

Culture, Nutrition and Latino Health

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KAISER PERMANENTE

Objectives



At the end of the presentation you will be able to:

- List ways to modify traditional foods to be healthier choices
- List 2 ways to build familiarity/trust with the Latino patient
- Name 2 things that need to be assessed to provide culturally appropriate care

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Health concerns of Hispanic Americans



Overweight and obesity:

- General US female population 61.6%
- Mexican American women, 73%
- Mexican American children, between the ages 6-11, were 1.3 times more likely to be overweight compared to Non-Hispanic White Children.

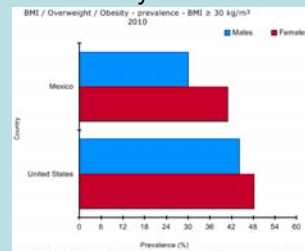
Source: Office of Minority Health, U.S. Department of Health & Human Services:

KAISER PERMANENTE 3

Health concerns of Hispanic Americans



Incidence of Obesity in Mexico and US



KAISER PERMANENTE 4

Health concerns of Hispanic Americans



Hispanic women during pregnancy:

- *More likely to gain excess weight during pregnancy
- *40% are less likely to meet ACOG recommendations for activity
- *Overweight and obesity during pregnancy increases risk for GDM and Hypertension
- **Hispanic women have 2 to 4 times the risk of developing GDM compared with non-Hispanic White women

Source: Am J Public Health, v. 95 (9) 2005, Sept.; NIH: Women Health, 2009 Sept; 49(6): 505-521
Source: Chasan-Tabar, et al. Journal of Women's Health - Vol 19, No. 1, 2010, 117-124Am J Public Health, v. 95 (9) 2005, Sept. and NIH: Women Health, 2009 Sept; 49(6): 505-521

KAISER PERMANENTE 5

Health concerns of Hispanic Americans



Encourage breastfeeding for up to 1 year Reduces risk for child by:

- 24% for Obesity
- 27% for Type 1 diabetes
- 39% for Type 2 diabetes
- Hispanic women have higher rates of breastfeeding
- But, breastfeeding rates and duration decline with years of acculturation in the US

Source: Tufts University Meta-analysis, 2004
A.J.P.H.: Apr 2006, Vol 96, No. 4, 641-646

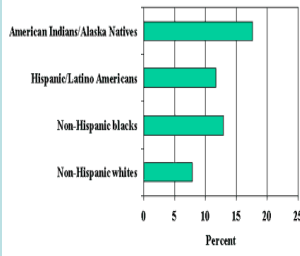
KAISER PERMANENTE 6

Health concerns of Hispanic Americans

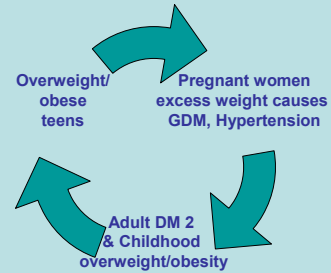


Diabetes Type 2:

- Almost double those of non-Hispanic Whites.
- 10.4% of Hispanics age 20+ have diagnosed Diabetes
- DM Prevalence
 - 8.2%-Cubans
 - 11.9% Mexican-Americans
 - 12.6% for Puerto Ricans



Health concerns of Hispanic Americans



Nutritional Aspects



- Foods and food preparation techniques vary widely across Latino cultures
- Some similarities
- Food varies based on acculturation/assimilation

The only way to know food specifics is to ask patient.



Cultural Aspects



- Importance of family connections
- Religious Beliefs and Customs; Fatalism
- Folk/Traditional Medicine Practices
 - imbalance between hot and cold principles
 - santero/santera, curanderos or healers
 - folk remedies
- Dietary Practices
- Body Image



What are all the factors that influence weight?



How you can improve your MPS



Q #5 regarding familiarity with medical history:

Initial visit:

- Be personable and genuine
- Ask, Listen, and Respond
- Check for understanding
- Leave the door open
- Encourage asking of questions
- Involve family members
- Ensure qualified interpreters

Questions such as:

- What is hardest for you about having diabetes?
- Do you have any religious or family customs that affect how you care for your health?
- What would help you control your diabetes better?
- What questions do you have about diabetes?

Over long term:

- Reach out to the community
- Respect traditional values
- Respect traditional healing practices

Golden or Platinum Rule



What is the Golden rule?

Platinum rule

“Treat others the way they want to be treated”.

Kp.org Resources – on-line



- [Kp.org/espanol](http://kp.org/espanol) – (spanish)
- [Kp.org/vidasana](http://kp.org/vidasana) – (living well)
- [Kp.org/peso](http://kp.org/peso) – (weight)
- [Kp.org/nutricion](http://kp.org/nutricion) - (nutrition)
- [Kp.org/diabetes/espanol](http://kp.org/diabetes/espanol) - (diabetes)
- [Kp.org/embarazo](http://kp.org/embarazo) - (pregnancy)
- [Kp.org/fitness/espanol](http://kp.org/fitness/espanol) – (fitness)
- kp.org/tema – (topic)

Resources – on-line



- Kaiser's National Diversity:
<http://diversity.kp.org/>
- National Alliance for Hispanic Health:
<http://www.hispanichealth.org/>
- National Center for Health Statistics:
<http://www.cdc.gov/nchs/>
- Office of Minority Health (closing the gap):
<http://www.omhrc.gov/omhrc/>
- National Center on Minority and Health Disparities:
http://ncmhd.nih.gov/about_ncmhd/mission.asp
- Cultural Competence:
<http://cecp.air.org/cultural/default.htm>
- American Diabetes Association
<http://www.diabetes.org/>