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, Galtz, 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/ ethnotaxonomic considerations:
- Hamelia patens– use leaf for bleeding wounds
- Solanum- use leaf for wounds, hemorrhoids
- Jatropha curcas– use sap for oral infections
- Heliotropium indicum– use leaf for abscess
- Piper amalago– use sap for infected wounds, gangrene
- Dorstenia contrajerva– 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 defects, low birth weight, and disorders related to prematurity

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.

References: