



## **Bilingual Health Week in Missouri**

October 3-15, 2009

[www.alianzas.us/bhw](http://www.alianzas.us/bhw)

## **Evaluation Report**

“The Impact of Obesity on the Family” Health Fair and Lunch and Learn  
Samuel U. Rodgers Health Center

Kansas City, Missouri

October 10, 2009

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## INTRODUCTION

In 2001, the Mexican Ministry of Health and Foreign Affairs and the California-Mexico Health Initiative established a partnership supporting Binational Health Week (BHW) initiatives in the United States and Mexico. That collaboration extended to other states within the United States and in 2004, Missouri joined the BHW partnership. Missouri hosted BHW events throughout the state in 2009. Health fairs, health promotions, and health education activities commenced in the greater Kansas City metropolitan area, St. Joseph, and St. Charles, Missouri. This report articulates the findings of the surveys administered during the Binational Health Week events held in Missouri. We express our sincere gratitude to the organizations that hosted these events for their support and commitment to the 2009 BHW community development initiative in Missouri.

The BHW activities included health screenings, health promotions, and health education activities intended to improve the health and well-being of immigrants of Mexican and other Latin American origins living in the United States and Canada. Activities were scheduled simultaneously between October 3 -15, 2009.

A goal of BHW is to increase public awareness, understanding, and knowledge of services available at the local level regardless of healthcare coverage or immigration status. Moreover, to provide basic healthcare screenings and healthcare information to participants, so they can live healthier lifestyles.

The Consulate of Mexico in Kansas City, Missouri, is the regional coordinator supporting Missouri, Kansas, and part of Oklahoma. Alianzas, a program of the University of Missouri Extension and the University of Missouri-Kansas City Institute for Human Development, is the statewide coordinator that collaborates with the Consulate of Mexico and local BHW councils throughout Missouri. Local BHW councils are community partners and collaborators from networks of local health professionals, service providers, community leaders, and advocates interested in promoting and supporting BHW activities in their regions and local communities.

Since 2004, a growing network of both local and statewide community organizations and healthcare providers share information and resources supporting migrant healthcare needs. The local BHW councils are instrumental in planning, coordinating, and implementing BHW activities in their respective areas.

Program effectiveness is an integral part of evaluating and improving services for participants and improving future BHW events. Surveys are administered to assess the effectiveness of BHW activities, which allows local BHW councils the opportunity to make necessary adjustments for future improvements. Surveyors obtained oral consent from BHW participants (they must be 18 years old and older) that volunteered and agreed to be interviewed. The 2009 survey instruments were in Spanish; however, some surveyors administered the interview in English, if preferred by the BHW volunteer participant.

The Mexican Ministry of Health and Foreign Affairs and the California-Mexico Health Initiative team developed the official BHW survey. Alianzas initiated an addendum supplementing some of the questions in that instrument. On average, each interview took approximately 10 minutes to complete.

On behalf of the regional and state BHW representatives, we would like to thank all the volunteers and agencies for their dedication, time, and donations. A detailed list of the local council is available in Table 1, page 6 of this report.

**Table 1: Local Binational Health Week Council**

**Regional/Statewide**

Alianzas, a program of MU Extension and the UMKC Institute for Human Development  
Mexican Consulate of Kansas City – Institute for Mexicans Abroad (Regional Coordinator)  
Missouri Department of Health and Human Services – Office of Minority Health and Senior Services  
U.S. Department of Health and Human Services – Office of Public Health and Science, Region VII

**Kansas City**

American Heart Association	Samuel U. Rodgers Health Center
Blue Cross and Blue Shield of Kansas City	The Whole Person, Inc.
Children’s Mercy Family Health Partners	University of Missouri Extension
Guadalupe Centers, Inc.	
Legal Aid of Western Missouri, Advocates for Family Health program	

Source: BHW Coordinators

**NOTE:** This list was compiled from information provided the community chairperson(s). We apologize if anyone was inadvertently omitted. We thank all of the agencies and volunteers that participated in the 2009 Binational Health Week events across Missouri.

**Quick Summary of Results**  
**Health Fair and Lunch and Learn in Kansas City, Missouri**  
**Samuel U. Rodgers Health Center**  
**October 10, 2009**

- ✓ A total of 100 participants registered.
- ✓ Of those that attended events, 76 participants volunteered to be surveyed.
- ✓ The overall average age was 43 years old.
- ✓ Most were women...73%.
- ✓ Most were born in Mexico...68%.
- ✓ When asked about race, 86.7% self-identified as “Other.”
- ✓ Most preferred to speak Spanish...65.8%.
- ✓ Most said that their main reason for attending the event they attended was for medical screenings...60.5%.
- ✓ Most considered the services they received as very helpful...87%.
- ✓ Some learned that they had a medical condition...23.7%.
- ✓ Most said they get their healthcare needs met at a community health center...60.5%.
- ✓ The majority noted that they did not have medical insurance...84.2%.
- ✓ As for healthcare concerns, these are the greatest percentages:
  - Cancer 46.1%
  - Vision 39.5%
  - Cardiovascular Disease 35.5%
  - Dental health 34.2%
  - Diabetes 28.9%
  - Nutrition 18.4%

