

"HEALTH EQUALITY  
FOR ALL"

OMHD

*aims to accelerate CDC's health impact in the U.S. population and to eliminate health disparities for vulnerable populations as defined by race/ethnicity, socio-economic status, geography, gender, age, disability status, and risk status related to sex and gender, and among other populations identified to be at-risk for health disparities.*

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# Health Disparities Affecting Minorities

Hispanic/Latino Americans

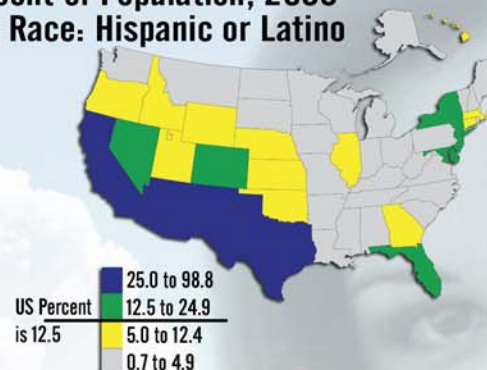


Office of Minority Health and Health Disparities

## EXAMPLES OF DISPARITIES

According to the 2000 U.S. Census, **Hispanics/Latinos** of all races represent 13.3% of the U.S. population or 38.8 million individuals.

Percent of Population, 2000  
One Race: Hispanic or Latino



### Asthma:

In the northeast U.S., from 1993-1995, **Hispanics/Latinos** had an asthma death rate of 34 per million, more than twice the rate for white Americans (15.1 per million).

### Adult Immunization:

In 2002, influenza vaccination coverage among adults 65 years of age and older was 70.2% for whites and 46.7% for **Hispanics/Latinos**. The gap for pneumococcal vaccination coverage among older adults was even wider, with 60.6% for whites and 23.8% for **Hispanics/Latinos**.

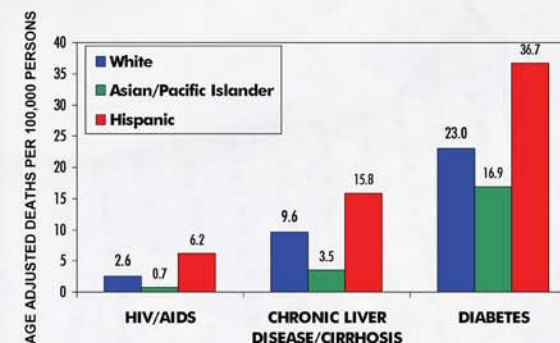
### HIV/AIDS:

In 1999, the age-adjusted death rate for HIV was 32.7 per 100,000 for Puerto Ricans living on the mainland U.S., **higher than any other racial or ethnic group**, more than six times the national average (5.4 per 100,000) and more than 13 times the rate for non-Hispanic whites (2.4 per 100,000).

### Diabetes:

Among **Hispanics/Latinos**, the diabetes death rate in 2000 was highest among **Puerto Ricans** (172 per 100,000), compared to **Mexican Americans** (122 per 100,000), and **Cuban Americans** (47 per 100,000).

AGE-ADJUSTED MORTALITY RATES PER 100,000 PERSONS BY RACE/ETHNICITY FOR 3 HEALTH FOCUS AREAS: U.S., 2001.





## PROMISING STRATEGIES

### **HIV/AIDS:**

Improve recognition of risk, detection of infection, and referral to follow-up care; assure proper treatment; and counsel about avoiding risky behaviors.

### **Diabetes:**

Reduce the rate of diabetes and its complications among high-risk populations, increase early detection and treatment, and increase efforts on diabetes self-management through outreach and education.

### **Asthma:**

Reduce the frequency and severity of asthma attacks through appropriate medical care, monitoring of symptoms and objective measures of lung function, along with environmental control measures to reduce exposures to allergens and other asthma triggers.

### **Adult Immunization:**

Promote effective provider-based intervention, increase community demand, enhance access to services, and encourage vaccination-related efforts in non-medical settings.

# WHAT YOU CAN DO

### **Healthcare Providers**

Advise and encourage clients to reduce their risk for chronic and infectious illnesses.

Ensure that standing orders are in place for screening tests.

Advise seniors and medically compromised clients to get pneumococcal and influenza vaccinations.

Conduct foot and kidney exams with diabetic clients during routine healthcare visits and recommend eye screenings annually.

Provide culturally competent and linguistically appropriate care.

### **Individuals**

Think prevention -- see a healthcare provider annually, even if you feel healthy.

Eat more fruits and vegetables and less fat and sugar.

Get at least 30 minutes of physical activity daily -- taking the stairs burns 5 times more calories than taking the elevator.

Take loved ones to a healthcare provider.

Stop smoking.

### **Community**

Join with others to promote community-wide health activities and campaigns.

Form coalitions with civic, professional, religious, and educational organizations to advocate health policies, programs, and services.

Support policies that promote health-care access for all.

## MORE INFORMATION

**CDC's Office of Minority Health and Health Disparities (OMHD)**  
<http://www.cdc.gov/omhd/Populations/HL/hl.htm>  
(404) 498-2320

**CDC en Español**  
<http://www.cdc.gov/spanish/>  
Public Inquiry Main Line: (800) 311-3435

**HHS' Office of Minority Health Resource Center (HHS OMHRC)**  
<http://www.omhrc.gov/OMHRC/index.htm>  
(800) 444-6472

**National Center on Minority Health and Health Disparities (NCMHD)**  
<http://ncmhd.nih.gov>  
(301) 402-1366 TTY: (301) 451-9532

**Firstgov en Español**  
<http://www.firstgov.gov/Espanol/index.shtml>  
(800) FED-INFO (333-4636)

**Seguro Social en Español**  
<http://www.ssa.gov/espanol/>  
(800) 772-1213 TTY: (800) 325-0778

**National Hispanic Medical Association (NHMA)**  
<http://home.earthlink.net/~nhma/>  
(202) 628-5895

**National Association of Hispanic Nurses (NAHN)**  
<http://www.thehispanicnurses.org/>  
(202) 387-2477

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