Assessment of Chronic Health Indicators in Latino Populations

Community Health Needs Assessment of Clinton County Latino Residents

• Research Conducted by Melinda Grismer, Purdue Extension’s Learning Network
• Statistics Compiled by Daliana Vargas, Statistical Design Consultant, Purdue University
• Funding provided by IMHC
Barriers

Prior to the Learning Network founding Frankfort’s Latino Community Learning Center (LCLC) in 2005, very few bilingual educational programs (ESL, GED, certifications, health awareness) were available to Latino residents, who currently make up 35-40% of the total population (16,000) of this small town/rural area.

November 2005:
After a training in Patzcuaro, Mexico, the LCLC was born—with only 9 students in the first class. Purdue University provided the funding, and INEA (Mexico) provided training/support.
Access

Five years later, Purdue Extension’s LCLC now serves as the place in Frankfort where Latino community members—some brand-new immigrants and others long-time, underserved residents—encounter resources they never knew they had.

June 2010:
• 164 Latino residents of Clinton County attended health-related awareness presentations
• 105 LEP (limited English proficiency) youth and adults studied English for a total of 8,400 hours
• Spanish-speakers graduated primaria & secundaria
• 50 adult learners prepared to take the GED test in Spanish
• 50 children received homework help and a snack while their parents studied English/GED every Monday or Wednesday evening
• 30 immigrants discovered their community with Bienvenido
• 20 adults gained a working knowledge of banking
• 15 Latino youth and adults graduated from the USHLI program
• 10 permanent residents took citizenship classes
Research

In March 2009, after the LCLC had established a four-year record of success, the Indiana Minority Health Coalition offered to partner to serve Latinos in Clinton County. As part of that initial partnership grant, the IMHC funded baseline research on the health needs of Latinos in Clinton County to discover:

• Chronic health indicators
• Percentage of population with/without healthcare insurance
• Barriers to accessing healthcare and prevention services
• Proficiency at navigating the healthcare system
• Location and frequency of healthcare visits (doctor, dentist, etc.)
Methods

In June 2009, the Learning Network began executing the IMHC-funded study, hiring 5 teams of 2 bilingual surveyors (10 total) to spend 8, three-hour Saturdays delivering an oral survey. 
- Population randomly sampled using a cluster-sampling approach
- One surveyor circled respondents’ answers on survey form (quantitative), while the other surveyor took notes about the conversation (qualitative)
- Five teams of two surveyors, or five data-collecting pairs, knocked on every other door in the randomly chosen blocks and administered an in-person survey to residents of those 10 clusters.
Age/Gender

- 60.39% female
- 38.82% male
- 70.98% between the ages of 21 and 40
Family Statistics

- 56.47% are married, 20% are single
- 26.67% have 2 children, 21.57% have 3 children
Origin/Location

- **89.02%** are from Mexico originally
- **41.18%** have lived in Frankfort 6-10 years

**Origin/Location Diagram**

- **What’s your country of origin?**
  - Mexico: 89.02%
  - Other countries: Various percentages

**Years in Frankfort**

- **Less than 1 year**: 1.18%
- **1-2 years**: 5.88%
- **3-5 years**: 18.82%
- **6-10 years**: 41.18%
- **11-20 years**: 30.20%
- **More than 21 years**: 1.96%
- **N/A**: 0.78%
Education Level

- **38.43%** have completed 6th grade
- **74.51%** attended school in Mexico

**Education Level**

<table>
<thead>
<tr>
<th>Grade Level</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grades 1-6</td>
<td>38.43%</td>
</tr>
<tr>
<td>Grades 7-9</td>
<td>30.20%</td>
</tr>
<tr>
<td>Grades 10-12</td>
<td>12.94%</td>
</tr>
<tr>
<td>U.S. high school graduate</td>
<td>15.69%</td>
</tr>
<tr>
<td>College graduate</td>
<td>0.78%</td>
</tr>
<tr>
<td>N/A</td>
<td>1.96%</td>
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</tbody>
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**In which country did you attend school?**

- El Salvador: 2.75%
- Guatemala: 0.39%
- Mexico: 74.51%
- Mexico/US: 11.76%
- N/A: 5.49%
- Nicaragua: 0.39%
- Peru: 5.49%
- US: 1.18%
Literacy Rate

- **44.71%** only have “survival” English-speaking skills
- **43.14%** can’t read or write English at all
Work Statistics

- 80% work one job, 58.43% spouses work
- 54.90% work in DWD Region 4 factories
Acculturation Issues

- 30.20% still encounter these problems sometimes
- 6.67% still encounter these problems all the time

What problems did you encounter when you moved here?

