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# *Health Issues of Latinos in Washington State*

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# Unique Aspects



Fastest growing population in NW: 12.2%;  
4% age 65+; 39% are age < 18

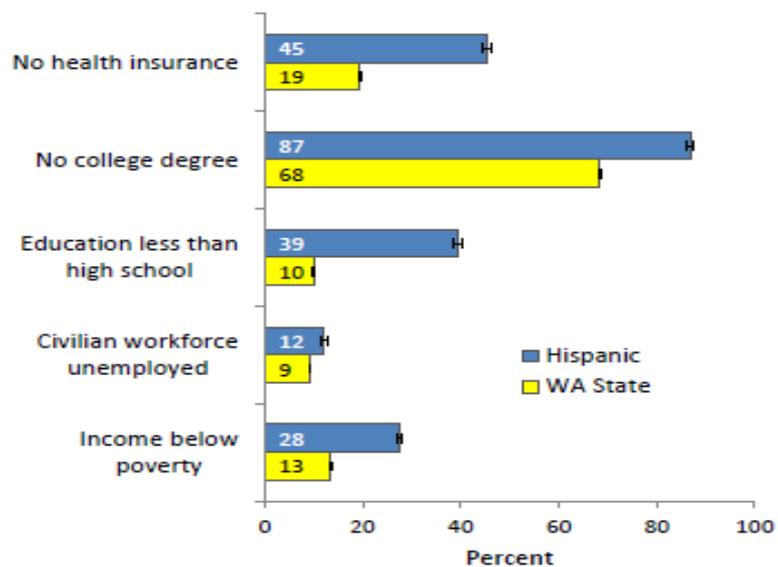
- Higher fertility rate
- Immigration
- Youthful demographic
- Rural Urban

Persistent disparities experienced by  
Latinos across the life-span

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### Social and Economic Risk Factors



Data Source: US Census Bureau, American Community Survey (ACS) Public Use Microdata Sample, 2009-2013

# Health Profile



## Threats to Health Status:

- Obesity, Diabetes and Heart Disease
- Anxiety, Depression and Suicide
- Neighborhood and Family Violence
- Environmental Toxins
- Work-Related Injuries and Deaths
- Oral Health
- Lack of Health Insurance

# Obesity in Hispanics



## Adults

## Children

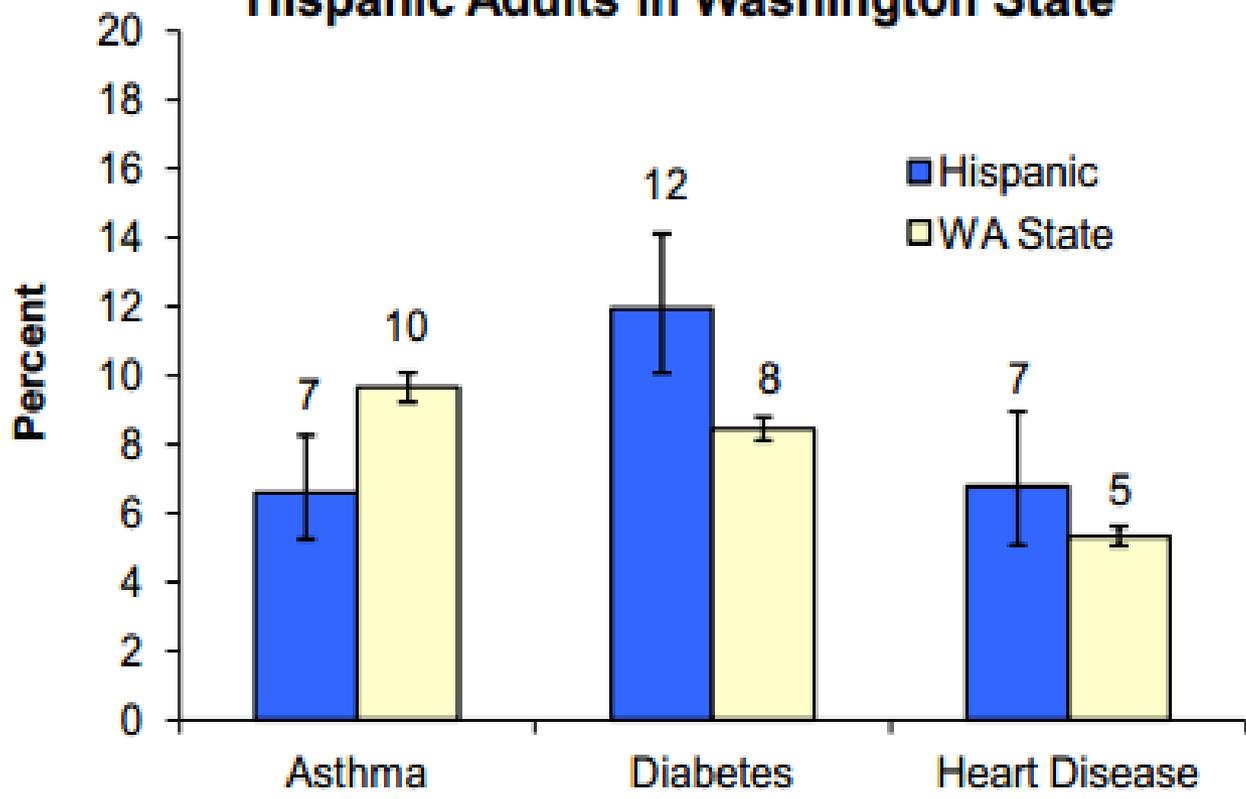
**Table 4: Adult Obesity by Race/Ethnicity  
(Behavioral Risk Factor Surveillance System, 2011)**

