

Discrimination against LatinX Community Contributes To Medical Mistrust

Agripina Alejandres-Ceja

Who Comprises the LatinX Community



- ❖ The total U.S. Population is about 330 million people
- ❖ Over 50 million of those people are LatinX
 - LatinX people make up about 18% of the U.S. Population
- ❖ The Hispanic/LatinX population are drawn from a diverse range of countries
 - 63% are Mexican, 9.5% are Puerto Rican, 3% are Dominican, 8% are Central American, 6% are South American

Barriers Preventing LatinX from Receiving Adequate Health Care Services



- ❖ Access to health care
- ❖ Poverty and lower education
- ❖ Understanding the heterogeneity of Hispanic communities:
- ❖ U.S. Born vs. Foreign Born
- ❖ Linguistic and culturally competent services
- ❖ Discrimination and racism
- ❖ HIV stigma & homophobia

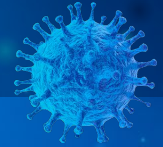
Barriers Preventing LatinX from Receiving Adequate Health Care Services



- ❖ Latino healthcare workforce and service providers
- ❖ Challenges for new immigrants and migration patterns
- ❖ Anti-immigrant policies and health-related immigrant bills
- ❖ Lack Hispanics/Latino research and researchers
- ❖ Lack of Knowledge about the health care needs and challenges that Latino communities face
- ❖ Language status insurance means prevent latinex from receiving medical care

Source: UMMC Population Health Science

Understanding Medical Mistrust



- Medical mistrust is a mistrust of healthcare providers, medical treatments, medication, and the medical system overall
- This mistrust is often attributed to personal experiences of discrimination and the larger history of cultural segregation, racism, and unjust treatment in society and more specifically in the health care system

Medical Mistrust in the LatinX Community



- Recent survey found that approximately $\frac{1}{2}$ of Latinos in the U.S. report having experienced discrimination or having been treated unfairly because of their race or ethnicity when accessing health care
- Study examined the association between medical mistrust, perceived discrimination, and satisfaction with health care among a sample of 387 rural Latinos in Ca Or (44.2% males)
 - Medical Mistrust was negatively associated with satisfaction with health care, after adjusting for perceived discrimination, age, and health insurance CA (OR = 0.54, 95% CI: 0.39, 0.76)

Source: UMMC Population Health Science

Medical Mistrust in the LatinX Community



Medical Mistrust Results In:

- ❖ Lower Quality of Health Care
- ❖ Failure of Patients to Take Medical Advice
- ❖ Patient Avoidance of Recommended Testing and Screening
- ❖ Broad Underuse of Health Care Services
- ❖ Lower Satisfaction with Healthcare Received

Discrimination

- Unfortunately, discrimination exists in systems meant to protect well-being or health. Examples of such systems include health care, housing, education, criminal justice, and finance. Discrimination, which includes racism, can lead to chronic and toxic stress and shapes social and economic factors that put some people from racial and ethnic minority groups at increased risk for diseases.

Factors Contributing to Increased Risk of Minority Communities

Healthcare Access and Utilization

- People from some racial and ethnic minority groups are more likely to be uninsured than non-Hispanic whites.
- Healthcare access can also be limited for these groups by many other factors, such as lack of transportation, child care, or ability to take time off of work; communication and language barriers; cultural differences between patients and providers; and historical and current discrimination in healthcare systems. [11]
- Some people from racial and ethnic minority groups may hesitate to seek care because they distrust the government and healthcare systems

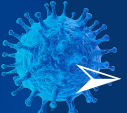
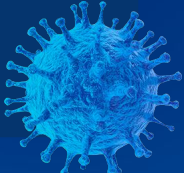
Existing Stigma in the HIV Community

- ❖ Many within our community have to live with many barriers to accessing treatment along with those already existing for LatinX community members
 - ❖ Among these barriers is the stigma surrounding HIV
 - A person living with a stigmatized disease like HIV places them in a spot of darkness and distances them from other people
 - This distance results in an individual having difficulty gaining access to basic things like treatment and jobs
 - The social stigma surrounding HIV can have an emotional toll
 - More than many other diseases, the social stigma around HIV causes depression, anxiety, shame and guilt

Existing Stigma in the HIV Community

- ❖ Many people in the HIV community must live with a stigma around their disease and without access to basic services for fear of being identified by immigration if they are non-citizens
 - And in many cases, people who do have legal documents will still go without any public services or treatments for fear that it may affect their legal stay

How Existing HIV Stigmas Affect Access to Services

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- Perceived Discrimination Based on Latino Ethnicity and HIV serostatus results in Medical Mistrust
 - Medical mistrust was found to mediate the associations between two types of perceived discrimination (related to being Latino and being HIV-positive) and ART adherence.
 - Given these findings, interventions should be developed that increase the skills of HIV-positive Latino men to address both perceived discrimination and medical mistrust.
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What Can We Do?

- **Gain *confianza* with the LatinX communitiy**
 - Build partnerships with racial and ethnic minority-serving organizations, community organizations, and community members to share information and collaborate to prevent HIV in communities
- Provide information through channels and in formats and languages suitable for diverse audiences, including people with disabilities, limited English proficiency, low literacy, or people who face other challenges accessing information.

What Can We Do?

- Share HIV prevention and treatment information with communities using ways you know are effective to connect with community members.
- Connect people to healthcare providers and resources to help them get the treatment and medicines they may need.
- Reach out to the local public health department to offer to be a community testing site, provide a platform for information-sharing, or share community insights.
- Work with others to connect people with goods (e.g., healthy foods and temporary housing) and services to meet their physical, spiritual, and mental health needs.

Strategies That Have Worked In My Time in Outreach

- Creating opportunities for LatinX community members to become outreach volunteers
 - Builds meaningful connections and creates support systems for those in the LatinX HIV+ community
 - Advocacy represented by those within the community will build trust and visibility for those harboring mistrust
- Creating Forums and Support Groups (*Grupos*) ran by knowledgeable and qualified community members
 - Creates a safe place for members seeking counsel and resources that would be otherwise hesitant and distrustful of traditional medical forums and information centers

Thank You