- All of these reasons: 5.10%
- Language barrier: 32.20%
- Legal: 5.50%
- Medical: 4.30%
- Trouble Finding Job: 21.60%
- Other: 0.40%
- None: 29.80%
- N/A: 1.20%
Healthcare Insurance

- 54.12% of respondents don’t have healthcare insurance
- Of those who are employed, 52.24% have insurance
Type of Insurance

- 36.08% of respondents have employer-based benefits
- 37.25% of respondents’ children have a different type of health insurance
Healthcare Navigation

- 43.53% of respondents don’t understand how the insurance process works
ER, Clinic, or Doctor?

- 28.24% of respondents don’t understand where to go to get healthcare
- A combined total of 75.70% of respondents’ go to the ER or a clinic
45.49% of respondents prefer the ER or a clinic because they’re convenient, and 26.27% because they’re a low-cost/no-cost option.
Annual Checkups

- 42.12% of respondents haven’t seen any type of doctor in the past year
- 60.39% of respondents haven’t seen a dentist in the past year
Barriers to Access

WHICH OF THE FOLLOWING PROBLEMS PREVENT YOU OR YOUR FAMILY FROM GETTING MEDICAL CARE:

- Cost of Provider? 63.14% say frequently or sometimes
- Language Barrier? 62.74% say frequently or sometimes
- Lack Insurance? 52.55% say frequently or sometimes
- Long Waits? 47.45% say frequently or sometimes
- Finding a Doctor? 45.49% say frequently or sometimes
- Transportation? 26.27% say frequently or sometimes
Health Satisfaction

- 62.35% of respondents are very satisfied with their overall health
- 82.35% of respondents say their daily activities aren’t limited by health
Health Concerns

WHICH OF THE FOLLOWING HEALTH PROBLEMS AFFECT YOU OR YOUR FAMILY:

• Back/Neck Pain? 52.94% say frequently or sometimes
• Eye/Vision? 39.61% say frequently or sometimes
• Mental Distress? 36.47% say frequently or sometimes
• Arthritis? 36.47% say frequently or sometimes
• Sleeping? 33.34% say frequently or sometimes
Health Concerns
WHICH OF THE FOLLOWING HEALTH PROBLEMS AFFECT YOU OR YOUR FAMILY:

- Overweight? 18.44% say frequently or sometimes
- Breathing? 13.34% say frequently or sometimes
- Diabetes? 12.16% say frequently or sometimes
- Mobility Issues? 12.16% say frequently or sometimes
- Fracture/Joints? 9.81% say frequently or sometimes
- Heart Problems? 8.24% say frequently or sometimes
Health Habits

- 60.39% of respondents eat fast food frequently or sometimes
- 94.51% of respondents eat fruits and veggies frequently or sometimes
Health Habits

- 10.98% of respondents smoke frequently or sometimes
- 35.30% of respondents drink alcohol frequently or sometimes
Health Habits

- **85.09%** of respondents walk/exercise frequently or sometimes
- **52.16%** of respondents receive prenatal care frequently or sometimes
Recommendations

- Nearly half of the respondents don’t understand how healthcare insurance works (even if they have it through their employer), and as a result, more than 75% of them go to the ER or a local clinic as their primary source of treatment. Health education/awareness of the insurance process is necessary.

- About half of the respondents don’t have healthcare insurance, and for those undocumented, that’s not a problem that’s going to be solved by healthcare reform. Consider walk-in, “cash” clinics. Or advertise the out-of-pocket cost of providers’ services, and Latinos will likely pay—they fear the hidden costs.
Recommendations

• The language barrier concerns and low literacy rate compound this group’s “health literacy” hurdles and make the task of training more medical interpreters even more crucial.

• Since nearly half the respondents haven’t seen a doctor in the past year, and more than half haven’t seen a dentist, local communities may want to consider providing “annual checkup” services in a new way—during off-work/weekend hours and in a familiar location or health fair-type setting. Meet Latinos “at their point of need.” Deliver healthcare services in a way they’re used to accessing them, and they will come (and pay).
Recommendations

• Address chronic health concerns through educational awareness presentations designed to introduce Latinos directly to the community doctors/providers and connect them with information and resources regarding: back/neck pain (52.94%), eye/vision (39.61%), mental distress (36.47%), arthritis (36.47%) and sleeping disorders (33.34%).

• Those currently ages 21-40 have emerging healthcare issues that will likely surface in the next 10 years; now is the time to prepare for an adequate response to an aging Latino population.