



## WORKING TO ELIMINATE MINORITY HEALTH DISPARITIES IN NEW YORK'S SMALL CITIES

***Latinx Health Care Workshop***

Pictured above (from left to right): Sr. Christine Mura, Ladan Alomar, & Blanca Ramos, LMSW, Ph.D.

managers/coordinators, community leaders & advocates with professional involvement among the Latinx community in Montgomery County. The workshop was designed to: 1) provide an overview of cultural considerations and methods of cultural competence while serving the health care needs of the Latinx community, 2) share specific experiences and ongoing concerns while serving this population, and 3) provide a forum for participants to ask questions, discuss concerns, and suggest solutions to issues encountered while serving the population.



The workshop began with presentations from three professionals working closely with the Latinx population in Amsterdam and beyond. First, Ladan Alomar, Executive Director at Centro Civico Amsterdam, offered reflections on experiences in providing a wide array of resources to the Amsterdam Latinx community. Next, Blanca Ramos, LMSW, Ph.D. from the UAlbany School of Social Welfare, gave a presentation on cultural and environmental contexts among the Latinx population in the United States, highlighting contemporary cultural concerns and discussing various methods of practicing cultural competence while serving this community. Finally, Sister Christine Mura, Latino Healthcare Outreach Specialist at St. Mary's Hospital, provided personal accounts of her extensive experiences working to connect Latinx immigrants and migrant workers to health care services at St. Mary's, as well as providing a variety of outreach services to immigrant families and individuals in Montgomery County. The workshop concluded with an open forum allowing participants to share experiences and particular concerns in their daily practice. The forum stimulated a lively conversation in which various health care professionals discussed recurring and unresolved issues in the service of the Latinx community within their daily practice. Drawing on the expertise of the presenters and participants, the forum allowed the

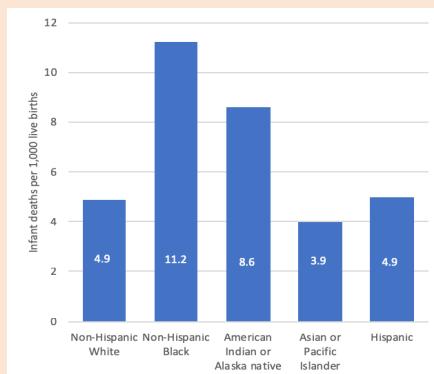
**Newsletter  
Spring 2019**

## IN THIS ISSUE

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**FAST FACTS**

*Total infant mortality rates, by race and Hispanic origin: US, 2016*



The mortality rate among infants born to non-Hispanic black women was 11.21 deaths per 1,000 births in 2016, compared with 8.61 among American Indian or Alaska Native, 4.96 among Hispanic, 4.87 among non-Hispanic white, and 3.97 among Asian or Pacific Islander infants.

**NEWS**

CEMHD received its fourth year of funding from the National Institute of Minority Health and Health Disparities to support the program, the Health Disparities Research Training Program. The program is designed to increase training of graduate students and faculty to conduct research on health disparities and to increase diversity among the faculty.

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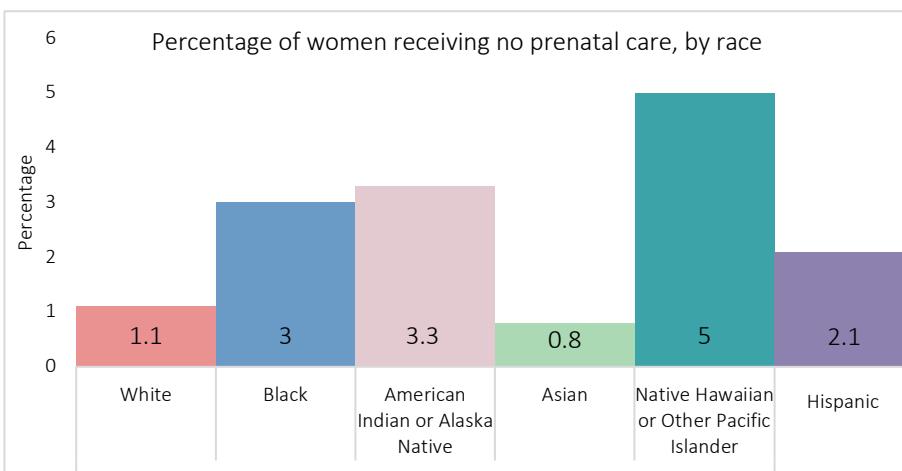
group to brainstorm a number of options to ameliorate the concerns while considering cultural contexts that often times obscure the root causes of these ongoing issues.

