

Latinx & Immigrant Health in California: Advancing Healthy Food for All

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Latino Coalition for a Healthy California



Mission: To advance and protect the health of Latinos through policy and advocacy to create healthy communities in California.

Vision: Eliminate the inequalities that exist among Latino communities in California.

Policy Advocacy

- Latinx Health Policy Priorities (Jan/Feb)
- Latinx Health Policy Summit (Oct)
- Cafecito at the Capitol (Nov/Dec)
- Coalitions:
 - State level: Health4All, CA4LessSoda, CA Food & Farming Network, Alliance for Boys and Men of Color, Building the CA Dream Alliance
 - Federal level: Protecting Immigrant Families (PIF)



Programs

- Leadership development & Capacity building
 - Health Ambassadors Initiative
 - Health Justice Fellows
- Community research
 - Oral Health Strategic Communications
 - Health Equity Systems Transformation (HEST) Project



¡Nosotrxs somos California!

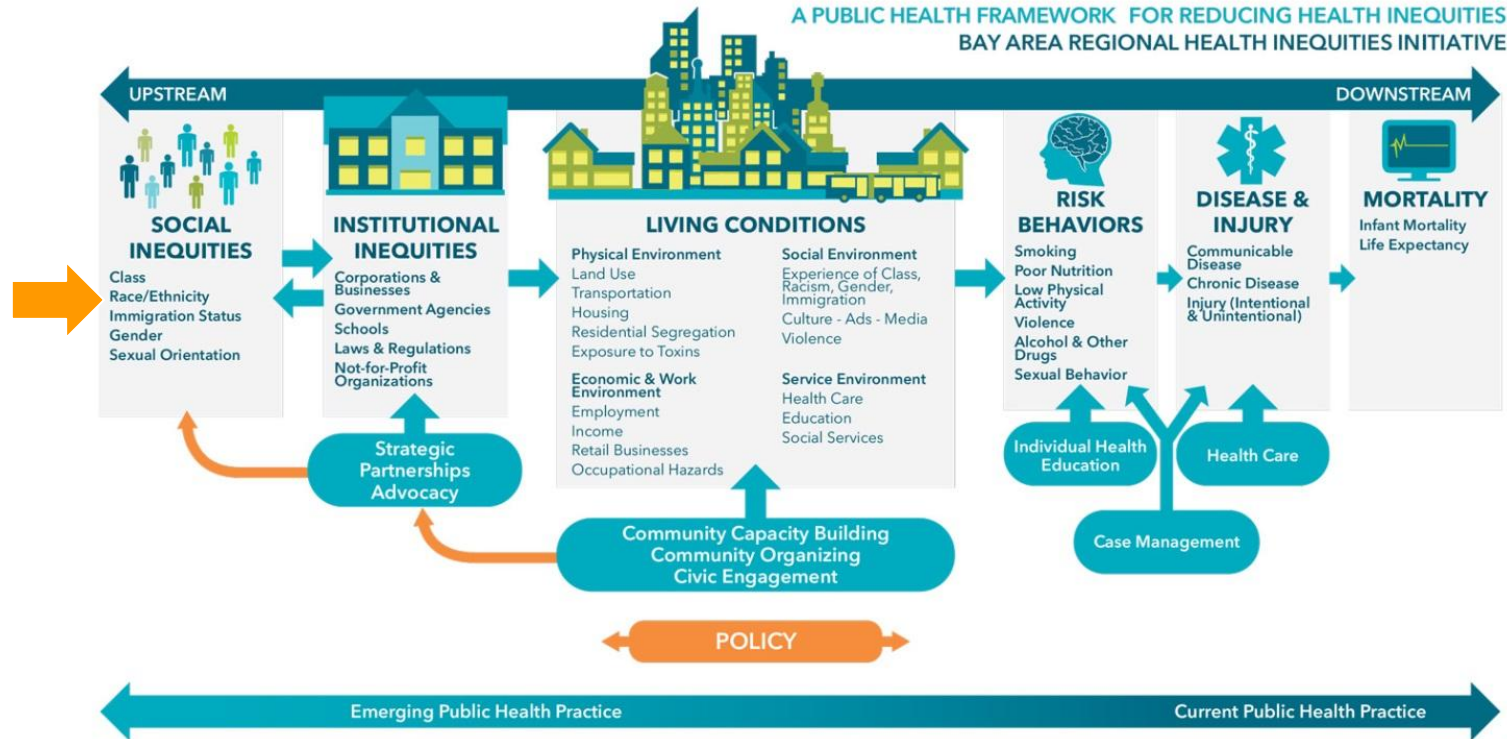


Social Determinants of Health Framework



Source: CDC Healthy People 2020

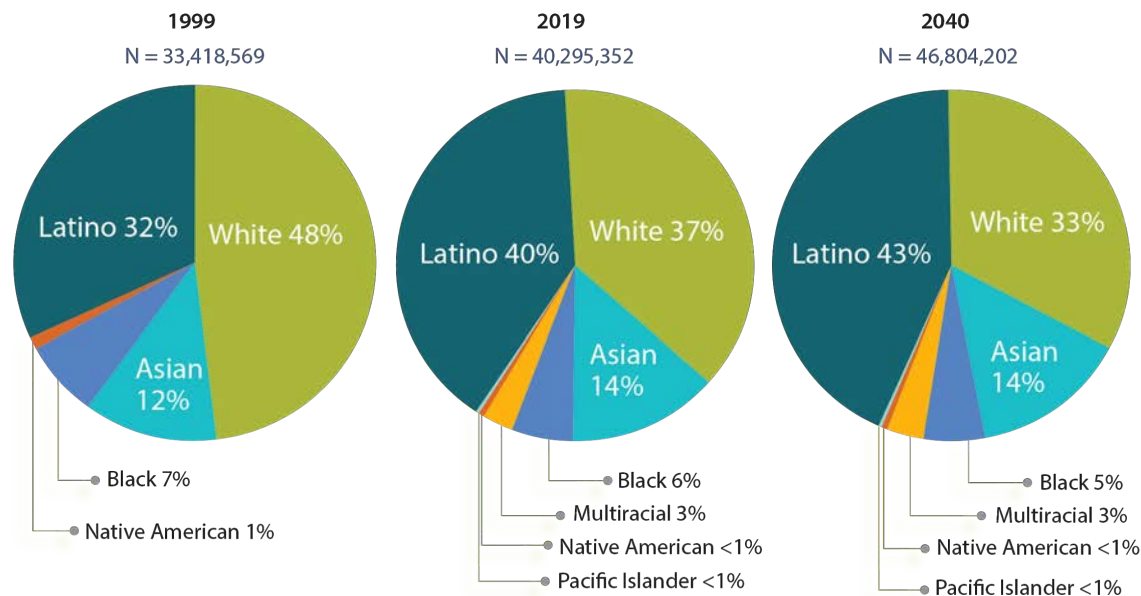
