Hispanic Health Beliefs and the Meaning of Respect

- Funded by State of Delaware
- Delaware Panama Partners of the Americas
- Kellogg Foundation

Research Questions

- What practices do Hispanics use to maintain health and prevent illness and disease?
- What are the dietary practices among Hispanics for maintaining health.
**Research Questions**

- What are the caring behaviors of healthcare providers (nurses and physicians) as perceived by Hispanics?
- What are the non-caring behaviors of healthcare providers (nurses and physicians) as perceived by Hispanics?

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**Research Methods**

- 37 item open-ended questionnaire
- Could complete it in English or Spanish or have the interviewer complete it for them
- No tape recordings
- 30 minutes to complete
- Minimum of 25 general participants from each country

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**Research Methods**

- 3 key informants from each country
- Questionnaire developed and translated into English by the principal investigator and back-translated from each language/dialect
- Pilot tested in each country
- Slightly different phrasing in each country due to language differences
Demographics

- 50 from Panama
- 30 from Guatemala
- 15 from Mexico
- 30 from Honduras
- 10 from Nicaragua
- 59 Costa Rica (32 more not in these figures)
- 65 from the US (25+ not in these figures)

Demographics/Findings
Overview/Heritage

- 60% female, 40% male – age 18 years or older
- Mean age of 33 years
- 45% are between ages of 25 and 45
- Only 10% over age 55

Findings Communication

- All speak Spanish, 95% read and write Spanish
- 60% in Central America and Mexico speak English, 55% read and write English
- 90% in the US could speak English, 80% could read and write English
- 10% can read write and speak a 3rd language.
Health Maintenance

- Eat a balanced diet
- Exercise – type is important
- Visit the doctor and stay away from sick people
- Good hygiene
- Avoid contaminated water
- Take care of self – sleep and avoid extremes of hot and cold

Spirituality: Individual Sources of Strength

- Family
- Religion
- Health
- Work

Findings Nutrition

- 50% ate fruits and vegetables to maintain their health
- 22% ate dairy products to maintain their health
- 25% listed other things such as olive oil, rice, beans, chicken, and fish
- 45% did not eat any particular food to maintain their health
Findings Nutrition

- 25% avoided salt and spices to maintain their health
- 40% avoided fat to maintain their health
- 20% avoided frijoles to maintain their health
- 30% ate fruits and vegetables when ill
- 25% ate soup, toast, or salad and drank tea when ill

Findings Nutrition

- Over 40% balanced diet with the hot and cold properties of food which varied by country.

Findings Healthcare Practices

- 60% exercised for health
- 30% avoided alcohol
- 40% avoided the hot cold dichotomy
- 70% used herbs and teas to maintain health and when ill
- 75% used herbs and teas when ill
- Specific teas and herbs varied by country of origin