Race/Ethnicity	Percent	Margin of Error (+/-)
State	27	1
Asian	8	2
Non-Hispanic White	27	1
Hispanic	32	3
Black	39	5
American Indian/Alaska Native	44	6
Native Hawaiians/Other Pacific Islander	46	9

**Table 1: Childhood Overweight and Obesity by Race/Ethnicity  
(Healthy Youth Survey, 2012)**

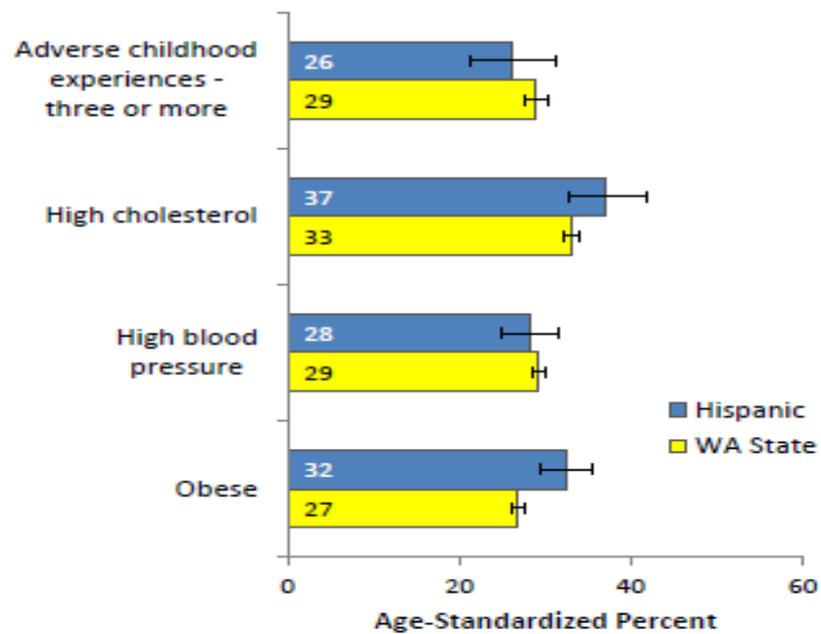
Race/Ethnicity	Percent	Margin of Error (+/-)
State	23	2
Asian	16	5
White	21	3
Hispanic	27	4
Black	29	7
Native Hawaiians/Other Pacific Islander	33	12
American Indian/Alaska Native	34	7