Health Equity Framework



Source: BARHII

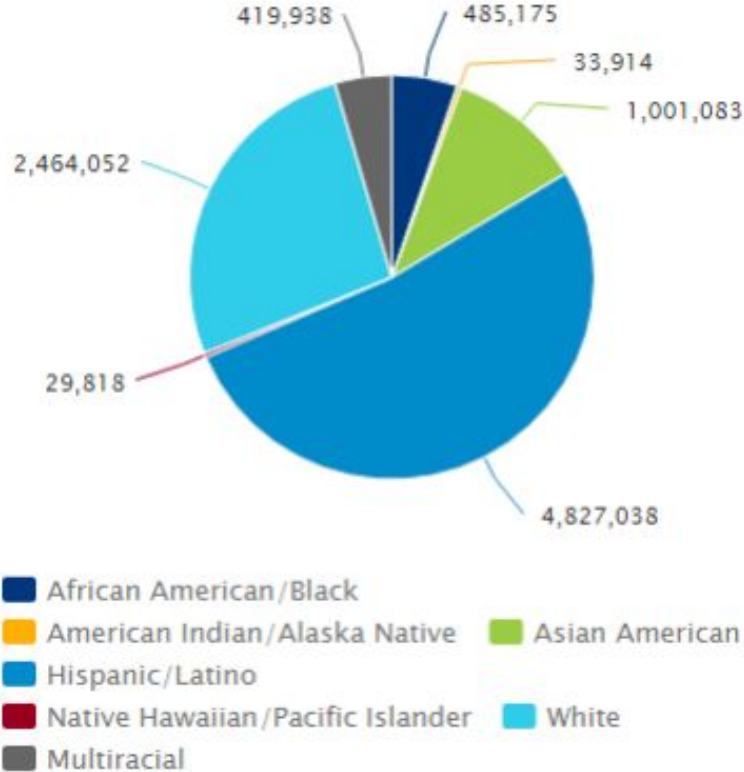
Population, by Race/Ethnicity

California, 1999, 2019, and 2040



Latinx are the plurality racial/ethnic group in CA; expected to increase

Child Population, by Race/Ethnicity: 2018
California

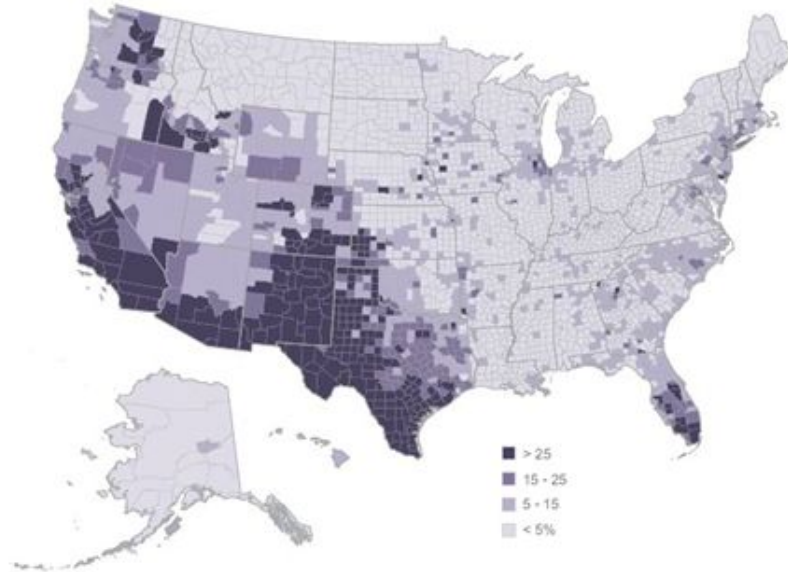


Latinx are
younger
compared to
other
racial/ethnic
groups in CA

Figure 1

The Distribution of the Nation's Hispanic Population, 2011

Hispanic population share by county



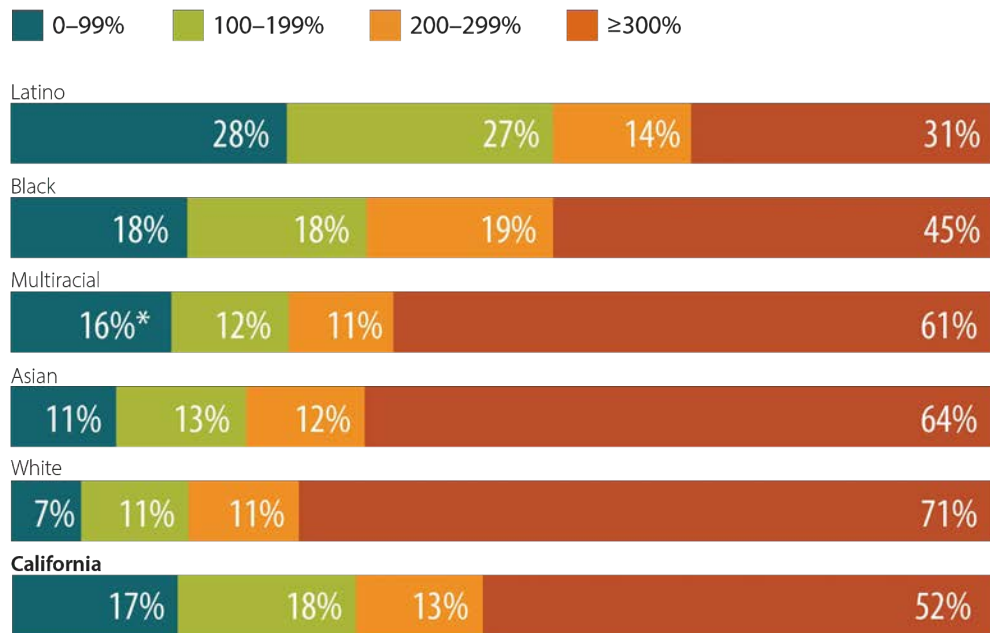
Source: U.S. Census Bureau county population datasets

