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Diverse populations in St. Louis: Non-English speaking

Patricia Cavazos-Rehg
Washington University School of Medicine in St. Louis

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Diverse populations in St. Louis non-English speaking

Patricia A. Cavazos-Rehg, Ph.D.
Postdoctoral Research Fellow
Division of Health Behavior Research
Washington University School of Medicine
Recruitment of Diverse Populations

- Under-representation of Ethnic Minorities and Non-English speaking individuals in Health Services Research

- Why?
  - Past instances of medical abuses in Europe and North America

- Results in discrimination and injustice towards minorities

Hazuda, 1996; Ren & Amick, 1998
Popular Reasons for Exclusion

- Difficulties in Recruitment
- Difficulties in obtaining informed consent
- Financial constraints
- Instruments that need to be translated and validated
- Deliberate exclusion to ensure similarity of research subjects
- Not even a consideration

Guilano et al., 2000
Consequences of Exclusion from Research

- Generalizability
- Are treatments really effective?
- Minority groups are prevented from benefiting from cutting edge treatments

Harrison, 1994; Cotton, 1990; Kaluzny et al., 1993; Roberson, 1994
Outline of Presentation

- Relevance of study
- Feasibility of study
- Available Resources
- Recruitment
- Challenges to Participation
Relevance of Study

The Latino Community: A Research Study
### Population by Race and Hispanic Origin for the United States: 2000

<table>
<thead>
<tr>
<th>Race and Hispanic or Latino</th>
<th>Number</th>
<th>Percent of total population</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>RACE</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total population</td>
<td>281,421,906</td>
<td>100.0</td>
</tr>
<tr>
<td>One race</td>
<td>274,595,678</td>
<td>97.6</td>
</tr>
<tr>
<td>White</td>
<td>211,460,626</td>
<td>75.1</td>
</tr>
<tr>
<td>Black or African American</td>
<td>34,658,190</td>
<td>12.3</td>
</tr>
<tr>
<td>American Indian and Alaska Native</td>
<td>2,475,956</td>
<td>0.9</td>
</tr>
<tr>
<td>Asian</td>
<td>10,242,998</td>
<td>3.6</td>
</tr>
<tr>
<td>Native Hawaiian and Other Pacific Islander</td>
<td>398,835</td>
<td>0.1</td>
</tr>
<tr>
<td>Some other race</td>
<td>15,359,073</td>
<td>5.5</td>
</tr>
<tr>
<td>Two or more races</td>
<td>6,826,228</td>
<td>2.4</td>
</tr>
<tr>
<td><strong>HISPANIC OR LATINO</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total population</td>
<td>281,421,906</td>
<td>100.0</td>
</tr>
<tr>
<td>Hispanic or Latino</td>
<td>35,305,818</td>
<td>12.5</td>
</tr>
<tr>
<td>Not Hispanic or Latino</td>
<td>246,116,088</td>
<td>87.5</td>
</tr>
</tbody>
</table>

Figure 6-1
Percent Distribution of Hispanic American Population by Subgroup: 2000

- 58.5% Mexican
- 28.4% Other
- 3.5% Cuban
- 9.6% Puerto Rican
- 17.3% All Other Hispanic
- 0.3% Spaniard
- 2.2% Dominican
- 3.8% South American
- 4.8% Central American

Source: U.S. Census Bureau (2001b)
Figure 10.
People Living Below the Poverty Level by Detailed Hispanic Origin: 2001
(In percent)

<table>
<thead>
<tr>
<th>Ethnicity</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Non-Hispanic White</td>
<td>7.8</td>
</tr>
<tr>
<td>Hispanic</td>
<td>21.4</td>
</tr>
<tr>
<td>Mexican</td>
<td>22.8</td>
</tr>
<tr>
<td>Puerto Rican</td>
<td>26.1</td>
</tr>
<tr>
<td>Cuban</td>
<td>16.5</td>
</tr>
<tr>
<td>Central and South American</td>
<td>15.2</td>
</tr>
<tr>
<td>Other Hispanic</td>
<td>17.7</td>
</tr>
</tbody>
</table>

