

# Hispanic/Latino/a/x Health in Alameda County

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Health Committee Special Series on Community Health

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# Today's Focus: Hispanic/Latino/a/x Health

- **Data trends**

- Latino/a/x residents have lower life expectancy than the general population of Alameda County
- Latino/a/x residents are dying at younger ages of preventable conditions
- Disproportionate impact of societal factors on the health of Latino/a/x residents, such as income and job conditions, housing and food insecurity, and barriers to accessing healthcare and social services

- **Community strengths and what is working**

- Examples of HCSA's efforts to improve Latino/a/x health
- Spotlights on innovation and partnerships with community-based organizations

➤ *Key takeaway: improving Latino/a/x health warrants a focus on structural, policy and institutional drivers of health alongside deep partnerships with community*



# Historical Overview

Key milestones and events shaping Latino/a/x migration and presence in Alameda County



# 1797

Spanish  
Colonization



# 1848

Mexican American War & U.S. Statehood



# 1942 - 1964

Bracero Program



# 1822

Mexican Independence & Statehood



# 1910 - 1920s

Mexican Revolution



# 1970s - 2000s

Civil Wars and  
Violence in Central  
America



Alameda County  
Health Care Services Agency

Behavioral Health | Environmental Health | Office of Agency Director | Public Health

## HISTORICAL OVERVIEW

Latino/a/x people faced structural barriers that were created by discriminatory practices and policies throughout the 19<sup>th</sup> and 20<sup>th</sup> century.



### Language Access Restrictions

Policies and practices aimed at restricting language access created barriers for Latino/a/x people with Limited English Proficiency, especially when navigating public services and healthcare networks that were designed for English speakers only.



### Immigration Policies

Targeted and criminalized undocumented immigration and restricted access to government services for undocumented people. This resulted in difficulty accessing health insurance, medical providers, and other public services for undocumented Latino folks.



### Employment Discrimination

Latino/a/x people were mostly relegated to low paying jobs and industries that posed occupational hazards and very little worker protections. Immigration policies exacerbated the issues, leaving many undocumented Latino/a/x employees vulnerable to workplace discrimination and exploitation.



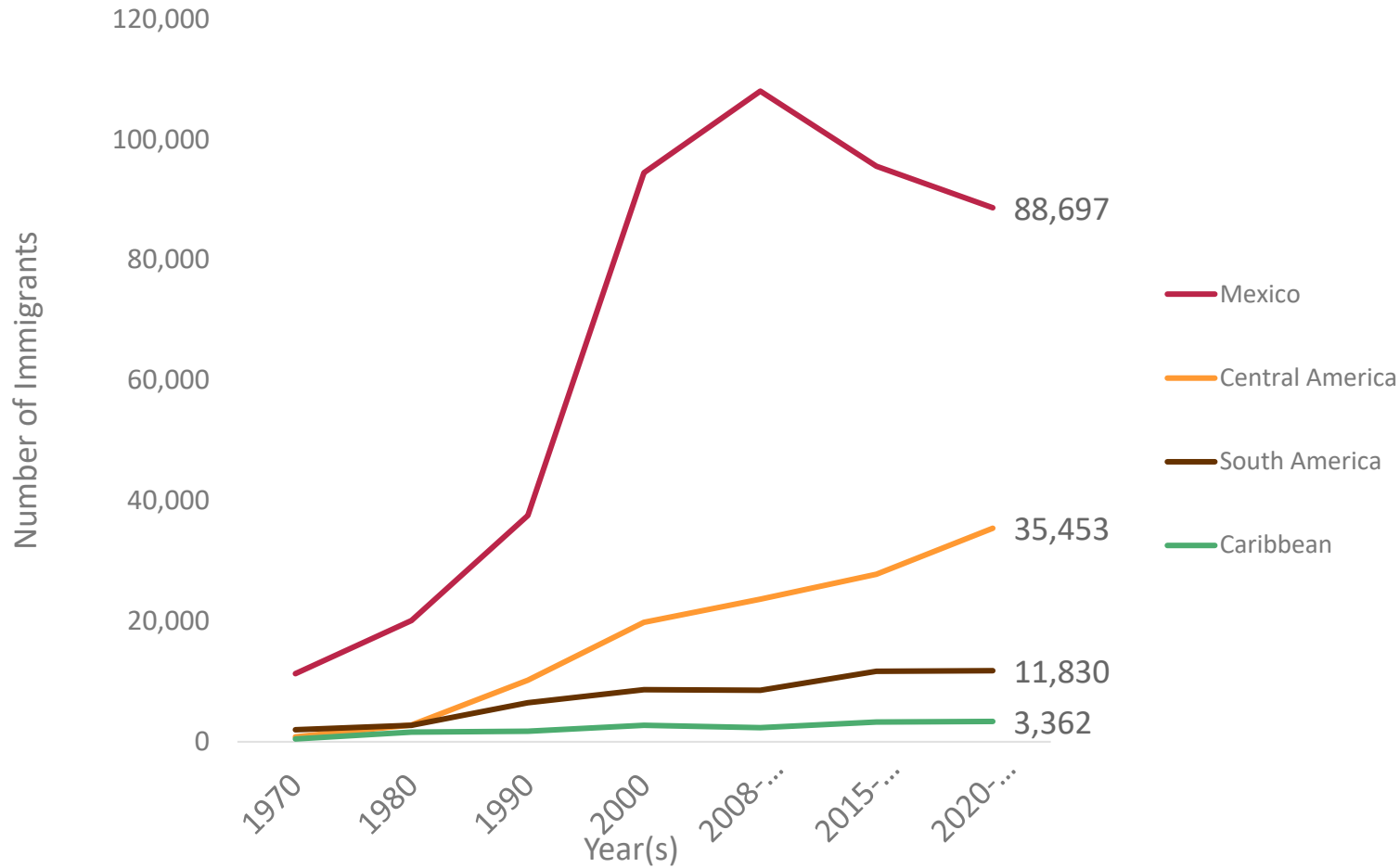
### Housing Discrimination

Redlining and restrictive covenants limited the housing options for Latino/a/x folks to historically segregated neighborhoods, as well as limited the opportunities to build wealth.



# The Diverse Latino/a/x Population in Alameda County

Alameda County Immigrants from Latin America



**22.2%** of Alameda County residents identify as Hispanic/Latino/a/x

**60.8%** of them are U.S. born

**24%** of the immigrants in Alameda County in 2020-2022 were from Latin America

**98%** of the Central American immigrants in 2020-2022 were from El Salvador, Guatemala, Honduras, and Nicaragua

Source: American Community Survey and decennial census PUMS data.



# Social Determinants of Health

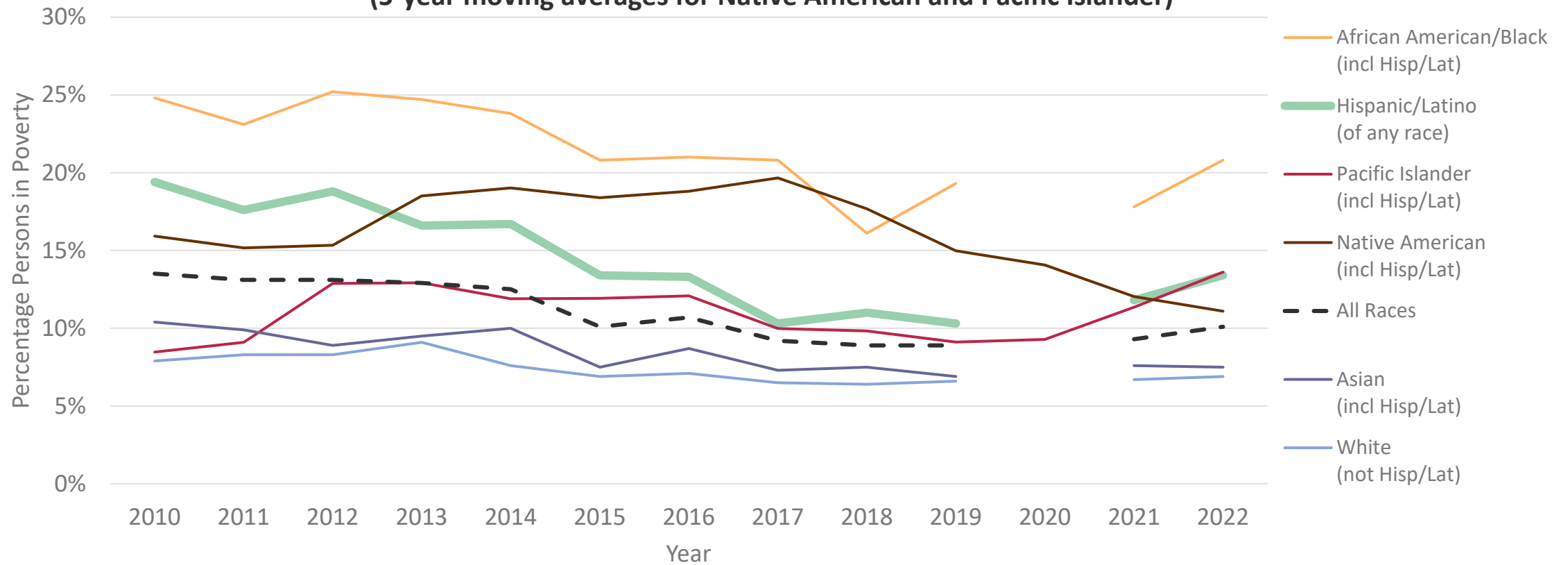
Poverty, Employment, Housing, Access to Services





