



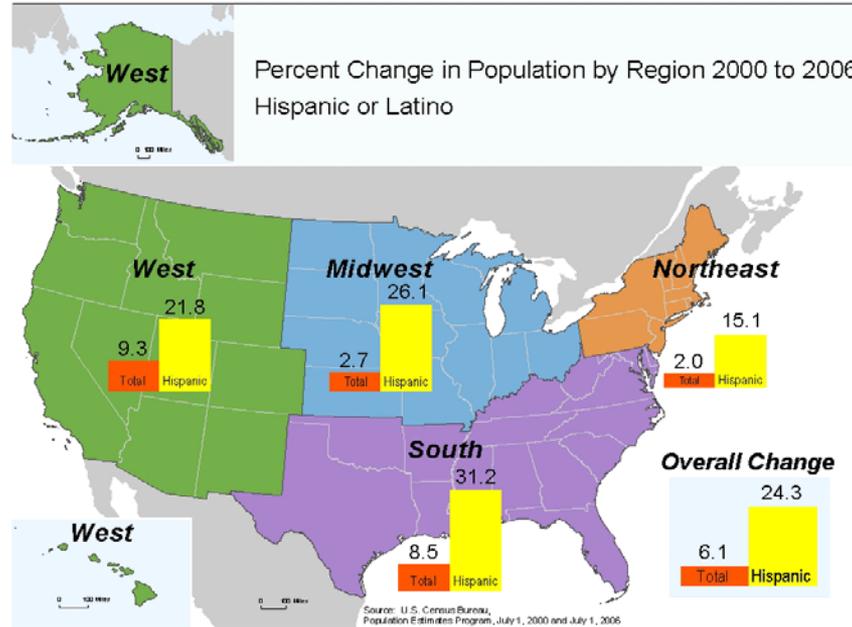
National Hispanic Medical Association

Caregiving and Hispanic Health

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Demographics



Today's Demographics



Health care disparities experienced by minority populations in the US.

- By 2042, over half of Americans will be from minority populations.
- The Hispanic population of the United States is the nation's largest ethnic/racial minority at 54.6 million or 17 percent of the our total population
- Latinos – immigrants, mixed families with strong cultural values - will be 1 out of 4 Americans.
- Uninsured still high at 25.5%

Hispanic Health

- Living in poverty or in middle class neighborhoods where they live with chronic stress – low income jobs, high unemployment, crime, drugs, gangs, substandard housing, unsafe public spaces, guns, lack of nutritious food and drinks, lack of clean air and water and our undocumented family members live in constant fear of deportation and family break-ups.
- The consequences of these social determinants of health are early childhood obesity, adolescent suicide, young adult heart disease, diabetes, asthma, and HIV that progress faster to higher rates of complications untreated, hepatitis C (Hispanics have genetic predetermination for fatty liver and will have more rates of HepC that any other group in America), cancers, chronic kidney disease, Alzheimer's disease, depression and mental illness and drug addictions. Latino families depend on our generation for their long term care.

Caregiving Trends for Hispanics

- One-third of Hispanic households have at least one family caregiver, est 8M Hispanic caregivers
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- 74% of Hispanic caregivers are female, ave age of 43, caring for a loved one ave age of 62, female
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- Hispanic family caregivers 63% in high burden situations, ave 37 hours/week, providing a greater number of Activities of Daily Living
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- A high percentage of Hispanic caregivers live with their loved one.

Caregiving Trends for Hispanics

- Hispanic caregivers are more likely to rate their caregiving situation as not at all stressful
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- 84% of Hispanic caregivers believe that their role is an expectation within their upbringing.
- Seventy percent think that it would bring shame on their family not to accept their caregiving role versus 60% of non-Hispanics.
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- 82% say they get help from a relative or friend.

Key Trends

Nation undergoing a major transformation:

- Healthcare insurance coverage increase to Americans - Opportunity for education and outreach.
- Quality-value payments, coordinated & patient-centered medical homes.
- Cultural and Linguistic Competence (CLC) required in hospitals/clinics and for future providers in medical education, but need for workforce diversity and CLC.
- Disparities in obesity, chronic disease, mental health, env health, aging for minority populations remain high.
- New demand for community-based health prevention; health research.
- Veterans – improve access to providers.
- Need for home health for lower costs --- Medicaid for poor and payments from families.

- Key Differences from Obamacare: From Coverage to Access
 - **Decreased regulations, taxes and more power to markets and states**
 - Replace individual/employer mandates with continuous coverage model
 - From subsidy → refundable tax credits
 - Tax deductibility to all individuals, expand HSA's, ceiling on employer tax break
 - Roll-back of taxes - Individuals, employers and fees paid by Pharma/med device/insurer
 - Replace essential health benefits with flexibility
 - Allow underwriting based on health status & cross-state insurance, return of state high risk pools
 - From federal → state - Medicaid block grants

NHMA & NHHF– Who are We?



- Established in 1994 in DC, NHMA is a non-profit 501c6 association representing 50,000 Hispanic physicians in the U.S.
- Vision: premier org to achieve Hispanic health equity
- Mission: to empower Hispanic physicians to improve the health of Hispanics with our medical societies, residents, students and public and private partners.
- NHMA established its foundation, National Hispanic Health Foundation, a non-profit 501c3 for research & education activities – affiliated with NYU Wagner Graduate School of Public Service.

National Hispanic Medical Association Programs, Services & Conference



Resource:

Federal government-

- Congressional Briefings on Hispanic health Issues to eliminate health disparities
- Nominate premier members to Federal advisory commissions
- Government Affairs - Federal (OMH, HIV, Immunizations) and State (CVD Summits)

Private sector-

- Provide technical assistance to corporate health programs
- Nominate premier members to corporate boards

Leadership Development

- NHMA Leadership Fellowship
- National Hispanic Health Professions Leadership Network - Institute at NHMA Conference
- NHMA – NIDDK Faculty Development Program
- Mentorship: Young Physician, Resident, Med and Pre-Med Students

Networking

- NHMA 21st Annual Conference, Hispanic Health - DC, May 4-7, 2017
- NHMA Region Forums in Sept - Oct 2017 and quarterly networking events

NHHF Programs

Education

- Kellogg Foundation Child Obesity Report
 - 2013 Report from CA and NY State Policy Summits
- Health Professional Student Mentoring and Leadership Program

Research

- National Center for Hispanic Health Research (under development)
- PCORI Hispanic Health Agenda Report
- PCORI Mentoring Program – Jr. Faculty to be trained on Hispanic health research

Health Professional Job Fairs and Student Scholarship Award Galas

- Nov. 30 – New York City, Dec 14 – Los Angeles - scholarships to medical, nursing, dental, public health and policy students with outstanding academic records, leadership and commitment to Hispanic communities.

How to contact NHMA & NHHF



- NHMA - www.nhmamd.org
- NHHF - www.nhmafoundation.org
- Portal - www.hispanichealth.info
- Region Policy Forums – Sept – Oct 2017 #NHMAregions
- NHMA 21st Annual Conference –Hispanic Health, Gaylord National Harbor Hotel, Washington, DC, May 4-7, 2017. #NHMA2017



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- For more information contact Elena Rios, MD, MSPH, President and CEO, NHMA and NHHF at erios@nhmamd.org or erios@nhmafoundation.org
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- Contribute a tax-deductible donation to NHHF or Amazon Smile Today.