



LET'S TACO 'BOUT

HISPANIC HEALTH IN THE UNITED STATES



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WHY DID I PUT THIS TOGETHER

I put this together to showcase the critical health disparities faced by my community (Hispanics) in the United States. The Hispanic community is expected to represent nearly 29% of the U.S. population by 2050, and understanding their unique health challenges is vital.

The content presented here underscores issues that contribute to poor health outcomes, within the Hispanic community, including cultural and language barriers, economic hardships and limited access to healthcare due to lack of insurance.

My goal is to raise awareness about these challenges and advocate for a healthcare system that's culturally sensitive, inclusive and accessible to all individuals of their financial or immigration status. Moreover, by sharing data on diseases and obstacles to healthcare access I aim to encourage policymakers and healthcare institutions to implement solutions.

These interventions should focus on expanding health insurance coverage enhancing competency among healthcare professionals and tackling factors that impact health outcomes.

Ultimately, the goal is to create a healthcare environment where Hispanic individuals can receive the care they need without facing barriers, this approach aims at enhancing health outcomes and promoting equity, within our Hispanic community.



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BACKGROUND

THE GROWING DISPARITY IN HEALTHCARE FOR THE HISPANIC POPULATION IN THE UNITED STATES HIGHLIGHTS A CRITICAL ISSUE, ESPECIALLY AS THIS COMMUNITY IS EXPECTED TO REPRESENT NEARLY 29% OF THE U.S. POPULATION BY 2050.

One of the biggest problems in healthcare is that the system itself does not do enough to overcome the well-known cultural and language barrier issues, which lead to poor access and health outcomes for the Hispanic community.

This issue is made worse by socioeconomic challenges such as higher poverty rates and lack of health insurance, which ultimately affect Hispanics more and limit their access to the care needed.

Additionally, the fear related to immigration status often stops this community from seeking healthcare, further increasing the existing gap.

To address these particular issues, we need a broad approach to improve healthcare providers' understanding of patients' cultural, language, and other specific needs.

Policymakers and healthcare organizations must work on reducing socioeconomic barriers, ensuring that everyone, regardless of immigration status, can access healthcare services.

In short, by customizing healthcare services to fit the needs of Hispanic communities throughout the country, we can make meaningful progress toward a fairer and more effective healthcare system.

BARRIERS TO HEALTH SERVICES

HEALTHCARE LEADERS FACE CHALLENGES IN MAKING HEALTHCARE ACCESSIBLE AND EFFECTIVE FOR HISPANIC.

As surprising as it may seem, in 2024, millions of Hispanics across the United States struggle with poor health due to cultural, language barriers, limited access to preventive care, and a lack of health insurance.

All these issues discourage my community from seeking early or preventive care, leading to worse health outcomes.

If you asked us directly.

One of the saddest parts about this situation is that without insurance, healthcare becomes a luxury, forcing members of my community (Hispanics) to choose between getting simple medical help and having a regular meal.

Now, to address these problems, as a country.

We honestly need one simple action of empathy and a deep understanding of all the unique challenges faced by uninsured Hispanics.

Most importantly, we need a system that truly cares and embraces cultural diversity, to make sure that services are respectful, accessible, and of course tailored to meet the diverse needs of all patients.

In other words.

We need a system guided by equity and compassion, where health is a right accessible to all, regardless of economic or cultural background.

As it's essential for us as a country to build healthier communities where everyone can thrive without the suffering of having to choose between a meal or seeking health services.

20%

Live under the poverty line
and can't afford basic
primary care needs

33%

Do not speak English well
enough to navigate the
current system

24%

Higher frequency of uncontrolled
blood pressure than non-Hispanic
whites

50%

More likely to die from
diabetes or liver
disease

23%

Higher incidence of obesity
than non-Hispanic
whites

The numbers shown above are truly important because only seven percent of U.S. physicians are considered Hispanic, while a quarter of Hispanic adults do not have a primary healthcare provider.

This highlights major gaps in our healthcare system's accessibility and cultural sensitivity toward other member groups in our communities.

Research on healthcare disparities shows that Hispanics, especially those with conditions like diabetes, are more affected by poverty, have lower education levels, are less active, and both use and spend less on healthcare compared to non-Hispanics.