# Latino/a/x Residents in Alameda County are More Likely to Live in Poverty Relative to the Full Population

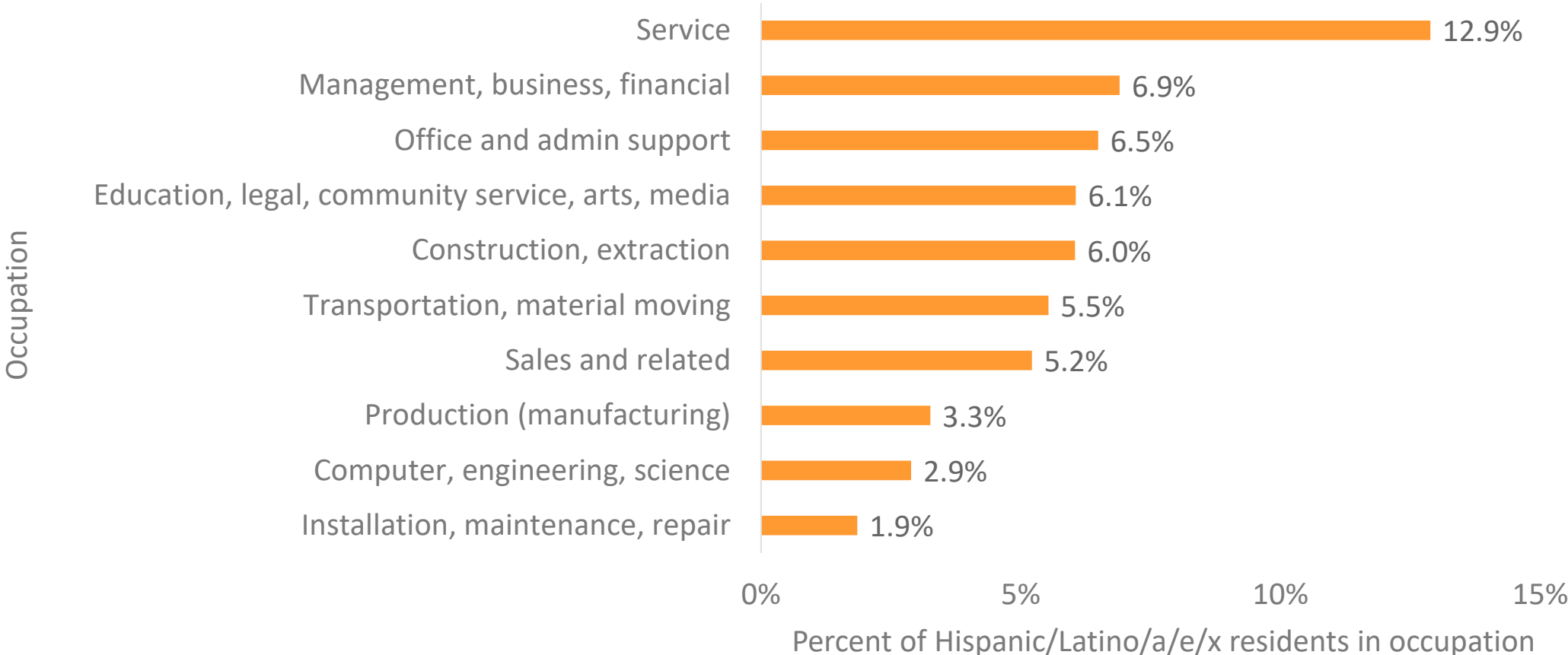
Temporal trends in the percent of Alameda County residents in poverty, by race and ethnicity  
(5-year moving averages for Native American and Pacific Islander)



Source: American Community Survey.  
Note: Single-year data is not available for 2020 due to the pandemic.

# Latino/a/x Workers are Concentrated in Low-Wage, Hazardous Jobs

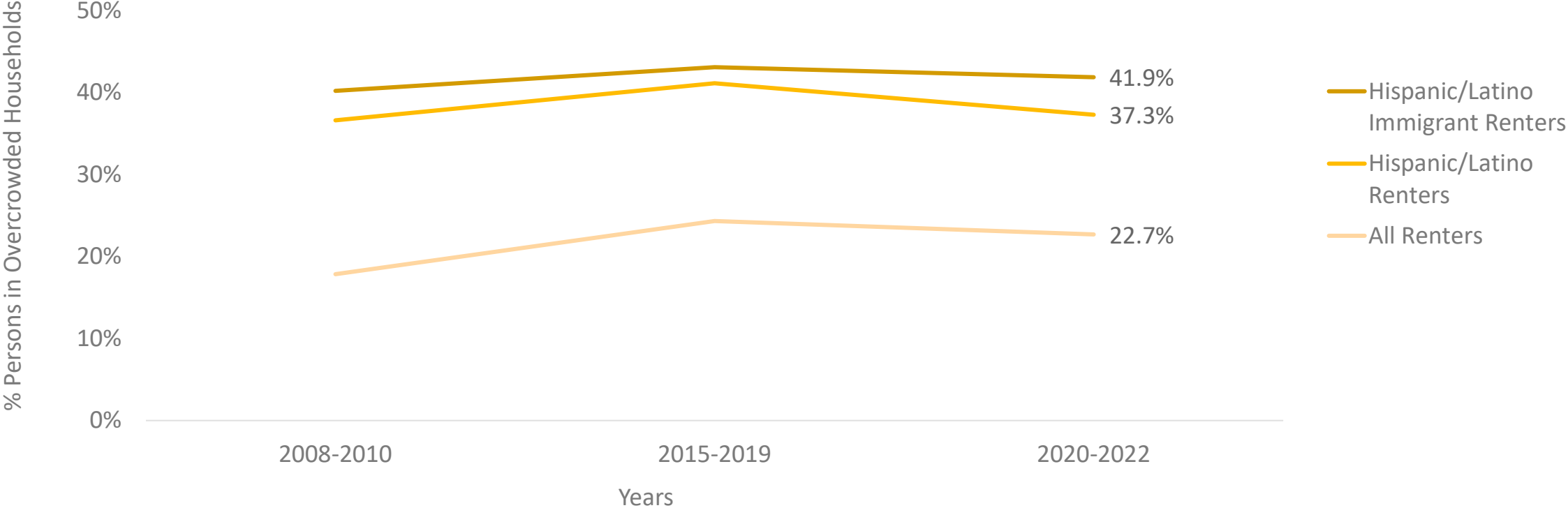
Top 10 occupations among the Hispanic/Latino/a/e/x population in Alameda County



Source: American Community Survey PUMS data, 2020-2022.

