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Nuestras Voces (Our Voices) Network

nuestrasvoces.org An Initiative of the National Alliance for Hispanic Health



Healthy Americas Foundation: Does Race, Ethnicity or Gender Matter in Health Care?

Does **Race**, **Ethnicity**, or **Gender** Matter in Health Care?

It all depends on you.

Our effectiveness as health care providers is increased by being attuned to when these factors impact the care we provide.

Given our increased ability to use technology to analyze multiple factors we are learning to tease out the intricacies of race, ethnicity, and gender in the research that drives our standards of care.

Each person's health profile reflects a combination of biology, heritage, habits, experiences, and the impact of social factors. Some of these change the expression of genetic factors, others increase the risk of certain conditions, and still others are protective.

Aggregated data provide a framework for the care and treatment we provide. But it has its limits. For example, use of the term 'minority' is not helpful as each group of people, including non-Hispanic whites, includes a variety of heritages.

While aggregated data provide valuable knowledge, it is the individual nuances of the patient in front of us that should drive clinical judgment. Looking at each person as an individual within a broader context is the refinement of the lessons learned from case studies.

Science and clinical research are providing an opportunity for us to recalibrate what we do based on what we now know and what we hope to discover. Our challenge is to be open to new clinical interventions to help achieve the best health for all.

Consider this:

- For Asian-Americans and Hispanics, cancer is the leading cause of death.¹
- Among Hispanic women the leading cause of cancer death is breast cancer and among Hispanic men it is lung cancer.²
- Black and Hispanic women have higher rates of cervical cancer than non-Hispanic White women³ highlighting the importance of regular Pap screening.
- Top cancer sites for Hispanic and Asian men and women (2014-2018) are liver and intrahepatic bile duct and stomach.⁴
- Hispanics have two-fold higher rates of liver and stomach cancers than non-Hispanic Whites.⁵ Data shows that 1 in 5 people with liver cancer in the United States is Hispanic.⁶
- Hispanic smokers who visit a provider are 53% less likely to receive advice to quit smoking than non-Hispanic White adult smokers.⁷
- In 2020 the American Cancer Society updated its cervical cancer screening recommendations to prioritize HPV testing even though the limitations state "there is disparity in the cervical cancer disease burden in the United States, with higher rates of disease among Black and Hispanic women and women of lower socioeconomic status; populations not optimally represented in the RCTs [randomized controlled trials]."⁸
- Hispanics are more likely to be diagnosed with advanced stages of disease, have longer times to definitive diagnosis and treatment initiation, and experience poorer quality of life relative to non-Hispanic Whites.⁹

¹Health Affairs. Deaths leading to cancer in 2019. National Vital Statistics Reports. Vol. 70, No. 1. Hyattsville, MD: National Center for Health Statistics; 2021. ²American Cancer Society. Cancer Facts & Figures for Hispanics & Latinos. Atlanta: American Cancer Society; 2021. ³American Cancer Society. Cancer Facts & Figures for Black Americans. Atlanta: American Cancer Society; 2021. ⁴American Cancer Society. Cancer Facts & Figures for Asian Americans and Pacific Islanders. Atlanta: American Cancer Society; 2021. ⁵American Cancer Society. Cancer Facts & Figures for American Indians and Alaska Natives. Atlanta: American Cancer Society; 2021. ⁶American Cancer Society. Cancer Facts & Figures for American Indians and Alaska Natives. Atlanta: American Cancer Society; 2021. ⁷American Cancer Society. Cancer Facts & Figures for American Indians and Alaska Natives. Atlanta: American Cancer Society; 2021. ⁸American Cancer Society. Cancer Facts & Figures for American Indians and Alaska Natives. Atlanta: American Cancer Society; 2021. ⁹American Cancer Society. Cancer Facts & Figures for American Indians and Alaska Natives. Atlanta: American Cancer Society; 2021.



The National Alliance for Hispanic Health's Healthy Americas Foundation has developed a series of wall board infographics for health care settings, to highlight the importance of understanding the differences by race, ethnicity and gender and its impact on the health and health care disparities of diverse communities. These wall board infographics can be downloaded from the *Nuestras Voces* Network website at www.nuestrasvoces.org

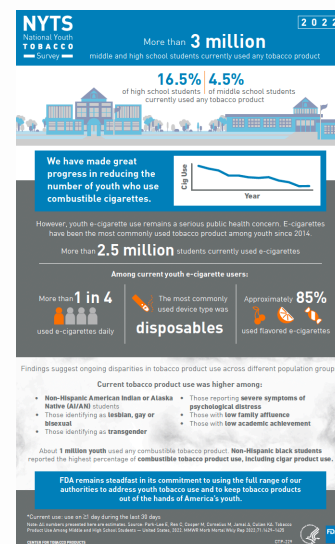
Research Spotlight

Evaluating the Immediate Impact of Graphic Messages for Vaping Prevention Among Black and Latino Adolescents: A Randomized Control Trial

