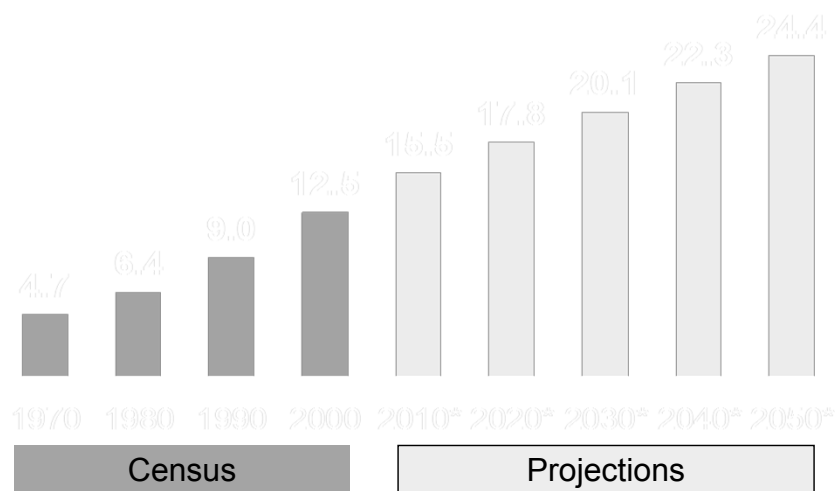


## Valuable Cultural Insights into Latino Patients with Diabetes

Violeta I Gallardo Montejano, MD  
Postdoctoral Investigator – Internal Medicine  
UT Southwestern Medical Center  
Dallas, Texas

### Percent Hispanic of the Total Population in the United States: 1970 to 2050



Source: U.S. Census Bureau, 1970, 1980, 1990, and 2000 Decennial Censuses; Population Projections, July 1, 2010 to July 1, 2050

### Top Five Counties by Latino Population Size: 2006

Rank	County	Population Size
1	Los Angeles County, CA	4,706,994
2	Harris County, TX	1,484,311
3	Miami-Dade County, FL	1,471,709
4	Cook County, IL	1,200,957
5	Maricopa County, AZ	1,129,556

44

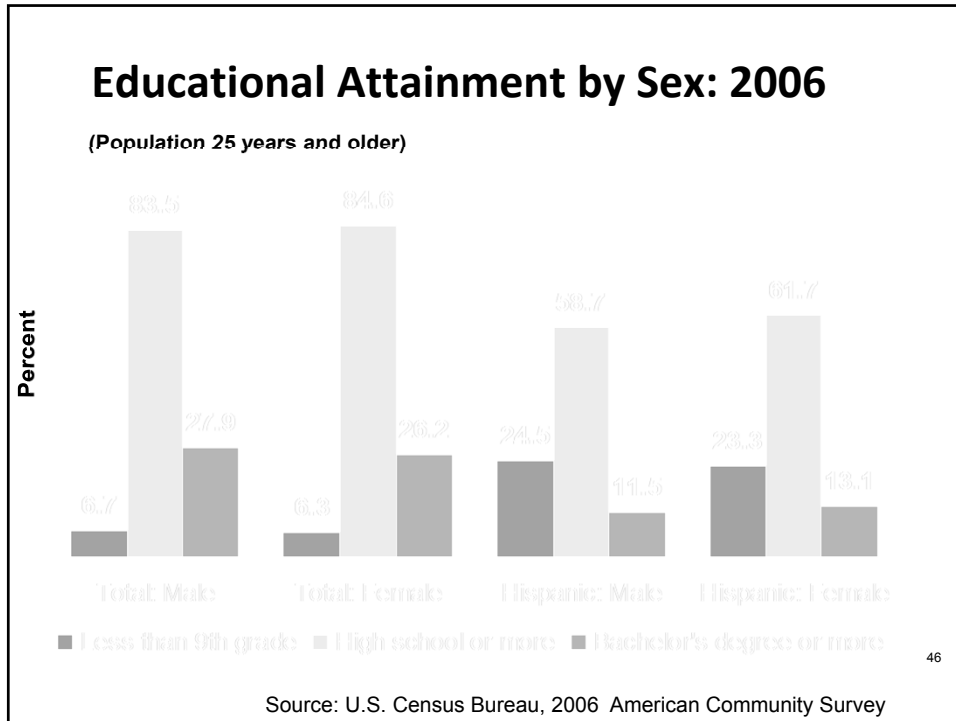
Source: U.S. Census Bureau, Population Estimates July 1, 2006