PEW RESEARCH CENTER

CA Latinxs are concentrated in the following counties:
Los Angeles,
Riverside, San Bernardino, San Diego, Orange, Fresno, Santa Clara, Kern

Population, by Race/Ethnicity and Federal Poverty Level

California, 2017



Latinx are more likely to be under the federal poverty level

Majority of Latinxs immigrants are U.S. Citizens

Place of birth

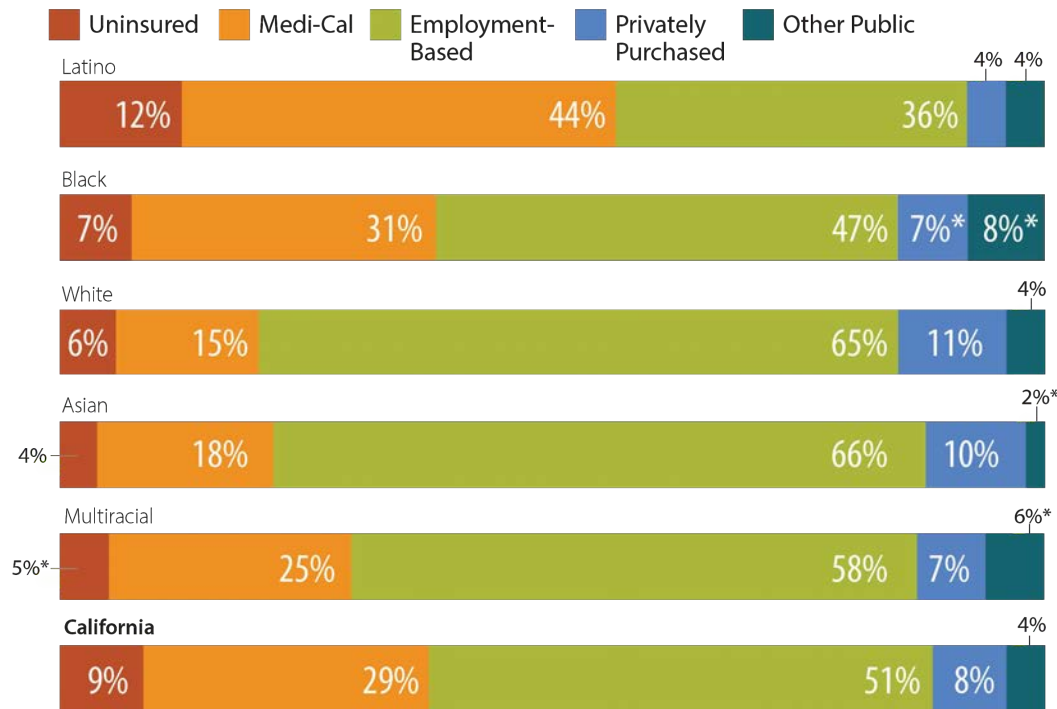
- CA's population is 27% immigrant (11 million)
- Half of CA's kids have at least 1 immigrant parent
- From 2010 to 2014, 37% of CA Latinxs were born outside the U.S. compared to 21% of non-Latinxs

Immigration Status

- 52% of CA's immigrant population are naturalized U.S. Citizens; 25% are green card or visa holders
- 23% of CA's immigrants are undocumented
- From 2010 to 2014, 25% of CA of foreign-born Latinxs were not U.S. Citizens (includes lawfully present visa and green card holders)