## Summary of Results

### Health Fair and Lunch and Learn in Kansas City, Missouri

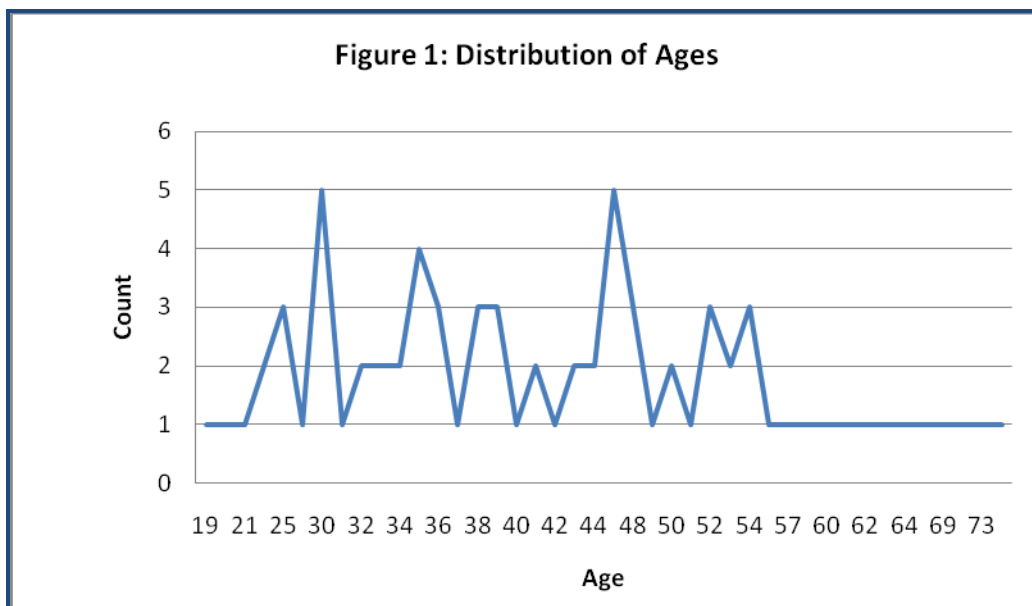
The local Binational Health Week (BHW) council in Kansas City, Missouri decided on the theme “The Impact of Obesity on the Family.” The Kansas City, Missouri event held on October 10, 2009 was hosted by Samuel U. Rodgers Health Center and included a Health Fair and a Lunch and Learn forum. Approximately 100 individuals, including children, attended the health fair, and 60 attended the Lunch and Learn. The following health screenings and services were provided: glucose, cholesterol, blood pressure, dental, vision screenings, mammogram referral, HIV-AIDS, flu prevention, and nutrition. Moreover, participants received information about mental health, senior health, and health insurance available in Missouri. In addition, there were 30 volunteers for this event and 33 local health resources/exhibits were present. The Lunch and Learn featured 4 presentations: “Healthy Weight in Children” by Michele Anderson, “Heart Health and Diabetes” by Dr. Steve Mesa, “Cancer” by Dr. Yolanda Huet Vaughn, and “Living with Complications” by Bernardo Bravo.

A total of seventy-six surveys were administered during this BHW event. The BHW participants that responded to the survey were 18 years of age and older. The findings and analyses to the surveys are as follows:

#### Age

*How old are you?* Of the 76 participants that responded to this question, the average (mean) age was 43 years old. Participants’ ages ranged from 19 to 77, with the greatest frequencies reflected in those who were 30 years old and 45 years old: (5) 6.6% each. This population is older than the median age for Hispanics nationally.

Figure 1: “Age Distribution.”



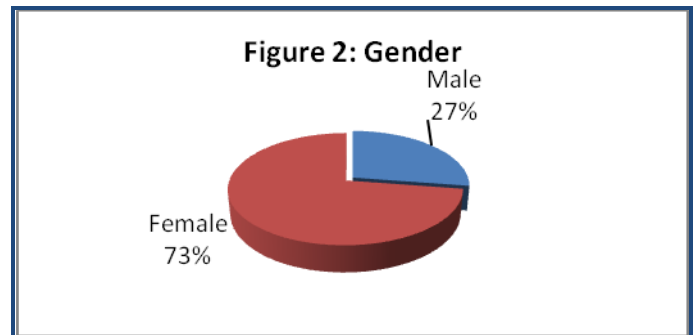
Source: 2009 Binational Health Week Surveys

### Gender

*Gender: Male or Female.*

Of the 73 participants that responded to the self-identification of gender, (53) 73% were female and (20) 27% were male.