## Community Partnership Research Workshop

On October 12<sup>th</sup>, 2018 CEMHD hosted a session on Community Partnership Research at the University Uptown campus. The primary purpose of the event was to have faculty who are doing or thinking of doing community partnership research to meet one another, learn more about it, and by meeting others, to develop a support system to promote this kind of research. Twenty-five people attended. Faculty from the College of Arts and Sciences (CAS), the School of Public Health (SPH), the School of Social Welfare (SSW) and the School of Business participated. In addition, several fellows of the Health Disparities Research Training Program participated. Drs. Janine Jurkowski (SPH), Eric Hardiman (SSW), John Schwaller (CAS) and Lawrence Schell (CAS) organized the session. The session used the World Café format. Participants were assigned to one of three tables where they shared their experiences of partnership research for 25 minutes and then moved to a second table with other people to re-share. Of the 25 participants, 19 completed a nine-question evaluation. The average score across all nine questions was 4.5 on a 1 to 5 (highest) point scale. A follow-up event is being planned that would involve more graduate students and more community members who are involved in partnership research with the university.

### *Fast Facts: Percentage of US women receiving no prenatal care*

The Healthy People 2020 goal is for 77.9% of pregnant women to receive care in the first trimester of pregnancy. While for the United States as a whole this target is achievable, for certain racial and ethnic groups this may be less realistic. For example, levels for Native Hawaiians or Other Pacific Islanders (NHOPI), American Indians and Alaska Natives (AIAN), and non-Hispanic black women would need to rise by 34%, 20%, and 15%, respectively, to achieve the 2020 target.



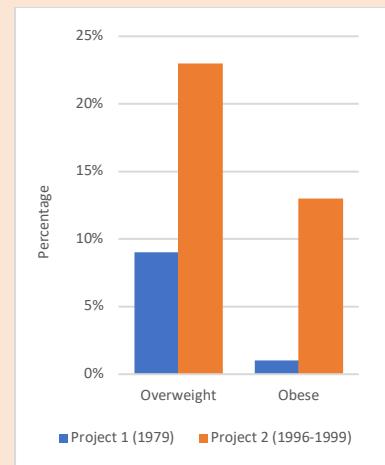
NHOPI women were the least likely to receive care in the first trimester of pregnancy and the most likely to receive late or no care. This data illustrated that women least likely to begin care in the first trimester of pregnancy or to have at least adequate prenatal care were younger women, women with less education, women having a fourth or higher-order birth, and non-Hispanic NHOPI, non-Hispanic AIAN, and non-Hispanic black women.

Source: Osterman MJK, Martin JA. National Vital Statistics Reports, vol 67 no 3. Hyattsville, MD

### *Overweight and obesity among Native America youth*

Information on recent changes in overweight, obesity and fatness among American Indians is scarce. US government statistics often do not include Native Americans. To assess changes in size and fatness among American Indian youth, data from two studies of 10-14-year-old Mohawk youth were compared, one that collected data in 1979 and the other from 1996-1999. Height, weight, and fatness were compared. Also, rates of overweight and obesity were compared.

#### *Percent overweight/obese between projects*



The rate of overweight and obesity is significantly greater in Project 2 youth who were measured 15-20 years later than Project 1 youth.

The consequences of greater adiposity are not favorable for immediate or long-term health. Excessive adiposity is likely to be a major contributing cause of obesity's relationships with type two diabetes, cardiovascular diseases and some cancers. Finding greater adiposity among the youth of Akwesasne suggests that health problems will increase as these youth age. (Schell et al. 2019 *International Journal of Obesity*, in press)

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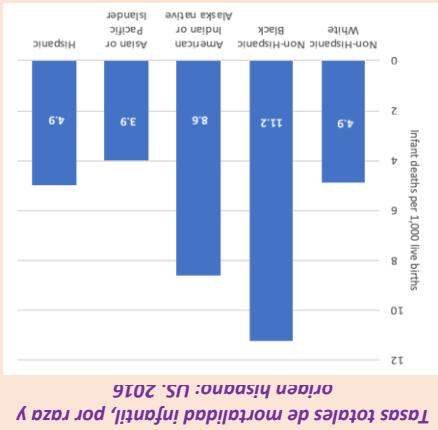
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**Para noticias del CEMHD y sobre nuestros proximos eventos!**