Health Insurance, by Race/Ethnicity

California, 2017



Latinx are more likely to be uninsured (12%) & have Medi-Cal coverage

Immigration status is a primary factor for higher uninsured rate

Self-Reported Health Status, by Race/Ethnicity

California, 2017

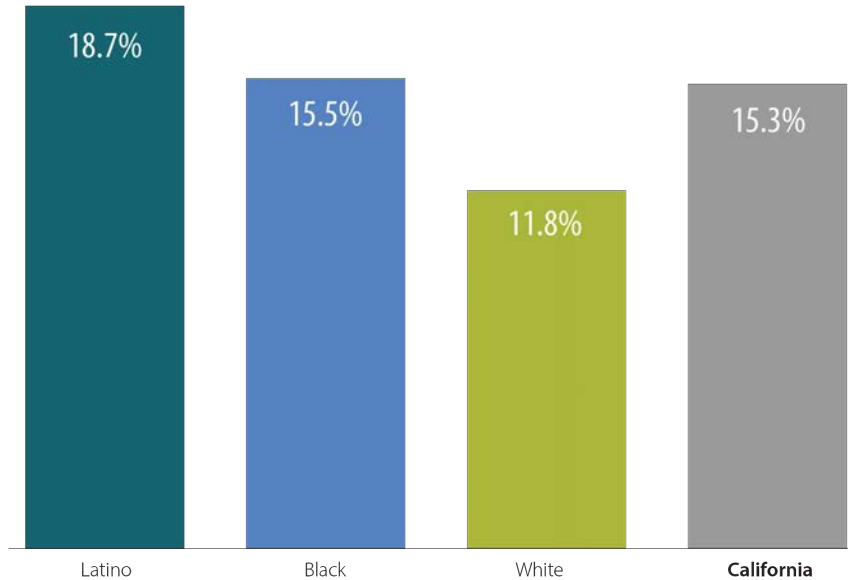


Latinx are more likely to report being in fair or poor health

Latinx are disproportionately impacted by overweight and obesity due to higher likelihood of living in food deserts/swamps, clean water access, lower access to parks & safe communities, & targeted junk food marketing, etc.

