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Eating Disorders in the Latino Community: Provider Considerations

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Specific Aims

- Learn about cultural values relevant in the interaction with patients from Latino culture background.
- Learn how to integrate *personalism* and *familism* in the initial identification and assessment of eating disorders in the Latino community.
- Discuss what practices are more congruent with the Latino community during the intervention process.

Agenda

- Debate of terms
- Approach to reduce stigma
- Latino cultural values
 - Familism
 - Personalism
 - Respect
- Integration of cultural values in the interaction with members of the Latino community

Debate of terms

Hispanic- based on language & colonialism

Latino/a-based on location

Latinx/Latine

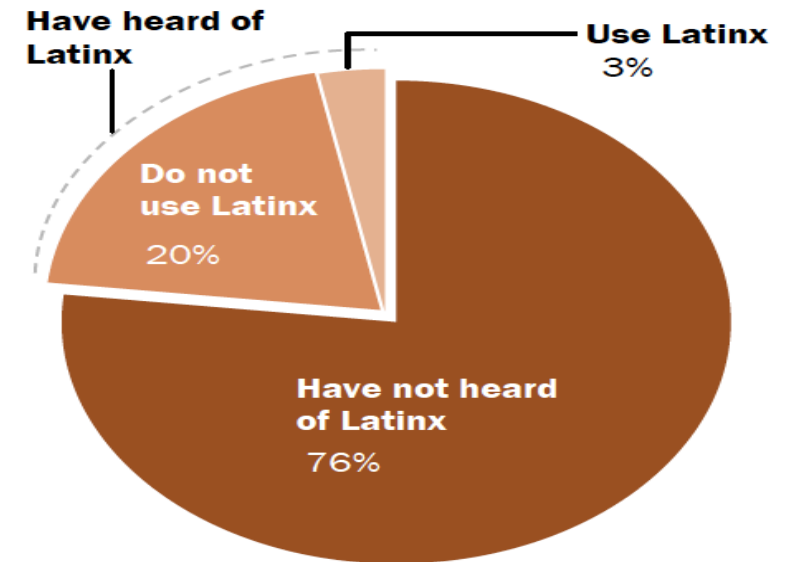
Recognize the nuances by subgroups



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Most Latino adults have not heard of the term Latinx; few use it

% who ...



Note: No answer responses not shown.
Source: Survey of U.S. Latino adults conducted Dec. 3-23, 2019.
“About One-in-Four U.S. Hispanics Have Heard of Latinx, but Just 3% Use It”

PEW RESEARCH CENTER

Reducing the stigma



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Mental health



Weight

Eating disorder

Goal

- Negative connotation
- Sign of weakness
- Not trying enough
- Wrongdoing, sin

- Education to reduce the stigma
- Reduce the stigma to explore the EDs

- Prevents seeking treatment
- Contributes to dropout
- Contributes to fatalism
- Causes pain and suffering

