Hispanic and Latino Health

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Introduction
Hispanic citizens represent about 10% of the population in Delaware. In the United States, Hispanics are the largest minority group, representing an estimated one of every six people.

Methods
I conducted a literature review of Hispanic and Latino health, including references from the Center for Disease Control (CDC) and the Christiana Hospital.

Health Disparity Examples
Hispanics represent less than 20% of U.S. population, yet they account for ~25% of new HIV diagnoses (HIV/AIDS, 2017).
Hispanics have 23% more obesity than non-Hispanic whites. Hispanics have a 50% greater chance of dying from diabetes or liver disease than non-Hispanic whites (Vital Signs, 2015.)

Conclusions
• Social determinants of health can have unequal impacts on Hispanics, as compared to the majority group non-Hispanic whites. Limitations include poverty, migration, language and cultural barriers.
  • 1 in 4 U.S. Hispanics lives below the poverty line.
  • 1 in 3 U.S. Hispanics has poor English language skills (Vital Signs, 2015).
• Cultural norms, such as smoking and dietary preferences, influence behavior and must be considered in developing interventions.
• Lack of health insurance, transportation to medical facilities and precautionary measures contribute to poor health: Hispanics have 28% less colorectal screening compared to non-Hispanic whites (Vital Signs, 2015).
• Hispanics born outside of the U.S. often have better overall health compared to those born in the U.S. Cultural barriers, dietary habits and economic differences may factor into these disparities.

Strategies to Promote Hispanic and Latino Health
• Allocate funding annually to assist minority populations with HIV education and testing.
• Provide interpreters and translate resources into Spanish.
• Hire trained professionals in healthcare facilities that are knowledgeable of minority cultures and are able to effectively communicate with patients
• Provide professional development training on cultural competencies and minority health disparities.

References
hispaniclatinos/index.html

Figure 1: Top Diseases and Risk Factors for Hispanics. (2015, May 5).
infographic.html#infographic3