# Latino/a/x Residents in Alameda County are More Likely to Live in Overcrowded Housing

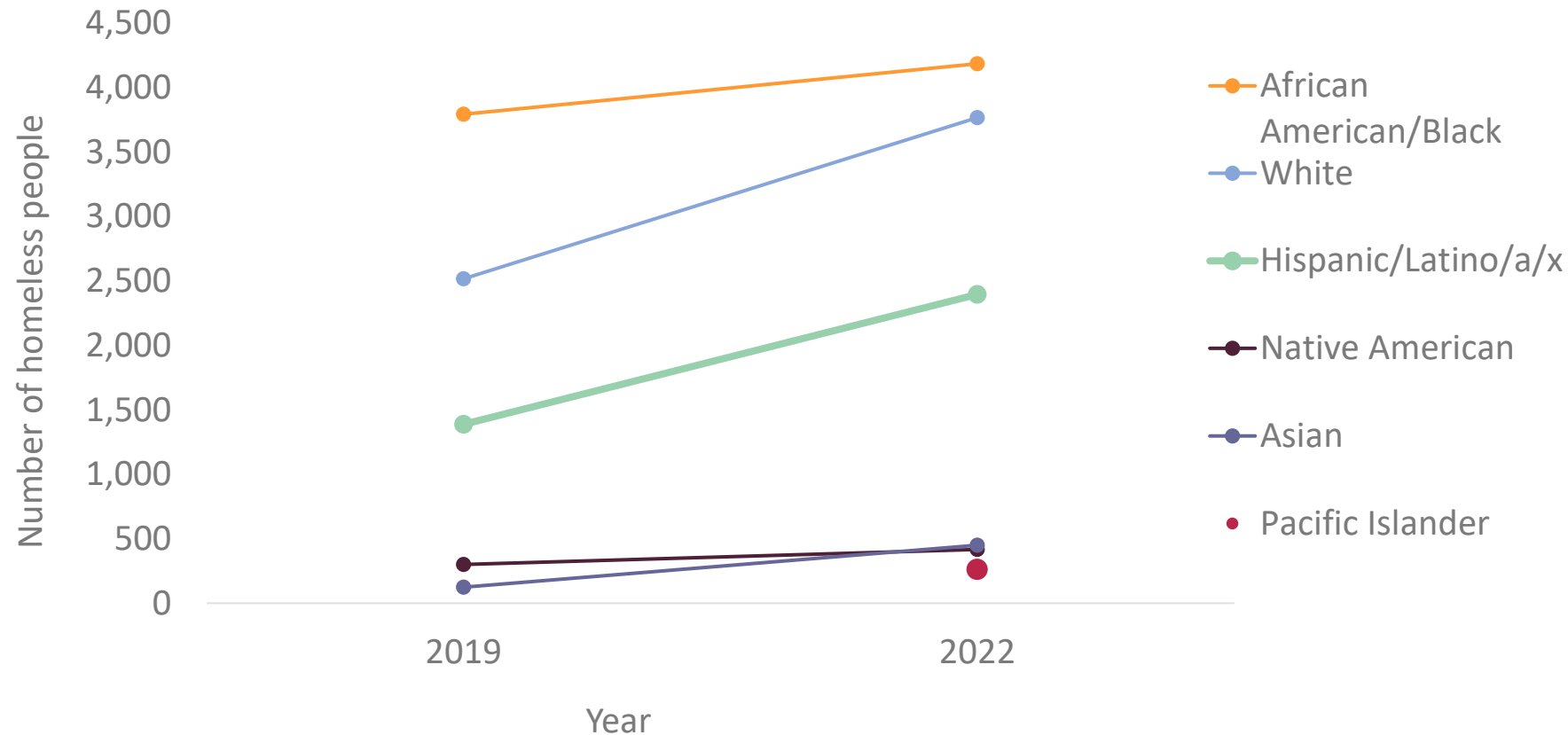
Trends in overcrowdedness (>1.0 persons per room) in Alameda County for all renters, Hispanic/Latinx renters, and Hispanic/Latinx immigrant renters



Source: American Community Survey PUMS data.

# Increase in Latino/a/x Homelessness in Alameda County

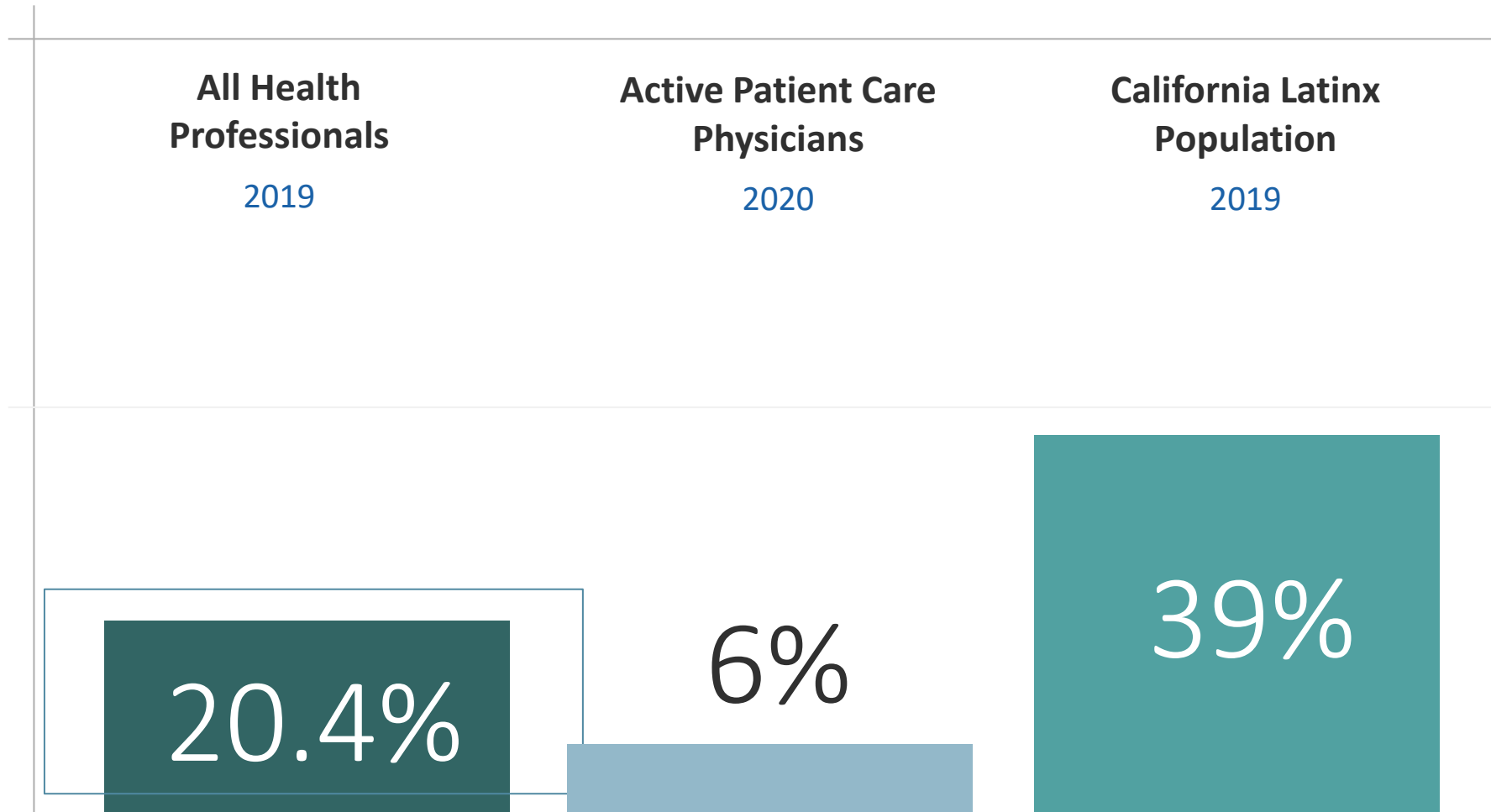
## Alameda County homeless population by race and ethnicity



There was a **73% increase** in the number of Hispanic/Latino/a/e/x people who were homeless from 2019 to 2022, the **2<sup>nd</sup> largest relative increase** of any race or ethnicity

Source: Alameda County Point In Time Homelessness County, 2019 and 2022

# System Barriers for Latino/a/x Residents in Accessing High-Quality Healthcare



Limited English Proficiency (LEP) and immigration-related mistrust pose significant barriers for Latinos, impacting disease prevention, management, and health outcomes.