Background of Study

- Movement into a new country is a stressful experience
- Living among different social networks
- Living in some level of isolation.
- Collectivism and close affiliation with family and peers.
- Ineffective social support
  - Feelings of loneliness
  - Emotional distress
- At risk for developing psychological disturbances
Purpose of the Study

**Define the social challenges associated with Latino immigration**

**Explore the impact that social challenges have on health behaviors, health outcomes, and emotional wellbeing.**

**“Mi vida es mejor aquí”**
Relevance of Study

- Sample:
  - Non English Speaking Latino Immigrants residing in St. Louis area

- Population is under-researched

- Conduct a study in a section of the country that had not been a traditional setting point for Hispanics
Feasibility of Study

Demographics of Targeted Population within the Targeted area
Missouri

- Growth of Missouri's Latino population
  - Grew by 92.2%
  - 61,698 in 1990

- Missouri's total population grew by 9.3%
  - over 5.1 million in 1990
  - Slightly under 5.6 million in 2000.
Total Hispanic Population in Missouri

Source: Missouri Foundation for Health
(http://www.mffh.org/policy_papers.html)
## St. Louis Metropolitan Area: Hispanic Population

<table>
<thead>
<tr>
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<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>26,588</td>
<td>39,677</td>
<td>57,587</td>
<td>76,636</td>
<td>49%</td>
<td>45%</td>
<td>33%</td>
</tr>
</tbody>
</table>

Availability of Resources
Survey Instruments

- Available instruments already translated and validated
  - Hispanic Stress Inventory
  - Emotional Distress Scale
- Other instruments of interest not yet translated
Form 2 Informed Consent for Participation in Research Activities

Approved Foreign Language Short Consent Forms

- Non-English Template
- Arabic
- Bosnian
- Cyrillic (Russian)
- Kurdish
- Spanish (Latin American)
- Vietnamese

http://medicine.wustl.edu/%7Ehsc/forms/
Need for Resources

- Translate Instruments
- Back Translation
- Certified Translator
Certified Translator

Refugee Health and Interpreter Services
Barnes-Jewish Hospital/ BJC Health System
4905 Forest Park Parkway
St. Louis, Missouri 63110
Phone (314) 747-5683 and Fax (314) 747-5778
Contact person: Barbara Bogomolov, RN, BSN, MS
bogo@inlink.com
Challenges to Recruitment

Where to recruit from?
Use of church sample

- Catholic parishes may be a source of support
  - May distribute clothing and food
  - May have a referral program
  - May offer help with immigration
- Mistrust of government agencies
"Red Latina"
- a bimonthly Spanish newspaper.
- Distributed free in Mexican restaurants and businesses.
- For more information contact 314-603-0960 or 314-457-1942.
- Or email at redlatinastl@hotmail.com.
St. Cecilia Parish - St. Louis
5418 Louisiana Avenue
St. Louis, MO 63111
(314) 351-1318
Holy Trinity Parish - St. Ann

3500 St. Luke Lane
St. Ann, MO 63074

314.733.1463
Our Lady of Guadalupe Parish - Ferguson

1115 S. Florissant Rd.
St. Louis, MO 63121

(314) 522-9264
Challenges to Participation
Challenges to Participation

- Literacy issues
- Familiarity with surveys
- Willingness of participants
- Protection of participants
Recruited Participants

- Latino Immigrants (n=143)
- Gender: 54% Female
- Length of time in U.S.
  - Mean = 9.2 (SD = 7.5)
- Age: 18-70 years of age
  - Mean = 37 (SD = 10)
- Total years of education
  - Mean = 10.95 (SD = 4.77)
<table>
<thead>
<tr>
<th></th>
<th>Concerned with Deportation (N = 56)</th>
<th>Unconcerned with Deportation (N = 87)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mean (SD)</td>
<td>Mean (SD)</td>
</tr>
<tr>
<td>Age *</td>
<td>35.16 years (7.87)</td>
<td>38.63 years (11.65)</td>
</tr>
<tr>
<td>Gender</td>
<td>41% male</td>
<td>48% male</td>
</tr>
<tr>
<td>Education</td>
<td>10.71 years (4.03)</td>
<td>11.28 years (5.20)</td>
</tr>
<tr>
<td>U.S. residency *</td>
<td>7.48 years (5.41)</td>
<td>10.16 years (8.39)</td>
</tr>
<tr>
<td>Married</td>
<td>64%</td>
<td>66%</td>
</tr>
</tbody>
</table>

* \( p < .05 \).
Measures

- **Concern about Deportation**
  - “I have thought that if I went to a social or government agency I would be deported.”