### Hispanic Origin by Type: 2006

Type of origin	Number	Percent
Total	44,252,278	100.0
Mexican	28,339,354	64.0
Puerto Rican	3,987,947	9.0
Cuban	1,520,276	3.4
Dominican	1,217,225	2.8
Central American	3,372,090	7.6
South American	2,421,297	5.5
Other Hispanic	3,394,089	7.7

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Source: U.S. Census Bureau, 2006 American Community Survey



## J B Case

- JB is 60 yo Latina woman with a 8-year history of type 2 diabetes who presents for establishing care and refill of her medications
- Data: Weight 165, BMI 30.2, A1c 9.5%
- Medications: Metformin 1 gr PO bid  
Glipizide 10 mg PO daily

JB speaks limited English, has brought her 8 year old son to help her. She works as a nanny and cooks for all her family. She is not interested in changes of her medications.

## **JB Case**

### **Treatment goals:**

- **Improve A1c through diabetes education (customized to her cultural background)**
- **Optimization of her pharmacological agents**
- **Lifestyle modifications**

## **JB Case**

### **Specific goals (improving A1C and BMI) for diabetes treatment and self-management:**

- **Healthy eating**
- **Being active**
- **Taking medications**
- **Monitoring BG**
- **Socioeconomic barriers**
- **Language barriers**

## Latinos or Hispanics?

**While the ethnic terms are used interchangeably, the term Latino/Hispano refers to people of any race who trace their origin to Mexico, Cuba, Puerto Rico, Dominican Republic, Central and South America**

Revision of the Standards for the classification of Federal Data on Race and ethnicity. White House 1997



## Race

- **A local geographic or global human population distinguished as a more or less distinct group by genetically transmitted physical characteristics.**
- **The OMB defines the concept of race as outlined for the US Census as not "scientific or anthropological" and takes into account "social and cultural characteristics as well as ancestry"**

A Brief History of the OMB Directive 15". American Anthropological Association. 1997. Retrieved 2007-05-18.

## Ethnicity

- **A group of people whose members identify with each other, through a common heritage, often consisting of a common language, a common culture , often including a shared religion, and an ideology that stresses common ancestry or endogamy.**
- **...in general it is a highly biologically self-perpetuating group sharing an interest in a homeland connected with a specific geographical area, a common language and traditions, including food preferences, and a common religious faith".**
- **Members of an ethnic group are conscious of belonging to an ethnic group**

Seidner,(1982), *Ethnicity, Language, and Power from a Psycholinguistic Perspective*, pp. 2-3

**Latinos are an ethnicity and not a race.**

## What Causes Disparities in Healthcare?

### Patient

*Socio-economic status*  
*Education/health literacy*  
*Health-seeking behavior*  
*Cultural factors*  
*Mistrust*

### Provider

*Lack of cultural awareness*  
*Stereotyping or biases*  
*Language barrier*  
*Lack of resources*

### System

*Lack of culturally oriented programs*  
*Inadequate interpreter services*  
*Time pressures and resource constraints*  
*Lack of adequate training*  
*Limited access*

## 47 Million U.S. residents speak a non-English language at home\*

- 18% of U.S. population
- Up from 14% in 1990
- 1/2 have difficulty speaking English

\* United States Census 2000

## Approaches to Bridging Language Barriers

- Bilingual/bicultural professional staff
- Interpreters
- Language skills training for existing staff
- Internal language bank
- Phone-based interpreter services
- Written translations



Photo credit: US Census Bureau.

The National Alliance for Hispanic Health. *A Primer for Cultural Proficiency: Towards Quality Health Services for Hispanics*. 2001:16.

## 51% of Americans Have Limited Functional Health Literacy\*

- Health literacy is the ability to:
  - Understand basic medical terms about symptoms and illness
  - Follow directions for diagnostic procedures and therapies
  - Engage in a dialogue about medical issues
- Highest number with low literacy are white and many are elderly

\**Health Literacy: A Prescription to End Confusion*. Institute of Medicine.  
The National Academies Press. Washington, D.C. 2004.



## **Patient Perspectives on Diabetes Attitudes and Issues in Treating Latino Patients with Type 2 Diabetes: Views of Health Providers**

- **Overview:** Midwest Latino Health Research, Training and Policy Center, University of Illinois.
- **Goal:** To collect information about the impact of patient and provider characteristics that influence the health outcomes of Latino patients with type 2 diabetes
- **Methods:** Focus groups with health professionals (physicians, nurses and health educators) working with Latino patients in both urban and suburban settings.

Lipton RB, Losey LM, Giachello A, Mendez J, Girotti MH.  
The Diabetes Educator 1998;24:67-71.

