

Healthy Living in Oregon Project

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Background

The Institute of Medicine has identified Latino and American Indian populations as populations experiencing significant health and health care access inequities. Previous research indicates that Latinos and American Indians suffer from excess morbidity in respect to same-aged White adults due to higher rates of preventable chronic diseases (i.e. high blood pressure, and diabetes)

- There are two main objectives of this study:
1. Identify the prominent health-related issues in two Oregon Latino communities and one American Indian community
 2. Examine the factors that key informants perceive as enabling or inhibiting healthy lifestyles of community residents.

Methods

- One-time qualitative interviews were conducted with 27 key informants from these three communities.
- As the URAP student, I assisted in analyzing the qualitative data collected from English and Spanish language interviews with study participants in three Oregon communities using the software program Atlas.ti.
- Furthermore, I am conducting a content analysis of the transcribed interview questions.
- The process included:
 - Reading and reviewing 27 transcripts
 - Coding for specific questions and answers
 - Writing analytic memos
 - Created a content analysis of specific questions

Results

Figure 1. State of Oregon



Preliminary results show that high blood pressure, dyslipidemia (high blood pressure), type 2 diabetes, obesity and depression are the most common health issues with limited availability of community-based physical activity programs as a key barrier.

Table 2. Identified Facilitators and Barriers to Healthy Living

Facilitators
Community Unity
• Community unites around problems
• Family support
Cultural Traditions
• Preserving cultural ways
• Diet
Barriers
Access
• Fatalism, passive acceptance
• Skepticism
• Discrimination
• Fear, language, undocumented status
• Lack of transportation
Safety
• Gangs
• Substance abuse
• Prostitution, pornography
Poverty & Other Social Determinants
• Low levels of education
• Literacy



Summary/Conclusion

- Community unity and traditions are both found to be the most common facilitators that help the communities maintain a healthy life.
- From the multiple interviews, we were able to narrow down the barriers to maintaining a healthy life to the following categories: access, safety and poverty & other social determinants such as low levels of income literacy.
- The results of this study will culminate in a report and presentation to the community leaders in these communities.

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