

Hispanic Heritage Month (Sept. 15 – Oct. 15)

Source: <https://nationaldaycalendar.com/hispanic-heritage-month-september-15-to-october-15/>



Beginning on September 15, and continuing through to October 15, we recognize National Hispanic Heritage Month. During the four weeks, celebrations honor the heritage and contributions made by members of the Hispanic community. President Lyndon Johnson first declared Hispanic Heritage Week in September of 1968. Years later, in 1988, U.S. Rep. Esteban Torres (D-California) introduced legislation to expand Hispanic Heritage Week into a full month. Festivities begin on September 15, marking the anniversary of independence for the Latin American countries Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua. With great fanfare, celebrations sweep across Latin America, Central American, and on into Mexico and Chili commemorating each country's independence from week to week!

CONTRIBUTIONS

As of 2016, the Hispanic population has grown to nearly 57 million people in the United States. Amazingly, Hispanic people contribute to two-thirds of the residents, with that number increasing every day. Furthermore, an estimated 27 million Hispanics were eligible to vote that same year, proving people of Hispanic heritage are a thriving part of society. As the Hispanic population continues to grow in strides, more opportunity presents itself to embrace the rich culture and vast history they provide. From coast to coast, we celebrate Hispanic heritage every day in mainstream society. It's not only reflecting our cultural differences; it's adding a different perspective to our lives for us to enjoy.

Hispanic people across the country contribute to society in unprecedented ways. Historically, Alberto Gonzales is credited as being the first

Hispanic U.S. Attorney General, while Mel Martinez is considered the first Cuban-American U.S. Senator. Currently, and politically, Ted Cruz and Marco Rubio, both members of the Hispanic community, are members of the U.S. Senate. Sonia Sotomayor is the first Hispanic to sit as a U.S. Supreme Court Justice.

Undeniably, representation from the Hispanic community is found in schools, public office, medical, fashion, as well as every aspect of business.

In addition, pop culture contributions by the Hispanic community flourishes thanks to many talented artists, such as Salma Hayek, George Lopez, Carlos Santana, and Jennifer Lopez. Finally, we need to give credit to the countless tasty Hispanic recipes found across the nation. Hispanic food has increasingly become a part of mainstream Americana. We relish the flavor and spice deeply infused into the traditions. Dishes ranging from tacos and tamales to Cuban sandwiches, tequila, and Mojitos, entice us to enjoy the Hispanic heritage, one bite at a time.

HOW TO OBSERVE

Joining local celebrations during National Hispanic Heritage Month is a fantastic way to meet new people. Additionally, you can learn more about the contributions Hispanics have made in areas of politics, business, the arts, sports, fashion, and cuisine, to name a few. Embracing the history and traditions of another culture not only broadens your knowledge, but it also teaches appreciation of other people and their customs.



September 2021 Calendar

*National Hispanic Heritage Month
National Self-Care Awareness Month*

- 1-7 – National Nutrition Week (US)
- 6-8 – Rosh Hashanah (Judaism)
- 5-11 – Suicide Prevention Week (US)
- 7 – Grateful Patient Day (US)
- 11 – National Patriot Day (US)
- 11 – Paryushana Parva (Jain)
- 12 – Grandparents Day (US)
- 14 – Elevation of the Holy Cross (Christian)
- 19-25 – National Rehabilitation Awareness Week (US)
- 23 – International Day of Sign Languages
- 30 – International Translators' Day

New Study: Removing Patient-Physician Language Barriers Is Associated with Greater Primary Care Utilization, Fewer ER Visits

Source: <https://www.businesswire.com/news/home/20210810005269/en/New-Study-Removing-Patient-Physician-Language-Barriers-Is-Associated-With-Greater-Primary-Care-Utilization-Fewer-ER-Visits>

How important is it for doctors to speak the same language as their patients? A new study shows that when doctors speak the same language as their patients, patients are more likely to visit their primary care physician (PCP) for preventive and follow-up care, likely resulting in fewer specialist visits, emergency room trips and hospitalizations.

The study looked at non-English-speaking members enrolled in SCAN Health Plan, one of the nation's largest not-for-profit Medicare Advantage plans. The results were published today in the *Journal of General Internal Medicine*.

"The results of this study indicate that there is an urgent need to provide linguistically and culturally competent care for non-English speaking communities in order to improve their overall population health," said Dr. Sachin Jain, president and CEO of SCAN Group and one of the study's authors. "What's more, the results also suggest that matching patients to a language-concordant PCP can lead to significant cost savings, given the increased expense associated with specialist, inpatient, and ED settings," said Dr. Jain.

Dr. Jain noted that SCAN has already implemented several programs that accord with the study's findings. For example, by using Spanish-speaking Care Navigators and Spanish-language "teletalks," SCAN successfully increased flu vaccination rates among its Spanish-speaking members by up to 10% when compared to previous flu seasons.

Likewise, SCAN's bilingual pharmacists regularly contact members who don't adhere to their prescription regimens in order to help them better understand their medications and how to take them. Printed materials in Spanish and Korean help speakers of those languages better understand the importance of taking their medications as prescribed.

"Decreasing healthcare inequities that negatively impact the health and well-being of non-English speaking older adults in the United States is a major focus for SCAN," said Dr. Jain. "These are actually fairly simple ways for us to achieve our goals, and they can be emulated quite easily by other healthcare organizations in order to improve population health and reduce health outcome disparities."

The *Journal of General Internal Medicine* study was conducted by researchers from SCAN as well as Harvard Medical School and the Stanford University School of Medicine. It looked at 34,600 non-English speaking SCAN members between January 1, 2019, and December 31, 2019 and compared primary care, specialist, inpatient, and emergency department (ED) utilization between non-English-speaking patients with and without a language-concordant PCP. "Patient-physician language concordance is associated with greater primary care utilization and lower specialist, inpatient, and ED utilization," the authors concluded.

