

Minority Health Promotion Intervention and Prevention Program
Multicultural Health Issues
Student
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Targeted Population, Health Disparity, and Statistics

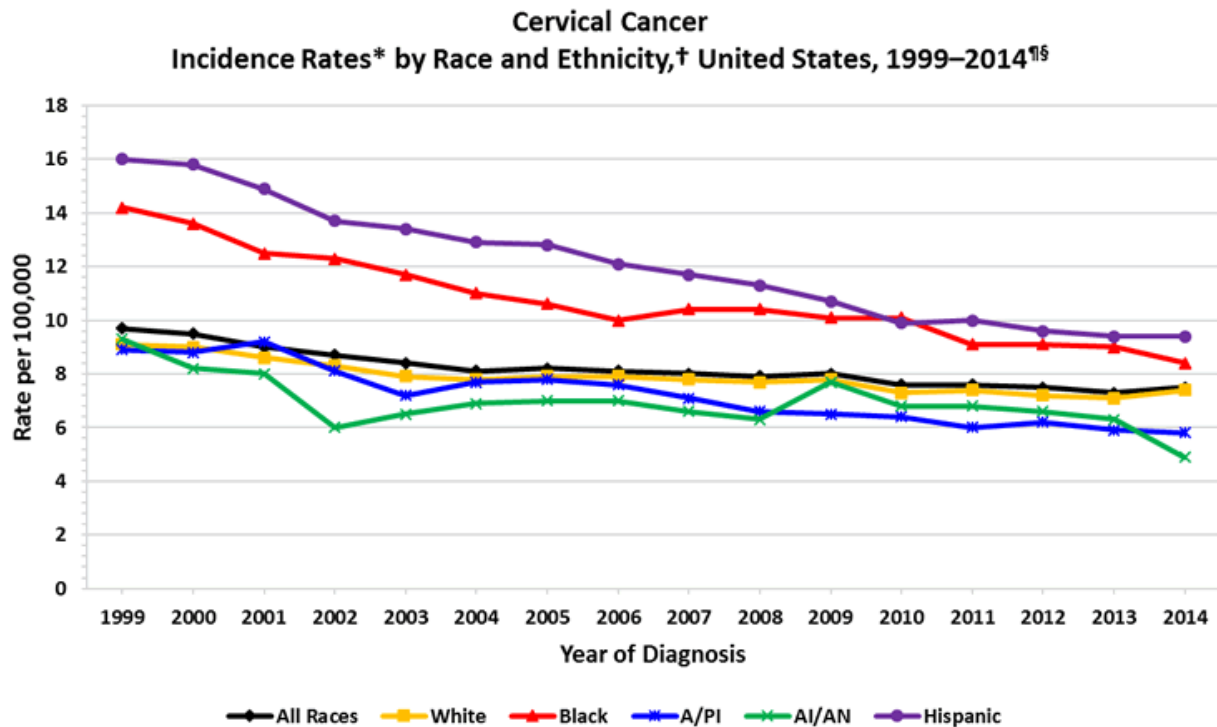
Cancer is the leading cause of death in the Hispanic and Latino population, accounting for 22% of mortalities each year. While the Hispanic and Latino communities are less likely to be diagnosed with the more common cancers like lung, colorectal, breast, and prostate, they have a higher risk for cancers associated with infectious agents such as liver, stomach, and cervix cancers. I am proposing a health promotion intervention for cervical cancer diagnoses associated with the Hispanic and Latino community. Research shows that Hispanic and Latinos have a 152% chance higher rate than non-Hispanic whites to end up with cervical cancer. It is also stated that Hispanic and Latino women, while having the highest rate for being diagnosed with cervical cancer, also produce the most severe and complicated cases. My goal is to create a program designed for women's health that can enable Hispanic and Latino women to receive the proper healthcare needs in order to lessen the percentage of cervical cancer cases in this community.

My thought process on the reason as to why Hispanic and Latino women are more susceptible to cervical cancer lies behind the fact in the Hispanic and Latino community, nearly one fifth of the population does not have the proper health care or health insurance. They are not able to receive the necessary preventative healthcare in order to prevent things like this from happening due to their lack of financial stability. The average household income for Hispanics in 2015 was \$44,782 compared to the non-Hispanic whites' income of \$61,394. Cervical cancer kills about 270,000 women each year, mostly in the low- and middle-income families. Another study conducted in 2015 showed that over 22% of Hispanics in the United States were living below the poverty level. This goes to show that the average Hispanic and Latino family do not have the financial means enough to be able to afford healthcare and/or cancer treatments associated with cervical or any other type of cancer.

