Chicana/o/x and Latina/o/x Healthcare Issues

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Overview

Definition of Latina/o/x & Chicana/o/x

Latinx Growth and Diversity

Data collection

DESPIERTA: Binational Study

Latinx Health Imperative
Hispanic

Refers to people that originate from Spanish speaking Latin American countries including Spain.

“A person of Cuban, Mexican, Puerto Rican, South and Central American, or other Spanish culture or origin regardless of race.”

- U.S. Census Bureau
Latina/o/x

A person of Latin American origin or descent.

A person with cultural ties to Latin America.
Chicano/a/x

Originated in Mexican-American community.

Chosen identity of some people in the United States.

Emphasis on indigenous roots, not Spanish descent.

Identity reclaimed by students in the 1960s and 1970s to express self-determination and solidarity in shared cultural, ethnic, and communal identity.

Politicized term to address issues of underserved and underrepresented.
Latinx Growth and Diversity

U.S. Hispanic population hits new high

In millions

Note: 1990-2016 estimates are for July 1.
1990-2016 estimates based on intercensal population estimates and Vintage 2014.

PEW RESEARCH CENTER
• Growth in overall population

• Diversity generationally

• Mixed families

Hispanic Population to Reach 111 Million by 2060
Projected Hispanic Population 2020 to 2060

www.census.gov/popest/
The 10 Largest Latino Ethnic Groups in the U.S.

- Mexicans: 31.7 Million • 63.0%
- Guatemalans: 1 Million • 2.1%
- Puerto Ricans: 4.6 Million • 9.2%
- Colombians: 909,000 • 1.8%
- Cubans: 1.7 Million • 3.5%
- Hondurans: 633,000 • 1.3%
- Salvadorans: 1.6 Million • 3.3%
- Ecuadorians: 565,000 • 1.1%
- Dominicans: 1.4 Million • 2.8%
- Peruvians: 531,000 • 1.1%

Numbers and percentages are based on the total U.S. Latino population of 50.5 million.

Source: Pew Hispanic Center
2015
37.1 million U.S. Born
19.4 million foreign born

Pew Hispanic Center
California Demographics

Source: PPIC
Diversity Implications on Data Collection

Country of Origin

Place of Birth

Documentation Status (2014)
• 65.1% U.S. Born Citizens
• 11.7% U.S. Citizens Foreign Born
• 23.2% Residents & Undocumented

Language ability / preference

Culture

Gender

Generational status
Political Climate

Immigrant communities under attack

Political rhetoric has created an increasingly hostile environment for immigrants

◦ Travel Ban
◦ Border Wall
◦ Deportation
◦ Family Separation
◦ Child incarceration
Data Collection and Service Providing Approach

- Cultural Awareness
- Cultural Sensitivity
- Cultural Competency
Latinx Self Care / Communal Care

*Huesero/a* – Chiropractor

*Sobador/a* – Masseuse

*Curandero/a* – Natural Healer

Strong presence of home remedies, i.e. teas, food, ointments
Despierta
Mental Health
Communication Study
Niños Sanos, Familias Sanas
Issues affecting Latinx communities

- Limited access to:
  - Healthy foods
  - Healthy neighborhoods
- Variance in Socio-economic status
- Exposure to Pesticides
- Exposure to Sun
- Employment in Physical Sectors
- Limited Mental Health

<table>
<thead>
<tr>
<th>#</th>
<th>Non-Hispanic Whites</th>
<th>Hispanics</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Heart Disease</td>
<td>Cancer</td>
</tr>
<tr>
<td>2</td>
<td>Cancer</td>
<td>Heart Disease</td>
</tr>
<tr>
<td>3</td>
<td>Chronic Lower Respiratory Diseases</td>
<td>Unintentional Injuries</td>
</tr>
<tr>
<td>4</td>
<td>Unintentional Injuries</td>
<td>Stroke</td>
</tr>
<tr>
<td>5</td>
<td>Stroke</td>
<td>Diabetes</td>
</tr>
<tr>
<td>6</td>
<td>Alzheimer's Disease</td>
<td>Chronic Liver Disease &amp; Cirrhosis</td>
</tr>
<tr>
<td>7</td>
<td>Diabetes</td>
<td>Chronic Lower Respiratory Diseases</td>
</tr>
<tr>
<td>8</td>
<td>Influenza &amp; Pneumonia</td>
<td>Alzheimer's Disease</td>
</tr>
<tr>
<td>9</td>
<td>Suicide</td>
<td>Influenza &amp; Pneumonia</td>
</tr>
<tr>
<td>10</td>
<td>Kidney Diseases*</td>
<td>Kidney Diseases*</td>
</tr>
</tbody>
</table>

*Types of kidney diseases—Nephritis, Nephrotic Syndrome & Nephrosis

Despierta: Bi-national Study Latina Teen Pregnancy

- Understand impact of migration on mental and reproductive health among 14 - 18 year old Mexican-origin adolescent females.