## **Latino Patient Perspectives**

- **Fear of Insulin**
  - Patients on insulin are seen as more debilitated than those who use oral agents or diet therapy, alone
  - Patients resist increasing their insulin dose, fearing that more serious illness or complications could result
  - Financial barriers to insulin were seen as far less significant than the fear of insulin use, itself

Lipton RB et al. The Diabetes Educator 1998;24:67-71.

## Latino Patient Perspectives

- **“Reverential attitude” of patients toward their physicians**

### Positives

- Enhances patient compliance -- “the doctor said to do this”
- Enhances credibility for nurses/dietitians who are seen as having a close association with physician

### Negatives

- Inhibits open two-communication -- “they nod ‘yes’ out of politeness”

Lipton RB et al. *The Diabetes Educator* 1998;24:67-71.

## Latino Patient Perspectives

- Patients may not take their diabetes seriously until complications set in.
- Patients may feel that treating diabetes is hopeless, or that their diabetes is an act of God.
- Communication was seen to be more of a barrier than economics.
- Alternative treatments are often used – “If you don’t ask, you don’t know.”
- Stories and recommendations from family and friends strongly influence patient behavior – “this is especially problematic with respect to insulin treatment”

Lipton RB et al. *The Diabetes Educator* 1998;24:67-71.

## Latino Patient Perspectives

- **Strong family dynamics**

- Positives

- “Families often come as group to the office visit”
    - Enhances adherence to regimen -- “family provides valuable reinforcement and emotional support”

- Negatives

- For women with diabetes, family obligations can inhibit effective self-care -- “common belief that the woman’s needs are secondary to the good of her family; expenditures for diabetes medications and supplies were considered less important than other family necessities”

Lipton RB et al. *The Diabetes Educator* 1998;24:67-71.

## Pearls of Wisdom

- **Assuming ethnicity**

- Be careful of Spanish surnames and “looking Hispanic”: second generation US born
  - Latinos that don't speak Spanish (Haiti, Brazil, Belize and other Caribbean countries)
  - Philipinos/Filipinos: Mrs. Corazon Aquino

**Doctor-Patient Relationships:  
Top 10 things to know about Latino Patients**

- **Bring along a relative for moral support**
- **Formalities such as shaking hands**
- **Small talk such as inquiring about relatives**
- **Doctors are not questioned**
- **Self-diagnosis and home remedies**

**Doctor-Patient Relationships:  
Top 10 things to know about Latino Patients**

- **Seeking medical care, adults delay and children rushed with minor signs**
- **When doctors do not prescribe medication**
- **Discharge plan of care and treatment instructions preferable in pt's native language**
- **Pain ignored or tolerated**
- **Misuse of antibiotics**

[www.LatinoNutritionCoalition.org](http://www.LatinoNutritionCoalition.org)

## **Pearls of Wisdom**

### **Establishing a Patient-Doctor Relationship with Latinos**

- **Latinos change physicians' often:  
Discuss reasons**
- **Get to know your patient, know their name,  
learn about their family, etc.**
- **Once a relationship is established most  
patients are very loyal**

## **Pearls of Wisdom**

### **Explanation of Condition, Progress and Prognosis**

- **What is diabetes?**
- **Type of diabetes**
- **Targets for BG, A1c , Lipids and Blood  
Pressure**
- **Diabetes is a progressive disease**
- **Oral agents, insulin, and other injectables**
- **Prognosis of long term complications**

## **Pearls of Wisdom**

### **Explaining Process of Care**

- **About chronic care**
- **Progression of diabetes**
- **Multiple treatment options available**
- **Being healthy with a chronic condition**

## **Communication**

- **Is a fundamental tool**
- **It includes gestures and nonverbal communication that tend to vary from culture to culture**
- **Communicate with speakers of limited English proficiency**
- **People with different value systems and normative behaviors**