## Chronic Disease Prevalence Among Hispanic Adults in Washington State



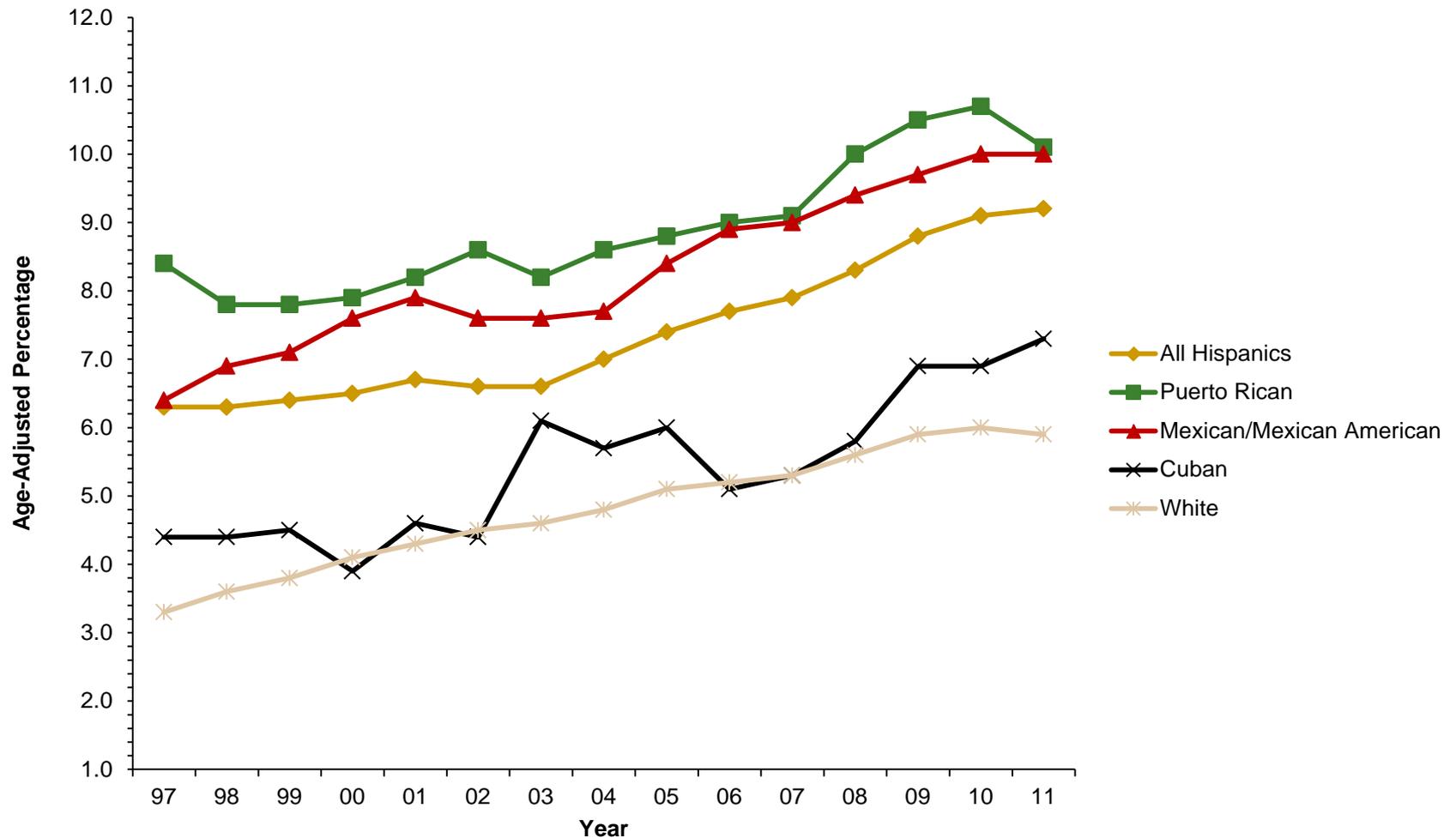


## Adult (Age 18+) Health Risk Conditions



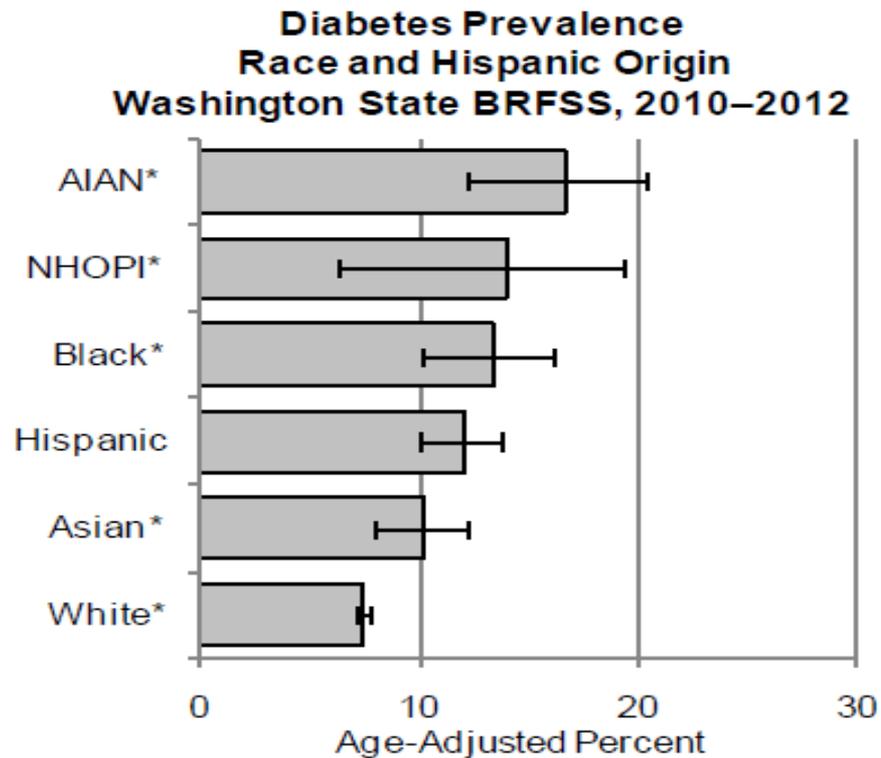
**Data Source:** Washington Behavioral Risk Factor Surveillance System 2011-2013

# Age-Adjusted Percentage of Civilian, Noninstitutionalized Population with Diagnosed