



Healthcare in the Latinx Community

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Objectives

- 1) Create a positive patient-centered experience for families through an understanding of the language and cultural diversity within the Latinx community.
- 2) Understand common health- and development-related cultural beliefs and practices in the Latinx community.
- 3) Examine how culture can support and challenge Latinx parents' healthcare expectations, practices, and behaviors.

Latino/a, Latinx, or Hispanic?

A 2019 survey found that 47% of Hispanics most often described themselves by their family's country of origin, while 39% used the terms Latino or Hispanic and 14% most often described themselves as American.

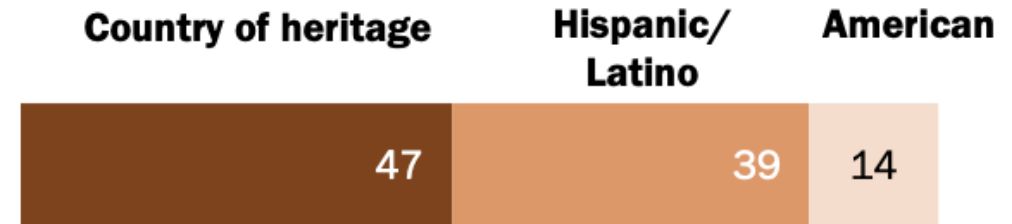


LOS PAÍSES **HISPANOHABLANTES**

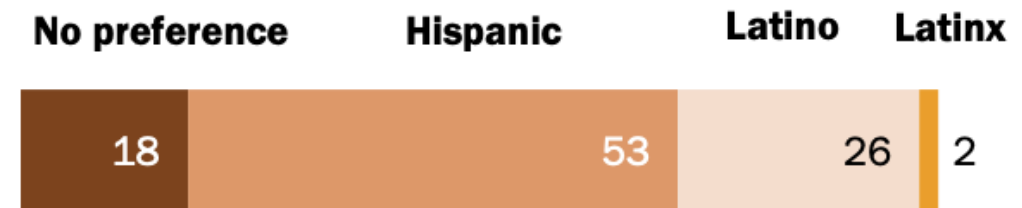
Latino/a, Latinx, or Hispanic?

Hispanics describe their identity in different ways

% of Hispanics saying they describe themselves most often as ... (2019)



Do you prefer the term Hispanic, Latino or Latinx? (2022)



Note: "No preference" is a voluntary response. Other voluntary responses are not shown. Share of respondents who didn't offer a response is not shown.

Source: National Survey of Latinos conducted in 2019 and 2022.

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Hispanic origin groups in the U.S., 2022