These findings show the complex challenges Hispanic communities face, including socioeconomic barriers and a healthcare system that often doesn't meet their specific needs.

We have decided to put together all this information, as addressing these disparities requires more than just studying data.

We honestly need genuine efforts to make healthcare more inclusive and fair, starting with increasing Hispanic representation among healthcare providers and organizations tackling the root causes of these inequities.

DISEASES AMONG HISPANICS

THE (CDC) HIGHLIGHTS CONCERNS FACING HISPANICS, PINPOINTING DIABETES, HEART DISEASE, AND CANCER AS LEADING CAUSES OF DEATH.

The Hispanic population in America encounters health discrepancies, especially when it comes to managing long-term illnesses, as opposed to other white counterparts.

This disparity goes beyond statistics; it sheds light on underlying socio-economic challenges that significantly impact this demographic.

Among the ailments that affect Hispanics the most are heart disease, diabetes, obesity, hypertension, cancer, renal issues, and liver conditions.

Each of these health conditions presents hurdles and heightens health vulnerabilities within this community.

CARDIOVASCULAR

Hispanics encounter increased heart disease risks compared to their non-Hispanic white peers, primarily

attributed to more prevalent cases of high blood pressure, obesity, and diabetes within these communities.

- In the Mexican adult population, cardiovascular disease is present in 33% of males and 31% of females.
- For Hispanics, cardiovascular disease is responsible for more fatalities than the total number of deaths from all cancer types.
- Awareness of cardiovascular disease as the primary cause of mortality is markedly lower among women compared to non-Hispanic white counterparts.

DIABETES

According to the (CDC), an alarming projection indicates that half of the Hispanic adult population is at risk of developing **Type 2 diabetes**, a rate significantly higher than the **40%** anticipated for non-Hispanic adults.

This statistic shines a light on the heavier health burden shouldered by ethnic minorities, particularly Hispanics, where the impact of diabetes is not just a matter of numbers but a profound health disparity that calls for urgent action to address lifestyle, access to healthcare, and educational efforts aimed at prevention and management.

OBESITY

The obesity epidemic has an impact on the Hispanic community in the United States, contributing to the development of various health conditions like metabolic syndrome, nonalcoholic fatty liver disease (NAFLD), diabetes, cardiovascular disease (CVD), and different types of cancer.

Currently, 42.5% of adults are classified as obese, showing a rise from 20% in 1999.

In youth, Hispanics have the highest rates of obesity, especially among children aged 2–5 years.

Obesity increases the risk of health problems such as CVD, stroke, hypertension, diabetes, and NAFLD. Insulin resistance is a factor in these interconnected health challenges.

Factors like targeted marketing of food and beverages and acculturation contribute to the complexity of this issue among Mexican-born individuals.

Moreover, obesity heightens the risk of health issues like CVD, stroke, hypertension, diabetes, and NAFLD due to insulin resistance being central in this intricate network of health obstacles.

The situation is further complicated by factors such as advertising for food and drink feeding practices by low-income Hispanic mothers, food insecurity, and disparities in healthcare that include limited guidance, on diet and physical activity.

Obesity is a problem among Hispanics in the United States impacted by behavioral and systemic factors.

HYPERTENSION

This affects approximately 25% (one in four) of Hispanics, marking it as a critical health concern within this population.

This condition is not prevalent but also serves as an indicator of severe health conditions such as heart attacks, strokes, kidney disease, and heart failure.

In addition to these complications, high blood pressure elevates the risk of heart-related issues, which can significantly impact both quality of life and life expectancy.

For Hispanics, managing blood pressure poses a challenge due to genetic predispositions, dietary habits, lifestyle choices, and access to healthcare services.

CANCER

This is one of the biggest causes of death in this community, which accounts for 20% of deaths. This concerning fact highlights the importance of taking the necessary cancer prevention and early detection.

Furthermore, having informed conversations with healthcare organizations and professionals about cancer screening tests is crucial to lowering risks effectively.

Of course, tests such as mammograms for breast cancer, Pap smears, colonoscopies, and skin examinations for melanoma are 100% essential in detecting this at an early stage, enabling treatment and improving outcomes significantly.

KIDNEY DISEASE

This particular sickness has an impact, on the Hispanic community with individuals facing a 1.5 times risk of developing kidney failure compared to other demographics in the United States.