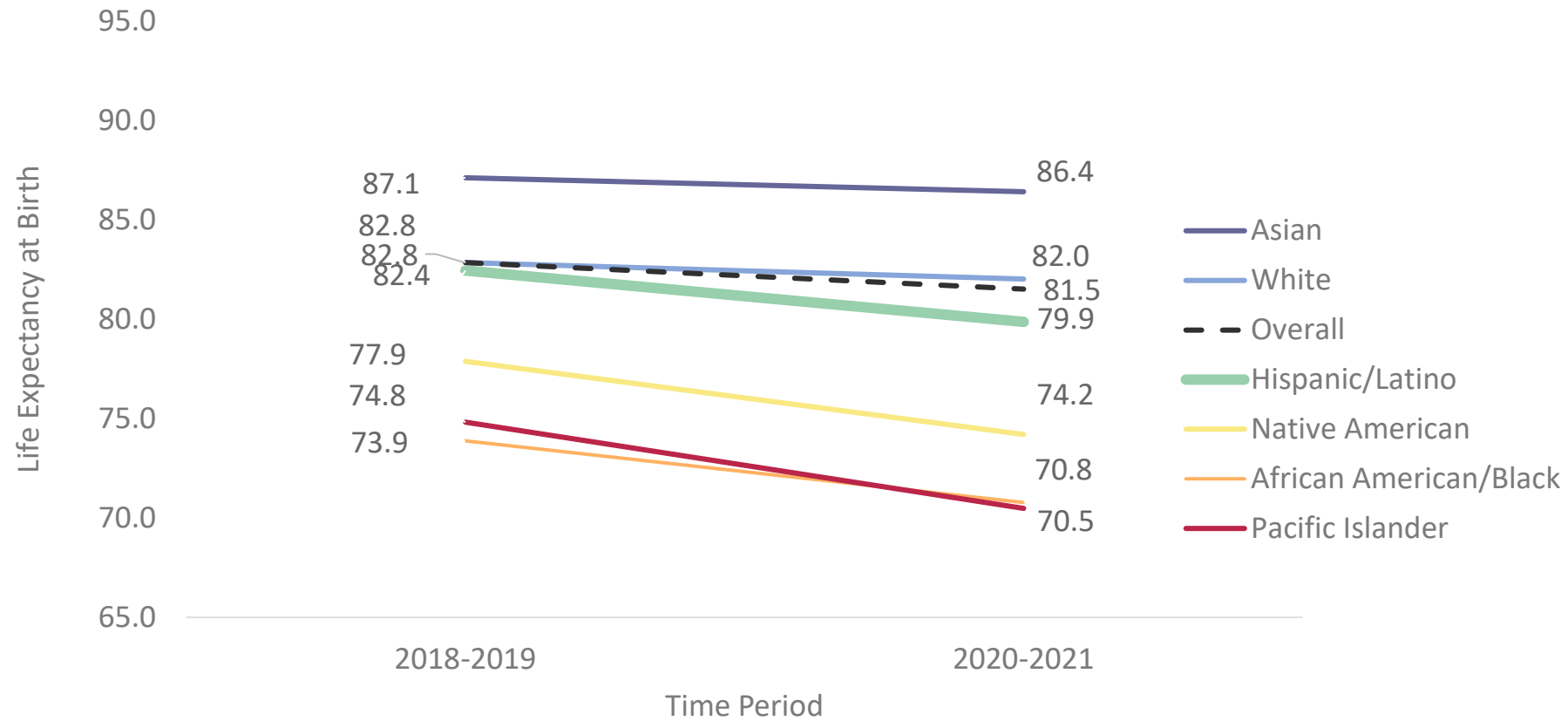
# Health Outcomes

Life Expectancy, Chronic Illness and Infectious Disease



# Latino/a/x Residents Have Lower Life Expectancy than the General Population in Alameda County

Life Expectancy at Birth in Alameda County by Race/Ethnicity

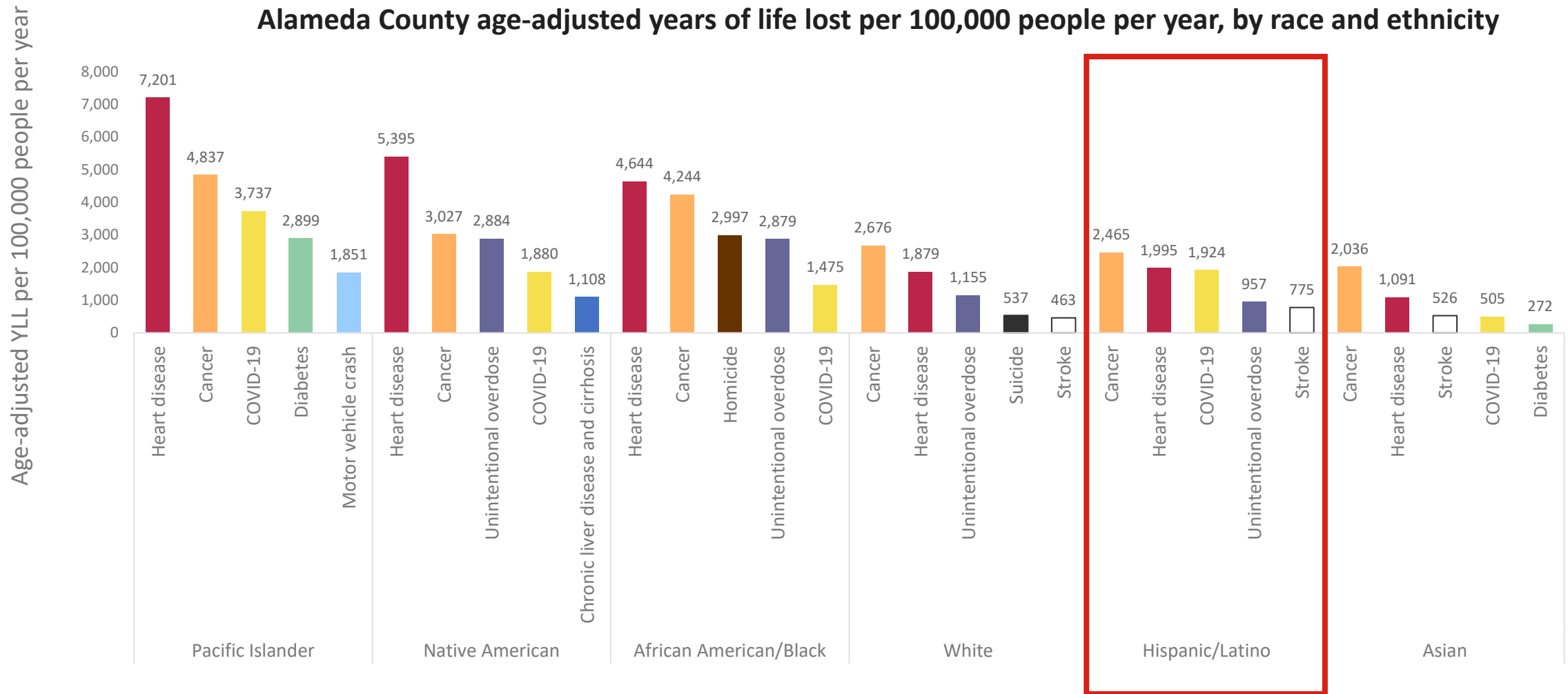


The gap between Hispanic/Latino/a/x American life expectancy and overall life expectancy in Alameda County grew from 0.4 years in 2018-2019 to 1.6 years in 2020-2021