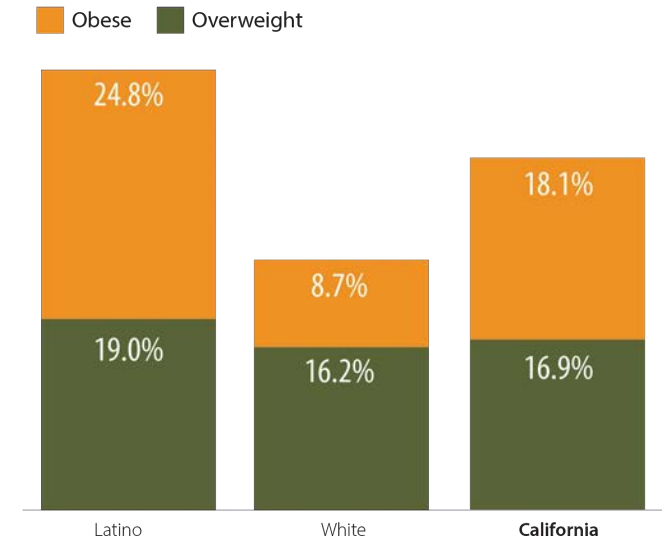
Childhood Overweight, by Race/Ethnicity

California, 2015 to 2017



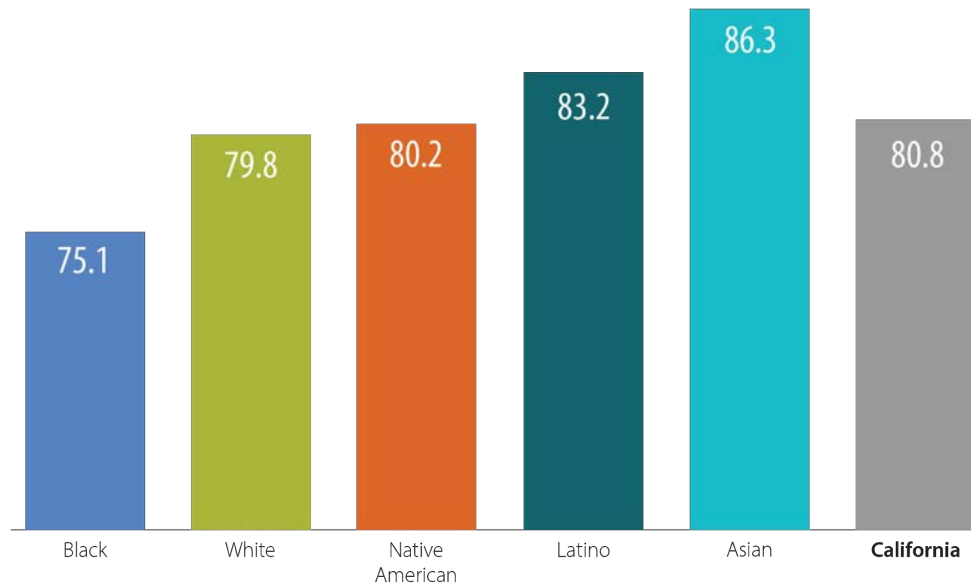
Adolescent Overweight and Obesity, by Race/Ethnicity

