CultureVision™ is pleased to announce that an updated version of the Mexican section will soon be available for CultureVision™ users. The section has updated information and data on the health and culture of the Mexican population. In keeping with CultureVision’s mission to provide information specific to each culture group, we’ve made a particular effort to add and update information about the Mexican population when possible, rather than the general Latino population.

In 2015, there were almost 36 million Mexican Americans in the United States, which accounted for nearly two-thirds of the entire Latino/Hispanic population in the country. In addition, foreign-born Mexicans are the largest immigrant group in the country. However, there are also some people with Mexican origins that come from what is now the U.S., before it was a country. The Mexican population is diverse, with factors such as place of birth, acculturation, language ability, and education impacting their health outcomes and cultural beliefs.

The following are some highlights from the newly updated section. For more information on providing culturally competent care to Mexican patients, visit www.culturevision.com.

USE OF SPIRITUAL HEALING/HEALERS
- Healers in traditional Mexican culture are known as curanderos/curanderas. They use prayer, ritual, magic, massage, and herbs to treat physical, spiritual, and emotional ailments.

ORAL COMMUNICATION
- The values of simpatía (kindness), personalismo (personalizing interactions), confianza (trust), and respeto (respect and courtesy) are important to many Mexicans and can be key in helping care providers build relationships with patients.

CULTURE-BOUND SYNDROMES
- Several culture-bound syndromes exist in Latino culture, such as ataque de nervios, empacho, and susto. Traditionally, these syndromes are often believed to have an emotional or spiritual cause. Treatments can include specific ceremonies and food or herbal remedies, often carried out by a curandero.

COMMON HEALTH PROBLEMS
- Mexican Americans have a diabetes prevalence (18.3%) that is greater than the overall Latino population (16.9%), and is almost double that of the non-Hispanic white population (10.2%).

What’s Coming Soon
Polish Updates

Did you know?
- Mexican Americans who are foreign-born and less acculturated commonly exhibit the epidemiological paradox
- This paradox occurs when a population that has factors that usually predispose them to poor health, often has health outcomes on par with populations that exhibit protective factors for illness.
- For example, the infants of Mexican immigrant women have slightly lower mortality rates than those of non-Hispanic white women.
Food Deserts

Food deserts are defined by the United States Department of Agriculture (USDA) as areas that lack access to fresh fruits, vegetables, and other healthy whole foods. These areas often have a lower income population and do not have grocery stores or farmers’ markets, but have a higher proportion of convenience stores or fast-food establishments. Racial and ethnic minorities are more likely to live in a food desert, as are those who live in rural areas.

Minorities are less likely to have access to chain supermarkets, but more likely to live in a neighborhood with higher proportions of fast-food restaurants and convenience stores. Nearly one out of every five (19.1%) Hispanic households experience food insecurity, compared to one out of every ten (10%) of non-Hispanic white households.

The largest concentrations of counties that have been designated as food deserts stretch from Montana and North Dakota down to Texas. Of the 418 counties in the U.S. designated as food deserts, almost 98% of them are located in nonmetropolitan areas. In 2015, 15.4% of all rural households were food insecure, compared to 12.2% of households in metropolitan areas.

For those who fall into both the Hispanic and rural population, the ability to access healthy food becomes even more complicated. These populations are more likely to be low-income, have lower education achievement, and be uninsured. The difficulty in accessing healthy foods for these populations is reflected in part by some common health problems. Hispanics and other minorities, and rural populations are at higher risk for chronic health problems such as cardiovascular disease, diabetes, and obesity.