

Hispanic/Latino American

- Hispanic is referred to those who speak Spanish or have a Spanish speaking background.
- Latino refers to those who are from Latin America.

History/ Time in U.S.

- They have been in the U.S. for approximately 400 years.
- These cultures are sometimes not grouped together as some only refer to themselves as Hispanic and others Latino.
- Those who are Hispanic/Latino have many different backgrounds and diverse social backgrounds.
- They can be very different depending on their heritage; however they can be similar.
- Most speak Spanish
- Many in the U.S. are Catholic
- Pride themselves with family values, traditions, and closeness
- Sometimes they would even have multiple generations living under the same roof.
- They have many festivals throughout the year to celebrate their culture.

Societal Issues:

- The societal issue of the newer generations is the psychological testing that is being done.
- According to the American Physiological Association, "psychological testing has become an important arena, because of issues of equity in the testing of Hispanics and other ethnic groups have proliferated".
- It began in the late 1900's and consists of multiple tests that encompass someone's viewpoints.
- They include personality tests, knowledge tests, and tests about interests and hobbies.
- They prove capabilities such as intelligence, cognitive functions, and used to test physiological theories.
- This can effect someone's healthcare as they may be scared to give information as they may be tested for these theories .



Health Care

Disparities:

Health care disparities are defined as preventable differences in the burden of disease, injury, violence, or opportunities to achieve optimal health that are experienced by socially disadvantaged populations.

Along with genetic and biological factors, there are also sociocultural factors that come into account.

Some examples of sociocultural influences regarding to the Hispanic/Latino American culture include:

- Ethnicity- Mexican-Americans are at greater risk for diabetes than Cuban-Americans
 - Duration and impact of acculturation
 - Environment

Along with these factors, Hispanics/Latinos are also a minority among diabetes care providers, researchers, or research participants.

For example, a journal article stated, "Hispanic/Latinos represent just 1% of clinical trial participants, and they are a small fraction of providers" (Morales, Glantz, Larez, Bevier, Conneely, Fan, Kerr 2020).

Familial risk and

protective factors:

- Multigenerational households potentiate the risk for the spread of disease, and this is especially present in the recent pandemic of COVID-19.

Protective Factors: Educating them on the spread of disease, the importance of hand washing, and having concrete support during these challenging times.

- At a greater risk for developing diabetes.

Protective Factors: Educate them on diabetes and the importance of managing it and screening for diabetes.

- Risk for ineffective healthcare because of the psychological testing being done to them.

Protective Factors: encouraging them to give information related to their health status, ensuring them the information will be kept confidential.

Cultural values and family life-style:

Ethnopharmacology/ ethnogenetic considerations:

- Hamelia patens- use leaf for bleeding wounds
- Solanum- use leaf for wounds, hemorrhoids
- Jatropha curcas- use sap for oral infections
- Heliotropium indictum- use leaf for abscess
- Piper amalago- use leaf for infected wounds, gangrene
- Dorstenia contrajeriva- use leaf for dermal infection

Religious beliefs:

- Dominant religion is Catholicism
- Over half of Catholics in US are Latino
- Catholics are rapidly declining in Latinos and now rising is protestants

Dietary beliefs:

- Only Hispanics followed rice pattern
- Fruit and cereal pattern
- Total and central obesity was followed with rice pattern
- Dietary pattern consisted of fruit and cereal, starchy vegetable, rice, milk, and sweets

Fertility:

- Two-person families- ~3,009,773
- Three- or four- person families- ~ 5,098, 891
- Five- person families or more- ~ 2,841,699
- 6.9 infant death per 1,000 babies

Birth deficits, low birth weight, and disorders related to preterm

- 1.9 times likely to begin prenatal care in the 3rd trimester or not receive prenatal care at all
- Increased risk due to: diabetes, obesity, or delayed mental health.

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