California, 2015 to 2017



Life Expectancy, by Race/Ethnicity

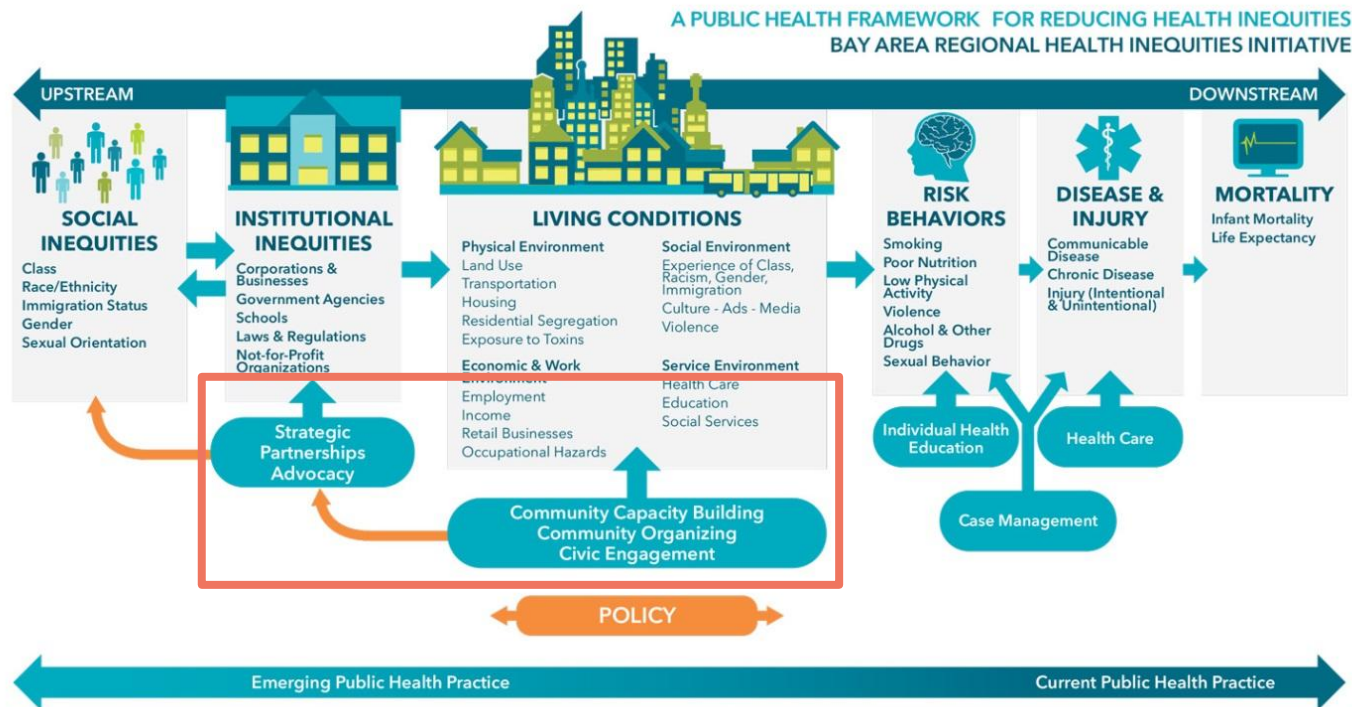
California, 2017



Despite economic and social barriers, Latinx live longer than Whites

Case Study: Youth empowerment & grassroots organizing for healthy food

Berkeley vs. Big Soda campaign strategies: fighting corporate money with youth community organizing



Source: BARHII



Case Study: Berkeley vs. Big Soda

Youth organizing communities for health equity funding

Problem

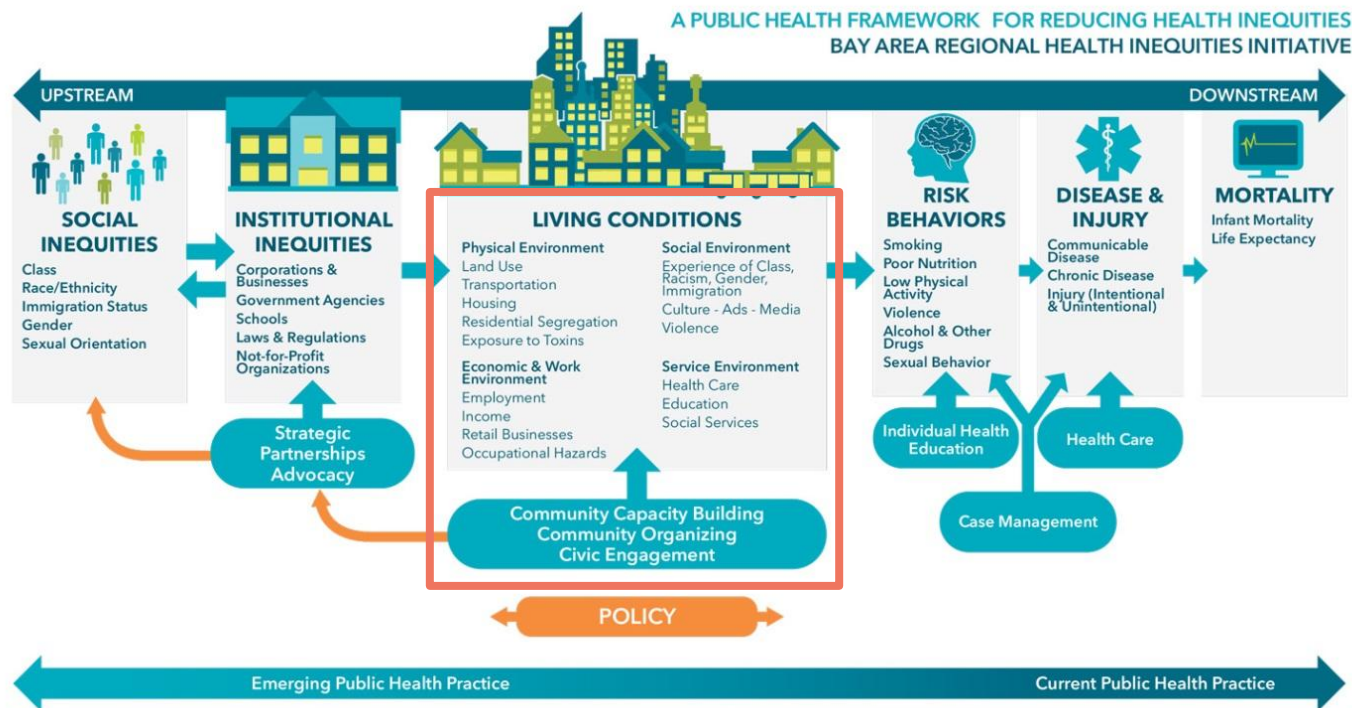
- Black and Latinx kids have a 50% chance of developing type 2 diabetes compared to 40% of White kids (CDC)
- In CA, nearly 18.7% of Latinx children & 15.5% of Black kids are overweight; 43.5% of Latinx adolescents are overweight or obese (CHCF, 2019)
- There is a strong link between sugar-sweetened beverage (SSB consumption) and overweight/obesity
- Big Soda targets youth of color through marketing (e,g, Billboards, TV ads, social media, etc.)