# Leading causes of years of life lost by race and ethnicity

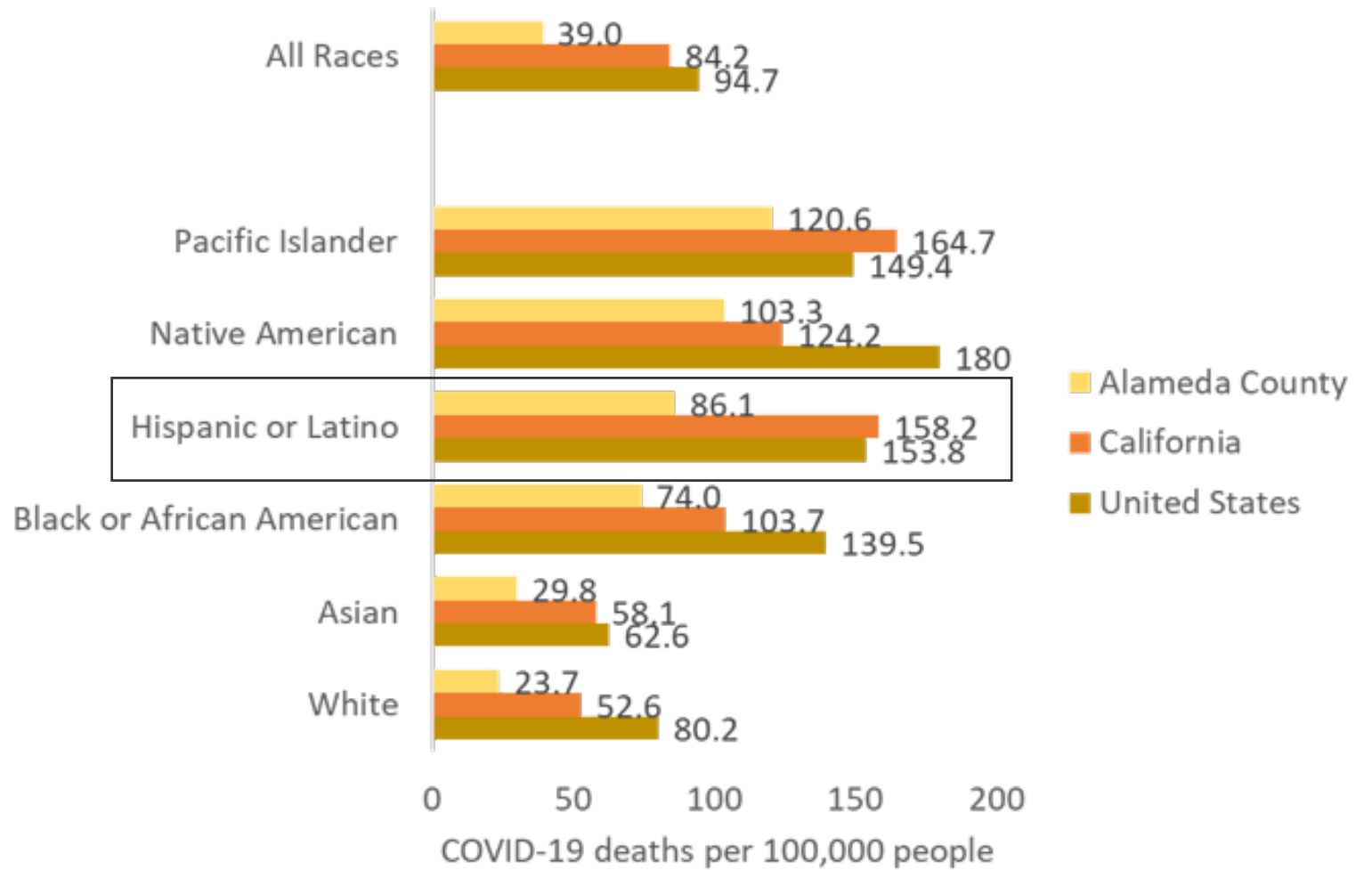
Alameda County age-adjusted years of life lost per 100,000 people per year, by race and ethnicity





# Large Racial and Ethnic Disparities in COVID-19 Mortality

2020-2021 COVID-19 deaths by race and ethnicity in Alameda County, California, and the United States