Diabetes, Hispanics, United States, 1997–2011



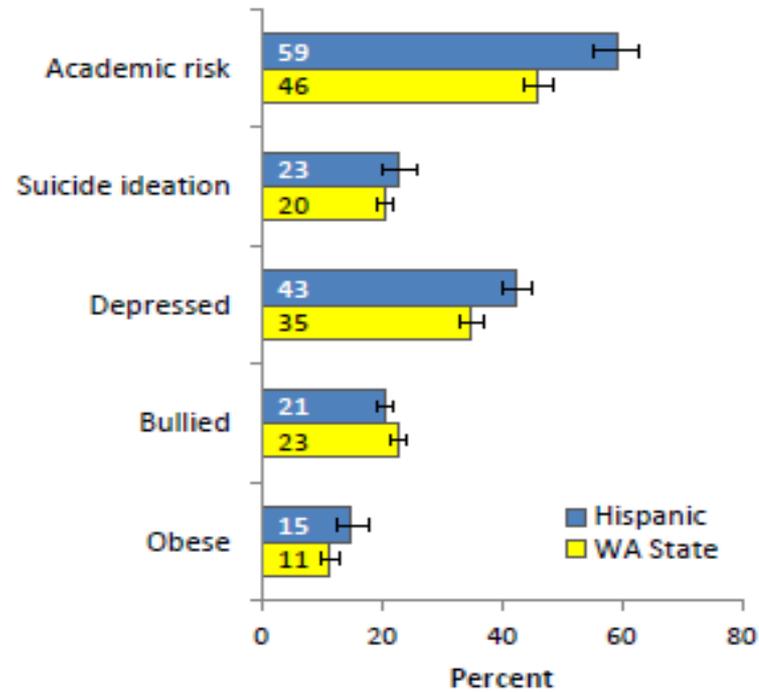
Data Source: Centers for Disease Control and Prevention, National Center for Health Statistics, Division of Health Interview Statistics, data from the National Health Interview Survey. Statistical analysis by the Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Diabetes Translation.

