LATINO HEALTH SYMPOSIUM

MAY 23, 2019

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CTSI Integrating Special Populations program

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Disclosures

• I have no relevant financial relationships to disclose

• I do not have a predetermined agenda for what should happen after this symposium
The idea for a Latino Health Symposium

• Emerged from the Special Populations program of UCLA CTSI
  – A focus on populations affected by disparities

• Year of discussions with experts with a goal to:
  – Assess current state of research and evidence of Latino health
  – Add value to current activities to improve health of Latino populations

• Idea of a symposium emerged

• Varying opinions…..
Why we might NOT want to focus on Latino health?

- Latinos are the majority in Los Angeles
- Latinos are not a homogenous group
- Many health and life outcomes are better among Latinos
- A focus might stigmatize or offend some people
- A focus on Latino health might reduce attention to other disparities (e.g., health of African Americans)
- It’s too complicated

So before you all leave........
Why we **should** focus on Latino health
Why we **should** focus on Latino health

**Latinos are the majority in Los Angeles**

- Almost half of Los Angeles county
- Largest Latino population in the US
- Harbinger for much of the US
  - US will be “minority white” by 2045

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**Diversity of Los Angeles County**

- 13% aged 65 and over
- 13% aged 65 or under without health insurance
- 22% under age 18
- More populous than 42 states
- 35% of residents were born outside the US
- 92 languages

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**Hispanics: 1970 to 2050**

Population in millions

- 1970: 9.1
- 1980: 14.6
- 1990: 22.4
- 2000: 35.3
- 2011: 52.0
- 2020*: 66.4
- 2030*: 85.9
- 2040*: 108.2
- 2050*: 132.8

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*Projected Population as of July 1

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Slide from Steve Dubinett
Why we should focus on Latino health

We should learn from the Latino paradox

Equal/better:
- Mortality rates
- Birth outcomes

Lower SES
Why we should focus on Latino health

Many health problems do exist in Latino populations

• Access to health, mental health, dental care
• Cardiovascular disease
• Obesity, diabetes
• Mental health conditions
• Low wages
• Academic problems due to barriers
• Fear, stress…. toxic stress

[Chart showing childhood obesity rates by ethnicity from 1976-2016]

https://www.childstats.gov/americaschildren/tables.asp
Why we should focus on Latino health

Culturally competent care and services are needed

1. Provide interpreter services
2. Recruit and retain minority staff
3. Provide training to increase cultural awareness, knowledge, and skills
4. Coordinate with traditional healers
5. Use community health workers
6. Incorporate culture-specific attitudes and values into health promotion tools
7. Include family and community members in health care decision making
8. Locate clinics in geographic areas that are easily accessible for certain populations
9. Expand hours of operation
10. Provide linguistic competency that extends beyond the clinical encounter to the appointment desk, advice lines, medical billing, and other written materials

From: Health Policy Institute, Georgetown University
Why we should focus on Latino health

Bias exists in our health systems

“Implicit bias in decision-making translated into action is not limited to the practice of medicine, but we need to develop strategies in our medical care to deal with this problem.”

Step 1: recognize the problem
Step 2: implement a proven method to reduce bias

Harper MB. Doing more about health care disparities: Moving past description to action. Pediatrics 2017
Why we should focus on Latino health

Racism and hatred in our country

The country of Mexico is pushing people in. And why not? You know what? If we're so stupid to take them, why wouldn't they do that?"  
  
-- Donald Trump

When Mexico sends its people, they're not sending their best. They're sending people that have lots of problems, and they're bringing those problems with us. 

They're bringing drugs. They're bringing crime. They're rapists. And some, I assume, are good people.

HATE GROUPS 1999–2018

Southern Poverty Law Center 2019

Racism is an ACE (Adverse Childhood Experience)
My immigration experience...
Why we **should** focus on Latino health

We have world experts right here!
Why we **should** focus on Latino health

- Latinos are the majority in LA
- We can learn from the Latino paradox
- Many health problems exist in Latino populations
- The need for culturally appropriate care
- Bias in our health care system
- Racism, bias and hatred in our country
- We have world’s experts right here!
• Welcome - Steve Dubinett
• Opening remarks Barbara Ferrer
• Status of research (1) Panel 1
• Keynote Anna María Nápoles
• Status of research (2) Panel 2
• Closing remarks Catherine Sarkisian and Peter Szilagyi
<table>
<thead>
<tr>
<th>Symposium</th>
<th>After the symposium</th>
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<tr>
<td>• Learn from experts</td>
<td>• Small retreat by leaders and panelists</td>
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<td>• Share expertise, suggestions, ideas</td>
<td>• Document summarizing ideas</td>
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<tr>
<td>• Brainstorm</td>
<td>• Input from symposium participants and the community</td>
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<td>• Think big: long-term</td>
<td>• Communication strategy</td>
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<td>• Also think short-term</td>
<td>• Recommendations to CTSI, health systems, DHHS and DPH</td>
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<td></td>
<td>and DMH, etc.</td>
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<td>• Action</td>
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Some ideas for possible actions

- Training for individuals interested in Latino health
- Collaborative grants
  - Community-based, research, public health, local, state, foundation
  - Perhaps a small grant process, team science grant, or pilots
- Reports on Latino health
- Lecture series
- A workgroup that meets regularly to move the agenda forward
- Matchmaking process to link experts from different disciplines
- Advocacy and potential policy changes
- Improvements in health systems to best serve Latino populations
- Improved understanding of Latino health in all we do
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Please.....learn, talk, share, act
May 23, 2019

Steven Dubinett, MD
Director, UCLA CTSI
Associate Vice Chancellor for Research

www.ctsi.ucla.edu
UCLA CTSI Partner Institutions

- Public research university with leading medical, dental, public health, nursing, engineering, business and life sciences

- Cedars-Sinai is the largest nonprofit hospital in the western United States

- A private, minority-serving institution located in under-resourced South Los Angeles

- Public teaching and research hospital; its catchment area of 3 million residents includes 550,000 below the poverty level

In Discussion

- One of the largest health care facilities within the Department of Veterans Affairs with 1.4 million veterans in their service area
MISSION
Bring UCLA CTSI innovations to bear on the greatest health needs of Los Angeles and the nation.

VISION
Catalyze research that translates discoveries into tangible improvements in health care, disease prevention and the health of our community.
Programs

- Informatics
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- Team Science
- Workforce Development
- KL2 & TL1 Training Programs
- Pilot Program
- Biostatistics
- Participant and Clinical Interactions
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