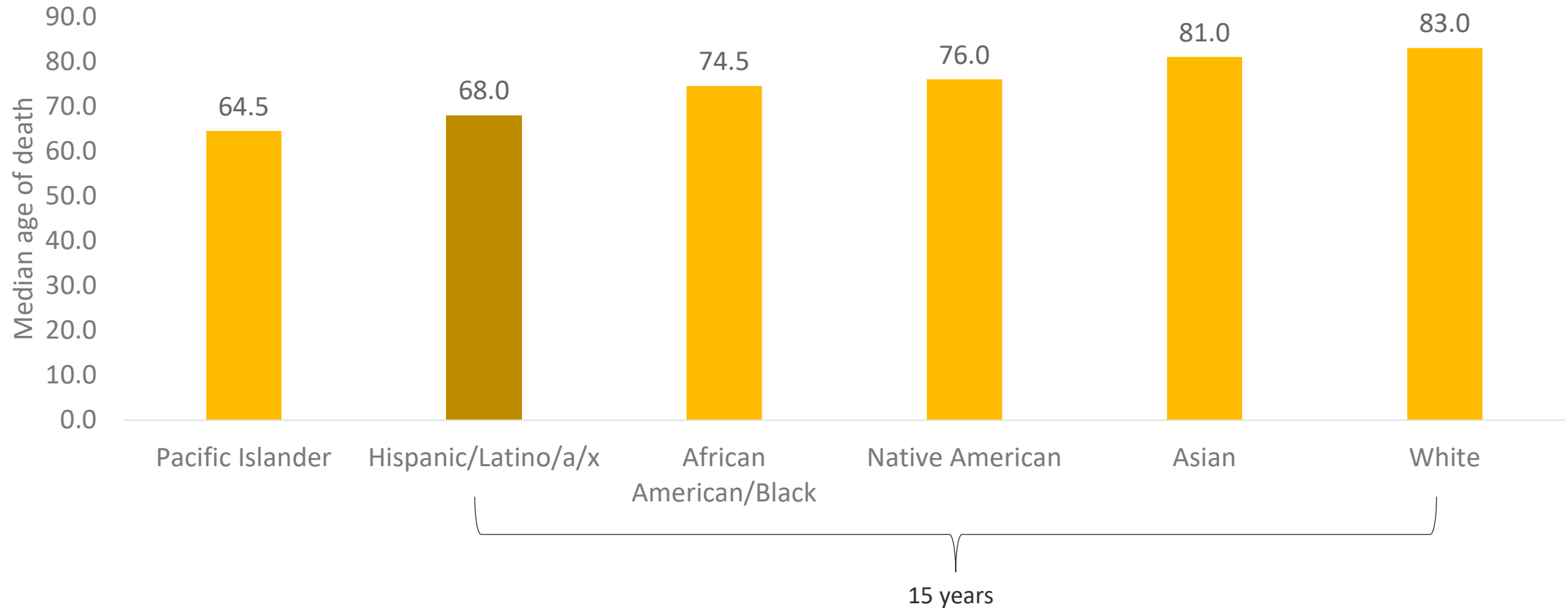


Source: Alameda County vital statistics files, 2020-2021



# Latino/a/x People are Dying of COVID-19 at a Younger Age

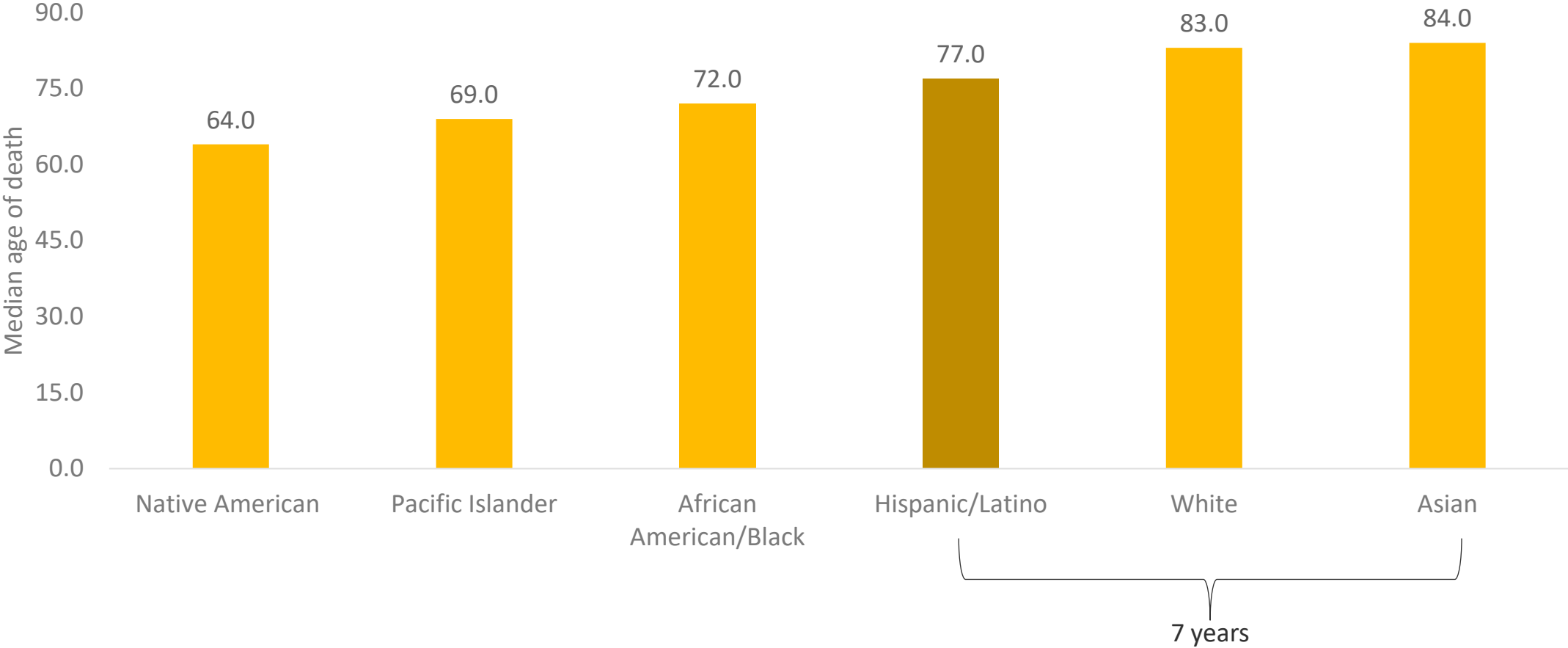
Alameda County racial and ethnic disparities in median age of death due to COVID-19



Source: Alameda County vital statistics files, 2020-2021

# Latino/a/x People are Dying of Heart Disease at a Younger Age

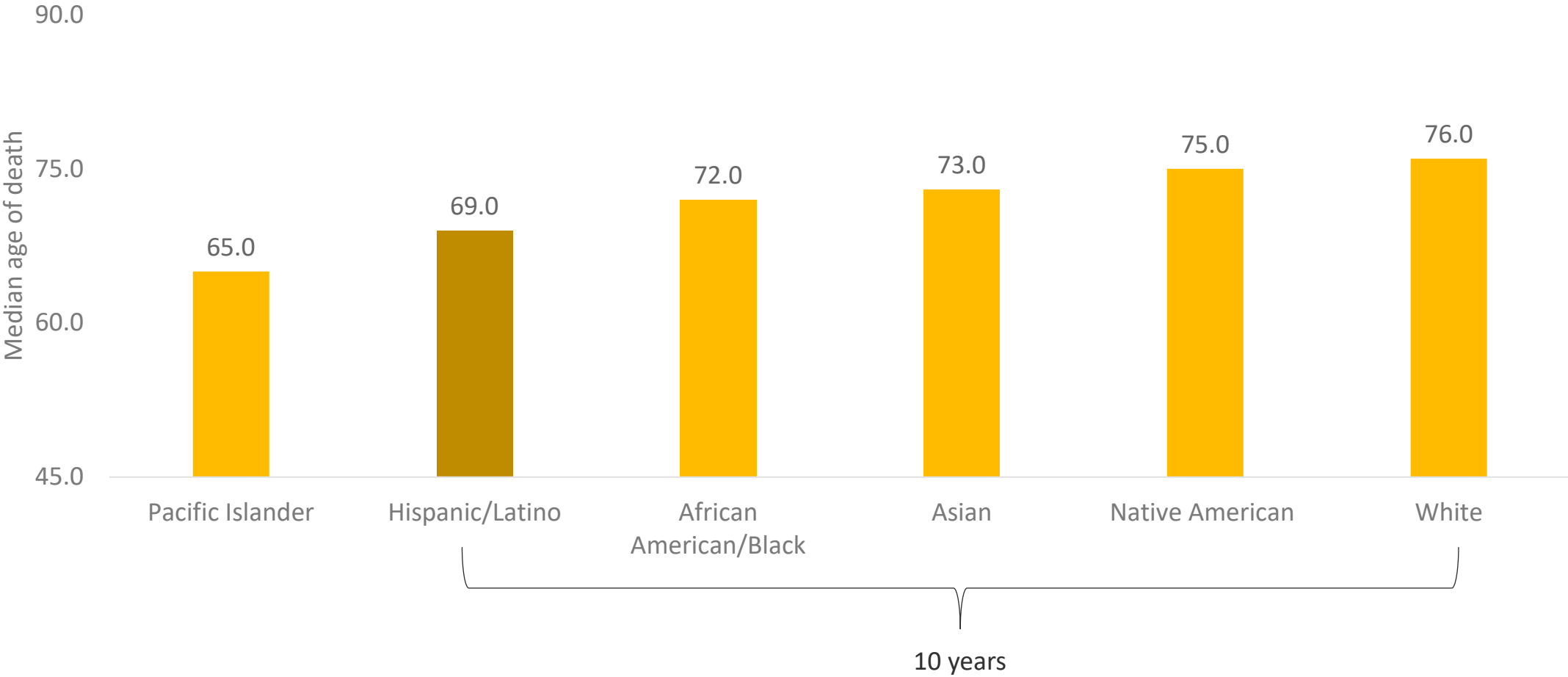
Alameda County racial and ethnic disparities in median age of death due to heart disease



Source: Alameda County vital statistics files, 2020-2021

# Latino/a/x People are Dying of Cancer at a Younger Age

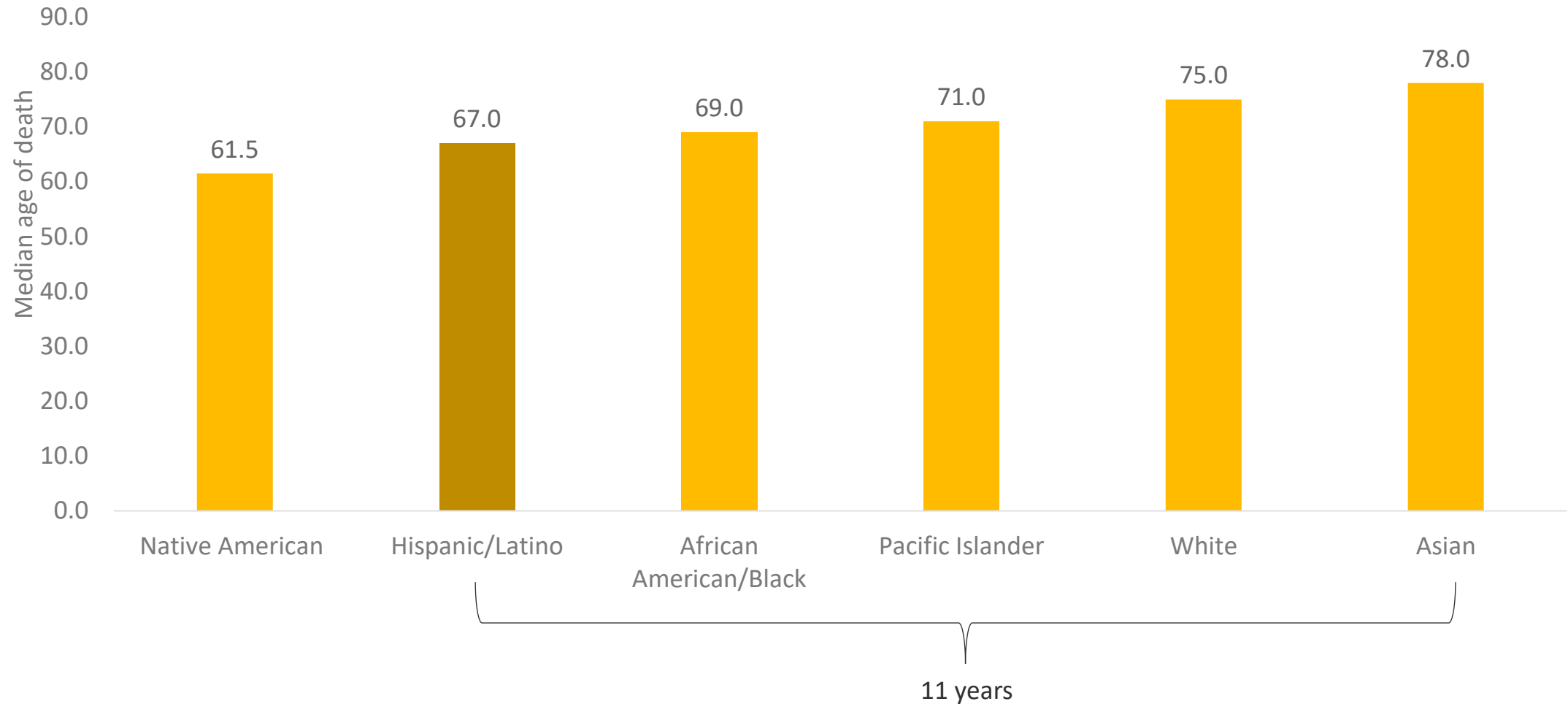
Alameda County racial and ethnic disparities in median age of death due to cancer



