

# Latino Americans

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# History

- **Mexican American: 19th century: Southwest region of US – part of Mexico** (Stanford Medicine, 2019).
  - 1848 Treaty of Guadalupe–Hidalgo became part of US (Stanford Medicine, 2019).
  - 1910 Mexican Revolution (Stanford Medicine, 2019).
  - 1940s: Bracero Period – US encouraged entry for agricultural labor and enlistment during WWII (Stanford Medicine, 2019).
- **Puerto Rican: Immigrated after Spanish American War in 1898** (Stanford Medicine, 2019).
  - Overcrowding, high rates of unemployment, and US demand for agricultural labor (Stanford Medicine, 2019).
  - 1917: citizens (Stanford Medicine, 2019).
- **Cuban: 1960s: immigrated during Fidel Castro’s dictatorship** (Stanford Medicine, 2019).
  - Seeking political asylum (37,000) (Stanford Medicine, 2019).
  - Received most support economically from the US government (Stanford Medicine, 2019).



# Population & Geographic Concentration

- Total U.S. population: 63.6 million (Manuel Krogstad et al., 2023).
- Total population percentage: 19%, or about 1 in 5 people (Manuel Krogstad et al., 2023).
  - Mexican communities make up nearly 60% of U.S. Latino population (Manuel Krogstad et al., 2023).
  - Venezuelan communities are the fastest growing at 236% (Manuel Krogstad et al., 2023).
  - The largest Latino populations in the U.S. are located in California (40%) , Texas (40%), and Florida (27%), largely due to proximity of Middle and South America (Manuel Krogstad et al., 2023).
- According to the 2020 U.S. Census, Illinois has a Latino population of 2,337,410 (18.2%), 10<sup>th</sup> largest Latino population in the U.S (Illinois Department of Public Health, 2020).
  - Champaign County: 16,666 – 8.1% (Illinois Department of Public Health, 2020).
  - Vermilion County: 3,816 – 5.1% (Illinois Department of Public Health, 2020).

# Diseases

- Obesity
  - 1.2 times more likely to become obese compared to whites. (Northwestern Medicine, 2021).
- Diabetes
  - 50% of latino americans are expected to be diagnosed in their adult life (Northwestern Medicine, 2021).
- Hypertension
  - Nearly 1 in 4 latino americans suffer from high blood pressure (Northwestern Medicine, 2021).
- Chronic kidney disease
  - “1.5 times more likely to have kidney failure compared to other americans”(Northwestern Medicine, 2021).





# Beliefs in Healthcare for Latino Americans

- Religious beliefs and spirituality usually play a big role in health care with the Latino american culture (Latino Culture and Health).
- They may turn to herbal/ natural remedies before going to the doctor (Latino Culture and Health).
- They want to treat their body, mind, and spirit when trying to heal from anything (Latino Culture and Health).
- They may have a natural distrust towards medical care because of beliefs that are passed down (Latino Culture and Health).
- Respect is a big value to the latino american culture in the healthcare setting (Latino Culture and Health).
- A chaperone is most of the time appreciated if a same sex provider is not available. Modesty is important (Latino Culture and Health).

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