



Working with Hispanics



Presented by

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Latinoamerica



- ☞ Latinoamerica is made of Central and South America. Spanish is spoken in most countries except for Brazil (Portuguese), Haiti and French Guyana (French) and Suriname (Dutch)
- ☞ Countries of Latinoamerica: Mexico, Guatemala, Honduras, Nicaragua, El Salvador, Costa Rica, Dominican Republic, Puerto Rico, Cuba, Panama, Colombia, Venezuela, Ecuador, Peru, Bolivia, Argentina, Chile, Paraguay, Uruguay
- ☞ The countries close to the equator, do not have seasons.



Hispanics in the US



- ❧ Hispanics: any person of Mexican, Puerto Rican, Cuban, South or Central American descent regardless of race. Latinos are people of Latin-America. Interchangeable.
- ❧ In 2015, the Census Bureau projected that in 2060, Hispanics will be 28.6% of the total US population



Hispanics in the US

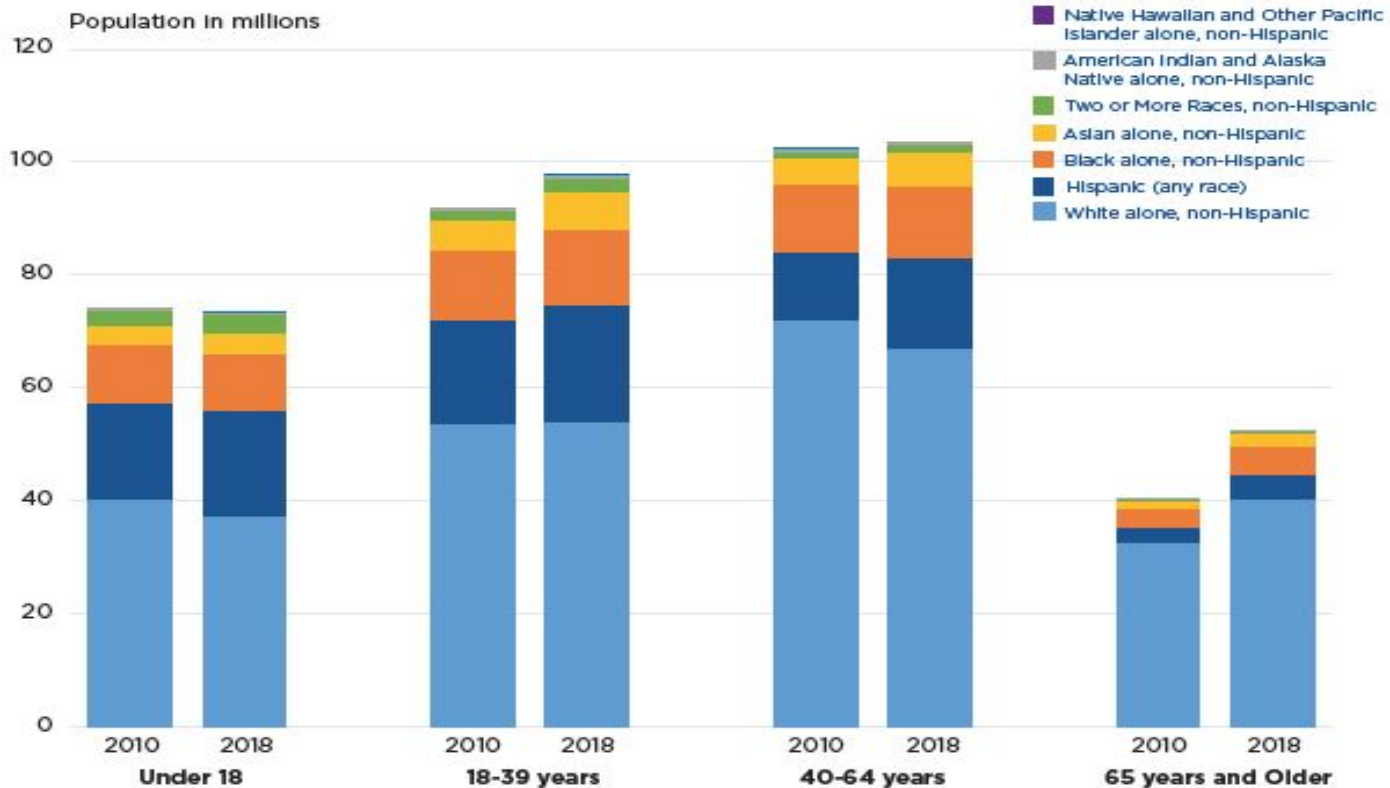


- ❧ In 2016, Hispanics were the largest minority, 18.1% of US population, and 23.1% of U.S. children.
- ❧ 65.6% of Hispanics were born in the US
- ❧ 13.4% of the US population, speaks Spanish at home.



A More Diverse Nation

Distribution of Race and Hispanic Origin by Age Groups



Hispanic Households



- ❧ Median age: 28 years
- ❧ Family size: 3.25 (US: 2.54)
- ❧ With kids: 46.4%
- ❧ Multigenerational
- ❧ Multiethnic
- ❧ Strong commitment to family, faith, hard work, and service.