Another thing that prevents the Hispanic and Latino community from receiving proper healthcare is due to the fact that there is a language barrier present. The Census done in 2015 showed that 73% of Hispanics speak a language other than English inside of their homes. On top of all of the other barriers that prevent these women from being able to go to the doctor, even after deciding to go for yearly check-ups and prevention measures, often times they are unable to properly understand and comprehend the directions from the physician that could potentially keep them from getting cervical cancer. Things that could potentially help this problem would be either attaining bilingual physicians and nurses that could communicate with them or having a translator, interpreter, or patient advocate present to correspond back and forth between the two.

Between the different language, cultural, and literacy barriers, lack of access to preventative care, and the lack of health insurance, the Hispanic and Latino community are automatically set at a disadvantage to be the healthiest they can be and live their best lives possible. This inhibits them from being able not have to worry about their lives and the lives of their loved ones, which can cause so much more stress and hardship on a family than just initially stated. Having a family member diagnosed with cancer can lead to even more financial problems than originally planned, stress on the caretakers, as well as just the given worry about having someone you love fighting for their survival.

Below in the graph, shows the incidence rates per year by race and ethnicity per 100,000 women for cervical cancer in the United States from 1999-2014. Where as you can see that the Hispanic population has a substantially higher rate of cervical cancer than all other races, the same study also showed that Hispanic women were not at the top for death rates due to cervical cancer. Since 1999, the incidence rates have decreased a good amount, but still not as much as it could be if there were proper steps being taken to prevent and protect these women from being diagnosed with this disease.



Health Intervention Proposal and it's Cultural Competent

Being that the Hispanic/Latino population is the highest growing population in the United States, there is a quick and uprising need for the health needs of this community. This population is in great need to be able to have access to affordable healthcare and a way to have a fair chance at life just like anybody else.

Hispanic and Latinos are more susceptible to contracting human papillomavirus (HPV), a sexually transmitted disease which has been linked to various types of cervical cancer. Through an immunization vaccine approved by the FDA in June of 2006, there are preventions to cervical cancer and other HPV-related diseases. Because of this vaccine, the reduction of the impact of cervical cancer is worldwide and highly effective. All three vaccines are able to prevent vaginal and vulvar cancer in women, while Gardasil and Gardasil 9 can prevent genital warts and anal cancer in women and men. Men are also able to receive the vaccines to prevent them from contracting and spreading the types of HPV associated with cervical cancer in order to protect women from the virus too. Because of these vaccines, there are ways to cut down on the

incidence rates of Hispanic and Latino women diagnosed with cervical cancer, while also preventing other diseases from being present as well. This is a preventative measure that, throughout my program, I aim to make an important asset to the health and well-being of all.

The health promotion intervention program I am hoping to create will confidently eliminate the lack of health care, most importantly, prevention rather than treatment. I think that by making sure the population is prevented from contracting a disease, they will not have to worry about life threatening cervical cancer and the treatment options such as surgery, chemotherapy, and radiation that are harsh, time consuming, and very costly.

Being that Hispanic and Latino cultures base their lives around the closeness of family, I think that a community based prevention program geared for younger adults, their parents, and even their grandparents would be the best strategy to take. My goal would be to show the younger population that vaccines that prevent this disease and many other associated with it would be beneficial to all. I would make sure that the prevention program was education and that they would be able to bring home whatever means necessary to their family members for further support and guidance. I would also make sure that there were social service resources available. All of these different things would include low-cost cancer screening, vaccinations, workshops and clinics for educational purposes, and support groups that would be provided to ensure that there were plenty of care and encouragement available for all age groups in the Hispanic and Latino communities.

Part of the best way to make sure your prevention program is successful is to get in contact with community leaders. By doing this, you are able to see how the community reacts to certain situations while also taking the best course of action to getting the results you would like to accomplish. Also accompanying health educators, patients advocates, social service agencies and community leaders, city planners, state and local political officers, school boards and parent-teacher associates, faith-based organizations and places of worship, survivors of cervical cancer, as well as support groups would help aid in the connect of the group you are hoping to reach. Support services are a very vital asset to any prevention program. This makes it easier for Hispanic and Latino women to go to the doctor with things such as transportation, child care, and interpreters.