Cultural Values



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Familism

- Closeness
- Boundaries
- Power dynamic

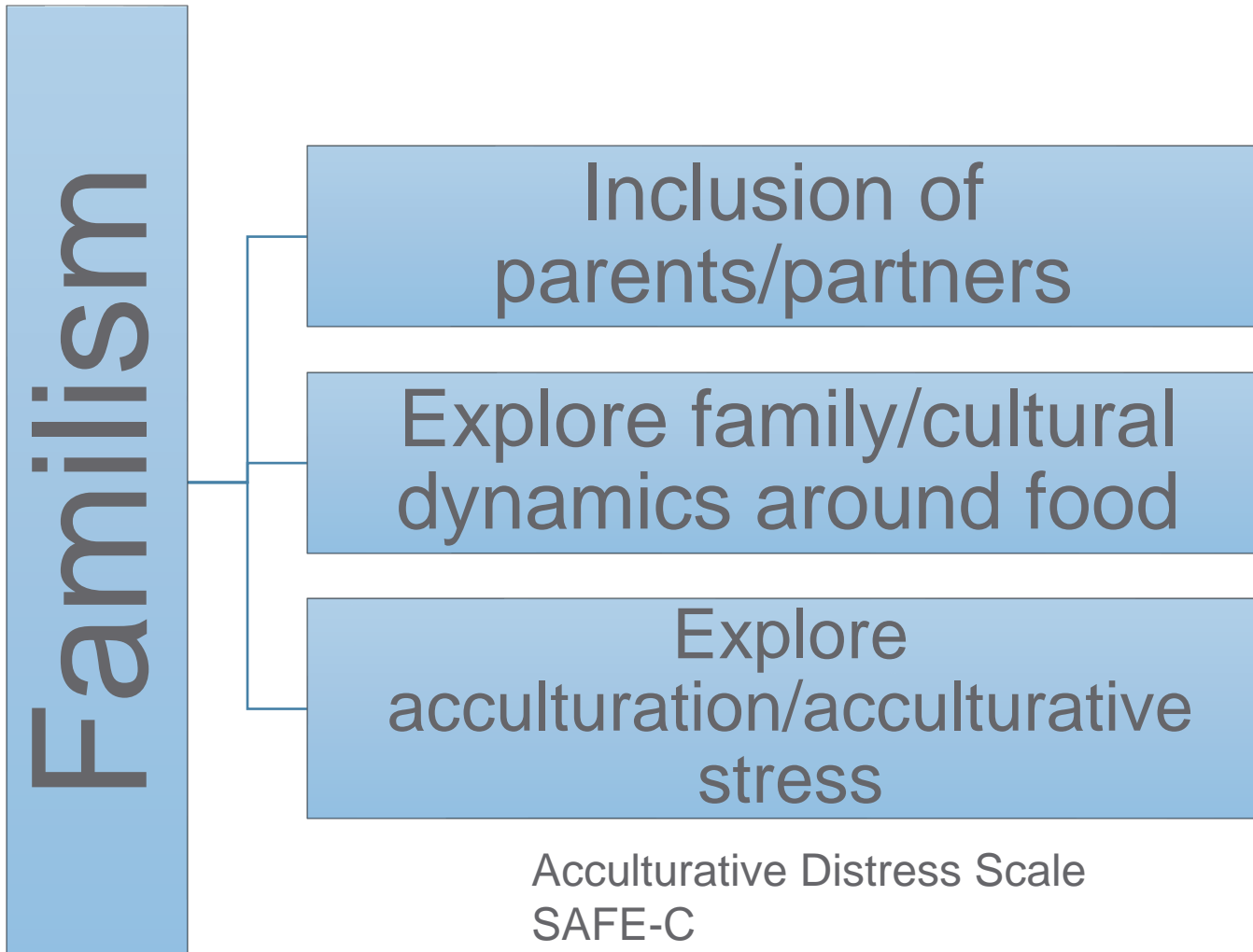
Personalism

- Caring
- Listening
- Well-meaning

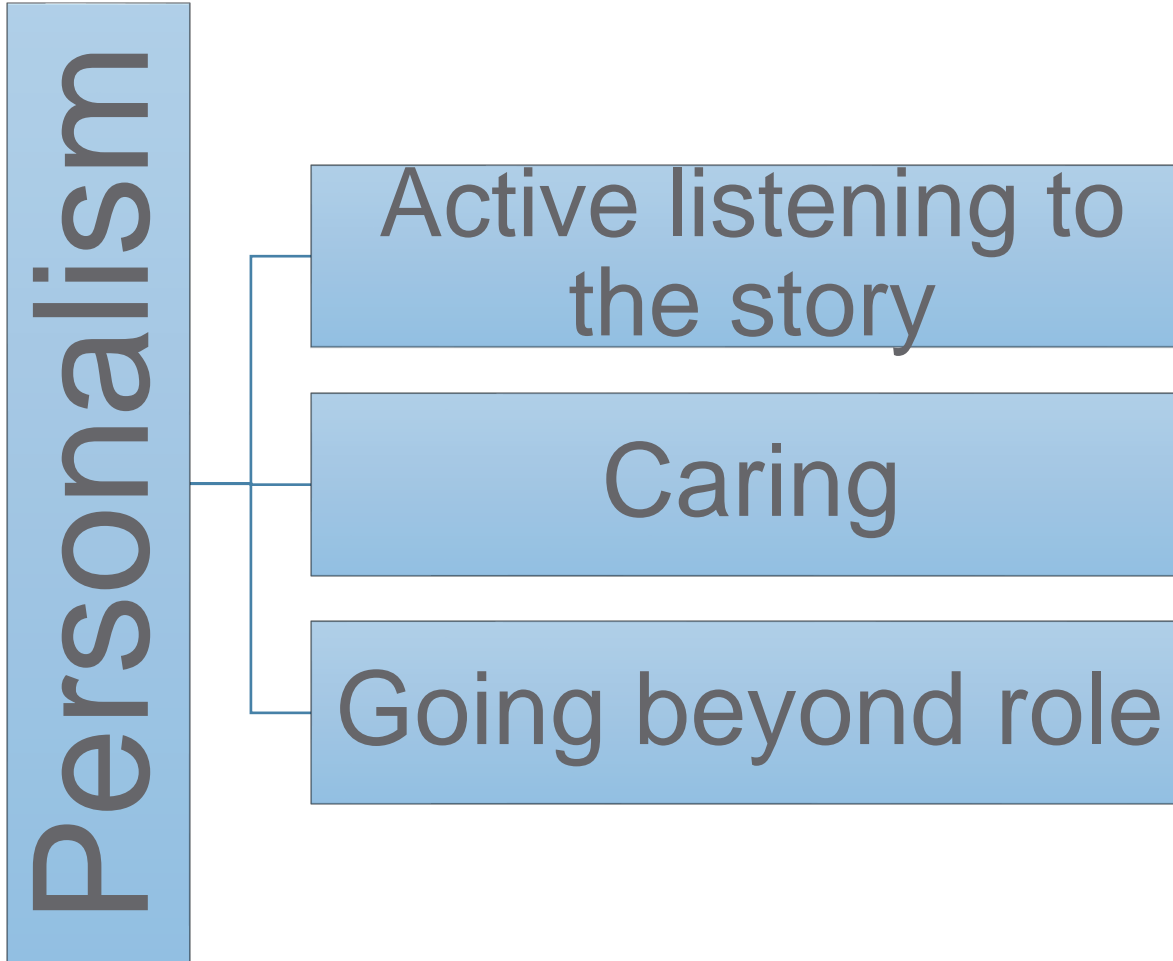
Respect

- Social authority
- Family authority

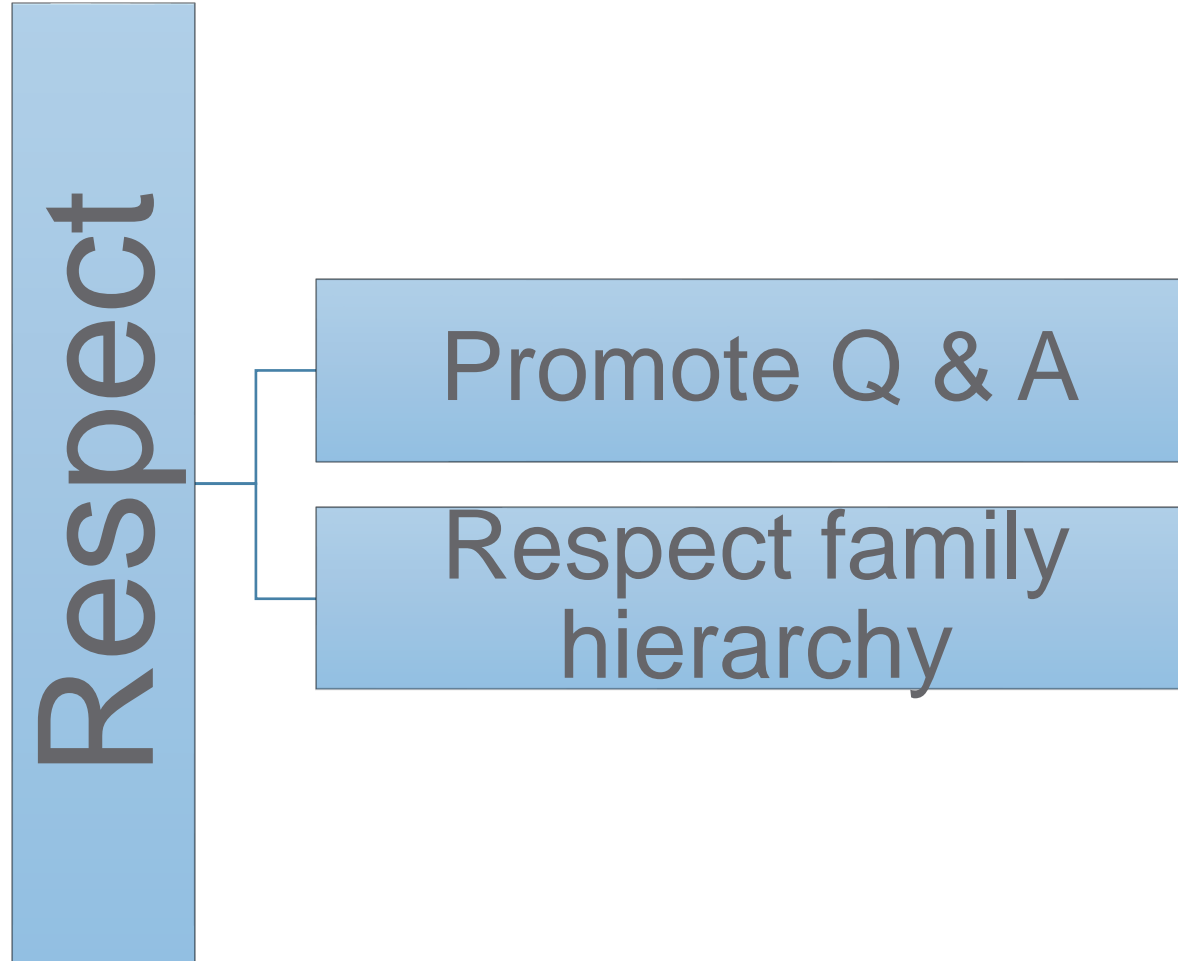
Initial Assessment



Initial Assessment



Initial Assessment



Adolescent Vignette

Elena comes to your office with her 14 y/o daughter Sophia due to concerns about significant weight loss during the past year and engaging in dieting behaviors. Sophia doesn't want to eat mother's food because it is "too greasy."

- Ask if mom wants/needs an interpreter.
- Listen to the story and explain your intervention.
- Explore what they know about EDs and provide psychoeducation.
- Explore family dynamic around food & food insecurity.

Personalism
Stigma
Familism

Adult Vignette

