Experiences Tailoring Asthma Education for Hispanic Families in Southwest Detroit

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Terminology

- **Hispanic** – Refers to language: people who are from Spanish-speaking cultures. Includes Spain, but excludes Brazil.

- **Latino (Latina) (Latinx)** – Refers to geography: people who trace their heritage to Latin America. Includes Brazil, but excludes Spain.

- Both terms include people who may identify with several races, including “white”, “black”, “native”
Where did U.S. Latinos originate?

Figure 4
Percent U.S. Hispanic Population by Country of Origin

Source: Lopez and Dockterman 2011

American Lung Association, Luchando por el Aire
Hispanic Population in the U.S. is growing

Figure 1. Hispanic population by origin in the U.S. Census, 2000 and 2010.

Epidemiology of Asthma among Hispanics

- In 2015, 2.2 million Hispanics reported that they currently have asthma.
- Puerto Rican Americans have almost twice the asthma rate as compared to the overall Hispanic population.
- Hispanics are twice as likely to visit the emergency department for asthma, as compared to non-Hispanic whites.
- Hispanic children are twice as likely to die from asthma, as compared to non-Hispanic whites.

# Hispanic Asthma Paradox

## Current Asthma Prevalence Percentage (US), **ADULTS** ages 18 and over, 2015

<table>
<thead>
<tr>
<th>Population</th>
<th>Non-Hispanic White</th>
<th>Population / Non-Hispanic White Ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Hispanic</td>
<td>5.9</td>
<td>7.9</td>
</tr>
<tr>
<td>Puerto Rican</td>
<td>13.6</td>
<td>7.9</td>
</tr>
<tr>
<td>Mexican</td>
<td>5.3</td>
<td>7.9</td>
</tr>
</tbody>
</table>

Source: CDC 2017. National Health Interview Survey Data 2015. Table 4-1. [http://www.cdc.gov/asthma/nhis/2015/table4-1.htm](http://www.cdc.gov/asthma/nhis/2015/table4-1.htm)

## Current Asthma Age-adjusted percentage (US), **CHILDREN** under 18 years of age, 2015

<table>
<thead>
<tr>
<th>Population</th>
<th>Non-Hispanic White</th>
<th>Population/Non-Hispanic White Ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hispanic</td>
<td>8.0</td>
<td>7.3</td>
</tr>
<tr>
<td>Mexican</td>
<td>7.3</td>
<td>7.3</td>
</tr>
</tbody>
</table>

Source: CDC 2017. National Health Interview Survey Data 2015. Table 4-1. [http://www.cdc.gov/asthma/nhis/2015/table4-1.htm](http://www.cdc.gov/asthma/nhis/2015/table4-1.htm)

Asthma Among Hispanics in Michigan
NO Paradox!

Adults 2013-2015

Children 2008


CDC National Asthma Control Program [http://www.cdc.gov/asthma]
Partnership of community leaders and academics founded in 1998

Operate according to community-based participatory research (CBPR) principles.

Focus is on studying environmental influences on health of children with asthma.

Activities include:
- environmental research
- intervention trials
- advocacy on issues of the environment and asthma.

Funding: NIH, EPA, private foundations, U of M pilot
Community Action Against Asthma Partners

- Arab Community Center for Economic and Social Services (ACCESS)
- Community Activist
- Community Health & Social Services Center (CHASS)
- Detroit Hispanic Development Corporation (DHDC)
- Detroiter's Working for Environmental Justice (DWEJ)
- Eastside Community Network (ECN)
- Friends of Parkside (FOP)
- Southwest Detroit Environmental Vision (SDEV)
- Institute for Population Health (IPH) (formerly City of Detroit Dept of Health and Wellness Promotion)
- Univ. Michigan School of Public Health (Environmental Health, Health Behavior/Health Education, Biostatistics)
- Univ. Michigan School of Medicine (Pediatrics)
1. Families may not recognize their child has asthma (don’t know what asthma is; don’t know chronic or recurrent cough can be a symptom), so don’t report symptoms to their doctor.
5 Themes from CAAA work in Detroit

2. Families may have been told that their child has asthma, but don’t understand or trust the medical advice and feel more comfortable with home remedies.
American Lung Association Recommendations

CULTURAL CONSIDERATIONS FOR ASTHMA CARE

Among Hispanics, cultural practices naturally vary, depending on country of origin, level of acculturation, asthma knowledge and individual preference. There are, however, some widely shared values and beliefs that need to be taken into consideration when delivering culturally competent asthma care.

