

Latina Health in Los Angeles

Beatriz Solis
The California Endowment
Director, Healthy Communities
Southern Region

Insurance Coverage

- Health insurance is key to making health care services more accessible to a population that has poor access to health care and less than optimal health status.
- In this study, we find that Latinas (18 to 64 yrs old) have the highest rates of uninsurance coverage, 34%
- Latinas' lack of insurance coverage is also related to their income and immigration status. The high poverty level among Latinas makes it less likely they will have the resources to purchase health care coverage out of pocket.

Insurance Coverage

- 50% report household incomes less than 100% FPL
- Latinas also report difficulty accessing medical care, 41%
- 56% report no dental coverage
- 84% report receiving prenatal care in the first trimester—which is a bright spot.

Latina health

- **Built Environment**

- The social determinants of health can be understood as the social conditions in which people live and work.
- specific features of the social context that affect health,
and
- to the pathways by which social conditions translate into health impacts.

Health Indicators

- The Health Indicators for Women in LA County show how Latinas fair in this realm
- 73.4% of Latinas report their neighborhood is safe from crime compared to White women (90%)
- 76% of Latinas reported they can easily get to a park or safe playground

Health Indicators

- Access to quality fruits and vegetables reported by only 31% of Latinas
- 40% of Latinas reported eating fast food once a week
- 31% are overweight

The Health Insurance Coverage and the Built Environment Matters

- From this study, we see that many Latinas lack access to the health care system.
- A health care system that is accessible, provides quality services, linguistic and cultural appropriate services are still lacking for many Latinas and their families.

The Health Insurance Coverage and the Built Environment Matters

- When safe parks and streets and clean air surround our communities, they are more active. When communities have access to fresh, affordable and nutritious foods, people eat better, and we have healthy environments.
- Communities also need to make sure there are healthy food choices.
- If a community is filled with fast food restaurants and convenience stores that stock chips and soda, residents can't eat a healthy diet.

Economic Downturn

- We can only assume that with high unemployment among Latinos the situation is further amplified in terms of increasing numbers of uninsured due to job loss
- Higher rates of insecurity in the neighborhood
- Access to fresh fruits and vegetables also limited due to reduced income