Source: Alameda County vital statistics files, 2020-2021

# Latino/a/x People are Dying of Diabetes at a Younger Age

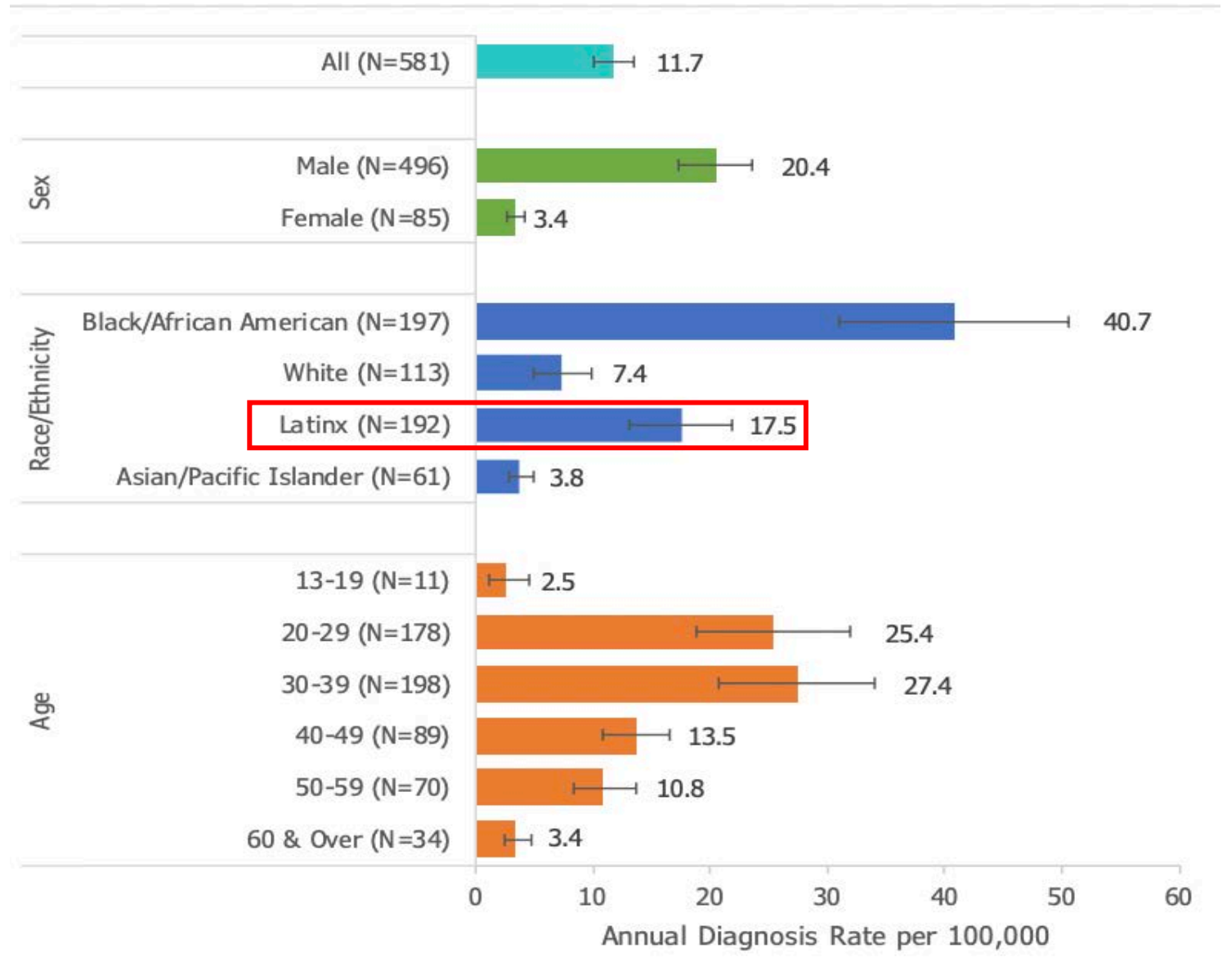
Alameda County racial and ethnic disparities in median age of death due to diabetes



Source: Alameda County vital statistics files, 2020-2021



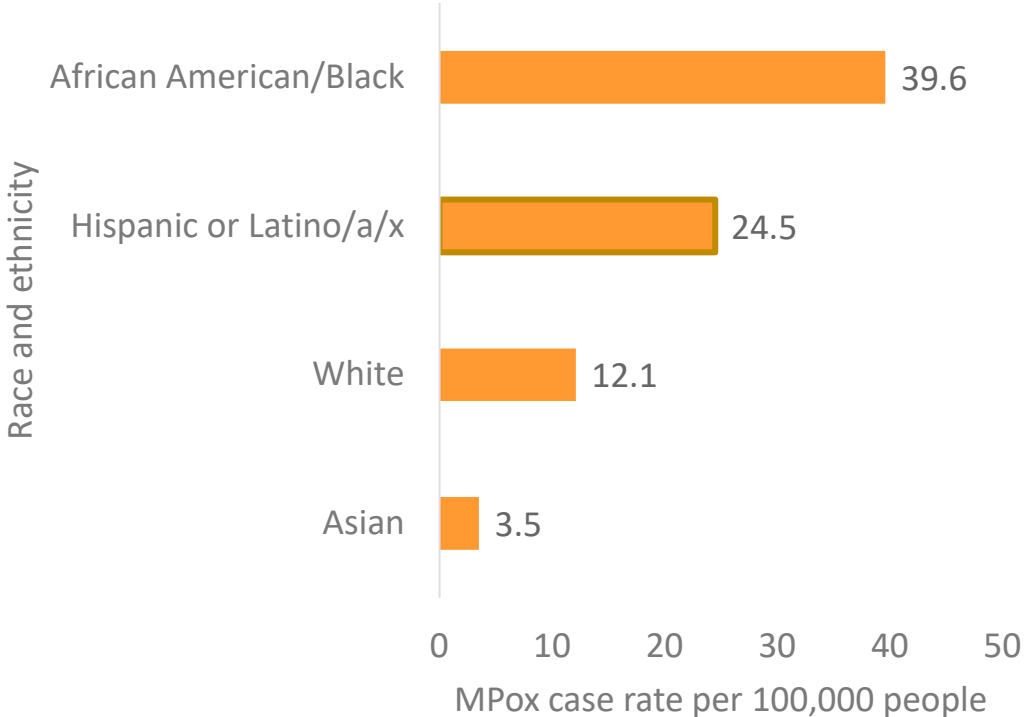
# The rate of new HIV diagnoses is 1.5x higher for Latinx people in Alameda County relative to the general population, 2019-2021