Potential Public Health Impact of the Proposal

I feel as though the impact of the proposal would help decrease the rates of Hispanic and Latino women being diagnosed with cervical cancer. The Hispanic and Latino communities would be able to rest assured that their daughters, wives, mothers, and grandmothers would not have to worry about dealing with such a horrible disease.

With the lowering number of mortality and reducing the number of new cases per year, there would be a lowered cost in the annual spending of cancer treatments each year while giving money back to the medical field through check-ups, screening, and vaccinations. There would be a rise in the health of the Hispanic population and a lack of other things such as HPV and sexually transmitted diseases from the vaccine as well.

The impact of the health programs allowed for Hispanic and Latino women to learn about their bodies and how to protect themselves against harmful diseases, while also showing them ways to care for themselves and make sure they are able to live a longer life.

Goals, Key Messages, and Target Audience

Short-term Goals:

- Pap tests and pelvic examinations
- HPV tests
- HPV and cervical cancer vaccinations
- Diagnostic tests if results are abnormal and referrals to treatment
- Effective, appropriate treatment of precancerous lesions
- Estimated costs and more affordable examinations, vaccinations, and treatments

Long-term Goals:

- Lower the amount of Hispanic and Latino women diagnosed with cervical cancer
- Get younger aged men and women to agree to preventative vaccinations and yearly check-ups

Key Messages:

- Hispanic and Latino women need access to proper healthcare
- Preventative measures can lower the rate of cervical cancer diagnoses
- The cost of cancer treatments is far more expensive than preventative measures

Target Audience:

- Hispanic and Latino communities
- Teens 14-17 years for vaccinations
- Parents and other family members, men and women
- School nurses, local clinics, and cancer treatment centers and hospitals
- Local officials and community leaders

Recommendations to Government for Policy Changes

Because majority of the Hispanic and Latino communities are either without insurance or do not have the proper finances to be able to pay for cancer screening, yearly check-ups, and vaccinations, I think that the government should take steps to enable these women to be able to have access to these options. Not having access to these healthcare needs is simply the lack of a basic human right. Cancer treatments are so much more expensive, as well as harder to treat and more complex, than the alternative preventative measures. No woman should be stripped of the necessary ability to take care of her body and live the healthiest life possible just because of their lack of money.

The National Breast and Cervical Cancer Early Detection Program (NBCCEDP) is a prime example, helping women get screened for breast and cervical cancer in all 50 states of the United States, the District of Columbia, 5 territories, and 4 tribal communities. Through this program which was passed in 2000, women who are diagnosed with breast or cervical cancer are able to, through the NBCCEDP, have access to treatment through Medicaid. Because of this

program, there have been many Hispanic and Latino women who have been able to get treatment.

My wish is that, rather than setting up programs that enable to the treatment of cancer, why don't we take preventative measures and have programs that stop the cancer before it has been able to make its way into our homes, lives, and the bodies of the ones we love. I feel as though the government should be more proactive in setting up a program that stops the problem before it has had the chance to start. This would be more cost and timely effective, as well as cut down on the inevitable mortality rate that comes along with cancer and other hardships.

Recommendations to Individuals of Targeted Population

Being the cervical cancer is a largely preventable disease, there are many easy things that you can do to ensure a life without this diagnosis. Things such as yearly check-ups, cancer and HPV screenings, and getting the cervical cancer vaccines can prevent and/or catch any signs of cervical cancer before it is too late.

There are many things that are risk factors for cervical cancer aside from HPV including smoking, having a weakened immune system, chlamydia infection, a diet low in fruits and vegetables, being overweight, long-term use of oral contraceptives, intrauterine device (IUD) use, family history, and many others. Being away of all of these risk factors and doing everything you can do eliminate as many as possible can help aid in lowering your risk for contracting this disease.

By doing things like getting an HPV vaccine, as well as getting tested for HPV, not smoking, and using condoms, you are less likely to get cervical cancer. Staying I close contact with your doctor to ensure you, as well as the physician, are doing everything in their power to keep you healthy is the best way to not have to worry about the later signs of cancer and the affects they have on you and your family.

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