Personalismo
Translated as “formal friendliness,” personalismo represents the expectation that the patient-provider relationship be warm and personal. Gestures such as shaking hands, inquiring about work and family, and minimizing physical distance during personal interactions increase patient satisfaction and improve adherence to treatment.⁴⁴

Familismo
A strong cultural loyalty to the extended family, familismo, impacts the way Hispanics make health decisions. Family obligations may take priority over individual needs, especially when resources are scarce. Patients may want to involve other family members in office visits and health-related problem solving.

Use of alternative therapies
According to a survey conducted in 2008, 87 percent of Hispanics believe that sick people should receive care only from medical professionals. But one in ten report that someone in their household gets care from a folk healer or uses some folk medicine.⁴⁵ Clinicians are advised to learn about a patient’s use of alternative therapies, and accommodate those that are safe into a patient’s management plan. Harmful practices can be replaced with harmless ones that are consistent with the patient’s beliefs.⁴⁶

3. Families may be willing to accept medical advice, but can get confused or overwhelmed by the logistics of treatment plans.
4. Many families feel a stigma around asthma – feel embarrassed, afraid, or ashamed. Don’t want to tell others/child’s school about their child’s asthma.
5. Many families are burdened by societal inequities that impact their child’s health – poverty, reduced access to quality education, reduced access to quality medical care, increased environmental exposures.
Demographic Factors Contributing to Health Disparities among Hispanics

**Figure 2**
Poverty Status
- **Hispanic**: 21.5%
- **Non-Hispanic White**: 8.2%

Source: U.S. Census Bureau 2008

**Figure 3**
Education Levels (for adults over 25)
- **Hispanic**: 9.6% Not a High School Graduate
- **Non-Hispanic**: 38.1%

Source: U.S. Census Bureau 2008

**Figure 5**
Percentage with Insurance Coverage
- **Employer**: 42%
- **Public Insurance**: 26%
- **Uninsured**: 32%

Source: Kaiser Family Foundation 2010
Environmental Injustice

- Hispanic children are 3x more likely to live in U.S. counties where the air quality standards are not met (31.4% vs 10.6%) compared to non-Hispanic whites
- Half of U.S. Latinos live in cities – higher exposure to traffic, indoor pests, pesticides, lead
- 90% of seasonal and migrant farm workers are Latino – higher exposure to pesticides
Maria Salinas’ Story
Discussion: Lessons from our 5 Themes

1. Families may not recognize their child has asthma.
2. Use of Curanderos’ advice and home remedies.
3. Difficulty with the logistics of treatment plans.
4. Stigma and myths around asthma.
5. Social and environmental inequities leading to health disparity.
Spanish Language Asthma Resources

- **MedlinePlus, with English translations**
  - Signs and Symptoms: [https://medlineplus.gov/spanish/ency/patientinstructions/000062.htm](https://medlineplus.gov/spanish/ency/patientinstructions/000062.htm)
  - What to ask the doctor (adult): [https://medlineplus.gov/spanish/ency/patientinstructions/000208.htm](https://medlineplus.gov/spanish/ency/patientinstructions/000208.htm)
  - What to ask the doctor (child): [https://medlineplus.gov/spanish/ency/patientinstructions/000209.htm](https://medlineplus.gov/spanish/ency/patientinstructions/000209.htm)

- **National Institutes of Health (NIH)**
  - What is Asthma with graphics, English translation: [https://www.nhlbi.nih.gov/health-spanish/health-topics/temas/asthma](https://www.nhlbi.nih.gov/health-spanish/health-topics/temas/asthma)
  - Managing Asthma, general information about asthma: [https://salud.nih.gov/articulo/manejando-el-asma/](https://salud.nih.gov/articulo/manejando-el-asma/)

- **Asthma Action Plans**
  - Order print versions: [https://massclearinghouse.ehs.state.ma.us/category/ASTHMA-ES.html](https://massclearinghouse.ehs.state.ma.us/category/ASTHMA-ES.html)

- **Other asthma info**
  - Asthma and Cleaning Products at Work [https://massclearinghouse.ehs.state.ma.us/category/ASTHMA-ES.html](https://massclearinghouse.ehs.state.ma.us/category/ASTHMA-ES.html)
Resources about Asthma Among Hispanics