens with the right to migrate to the United States and its territories & commonwealths as non-immigrants without visas but they must have a valid FSM passport.
- ❖ Micronesians can live, work, and study in the United States but the United States has the right to set terms and conditions on the non-immigrant stay of FSM citizens. At the present time, they are granted an unlimited length of stay
- ❖ The United States has full authority and responsibility for the defense of the FSM

# IMMIGRATION/EMIGRATION

- The total number of people emigrating from Chuuk State is 10,199 (male 5,149: female 5,050).
- As of 2010 approximately 20 per cent of FSM citizens were living abroad - mainly in the US.
- They migrate to find medical assistance, employment and education
- Census 2000 data indicated that there were 2,197 FSM migrants in the CNMI, and 6,983 on Guam. A large part of Chuukese population is settled in the Hawaiian islands. There are others scattered in many different U.S states.



# LIFESTYLE

## ECONOMY

- Chuukese still live off the land and the ocean (subsistence). People farm, fish, and make handicrafts.
- People are also working for the government, local and private sectors (industry: 34.4%, services: 64.7%)
- An estimated two-thirds are government employees: 2,968 (FSM - FY05 est.)
- The unemployment rate is 22% (FSM), many of these people work on the land.

## CULTURE

- In Chuukese culture, it is important for men to know their roles: fishing, farming, climbing, and doing handicraft.
- It is also important for every women to know their roles within the community and society: such as cooking and weaving.
- Culturally we are still living traditionally, exchanging goods, sharing foods with relatives and neighbors.
- Cash economy has an effect on people who are working and hold high positions in government. They have more power over people.

# HEALTH ISSUES

- Rates of obesity are over 40%
- People are not careful about or aware of what to eat.
- The result is that NCD's are common among the people.
- Life expectancy at birth: 68.5 years
- Leading causes of death:
  - heart attack
  - diabetes
  - COPD
  - stroke
- Leading causes of inpatient care
  - Hypertension (high blood pressure)
  - Diarrhea/ Gastroenteritis
  - Diabetes
- Diabetes rate: 24.4%
- TB is prevalent (102 cases per 100,000 population)
- People from the FSM also have the right to seek medical assistance from any of the US territories.

(Indicators are for FSM unless noted)

# DIETARY CHANGE

## Pre-contact

- ❖ Local starch
- ❖ Fish
- ❖ Coconut drinks
- ❖ Cook at home

## Today

rice, bread  
canned meat,  
turkey tail  
sodas, can juices  
restaurant or  
market



# FOOD AND LIFE EVENTS

- The role of food is important in these events:
  - Weddings
  - Community gatherings
  - Family gatherings
  - Funeral
  - Church activities
  - Birthdays
  - Christmas Celebration
  - New Year
  - Inaugurations
  - Picnics
- ~ Foods play a major role in life events like those mentioned above. During these occasions, most of the foods served are high in saturated fats, carbohydrates, salt, and sugar.



# POPULAR LOCAL FOODS

~Koon – Pounded breadfruit



~Apeet – Preserved breadfruit



~ Mwanin Puna – Sliced taro in coconut cream



~ Amaaten Tapioka – Ground Tapioca



~ Mwanin Uuch – Banana with coconut cream





# Images of Chuuk