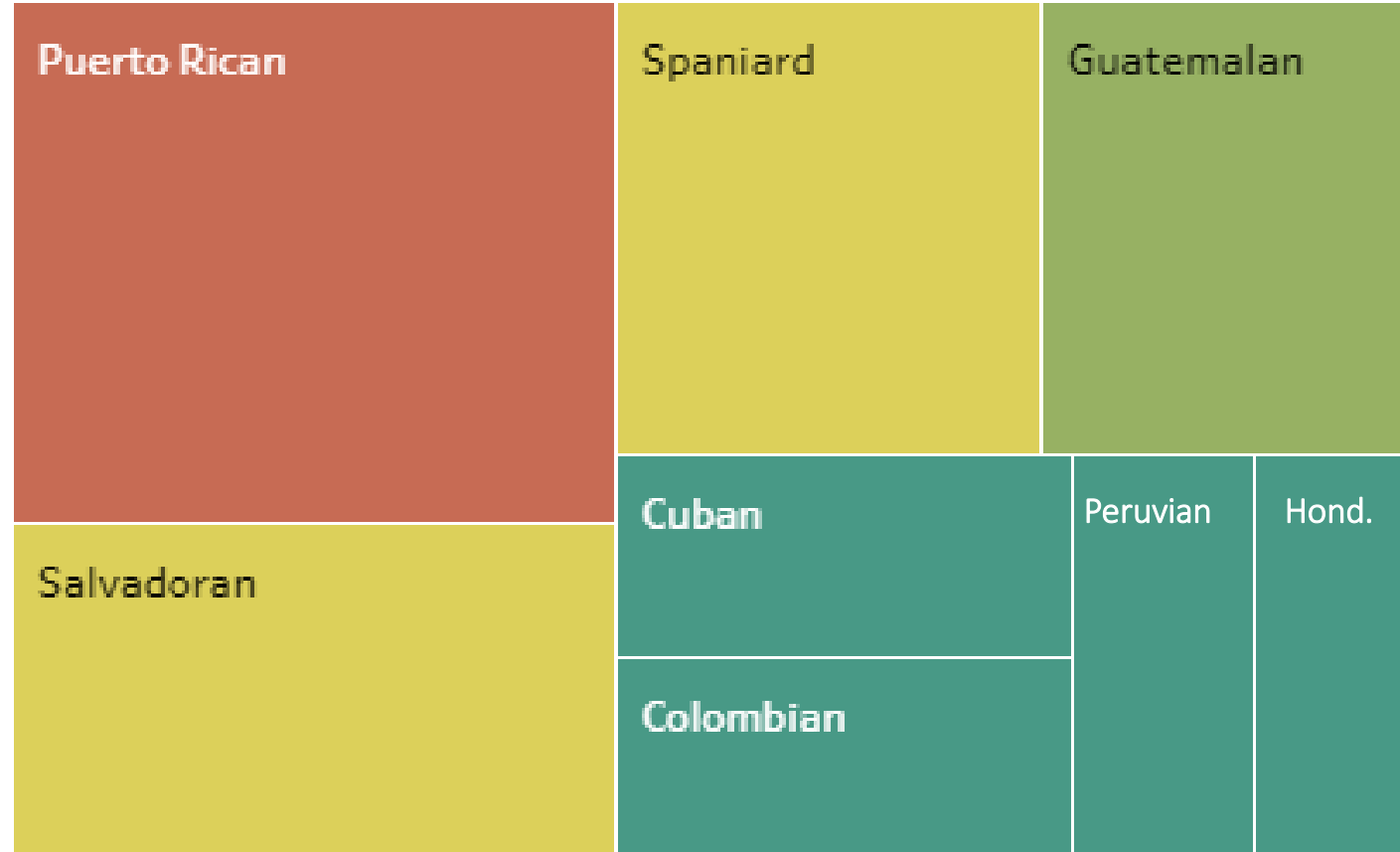
Origin group	Population	% among all U.S. Hispanics	% change 2010-2022
U.S. total	63,555,000	100%	25%
Mexican	37,415,000	58.9	14
Puerto Rican	5,905,000	9.3	26
Salvadoran	2,480,000	3.9	36
Cuban	2,435,000	3.8	30
Dominican	2,395,000	3.8	59
Guatemalan	1,880,000	3.0	62
Colombian	1,450,000	2.3	51
Honduran	1,220,000	1.9	67
Spaniard	970,000	1.5	40
Ecuadorian	870,000	1.4	34
Venezuelan	815,000	1.3	236
Peruvian	750,000	1.2	26



Hispanic and Latinx populations in Washington

WA Hispanic or Latinos By Country of Origin

(Excluding the 78% with Mexican heritage)



Source: American Community Survey 2021. Mexicans make up 78% of the Hispanic or Latin/e/x population of Washington state. What's calculated above is the countries of origin of the remaining 22%.

A mural depicting a rural community scene. In the foreground, a woman in a purple top holds a circular emblem with a rainbow and a sun. To her left, a man in a white shirt and straw hat stands next to a tall corn plant. Further left, a group of people, including a woman in a blue dress and a man in a white shirt, are gathered. In the background, there are houses, a blue sky with a white cloud, and a rainbow. The scene is set in a rural, agricultural environment.