References:

<https://www.pewhispanic.org/2017/09/18/facts-on-u-s-latinos/>

<https://demomemo.blogspot.com/2018/02/household-size-by-race-and-hispanic.html>

Hispanic Culture



- ❧ Patriarchal structure. Most of the time male gives permission to seek treatment
- ❧ Collectivistic culture - group activities are dominant, responsibility is shared, and accountability is collective
- ❧ Value of family greater than individual or community. Expression of strong loyalty, reciprocity, and solidarity among family members

Hispanic Culture



- ☞ Trust is very important, feeling welcomed.
- ☞ Hierarchy is very important among Hispanics
- ☞ The subgroups of the Hispanic population such as Mexicans, Cubans and South American differ in their lifestyles, health beliefs, and health practices.

Hispanics and Health



- ❧ Culture is central in health habits. A reliance on traditional healing systems is common, culturally approved and has lower costs. Ex: drinking herbal or spiced teas and seeking care from relatives, neighbors, community members.
- ❧ Having a disease is a bigger concern than dying

Hispanics and Health



- ❧ Hispanics have lower mortality rates than the overall population but are at greater risk for a number of chronic illnesses and diseases.
- ❧ Diseases causing deaths in Hispanics: Heart disease, Cancer (stomach, liver, cervix), HIV, Diabetes, liver disease and cirrhosis.
- ❧ Hispanics exhibit a number of positive health indicators in terms of diet; low levels of smoking and illicit drug use; and a strong family structure.

Acculturation



- ❧ The Latin American diet includes more fruits, vegetables and legumes than the American diet
- ❧ Acculturation seems to weaken the positive health factors and lead to the adoption of negative ones from the U. S. culture such as fast food, soft drinks, less fruits and vegetables, smoking and alcohol use.

Acculturation



Factors that contribute to dietary changes:

- ❧ Convenience: more fast food than meals prepared at home
- ❧ Availability: They can't find all traditional foods here in the US.
- ❧ Cost: Hispanics in the US may eat less fruit because it is more expensive.

Dietary Practices



- ❧ Hispanics differ greatly in dietary practices depending on the country of origin. There is a huge difference among staple foods, spices, herbs, traditional dishes and cooking methods.
- ❧ Family meals are very important, most families eat together. Celebrations revolve around food

Dietary Practices



- œ Body size: chubby kids are considered healthy. A thin child causes worry among family.
- œ Diet high in carbs – grains, fruits, sweets, sugar
- œ Large meals and second helpings are encouraged. Clean your plate mentality is common.

Reaching Out to Hispanics



- ❧ Visit local Hispanic markets to learn more about produce, spices, grains, fish and meats.
- ❧ Partner with local agencies, churches and clinics that serve the Hispanic community to offer screenings and education.
- ❧ Depending on the level of acculturation, the meals vary. Ask them where are they from and how long they have been in the US. This will give you tools to better help them.

Nutrition Education



- ☞ Encourage Hispanic participants to maintain healthful aspects of traditional diet: high consumption of fruits, vegetables, beans, whole grains and nuts.
- ☞ Explain relationship between nutrition and weight. Healthy BMI. Benefits of healthy weight on health.

Nutrition Education



- ❧ Educate Hispanics about seasonal fruits and vegetables available in the US and also about frozen and canned alternatives
- ❧ Many Hispanics may not read or write in even in Spanish, therefore education materials should include pictures and illustrations to communicate your message better.

Nutrition Education



- ❧ Demonstration with food models, portion sizes, serving dishes and glasses really help to overcome the language barrier. Food demos and tasting work great with Hispanics.
- ❧ Hispanics appreciate face to face meetings, may bring family members with them to appointment, make sure to include them

Nutrition Education



- ❧ Learn your participant's traditional dishes and help them make them healthier by modifying cooking methods or substituting ingredients.
- ❧ Increase vegetables, whole grains, low fat dairy.
- ❧ Decrease grains, sweet breads
- ❧ Increase grilling and baking and reduce frying.

Nutrition Education



- ∞ Limit grains to one portion with each meal, if dish requires two or three grains, tell them about eating smaller portions. Ask participants to measure their food at home a few times to visualize
- ∞ Many Hispanics add salt to their food at the table before tasting it. Encourage them to keep the salt in the kitchen not at the table.

Nutrition Education



- œ For cooking encourage them to use more herbs and less salt for flavoring.
- œ Explain why it is important to buy low fat ground beef and skinless chicken. Include lean ground turkey
- œ Encourage whole grain tortillas or corn tortillas. If homemade, bake instead of frying.

Nutrition Education



Promote Common foods:

- ❧ Quinoa is an excellent source of phosphorus and fiber, a good source of protein, vitamin B6 and folate, iron, thiamin, riboflavin and zinc. This grains is gluten free.
- ❧ Chia: excellent source of phosphorus, magnesium, fiber and a good source of calcium

Nutrition Education



- ❧ Very common to drink big glasses of licuados, orchata, homemade juices, oatmeal and coffee with whole milk and added sugar.
- ❧ Advise: skim milk or water, no added sugars, moderate use of sucralose or stevia, use of smaller glasses, water down fruit juices, flavor water with lemon, lime, orange, strawberry or cucumber slices.

Nutrition Education



- ❧ There are several traditional foods like tortillas or arepas that can be eaten with lean meats, beans and veggies. Encourage them to put more veggies inside or on top of them.
- ❧ Teach them about My Plate and Portion Control with food models and real serving utensils, plates, glasses, etc.
- ❧ Teach them about Reading the Label and Sugar in Drinks

Staple Foods



Yucca sticks



Empanadas



Patacones



Arepas



Platanitos



Coconut Rice

