Welcome: A Few Things to Note

1. Participants will be muted upon entry and videos turned off

2. For technical assistance, please use the chatbox

3. You will receive an email approximately 1 month requesting feedback/impact on this presentation

4. Visit [www.nceedus.org/training](http://www.nceedus.org/training) to view other training opportunities

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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
Reducing the stigma

Mental health

Weight

Eating disorder

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

PSYCHOEDUCATION

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

Prevents seeking treatment
Contributes to dropout
Contributes to fatalism
Causes pain and suffering
### Cultural Values

<table>
<thead>
<tr>
<th>Familism</th>
<th>Personalism</th>
<th>Respect</th>
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<tbody>
<tr>
<td>• Closeness</td>
<td>• Caring</td>
<td>• Social authority</td>
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<tr>
<td>• Boundaries</td>
<td>• Listening</td>
<td>• Family authority</td>
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<td>• Power dynamic</td>
<td>• Well-meaning</td>
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Initial Assessment

Familism

- Inclusion of parents/partners
- Explore family/cultural dynamics around food
- Explore acculturation'acculturative stress

Acculturative Distress Scale
SAFE-C
Initial Assessment

Personalism

- Active listening to the story
- Caring
- Going beyond role
Initial Assessment

Respect

- Promote Q & A
- Respect family hierarchy
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.
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.
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)
References


Thank you!

Q & A Session