## **Food Consumption of US Latinos**

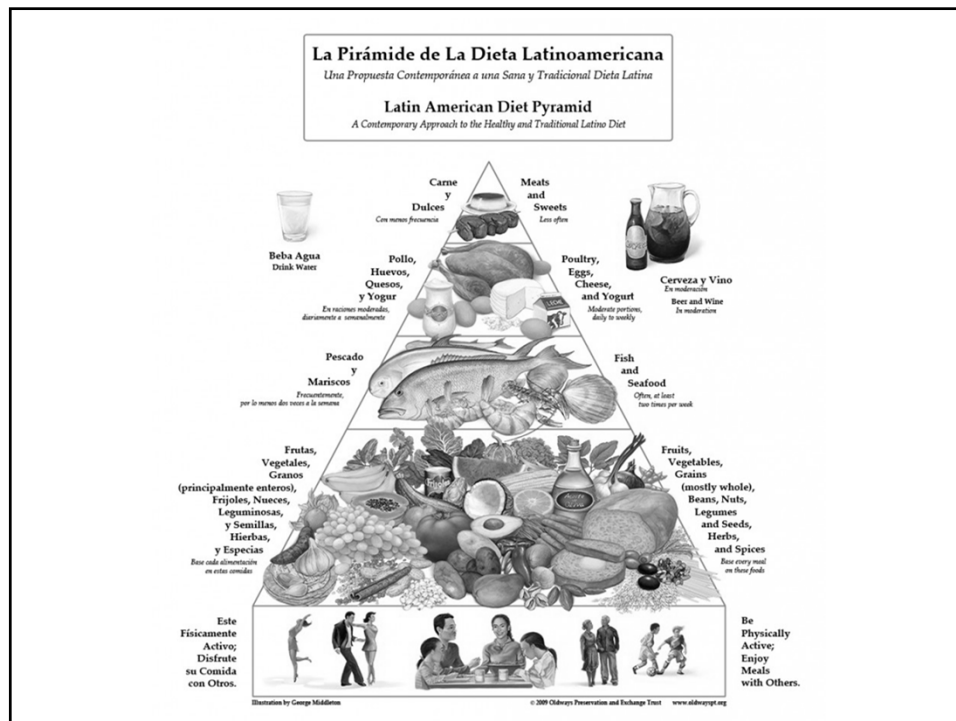
- **Traditional foods are preferred**
- **But if both parents work, fast foods replaced traditional meals, mainly during working days**
- **Ask, because if you do not, you don't know and you may assume different**

## **Food Preferences of US Latinos**

- **High-fat content seems to be preferred**
- **Lard and other fats are freely used in cooking**
- **Many traditional foods are fried**
- **Little portion control**
- **High glycemic index foods**
- **Maybe higher in fiber (corn, beans, etc.)**
- **AND... don't forget Latinos also eat in fast food places, pizza, hamburgers, etc.**

## Pearls of Wisdom: Latino Eating Habits and Foods

- Time of meals
- Name of meals
- Name of foods and fruits
- In Mexico “Agua Fresca” fresh juice type drink





## **Being Active**

- **Gender specific**
  - Males
  - Females
  - Mainstream
- **Dance**
  - NDEP CD and DVD Movimiento
  - Radio Latino stations
- **Identify barriers**
  - Physical and environmental
  - Psychological

## **Taking Medications**

- **Name**
- **Action**
- **Side effects**
- **Medication Label**
- **Meds from country of origin**
- **Visits to country of origin may prompt a visit to local physicians and change in treatment plan**
- **Home remedies**
- **Evaluate if meds are being used**
- **Fear of insulin**
- **Financial barriers**

### **Pearls of Wisdom: Medication Use by Latinos**

- **Always ask “how many times a week are you missing your medicine”**
- **Ask specific questions about each type of insulin and each medicine**
- **Asking “are you taking your insulin” will get you a positive response: DIG DEEPER!**

### **Pearls of Wisdom: Medication Use by Latinos**

- **Never ask “do you understand English?” – They will always answer “Yes” – as they do not want to appear ignorant**
- **What type of trouble are you having with your medicine? Fears, pain, side effects, cost**
- **How quickly do you refill your medicine after you run out**
- **Do you have a relationship with your pharmacists to help with refill reminders**

## **Pearls of Wisdom: Latino Coping with Diabetes**

- **Support of family and friends**
- **Isolation**
- **Use of peer support**
- **“Force” connecting and meeting others in your group diabetes meetings by adopting ice breaker exercises**
- **Encourage sharing of contact information e.g., cell phone numbers**

## **Reducing Risks**

- **Knowledge and utilization of the healthcare system**
- **Health beliefs**
- **Lack of prevention strategies**

## **Language Factors Communication**

- **Introduce yourself in Spanish**
- **Speak clearly, slowly and don't raise your voice**
- **Incorporate some type of touch**
- **Use eye contact tactfully**
- **Handgrip in salutation**
- **Degree of understanding of English**
  - **Need for an interpreter**
- **Understanding their accent**

## **Resources**

- <http://www.minorityhealth.hhs.gov/templates/browse.aspx?lvl:2&lvlID:33>
- <https://www.thinkculturalhealth.hhs.gov/>
- <http://learningaboutdiabetes.org/>
- <http://www.latinonutrition.org/>
- <http://www.platemethod.com/>