José is a 48 y/o Latino who was diagnosed with diabetes. His wife reports that he is eating more than usual. He got upset when wife brought this up.

- Explore if José wants to have his wife during the assessment and if he wants an interpreter.
- Explore the possibility of an eating disorder and provide psychoeducation.
- Careful explore “lack of control.”
- Explore if wife can be a support system.

Personalism
Stigma
Familism

Adult Vignette

María, 25 y/o bilingual Latina who has postpartum depression. She reports having some eating problems but didn't specify.

- Establish connection by active listening.
- Provide psychoeducation about eating disorders.
- Assess the possibility of an eating disorder.
- Explore support system and health insurance.
- Help the patient to identify resources.

Personalism
Stigma
Familism

Congruent Practices in the Latino Culture

- Identify the level of acculturation and the need for interpreter services.
- Respect family hierarchy by acknowledging parents as authority.
- Explore how and when it is relevant to include family during the intervention. When working with minors, always include parents in the intervention.
- Provide psychoeducation about mental health and eating disorders in order to tackle the stigma.
- Establish a relationship that promotes connection.

Resources in Spanish

- [NEDA Español | National Eating Disorders Association](#)
- [NIMH » trastornos de la alimentación \(nih.gov\)](#)
- [Trastornos alimenticios | SAMHSA](#)
- [Tipos de trastornos alimentarios - FEAST \(feast-ed.org\)](#)
- [Información - Center of Excellence for Eating Disorders \(unc.edu\)](#)
- [NCEED \(3cimpact.com\)](#)

Resources in Spanish

- [AED Medical Care Guidelines SPANISH 04 09 18.pdf
\(higherlogicdownload.s3.amazonaws.com\)](https://higherlogicdownload.s3.amazonaws.com)

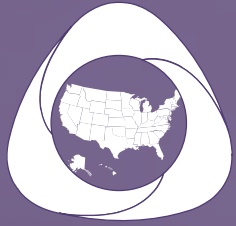


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Thank you!

Q & A Session