CEMHD recibió su cuarto año de financiamiento del Instituto Nacional de Salud de las Minoras y Disparidades de Salud para apoyar al Programa, el cual se desempeñó de la siguiente manera:

- Programa de Capacitación para la Investigación de la Salud. El programa se realizó en la Escuela de Salud Pública de la Universidad de Albany.
- Desarrollo de Capacitación para el Programa, el cual se realizó en la Escuela de Salud Pública de la Universidad de Albany.
- Investigación de la Salud. El programa se realizó en la Escuela de Salud Pública de la Universidad de Albany.
- Desarrollo de Capacitación para la Investigación de la Salud. El programa se realizó en la Escuela de Salud Pública de la Universidad de Albany.

## NOTICIAS

Los bebés asiáticos o de las islas del Pacífico, hispanos, 4.87 blancos (no hispanos) y 3.97 entre los americanos o nativos de Alaska, 4.96 entre los en comparación con 8.61 entre los indios mestizos por cada 1.000 nacimientos en el 2016, mujeres negras (no hispanas) fue de 11.21. La tasa de mortalidad entre los bebés nacidos de



Tasas totales de mortalidad infantil, por raza y origen hispano: US, 2016

## INFORMACIÓN BREVE

Taller del Cuidado de Salud Latina  
 Taller de Colaboraciones  
 con la Comunidad

EN ESTA EDICIÓN

Bulletin de  
 Noticias  
 Primavera 2019

preocupaciones que surgen en su práctica clínica. Aprovechando la experiencia de los profesionales que comparten sus experiencias con las migrantes latinas y trabajadores migrantes como parte de la atención médica en St. Mary's, así como su compromiso con servicios de atención médica en el Hospital St. Mary's, permitió que los participantes comparecen sus experiencias con las migrantes latinas y sus familias en el condado de Montgomery. El taller concluyó con un foro abierto que expuso experiencias migrantes y de servicios para personas inmigrantes y trabajadores migrantes que conecta a las migrantes latinas y cristiane Murra, especialista en el manejo culturalmente competente. Finalmente, la Hernán comunidad de una manera culturalmente variada que se pude utilizar para trabajar con contemporneas y desarrollando varios métodos que promueven las preocupaciones culturales poblaclón Latina en los Estados Unidos, desarrollando las culturales y ambientales de la población Latina, dio una presentación sobre los contextos culturales y ambientales de la de Amsterdam. Después, Blanca Ramos, LMSW, Ph.D. de la Escuela de Bienestar Social directora Ejecutiva del Centro Civico de Amsterdam, brindó reflexiones sobre las experiencias que han tenido proviendo una serie de servicios a la comunidad Latina estrechamente con la población Latina en Amsterdam. Primero, Laden Alomar, El taller comenzó con tres profesionales que trabajan extender a esta población.



Pregruntas, comparan inquietudes y sugieren soluciones a los problemas que surgen al competencia cultural que se deben tomar

en cuenta cuando se le da atención médica a la comunidad Latina, 2) compartir experiencias específicas y preocupaciones continuas mientras atendemos a esta población, y 3) proponer un foro para

que los participantes proporcione un espacio para que las minorías culturales y los profesionales de la atención médica en Amsterdam, Nuevo York, fue dirigido hacia proveedores de salud, coordinadores de salud, líderes y defensores de la comunidad Latina del condado de Montgomery. El taller fue diseñado para: 1) brindar información sobre las consideraciones culturales y los métodos de defensa contra las minorías culturales y los profesionales de la atención médica en la comunidad Latina. El taller, el



Laden Alomar, & Blanca Ramos, LMSW, Ph.D.

En esta foto (de izquierda a derecha): Sr. Christine Murra,

## Taller del cuidado de Salud Latina

MINORITARIOS EN LAS CIUDADES PEQUEÑAS DE NUEVA YORK  
 TRABAJANDO PARA ELIMINAR LAS DISPARIDADES DE SALUD PARA LOS GRUPOS