# Diabetes Prevalence



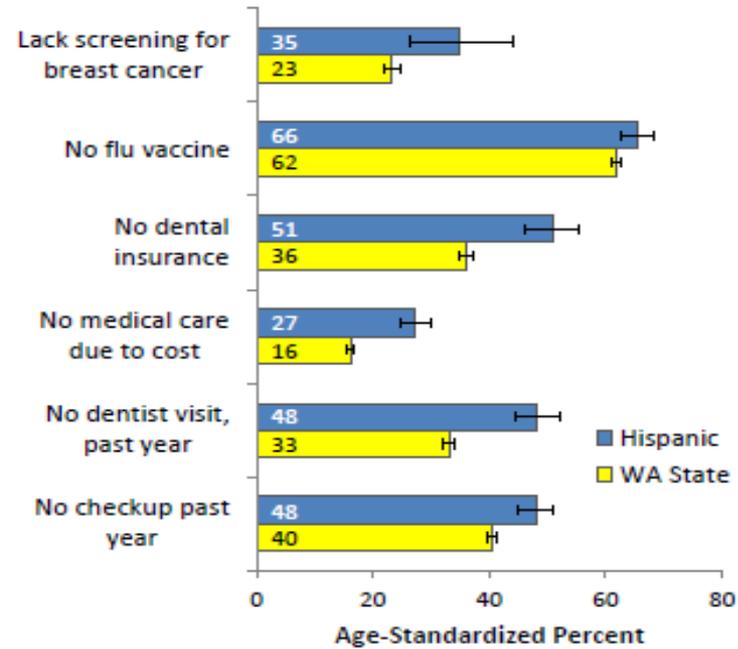


## Youth (10<sup>th</sup> grade) Health Risk Conditions





## Adult (Age 18+) Preventive Care

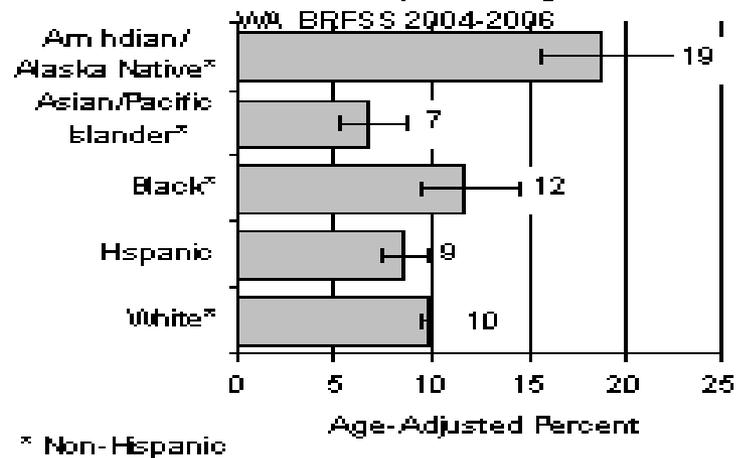


**Data Source:** Washington Behavioral Risk Factor Surveillance System 2011-2013

# Mental Health



Adults Reporting Poor Mental Health  
14 Days or More in Previous Month  
Race and Hispanic Origin



# Mental Health

FIGURE 1  
Washington State Latino Adolescent Health  
Depression Disparities Rate