Youth organizing communities for health equity funding	
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Solution	<ul style="list-style-type: none">• In 2013, launch of the Berkeley Healthy Child Coalition—a grassroots campaign consisting of a broad coalition for stakeholders• Youth of color led phonebanking & door-to-door outreach in Berkeley neighborhoods• Established a panel of health experts to advise Berkeley City Council on how to use the revenue generated from the tax

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Outcomes	<ul style="list-style-type: none">• In 2014, the city of Berkeley passed Measure D, making history as the first city in the country to pass a tax on sugary drinks!• The tax dollars have funded school gardens, cooking classes, and other youth-centered programs (\$5+ million to date)• SSB consumption in low-income communities of color dropped 52% in the first 3 years and water consumption increased 29%

Case Study: Addressing food security via capacity building towards policy, systems and environmental changes

Health Ambassador strategies: addressing root causes via capacity building and civic engagement



Source: BARHI

Health Ambassador Initiative

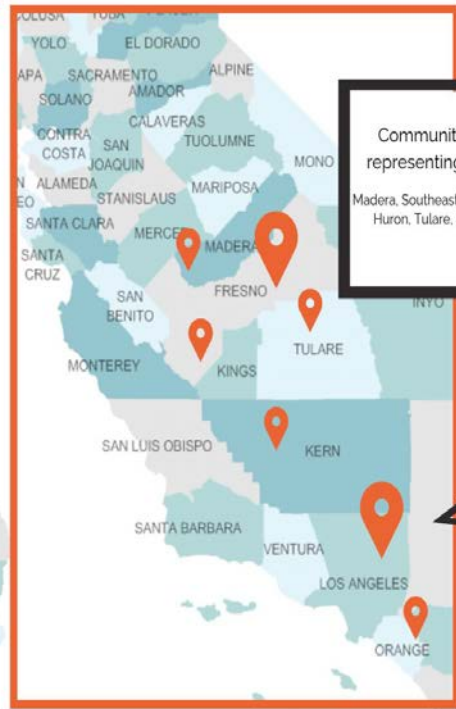


- LCHC in collaboration with 4 Regional Partner Organizations (RPOs) in the Central Valley and Los Angeles, is building community capacity for PSE (policy, systems, environmental) change via 62 community leaders known as Health Ambassadors
 - Focus on healthy eating and active living
 - Focus on food environment and built environment

Regional Partners and Program Reach



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Communities
representing CV

Madera, Southeast Fresno,
Huron, Tulare, Kern

Communities
representing LA

Inglewood, Huntington Park,
Boyle Heights, Watts,
Southgate, Bellflower,
Norwalk, North Hollywood,
South Central, Echo Park,
Sherman Oaks, West LA,
Lynwood, Koreatown

AltaMed

SOCIAL JUSTICE
LEARNING INSTITUTE



Health Ambassadors Year 1 (2019)

- Trained 62 grassroots leaders, predominantly monolingual Spanish speaking women
 - Power mapping
 - Base-building
 - Leadership skills development
- Reached 400+ community members engaged through Ambassadors
 - Train-the-trainer model
- Co-created regional Community Action Plans (CAPs) for Year 2



Health Ambassadors Year 2 (2020)



**learn,
lead,
live healthy**

CalFresh
HEALTHY LIVING

**HEALTH
AMBASSADORS
INITIATIVE**

A community based training for
Central Valley residents

Year 2 coming June 2020
Register now with Lideres Campesinas!

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"History will judge societies and governments — and their institutions — not by how big they are or how well they serve the rich and the powerful, but by how effectively they respond to the needs of the poor and the helpless."
—César Chávez

**iGracias!
Thank you!**

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