

# Latin American Family Health

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## Objectives

By the end of this presentation participants will be able to:

- Understand current and projected Hispanic population in the U.S.
- Describe diabetes and obesity prevalence among Latinos/Hispanics
- Identify barriers in the Latino/Hispanic population
- Share available culturally appropriate education resources

## What is included in Latin America?

**Latina/Latino/Latinx:** has to do with geography, over 20 countries distributed throughout the entire [South America](#) in addition to [Mexico](#), [Central America](#), and the [islands of the Caribbean](#) whose inhabitants speak a [Romance language](#).



**Hispanic:** has to do with the Spanish Language. It refers to people born in a country conquered by Spaniards and for whom Spanish is the primary language

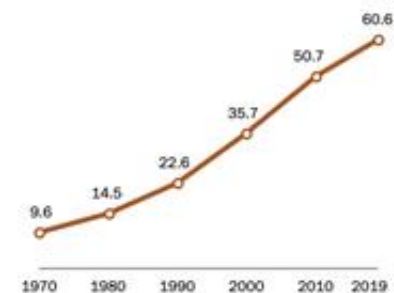
## Demographics

Hispanic and Latino Americans are the country's second largest racial or ethnic group, behind white non-Hispanics, making 18.5% of the nation's total population.

(<https://www.census.gov/>, 2020)

### U.S. Hispanic population reached nearly 61 million in 2019

*In millions*



Note: Population estimates for 1990-2019 are as of July 1 for each year. Hispanics are of any race.  
Source: Pew Research Center analysis of 1970-1980 estimates based on decennial censuses (see 2008 report "U.S. Population Projections: 2005-2050"), U.S. intercensal population estimates for 1990-1999 and 2000-2009, and U.S. Census Bureau Vintage 2019 estimates for 2010-2019.

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## Health concerns affecting Hispanic/Latino families

### Obesity

- Children: Obesity prevalence was 25.6% among Hispanic children, 24.2% among non-Hispanic Black children, 16.1% among non-Hispanic White children, and 8.7% among non-Hispanic Asian children.
- Adults: Non-Hispanic Black adults (49.6%) had the highest age-adjusted prevalence of obesity, followed by Hispanic adults (44.8%)
- ❖ Cost: in the USA, estimated \$147 billion in 2008

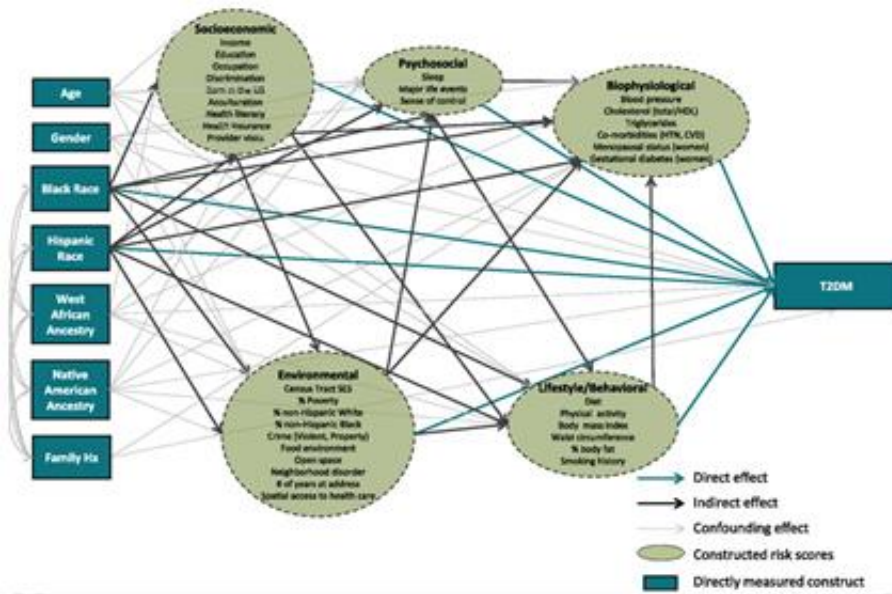
### Diabetes

- Gestational Diabetes In 2013, 17% of Latina mothers, followed by 16% of Asian mothers v.s. 8% of non-Latino white mothers.
    - 50% of Latina women with a GDM diagnosis developed type 2 diabetes within 5 years of delivery.
  - Adult diabetes: In 2018, 34.2 million Americans were diagnosed. 12.5% of Hispanics makes the 2nd highest ethnic group, mostly Mexican Americans.
  - ❖ Cost: in the USA, estimated \$237 billion in direct medical **costs, and additional \$90 billion** in reduced productivity: \$327 billion/year.
- Oregon: cost of hospitalizations primarily caused by diabetes, heart disease and stroke was about \$680 million in

2012

*“US adults overall have a 40% chance of developing type 2 diabetes. But if you’re a Hispanic/Latino American adult, your chance is **more than 50%**, and you’re likely to develop it at a younger age.”*

-CDC



<https://care.diabetesjournals.org/content/39/7/1208>

## Barriers

## Barriers

- Education (Health literacy, numeral literacy..)
- Transportation
- Language (inadequate use of interpreters, family fills in)
- Cultural beliefs surrounding health (**Gordito**, or physical “robustness”, **Susto**, or fright, **Fatalismo**, or destiny)
- Lack of insurance
- Distrust of institutions/provide care. Lack of Spanish speaking staff.
- Marketing of processed foods to children
- Limited access to fresh food (Unable to grow their own food, knowledge, and price)
- Lack of physical activity, compared to their home country.

What can we do

## You can make a change

- Listen and accept them. Respect their cultural differences.
- Meet where they are. Acknowledge the good.
- Speak their language: Materials in their language. Staff who can be relatable to them. Assess literacy level.
- Support Nutrition Services: access to fresh fruits and veggies, opportunity to meet with cultural appropriate dietitian, cooking classes, programs to support physical activity in children and adults.

## Tell Latinos/Hispanics what they can have



## Resources

1. Diabetes PlateMethod in Spanish:  
<https://shopdiabetes.org/collections/nutrition/products/the-diabetes-placemat-hispanic-25-pkg>
2. <https://learningaboutdiabetes.org>

Thank you!

Resources available upon request via e-mail at [Valeria@valeriamallett.com](mailto:Valeria@valeriamallett.com)