The heightened susceptibility of Hispanics to kidney failure may be attributed to factors such as the prevalence of conditions like diabetes and hypertension which contribute significantly to kidney impairment.

These statistics emphasize the prevalence of kidney disease as a health concern,

within the population highlighting the significance of recognizing and understanding the risk factors and consequences associated with this debilitating condition.

LIVER DISEASE

The Hispanic population in the United States faces incredible health challenges, when it comes to liver conditions. This is especially attributed to factors such, as obesity, chronic alcohol abuse and exposure to hepatitis B and C viruses.

This condition can result in alcoholic fatty liver disease (NAFLD) where excessive fat accumulation in the liver leads to inflammation and damage.

Also, chronic alcohol abuse is another leading factor contributing to liver disease (ALD) ranging from fatty liver to cirrhosis and potentially liver cancer.

Moreover, infections of hepatitis B and C also pose risks, and without a doubt, these infections can cause lasting liver complications increasing, the likelihood of cirrhosis and liver cancer.

Collectively, all these factors contribute to a prevalence of liver conditions, among Hispanics, highlighting the health obstacles faced by this community in maintaining optimal liver health.

STROKE

Stroke is a big health issue in the Hispanic community, causing about 5% of deaths.

One major reason for this is high blood pressure, which is why it's so important for them to have their blood pressure checked regularly.

To keep this in check, it's essential to work with healthcare providers, as they can suggest ways to lower it, such as lifestyle changes and, if needed, medications.

Moreover, obesity and smoking also raise the risk of stroke. So, it's crucial to maintain a healthy weight through diet and exercise to lower this particular risk.

Now, for those who are considered smokers, quitting is their best option/advice.

A good thing for them is that healthcare providers can help by offering support like counseling and medications to make the process easier.

In short, by addressing high blood pressure, obesity, and smoking, the Hispanic community can greatly reduce the chances of having a stroke.

ALZHEIMERS

The increasing prevalence of Alzheimer's disease in the Hispanic community has become a concern as data shows a notable rise in mortality rates related to this condition over the past years.

In individuals, genetic factors play a role in determining susceptibility to Alzheimer's, with family medical history serving as a key risk indicator.

Furthermore, lifestyle-related issues like obesity and type 2 diabetes are recognized as contributors that increase the likelihood of developing it even more.

The interaction between predispositions and lifestyle elements highlights the nature of Alzheimer's disease risk within the Hispanic population.

Given this complexity, tailored approaches are required to develop prevention and management strategies.

Although managing the nature of the disease poses challenges, there are methods to address its symptoms and potentially slow down its advancement.

LACK OF INSURANCE COVERAGE

HISPANICS FACE THE HIGHEST UNINSURANCE RATE AMONG ALL RACIAL AND ETHNIC GROUPS.

This disparity is stark, with nearly one-fifth (19.5%) of the Hispanic population uninsured in 2015, in sharp contrast to a much lower rate of 6.3% among non-Hispanic whites. This gap not only highlights systemic inequalities but also underscores the urgent need for targeted interventions and policy reforms to ensure equitable healthcare access.

This significant disparity includes economic challenges, employment in sectors less likely to offer health benefits, and immigration status concerns that might deter individuals from seeking insurance.

Economic constraints are critical; many Hispanic families may view health insurance as a luxury beyond their reach, opting to prioritize immediate financial needs instead.

Additionally, employment in industries like agriculture, construction, and services, where health benefits are less common, and fears among undocumented immigrants and legal residents about seeking insurance due to deportation risks or jeopardizing their legal status in the U.S. exacerbate this issue.

The consequences of lacking insurance are severe, leading to delayed healthcare, increased reliance on emergency services for primary care, and a higher risk of untreated chronic conditions.

This not only negatively impacts individual health outcomes but also places a greater strain on the healthcare system.

Addressing this issue requires a comprehensive approach that includes policy reforms to expand healthcare coverage, community outreach, and education to raise awareness of insurance options, and efforts to improve economic conditions.

Addressing these challenges makes the goal of achieving equitable healthcare access for all, regardless of background or insurance status, more attainable.

This will improve healthcare outcomes and address broader social determinants of health that disproportionately affect Hispanic communities.