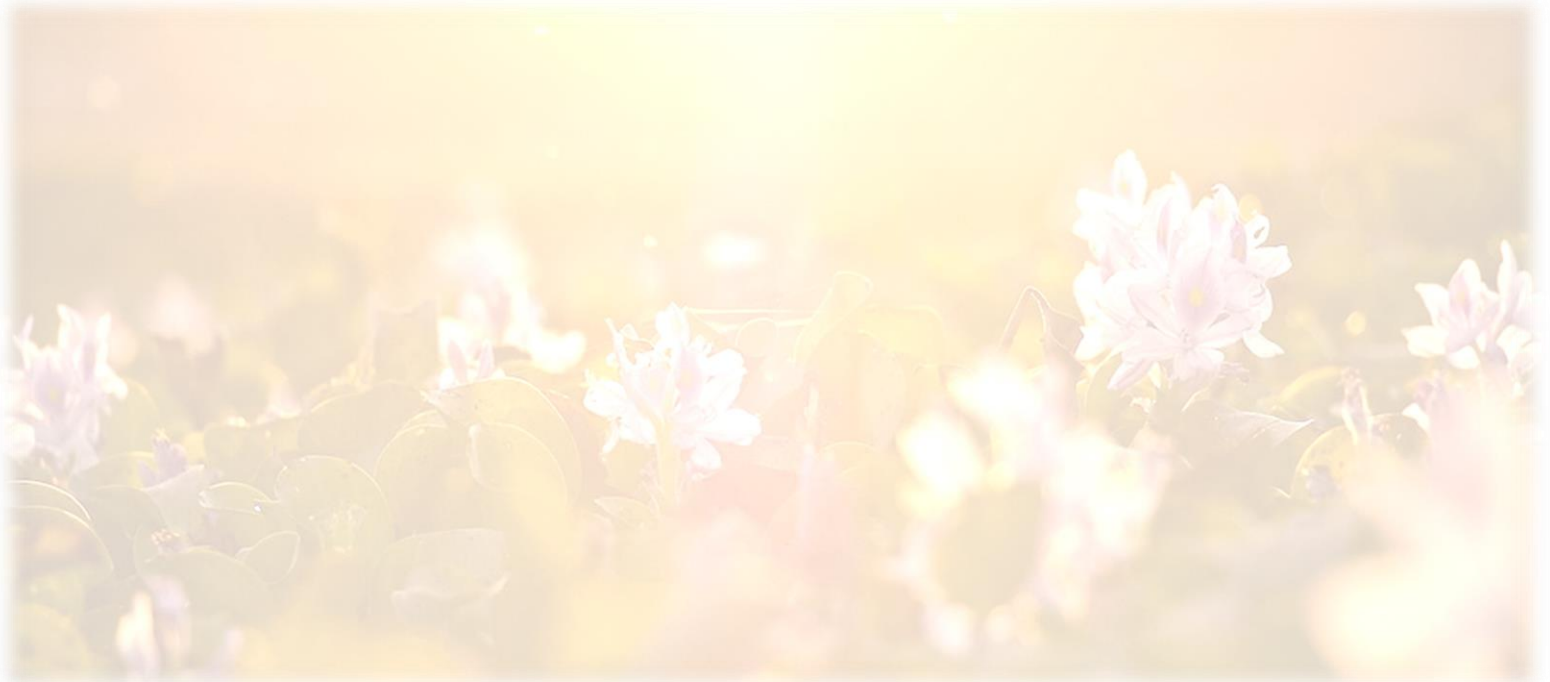
Cultural Values

Simpatía, Personalismo, Respeto, Fatalismo, Familismo

Simpatía

The tendency to prefer and create social interactions characterized by warmth and emotional positivity while also avoiding conflict and/or overt negativity

Politeness and pleasantness
in the face of stress



Personalismo

The patient expects to develop a warm, personal relationship with the clinician

“Formal friendliness”



Respeto

Health care providers are viewed as authority figures who must be shown *respeto*. Latinx patients also expect reciprocal *respeto* from the provider, especially when the provider is younger than the patient

“Respect”



WHEN TO USE 'TÚ' VS. 'USTED' IN SPANISH

FORMAL YOU

'Usted': Conveys a high level of respect.



Usted se ve muy bien hoy.
You look very well today.

INFORMAL YOU

'Tú': Used among equals and peers.



¿Tú quieres más limonada?
Do you want more lemonade?

Familismo

A value in the Latinx culture focusing on the centrality of the family as expressed through spending time with family, relying on family for guidance, defending the family, putting family's needs before one's own, and contributing to the family's wellbeing.