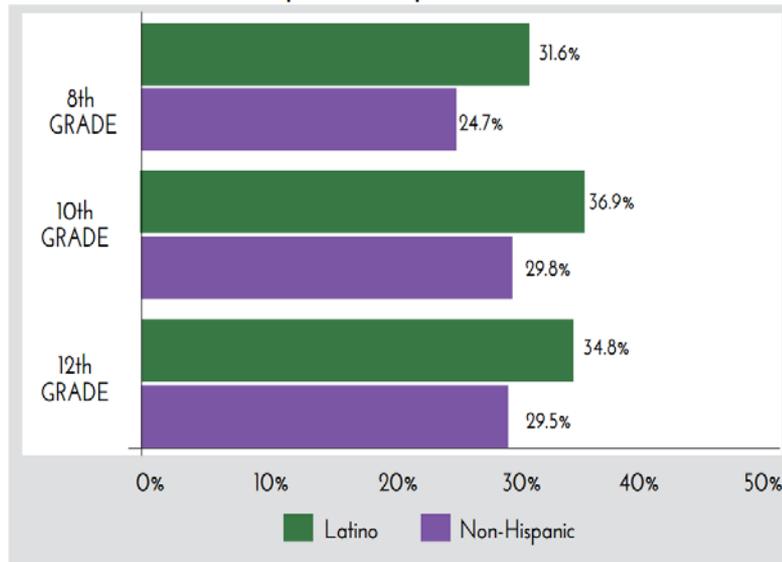
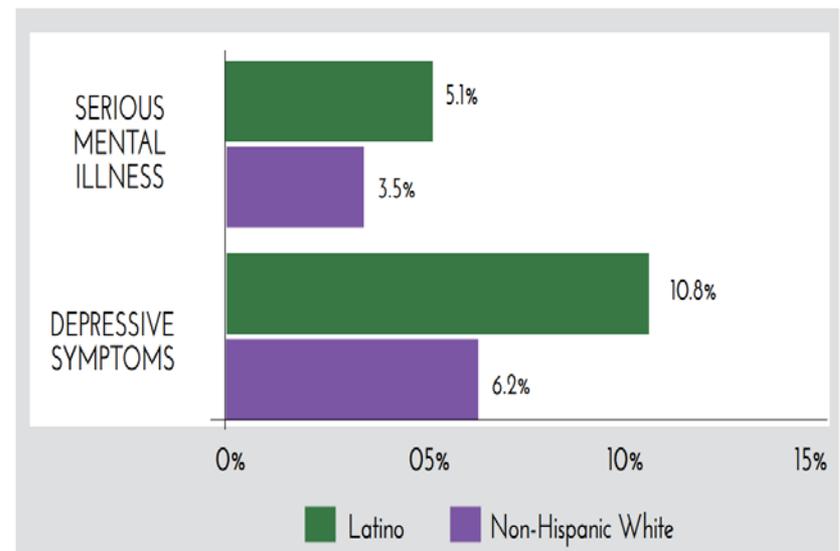
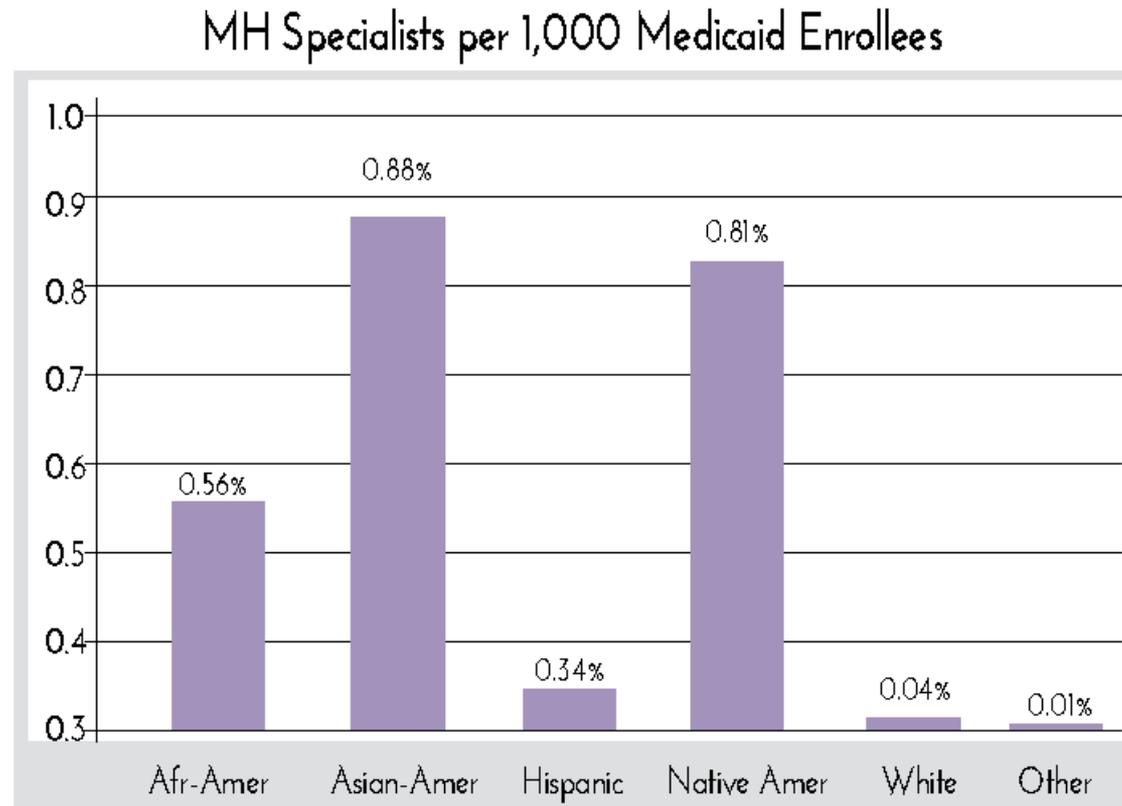