SDOH

SDOH REFER TO THE CONDITIONS IN WHICH PEOPLE ARE BORN, GROW, LIVE, WORK, AND AGE THAT AFFECT HEALTH OUTCOMES.

For the Hispanic community in the United States, these determinants include a variety of socioeconomic and environmental factors that contribute to health disparities when compared to non-Hispanic populations. Understanding these determinants is crucial for developing targeted interventions to improve health equity. Key social determinants impacting the health of Hispanics include:

Economic Stability: Poverty rates are higher among Hispanic populations compared to non-Hispanic whites, affecting their ability to afford healthcare, healthy food, and stable housing. Economic instability also impacts mental health and increases the risk of chronic diseases.

Education: Educational attainment is linked to better health outcomes, but Hispanics often face barriers to education such as language barriers, economic constraints, and lack of access to quality education.

Lower educational levels contribute to lower health literacy, affecting the ability to navigate the healthcare system and make informed health decisions.

Social & Community Context: Social factors, including discrimination, immigration status concerns, and lack of social support, can negatively impact mental health and well-being.

Fear of deportation or discrimination can prevent individuals from accessing healthcare services or seeking employment and educational opportunities.

Neighborhood Environment: In neighborhoods where a large number of individuals reside there is a lack of access, to nutritious foods safe areas, for exercise and a higher likelihood of being exposed to harmful environmental substances. These circumstances may elevate the chances of developing obesity, asthma and various health concerns.

Healthcare Access: Hispanics face chances of being without insurance or having coverage, which hinders their ability to receive top notch healthcare services. Additionally there is a lack of health services tailored to their culture and language making it challenging for many, in the community to seek attention.

Cultural Factors: Cultural beliefs and practices influence health behaviors and perceptions.

While some cultural factors can be protective (strong family ties and community support), others may hinder health-seeking behavior due to mistrust in the healthcare system or reliance on traditional remedies.

Language: Language barriers impede access to healthcare services, limit patient-provider communication, and affect the quality of care received.

Providing language-appropriate services is essential for effective healthcare delivery and patient education.

Tackling the social determinants of health in the Hispanic community demands a strategy that's both holistic and culturally informed, involving policy overhaul, community involvement, and targeted resources.

Initiatives must aim to enhance economic stability through job creation and fair wages, improve educational outcomes via bilingual and culturally relevant programs, and ensure healthcare access through expanded coverage and services that are culturally and linguistically aligned.

Addressing these areas requires collaboration across sectors to make meaningful policy changes, increase the availability of culturally competent healthcare providers, and ensure neighborhoods support healthy living.

Simplifying access to healthcare and education, while respecting cultural and linguistic differences, is key to reducing health disparities.

By fostering an environment where Hispanics can thrive, it's possible to close the health gap and promote a healthier future for this vibrant community.

Through focused efforts on economic, educational, and healthcare fronts, alongside an appreciation for cultural nuances, meaningful progress can be made toward equitable health outcomes for Hispanics.



ACTIONABLE TAKEAWAYS

1

Enhance Cultural Competence

2

Increase Access to Health Insurance

3

Promote Preventive Care

ENHANCE CULTURAL COMPETENCE

1

Healthcare providers should undergo training to improve cultural competence, ensuring they understand and respect the unique cultural and linguistic needs of Hispanic patients.

This includes offering services in Spanish and being aware of cultural health practices and beliefs.

INCREASE ACCESS TO HEALTH INSURANCE

2

Implement community outreach programs to educate Hispanic communities about available health insurance options and assist them in the enrollment process.

Policymakers should focus on expanding coverage and making health insurance more accessible to this demographic.

PROMOTE PREVENTIVE CARE

3

Encourage the idea of getting health check ups and preventive care by offering details and support designed for Hispanics.

It is crucial for healthcare professionals to highlight the significance of undergoing screenings for conditions such, as diabetes, heart diseases and cancer.

CONCLUSION

IT ISN'T A SECRET WE HISPANICS ENCOUNTER HEALTH DISPARITIES DUE TO A COMBINATION OF SYSTEMIC OBSTACLES.

As we tremendously grow by thousands every day, we sadly face challenges in accessing health services with language barriers, cultural differences, financial struggles, and the one that we dislike the most, as immigrants, our immigration status.

Believe it or not.