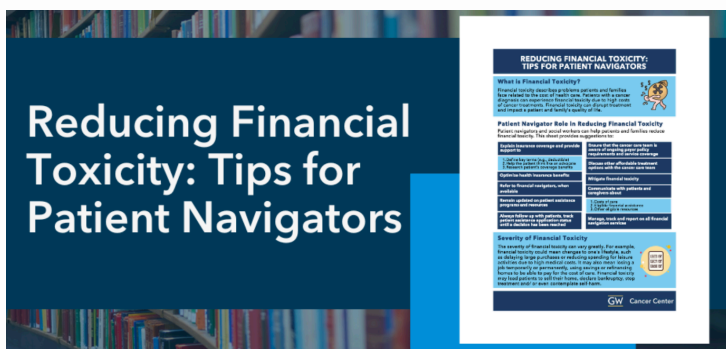
The purpose of this pilot study was to assess the immediate impact of vaping prevention graphic messages on the susceptibility to future vaping among Black and Latino adolescents (ages 12 to 17). Graphic messages (available in English and Spanish) were developed using participatory research procedures with Black and Latino adolescents. Overall, all graphic messages but one showed a slight decrease in the number of participants susceptible to future vaping, though none of these differences was statistically significant. Future research is needed to evaluate susceptibility to future vaping before and after exposure to different and/or repeated vaping prevention graphic messages. To access the article go to <https://pubmed.ncbi.nlm.nih.gov/36011661/>

New from the GWCC: Training on Financial Navigation for Oncology Patient Navigators & Tip Sheet on Financial Toxicity

2022 National Youth Tobacco Survey Infographic

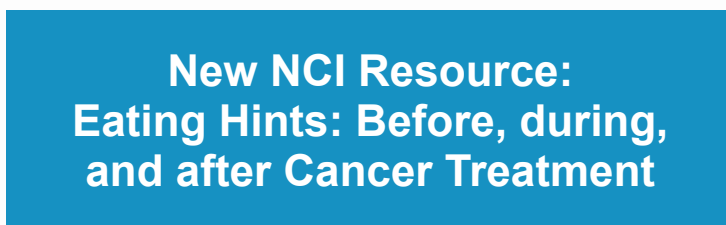


In 2022, more than 3 million middle and high school students currently used (past 30 days) any tobacco products. While we have made great progress in reducing the



The George Washington University (GW) Cancer Center released a new training on financial navigation to support the work of oncology patient navigators. Individuals with cancer routinely face high treatment costs, making financial navigation an essential component of patient navigation. The training describes current evidence on drivers of financial toxicity, and shares mitigation strategies and resources that equip patient navigators to effectively address financial toxicity. In addition, the GWCC developed a companion tip sheet on financial toxicity as a tool for patient navigators to support patients with financial navigation. To access the training and the tip sheet click below:

- [Financial Navigation Lesson for Oncology Patient Navigators](#)
- [Reducing Financial Toxicity: Tips for Patient Navigators](#)



number of youth who use combustible cigarettes, youth e-cigarette use remains a public health concern. E-cigarettes have been the most commonly used tobacco product among youth since 2014.

FDA has published a new infographic highlighting the key findings from the 2022 National Youth Tobacco Survey (NYTS). Download [HERE](#).



New Year is the most popular time of the year to hit the proverbial “reset” button—an opportunity to set new goals and resolve to live a happier and healthier life. Choosing to quit smoking as a New Year’s resolution can be a challenge, but with a solid plan in place, you can make 2023 the year you’ve quit for good! There is no better time to quit than right now! Learn more [HERE](#).



The National Cancer Institute released the updated version of Eating Hints. This booklet describes ways to eat well before, during, and after treatment for cancer. It can help understand eating problems that may happen and suggests ways to deal with them. Eating Hints is for people who are having eating problems caused by cancer treatment. Family and friends may also want to read this booklet. To order copies and/or download a copy of the booklet

visit: https://www.cancer.gov/publications/patient-education/eating-hints?cid=eb_govdel_cancerinfo

El Año Nuevo es la época más popular del año para presionar ese proverbial botón de 'reinicio', como una oportunidad para fijarse nuevas metas y resolver vivir una vida más feliz y sana. Proponerse dejar de fumar como resolución de Año Nuevo puede presentar un desafío, pero teniendo un plan sólido listo, ¡puede hacer del 2023 el año que dejó de fumar para siempre! ¡No hay mejor momento para dejar de fumar que ahora mismo! Aprenda más [AQUÍ](#).

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