

Community Health Engagement and Nutrition Advocacy for the Latine Community in Washington State:  
Development of a Culturally Sensitive Nutrition Booklet

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Nutrition Resources for LCH

The Latino Center for Health (LCH) is a leading voice in addressing health issues affecting Latinx communities in Washington state. LCH builds capacity and authentic partnerships with researchers, policymakers, community leaders, and other stakeholders to promote Latino health and address health inequities. As these are important areas of focus for LCH, they identified a gap in nutrition resources, which led to me being assigned two key deliverables: creating a Spanish-language nutrition booklet and compiling a resource list specifically for the Latine community in Washington State.

Booklet Specifications

- Make it culturally relevant, user-friendly, and accessible to the community
- Include basic nutrition education on topics like digestion, essential nutrients, and healthy eating
- Distribute it at health fairs, clinics, and local organizations
- Include a nutrition resource list



The Latine Community

According to the U.S. Census Bureau, as of 2023, Latine individuals constitute approximately 14.6% of Washington state's population, making them the state's largest ethnic minority group.

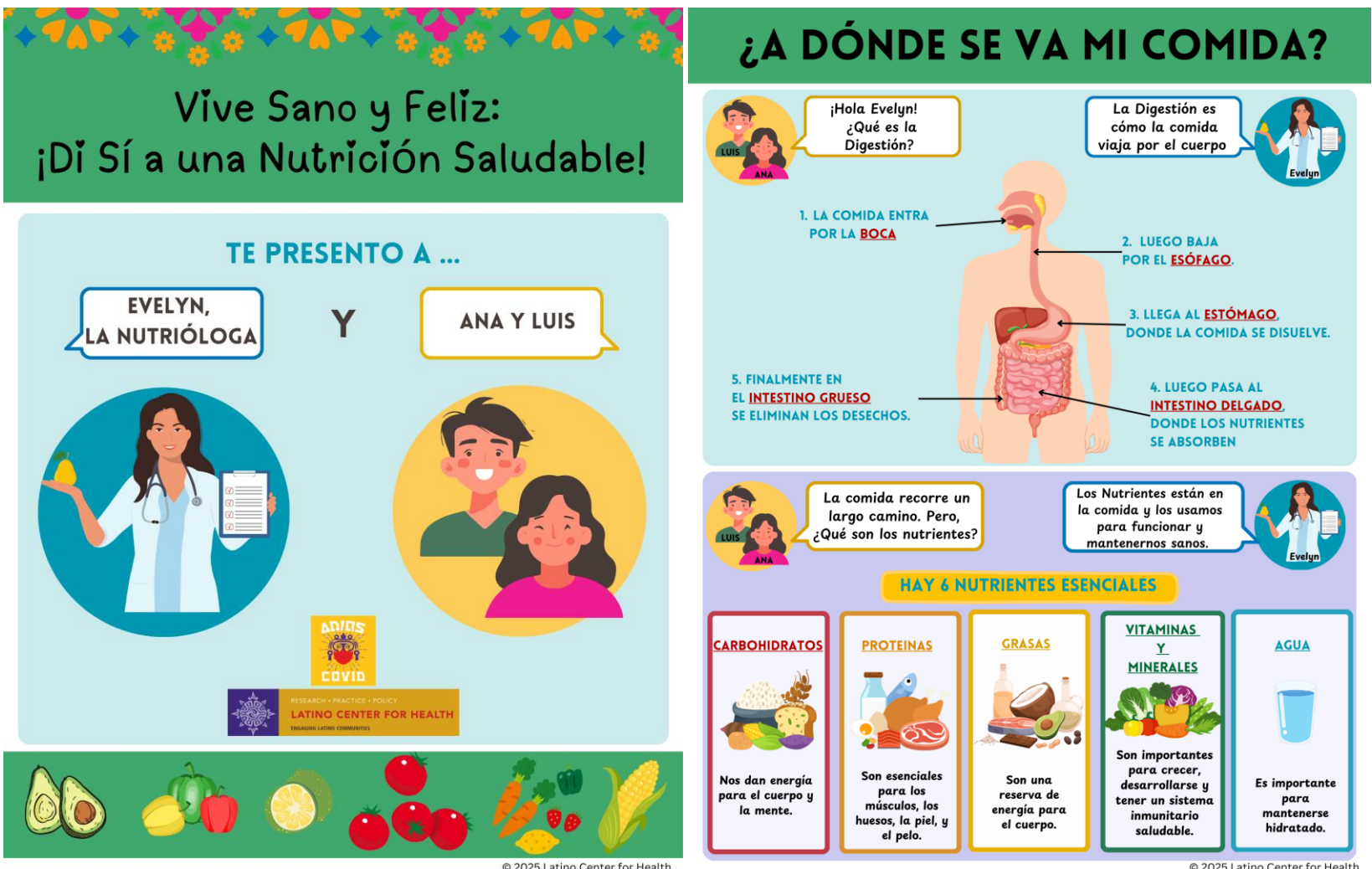
- Latine communities face higher risks of type 2 diabetes due to dietary patterns, socioeconomic factors, and limited access to healthcare.
- Culturally tailored nutrition education programs are effective in improving dietary habits and reducing diabetes risk among Latine populations.