- Identify: Risk for depression, pregnancy, and access to health care.

- Develop binational health policy recommendations for intervention to promote mental and reproductive health in response to health risks of migrant girls in both countries.
Sexually Active Teens

Percentage of Students in Grades 9 through 12 who Report they are Sexually Active,\(^1\) by Race and Hispanic Origin:\(^2\) 2015

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>White, non-Hispanic</th>
<th>Black, non-Hispanic</th>
<th>Hispanic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent</td>
<td>30</td>
<td>25</td>
<td>40</td>
<td>35</td>
</tr>
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</table>

Source: CDC
The teen birth rate for Latinas is also much higher than other ethnic groups — a rate of 21 births per 1,000, compared to just 6 for whites, according to the California Department of Public Health.
Teen Pregnancy Rates in Mexico

- México #1 in countries of the Organization for Economic Cooperation and Development (OECD)
- Every minute a Mexican teenager becomes a mother
- Pregnancy during migration
- Implications for Education and Economic Stability
Community Similarities

Agricultural
Immigrant Background
Largely Isolated
Food deserts
Socio-economic status
Low Formal educational attainment
Mixed Method Study

QUALITATIVE DATA

Observations

- Field notes in both communities
- 12 Focus groups
- Audio-visual recording (Mexico) Audio (CA)

212 participants

QUANTITATIVE DATA

- Sociodemographic Data Questionnaire (total 310)
- Center for Epidemiologic Studies (CES-D 10)
- Medical consultation and services: Health care
Sexual and reproductive health care for teenage girls

“In Santa Margarita we do have places where they give sexual and reproductive guidance. Unfortunately, we still live in a very conservative city. If you go to a place and ask for sexual information, you are going to be criticized, people will think badly about you”.

“There are people and places where we can receive information, but it is still a taboo for the community. It is like this, if you go to a place asking about birth control methods, it means that you want to become pregnant, or that you are going to start having sexual relations, or that you have already slept with someone”.

“When you know you are going to migrate, you get birth control. We know. We know the chances of being raped are high. It is not the same as getting pregnant from a boyfriend.”

VISIBLE LOCATIONS

PREPARATION FOR MIGRATION
Pregnancy

Latinas less likely to have access to medical services to get preventive contraception
Latinas less to seek abortions

Participants sought gender equality
Requested educational information
Participants disclosed feelings of anxiety and depression
## California – Central Valley

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Description</th>
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<tbody>
<tr>
<td>17.2%</td>
<td>Depression (mild to moderate) CD-10</td>
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<tr>
<td>14.7%</td>
<td>Mild</td>
</tr>
<tr>
<td>15%</td>
<td>Moderate</td>
</tr>
<tr>
<td>3.6%</td>
<td>Severe</td>
</tr>
<tr>
<td>33.3%</td>
<td>Depression</td>
</tr>
<tr>
<td>87%</td>
<td>Did not have a regular medical provider</td>
</tr>
<tr>
<td>81%</td>
<td>Had not seen a healthcare provider during the last 12 months</td>
</tr>
<tr>
<td>89.7%</td>
<td>Went without healthcare when needed</td>
</tr>
</tbody>
</table>
Tools to capture Depression

Center for Epidemiologic Studies – Depression Scale CES-D-10
Center for Epidemiologic Studies – Depression Scale CES-D-20
Patient Health Questionnaire-9 (PHQ-9)
Primary Care Evaluation – PRIME-MD
Beck Depression Inventory (BDI)
Zung Self-Rating Depression Scale
Hamilton Rating Scale for Depression
Mental Health

Only 1 in 5 Latinos with symptoms of a **psychological disorder** approach a doctor.

Only 1 in 10 Latinos approach a mental health professional.
Mental Health Services

There are 20 Latino mental health professionals for every 100,000 Latinos in the US.

Less than 1 in 20 Latinos with mental disorders use services from a mental health specialist.

Racial Disparities in Mental Health Treatment

88% of Latino youths have unmet mental health needs, compared to 76% of white youths and 77% of black youths.

[Diagram showing race and mental health treatment disparities]
Outcomes

Ventanillas de Salud – Mexican Consualte

Ventanillas de Salud Mental - Mexican Consualte

School-based clinics

Smart Phone Education Program
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