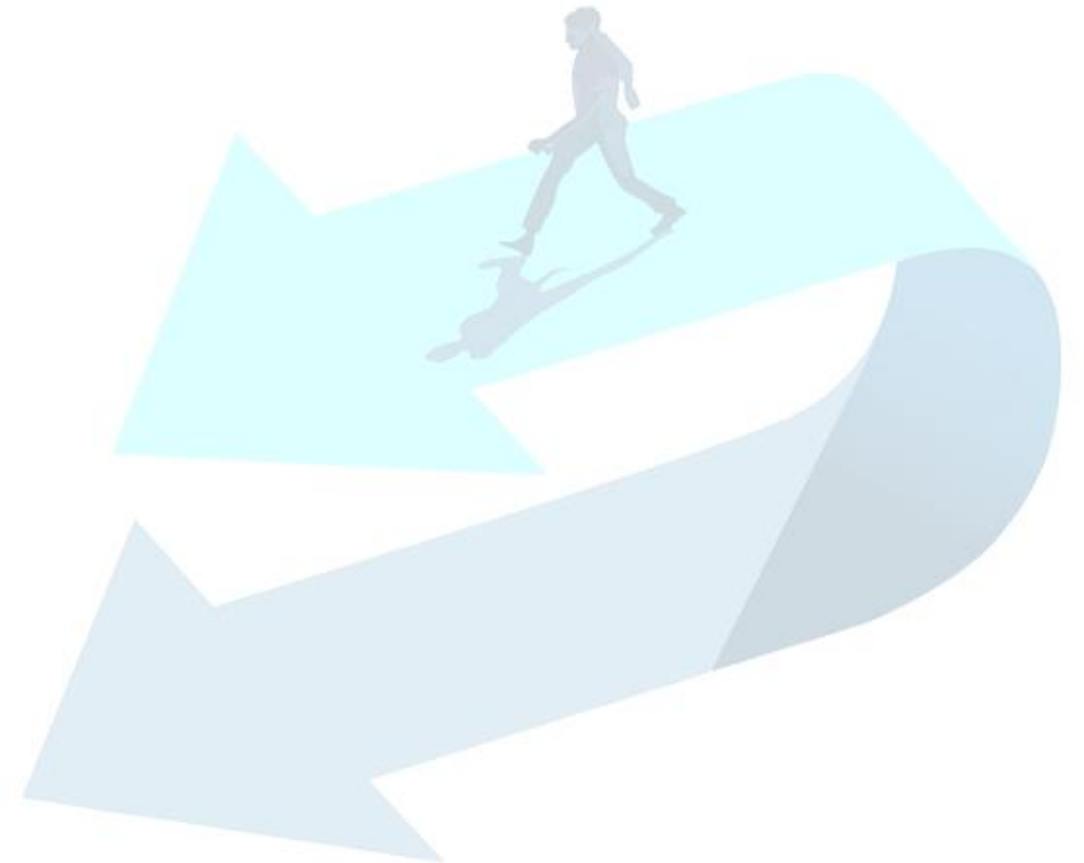
Dedication, commitment and loyalty to family.



Fatalismo

An attitude of resignation in the face of future events which are thought to be inevitable.

If I have this condition, so will my child



Marianismo

The prioritization of familial responsibilities over self-care, self-sacrifice and “elevated motherhood” in emulation of the Blessed Virgin Mary

A strong sense of masculinity- how men should engage with their gender based on virility, courage, strength, and power.

Machismo

Folk Illnesses

Examples in pediatrics

The prevalence of folk illness beliefs varies, depending on such factors as ethnicity, national origin, region and levels of acculturation.

Empacho

When a substance gets stuck to the walls of the stomach or intestine.

Symptoms: vomiting, diarrhea, bloating, cramps, stomachs

Mal ojo

When a person intentionally or unintentionally looks at a child with intensity.

Symptoms: fever, inconsolable crying, diarrhea, aches and pains, gassy stomach

Mollera
Caida

Fallen fontanelle when the breast or bottle is removed too quickly or baby is bounced around.

Symptoms: difficulty with feeding and swallowing (fever, diarrhea and fussiness)

Approaches to Parent/Patient Beliefs

- Use interpreters when possible.
- Be sensitive and nonjudgmental.
- Demonstrate respect (respeto) by adhering to cultural norms related to age, gender, social position and authority.
- Recognize the role of the family (familismo) in making health care decisions
- Explain treatment plans carefully, especially the rationale behind therapeutic interventions.
- Folk Illnesses:
 - They exist and provider may not be aware
 - Ask whether the patient has it
 - Ask what treatment they are receiving
 - Suggest replacing harmful remedies with harmless ones

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