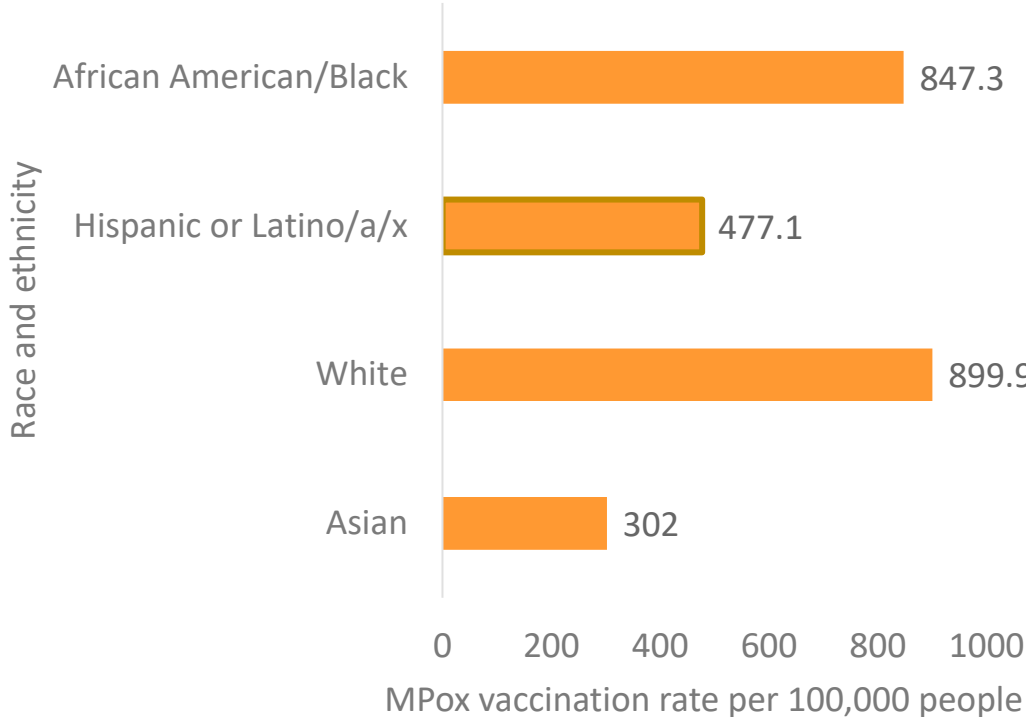
HIV in Alameda County. <https://acphd-web-media.s3-us-west-2.amazonaws.com/media/data-reports/communicable-disease/docs/hiv-ac-2019-21.pdf>

# Mpox Cases and Vaccinations

**Alameda County Mpox cases per 100,000 people by race and ethnicity**



**Alameda County Mpox vaccines per 100,000 people, by race and ethnicity**



Sources: Cases – The California Reportable Disease Information Exchange (CalREDIE); Vaccinations – The California Immunization Registry (CAIR)

# Culturally Affirming Programs and Services





# Culturally Affirming Approaches

- Strive to have Bilingual & Bicultural staff whenever possible
- Investing in expanding translation of documents across agency and simultaneous translation and bilingual presentations for all community meetings
- Regular cultural competency training for staff and contractors
- Improving disaggregated data collection
- Increasing contracted partnerships with providers that provide linguistically appropriate and culturally competent & affirming services
- Increasing peer health provider opportunities across programming



# Culturally Affirming Programs

- **Partnerships with Trusted Community Organizations to Engage Residents**
  - **Community Resilience Program-** Community-led Coalitions and Organizations supporting COVID-19 outreach, health education, resource linkage and navigation services, and pandemic recovery
  - **Community Navigators Network-** partnership with 40+ grassroots community organizations to improve equitable access to services
- **Clinical Services**
  - **HealthPAC-** Affordable healthcare for uninsured residents, 93% Latino/a/x clients
  - **Blue Skies Mental Health:** mental health services in Spanish for perinatal clients
  - **Immunization Program-** partner closely with community resilience programs to provide vaccinations
  - **New ACBH Latino Mental Health Advisory Committee:** to better understand and address needs of Latino/a/x clients
- **Health Education Programs to Prevent and Control Illness**
  - **Nutrition Services and Diabetes Education Program:** promotes healthy eating and physical activity to prevent, delay, and manage heart disease, type 2 diabetes, and other chronic diseases; employs peer educators
  - **Mental Health First Aid:** trains participants to identify and respond to signs of crisis and to provide initial support and connection to appropriate care



# Culturally Affirming Programs

- **Case Management: Connecting Clients to Health and Social Services**
  - **Fatherhood Program:** serving Latino/a/x fathers
  - **CARE Partners:** provides end of life planning
  - **Older Adults/Healthy Results:** provide supports to older adults with complex needs
  - **Office of Dental Health:** connects clients with dental services
- **Youth-focused Programs through Center for Healthy Schools**
  - Funding 5 school districts to provide culturally competent mental health services
  - **Community Health Access Program:** family navigation services for health and basic needs, parent health education.
  - **Access and Linkage/Mental Health Consultation:** linking students with mental health and other resources
  - **Madison Park Academy/OUSD** peer mentoring pipeline for newcomer students
  - **Caminos Program:** Case management, health education and therapy services for unaccompanied immigrant youth, mostly from Central America



# Serving Indigenous Immigrants from Latin America

- **Community Resilience Program**

- **Street Level Health Program-** Outreach, health education and linkage to care for Mam community in Oakland
- **El Timpano-** Mam online media platform providing amplification of news and information for Latino and Mam community. Provides health education and outreach for COVID and pandemic recovery services

- **Peer 2 Peer**

- Resource navigation, linkage and emotional support program meeting the clinical, social, and educational needs of Guatemalan households.
- Peer advisors sharing lived experience of clients provide ethnic and language concordant services.

- **DREAMS**

- Parent education, bereavement counseling, and support for women with adverse pregnancy outcomes



# Addressing Poverty, Workforce Development & Career Pipelines

- **Career Development & Pipeline Programs**

- **REACH Ashland Youth Center:** case management, youth development, high school completion and career services, onsite clinical services
- **EMS Corps:** EMT job training & leadership development
- **Learn, Earn, Have Fun:** coaching for educational attainment, career exploration, and job placements for youth at-risk of alcohol and other drug use
- **Project New Start:** case management & career/educational plans for adjudicated and other high-risk youth seeking to remove tattoos and make other positive changes
- **Youth and Family Opportunity Hub – Unity Council Latino Men & Boys Program:** case management and referral to affordable housing, free tax services, food distribution, business assistance, and neighborhood career center

- **Women, Infant, Children (WIC) Supplemental Nutrition Program**

- Healthy food
- Support to help mothers achieve their breastfeeding goals
- Nutrition education and counseling and referrals



# Addressing Housing Conditions and Homelessness Prevention

- **Office of Homeless Care Coordination**

- Healthcare for the Homeless serves several monolingual Spanish-speaking encampments
- Expanding outreach & partnerships to connect Latino/a/x community to homelessness prevention resources and services
- Centering racial equity in homelessness response system

- **Bay Area Healthy Homes Initiative:** partnering with Bay Area Air Quality Management District to provide energy efficiency and home retrofits for communities overburdened by air pollution

- **Asthma Start:** provide in-home assessment and minor remediation to address housing conditions triggering asthma (ventilation improvements, minor mold removal, Integrated Pest Management, etc.)



# Summary and Recommendations



# Recommendations to Decrease Premature Death and Health Inequities in Latino/a/x Community

## Support policies and resources that:

- Increase access to language interpretation and translation
- Implement healthcare coverage expansion
- Diversify health workforce and pipeline programs in our county
- Reduce wage theft and encourage compliance with labor protections
- Strengthen and enforce local tenant protections
- Disaggregate data across county