- **Subjective Health Status**
  - What is your own assessment of your present state of health?
  - Response choices included good, reasonably good, average, rather poor, and poor.
Measures

- **Concern about Deportation**
  - “I have thought that if I went to a social or government agency I would be deported.”

- **Subjective Health Status**
  - What is your own assessment of your present state of health?
  - Response choices included good, reasonably good, average, rather poor, and poor.
Abbreviated Hispanic Stress Inventory – Immigrant Version

- Assesses culturally relevant psychosocial stress
- Extra-familial stress
  - Immigration and Economic/Occupational subscales
- Intra-familial stress
  - Parental, Familial, and Marital subscales
- Has the stressor occurred in the last 3 months?
  - If so, rate the degree of stressfulness on a 5-point Likert type scale.
    - *Not at all stressful* (1) to *extremely stressful* (5).

Indicate how worried or tense the situation made you feel

- Not at all: 41%
- A little: 29%
- Moderate - Extreme: 30%

Because I don't know enough English, it has been difficult to interact with others.
Because of my poor English, people have treated me badly.

Indicate how worried or tense the situation made you feel:

- 67% Not at all
- 17% A little
- 16% Moderate -
- Extreme

Bar chart showing:
- 87% No
- 53% Yes
Because I am Latino, I have been expected to work harder.

Indicate how worried or tense the situation made you feel

- Not at all: 59%
- A little: 19%
- Moderate: 23%
- Extreme: 23%
My income has not been sufficient to support my family or myself.

Indicate how worried or tense the situation made you feel:

- Not at all: 65%
- A little: 13%
- Moderate: 23%
- Extreme: 65%
Because I am Latino, I have had difficulty finding the type of work that I want.

Indicate how worried or tense the situation made you feel

- No: 71%
- Yes: 66%

- Not at all: 57%
- A little: 19%
- Moderate: 24%
- Extreme: 24%
I have had to watch the quality of my work so others don't think I am lazy.

Indicate how worried or tense the situation made you feel

- 67% Not at all
- 24% Moderate - Extreme
- 10% A little
Because I am Latino, it is has been hard to get promotions or salary raises.

Indicate how worried or tense the situation made you feel:

- Not at all: 64%
- A little: 15%
- Moderate: 20%
- Extreme: 20%
I have been forced to accept low paying jobs.

Indicate how worried or tense the situation made you feel:

- 55% Not at all
- 31% Moderate
- 16% Extreme
I have felt pressured to learn English.

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>No</td>
<td>65</td>
</tr>
<tr>
<td>Yes</td>
<td>76</td>
</tr>
</tbody>
</table>

Indicate how worried or tense the situation made you feel

- Not at all: 52%
- A little: 16%
- Moderate: 31%
- Extreme: 5%
What is your own assessment of your present state of health?

<table>
<thead>
<tr>
<th></th>
<th>Concerned with Deportation</th>
<th>Unconcerned with Deportation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Good</td>
<td>41%</td>
<td>52%</td>
</tr>
<tr>
<td>Reasonably Good</td>
<td>18%</td>
<td>20%</td>
</tr>
<tr>
<td>Average</td>
<td>32%</td>
<td>24%</td>
</tr>
<tr>
<td>Rather Poor</td>
<td>9%</td>
<td>4%</td>
</tr>
</tbody>
</table>
Any Questions....
Washington University offers a “Beginning Spanish for Health Care Professionals”

This three credit course teaches basic Spanish to health care professionals to help them communicate more effectively with their Spanish-speaking patients.

www.ucollege.wustl.edu under "Spanish", or call 314-935-6700.