



All people, and especially those at greater risk of health disparities, will achieve their optimal lifespan with the best possible quality of health in every stage of life.
People in all communities will be protected from infectious, occupational, environmental and terrorist threats.

Health Disparities Affecting Minorities Hispanic/Latino Americans

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

Major health disparities for Hispanics/Latinos are:

- **HIV/AIDS**- the age-adjusted death rate for HIV in 1999 was 32.7 per 100,000 for Puerto Ricans living on the mainland U.S., higher than any other racial or ethnic groups, more than six times the national average (5.4) and more than 13 times the rate for non-Hispanic whites (2.4).
- **Diabetes**- the diabetes death rate in 2000 was highest among Puerto Ricans (172 per 100,000), Mexican Americans (122), and Cuban Americans (47) for Hispanics/Latinos.
- **Adult Immunization**- influenza vaccination coverage among adults 65 years of age and older is 70.2% for whites and 46.7% for Hispanics/Latinos. The gap for pneumococcal vaccination coverage among older adults is even wider, with 60.6% for white and 23.8% for Hispanics/Latinos in 2002.
- **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).

What you can do to eliminate health disparities:

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.
- **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.
- **Ask** your healthcare provider if you need or your child needs the HBV vaccine.
- **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 healthcare access for all.

For More Information:

Centers for Disease Control and Prevention (CDC)
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Web site: <http://www.cdc.gov/omhd/>

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