FIGURE 2  
Washington State Latino Adult Health Disparities Rate



Washington State Healthy Youth Survey 2012

# Mental Health Providers



# Environmental Toxins



- Concentrated Animal Feeding Operations (CAFOs)
  - 38% dairy cows located on 512 acres
  - Urine + fecal matter = ammonia (a hazardous pollutant)
- High levels of nitrates in the winter months
  - Nitrates + ammonia = oxides of nitrogen
- Water Quality
  - Elevated levels of nitrates in well water

# Occupational Health



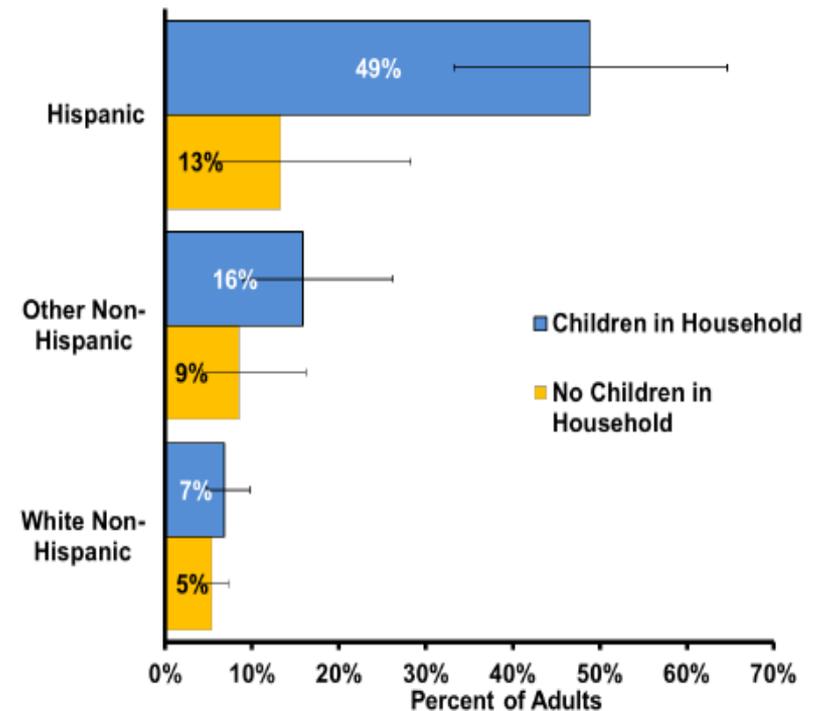
- Sexual Harassment
- Repetitive motion injuries
- Pesticide exposure
- Linguistically and culturally appropriate education is needed

