

# **Course Project Part 3: Topic Poster**

**Student Name**

**NR 394 Transcultural Nursing**

**Date**



# Increasing rates of Obesity among the Hispanic Population

Student Name

NR394

Date

## Cultural Community

- The Hispanic population is the second largest ethnic population group in the U.S
- Has an increasingly young population
- Plays a vital role in the socio-cultural, economics and political aspects
- Faces challenges of affordable housing, low income and a high uninsured rate
- It is vital policies such as healthcare take into consideration of diversity in NYC
- Obesity and overweight is a significant health issue facing the Hispanic population

## Health Issue

- Obesity is a risk factor - diabetes, some types of cancer, cardiovascular disease and hypertension)
- It is an issue of national importance
- It is impacting public health outcomes
- Requires evidence-based intervention
- Puts focus on socio-economic, cultural and health determinants
- Approximately 78.8 and 81.8 percent of Hispanic women and men are obese than 64.8 and 75.3 non-Hispanic white women
- Americans and children are 1.2 and 1.8 times likely to become obese than non-Hispanic whites and children respectively.
- The Hispanic population has increasing levels of obesity related health related risks
- Face the challenge of lack of access to proper quality health care

## Clinical Impact

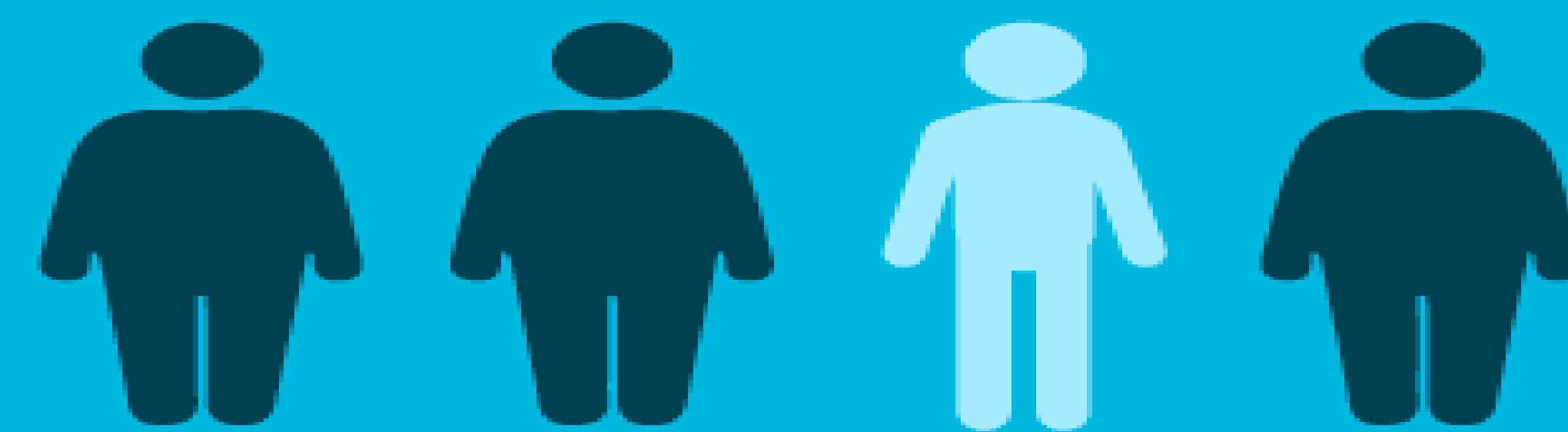
- Today's clinical practice ought to be aware of the existence of multicultural populations
- Clinical practice should be individualized with knowledge of varying cultural or ethnic populations
- Obesity has impacted New York City both financially and socio-economically
- There is huge cost burden on the NYC's healthcare system
- Huge financial, emotional and psychological burden on patient's family members and caregivers
- Increasing disability due to obesity related health e.g. stroke

## Best Practice Tips

- Evidence-based intervention should begin by targeting the home environment
- Creation of awareness on the severe health impacts of obesity
- Basic training on preparing alternative and affordable balanced diets
- Participation in all training and intervention measures should be completely voluntary; hence, to avoid any ethical issue arising.
- Children to be accompanied an adult parent, custodian or get consent from either
- Ensure healthcare practitioners are extra-sensitive when talking such an issue to the community members and especially persons that are already obese

**DID YOU KNOW?**

**3 in 4 Latinos**  
are overweight or obese....



...but this is a reversible trend.

Start by making a small change in your daily habits. Text HEALTH to 62571. Standard Message and Data Rates Apply

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## References

- Schub, T. B., & Smith, N. R. (2018). Obesity in a Culturally Diverse Population: an Overview -- Providing Culturally Competent Care. *CINAHL Nursing Guid*.  
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