These issues contribute to higher rates of diseases such as diabetes, heart disease, and obesity among our demographic when compared to non-Hispanic whites.

Additionally, another huge problem that seems to be ignored is limited representation in healthcare, and the lack of access to health insurance makes the overall problem even worse.

Now, to possibly one day get to the point of addressing all the disparities mentioned above. It is crucial to move forward with a critical factor before anything else.

In our opinion, this is to raise awareness, which is one of the things we are currently doing through Healthcare tacos.

Of course, this will be followed by improved accessibility, language services, health insurance, and diversity among healthcare providers.

Please note.

The goal of this or any other combined effort should be to create a healthcare environment that respects patients' needs and to improve health outcomes.

ABOUT THE TEAM

German Urrego, the [Chief Enchilada Officer](#) at Healthcare Tacos, brings over a decade of healthcare industry experience, with a specialized focus on Telehealth, management, marketing, and developing Healthcare technology solutions that cater specifically to the needs of the Hispanic community.

His journey in healthcare has equipped him with a profound understanding of the unique needs of Hispanics and a clear recognition of the significant gaps in service they face as the largest minority group in the United States.

Driven by a personal commitment to address these disparities, He has dedicated his career to advocating for and implementing healthcare services that are accessible and welcoming to Hispanic populations all over the country and LATAM.



ABOUT HEALTHCARE TACOS

Healthcare Tacos is the only newsletter helping healthcare trailblazers get smart about the Hispanic market.

Its goal is to spice up their inbox with insights and actionable steps on how to make healthcare Hispanic-friendly.

Mission

To arm healthcare trailblazers with valuable, practical, and actionable insights on how to make healthcare Hispanic-friendly.

Vision

We envision a healthcare environment transformed by cultural understanding and inclusivity.

Tacos Back Guarantee

Healthcare Tacos stands by the value of its content.

If its readers feel they haven't lived up to their commitment.

Healthcare Tacos promised to make it right with a delightful offering of tacos to show its dedication to its readers and community.



SOURCES

The following resources were utilized to compile the information presented above, offering comprehensive insights into the health challenges and disparities faced by Hispanic communities in the United States.

These sources provide valuable data, research findings, and analyses on various health issues, from chronic diseases to social determinants of health.

Leveraging these authoritative resources, we aim to shed light on the specific healthcare needs and barriers experienced by Hispanic populations, ultimately supporting the development of more effective interventions and policies to improve health outcomes and achieve equity.

- [Hhs.gov/healthequity](https://www.hhs.gov/health-equity)
- [Cghjournal.org/liverdisease](https://cghjournal.org/liverdisease)
- [Jamanetwork.com/hispanics](https://jamanetwork.com/hispanics)
- [Fff.org/uninsuredpopulation](https://www.fff.org/uninsuredpopulation)
- [Brookings.edu/healthcareaccess](https://www.brookings.edu/healthcareaccess)
- [Pubmed.gov/hispanicsanddiabetes](https://pubmed.gov/hispanicsanddiabetes)
- [Ascopubs.org/hispanicclinicaltrials](https://ascopubs.org/hispanicclinicaltrials)
- [Minorityhealth.hhs.gov/hispanichealth](https://minorityhealth.hhs.gov/hispanichealth)
- [Cdc.gov/cancerinthehispaniccommunity](https://www.cdc.gov/cancerinthehispaniccommunity)
- [Pewresearch.org/hispanicsandhealthcare](https://www.pewresearch.org/hispanicsandhealthcare)
- [Minorityhealth.hhs.gov/hispanicsandcancer](https://minorityhealth.hhs.gov/hispanicsandcancer)
- [Reserachgate.com/racialandethnicdisparities](https://www.researchgate.com/racialandethnicdisparities)
- [Ncbi.nlm.nih.gov/socialdeterminantsofhealth](https://www.ncbi.nlm.nih.gov/socialdeterminantsofhealth)
- [Journals.plos.org/cancerprevalenceamonghispanics](https://journals.plos.org/cancerprevalenceamonghispanics)
- [Ncbi.nlm.nih.gov/cardiovascular diseases among hispanics](https://www.ncbi.nlm.nih.gov/cardiovascular diseases among hispanics)



THANK YOU FOR READING THE WHOLE ENCHILADA

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