# Food Insecurity



- Nationally, 24% of Latinos experience food insecurity compared to 11% whites
- 30% Latino children live in food insecure households

Percent of Adults Ages 18+ Who Report That Household Food Often or Sometimes Didn't Last By Children in Household and Race, King County, 2010



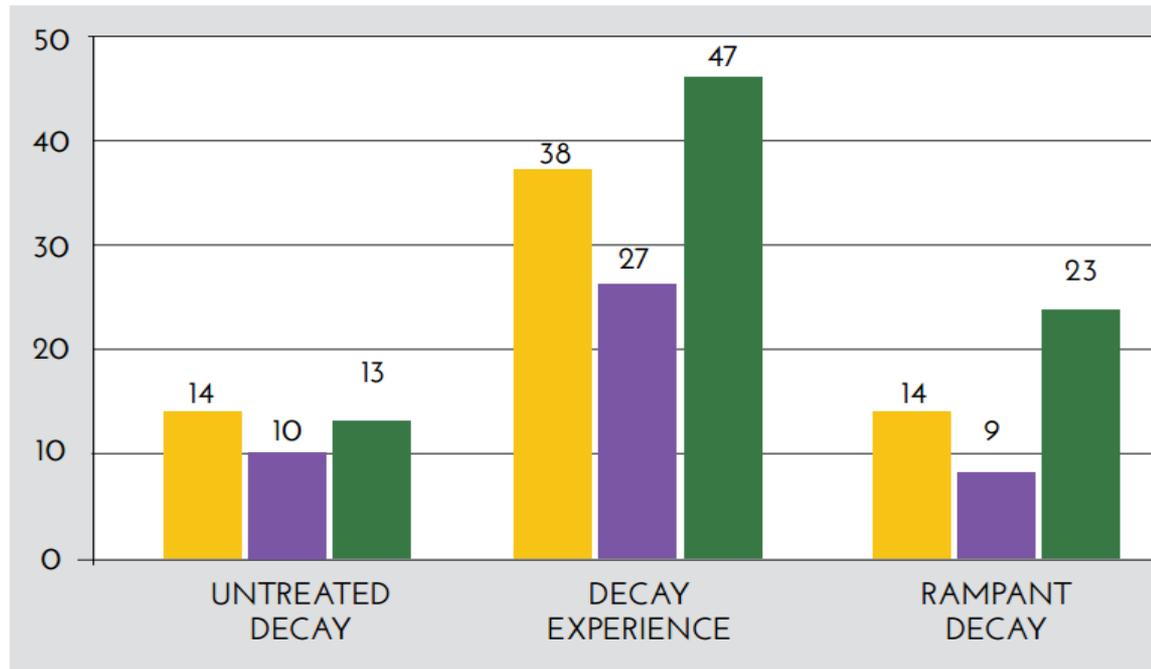
Data Source: Behavioral Risk Factor Surveillance System

COMMUNITIES COUNT, 1/2012

# Dental Health



Dental Disease Rates Among  
Low-Income Preschoolers by Race/Ethnicity



White African American Hispanic

Source: 2010 Smile Survey, WA Department of Health

# Expressed Concerns



- Lack of bilingual/bicultural behavioral health providers
  - Lack of children's mental health services especially in rural areas
  - How do organizations effectively reach out to and work with Latinos
  - How to have culturally appropriate conversations around stigmatized issues
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# Expressed Concerns



- Inability to access services due to communication issues
  - Lack of available services in rural areas including linguistically appropriate services
  - Lack of providers who take medicaid
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