Nutrition Booklet Development

Developing a culturally sensitive nutrition booklet involved considering the community's beliefs, customs, and available resources. The steps included:

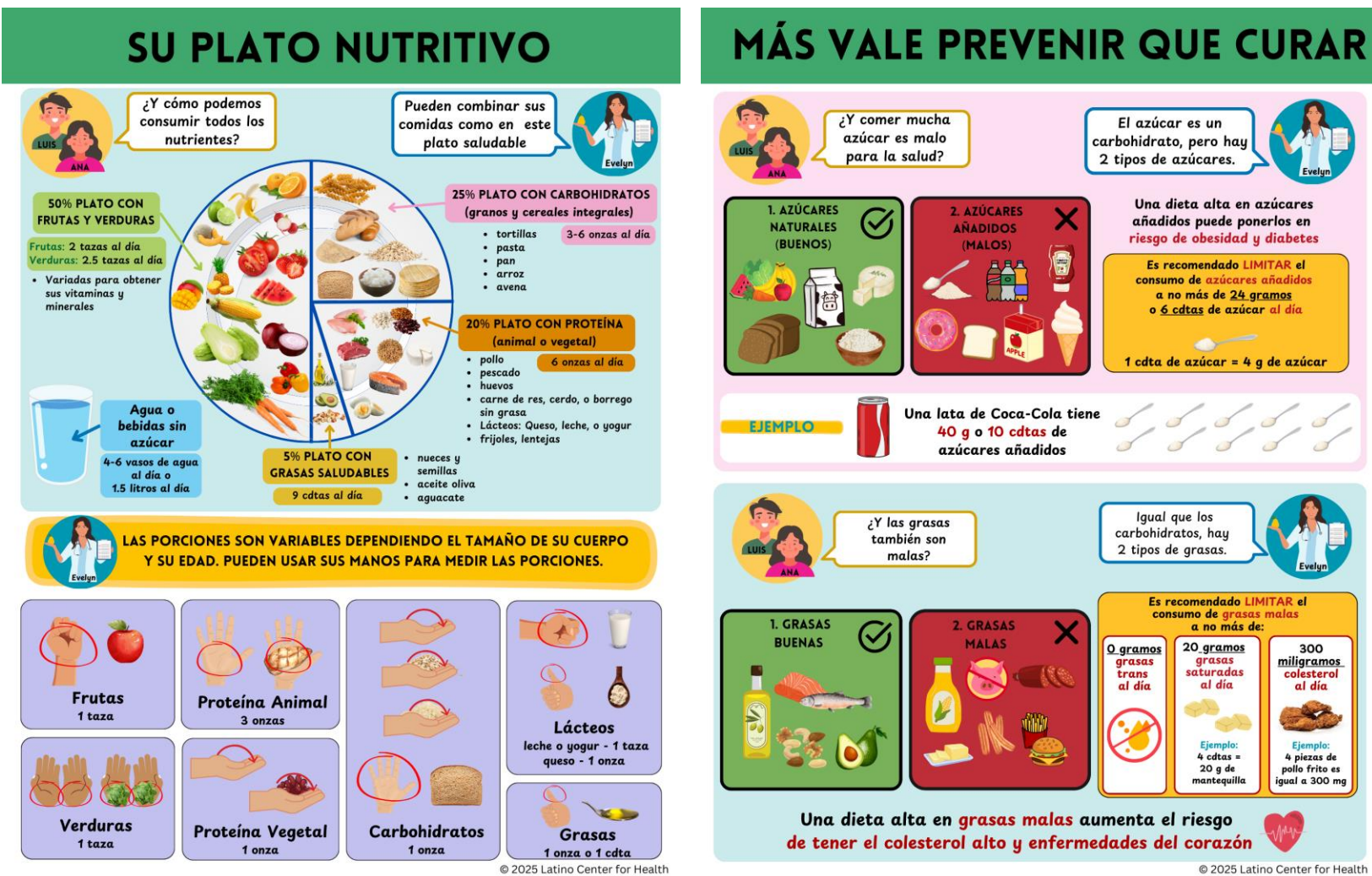
- Understand the Community's Needs
- Collaborate with community organizers to ensure cultural relevance and accuracy
- Use clear, simple language and incorporate traditional foods to make the nutrition advice practical and understandable
- Use culturally relevant images, easy-to-navigate designs, and meaningful colors and symbols to engage the community and ensure accessibility for low-literacy populations
- Make practical suggestions and pilot test



Booklet Goals

The booklet aligned with LCH's mission to promote culturally responsive, evidence-based practices and improve health outcomes for the Latine community. Some goals were:

- To empower individuals with knowledge and resources to make healthier choices, potentially reducing the risk of type 2 diabetes mellitus.
- Provide resources on nutrition, diabetes management and food access programs



Conclusion

This practicum experience reinforced the importance of culturally relevant public health education in empowering communities, particularly the Latine community, to take control of their health. It also deepened my understanding of the intersection between public health, nutrition, and social determinants, highlighting the need for expanded educational resources and partnerships to serve diverse populations and make a lasting impact on community health.



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