Figure 2: “Gender.”

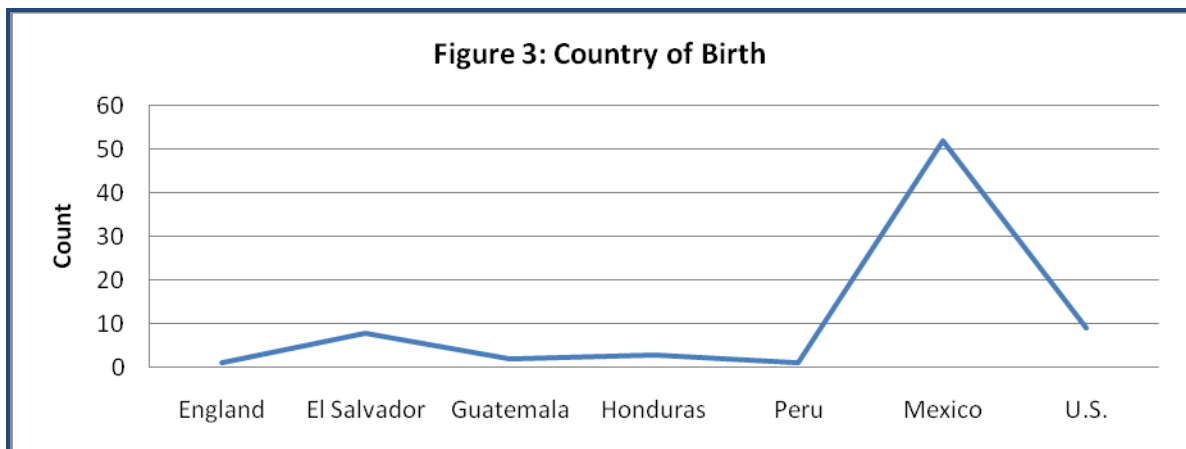


Source: 2009 Binational Health Week Surveys

### Country of Birth

*In which country were you born?* Of the 76 respondents, (52) 68% indicated Mexico, (9) approximately 12% said the United States of America, (8) approximately 11% noted El Salvador, and (7) reported countries that were: (3) Honduras, (2) Guatemala, (1) Peru, (1) England.

Figure 3: “Country of Birth” shows the distribution of countries and frequencies.



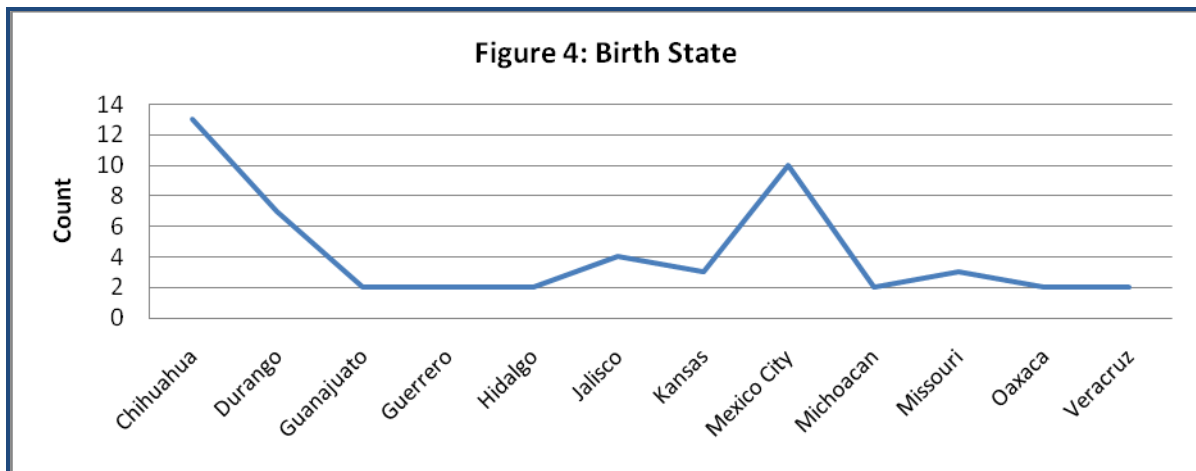
Source: 2009 Binational Health Week Surveys

### Birth State

*In which state were you born?* Of the 58 participants that responded to this question, the majority were born in Mexico: (13) Chihuahua, (10) Mexico City, (7) Durango and (4) Jalisco. Other states were: (2) Guanajuato, (2) Guerrero, (2) Hidalgo, (2) Michoacán, (1) Morelos, (1) Nayarit, (2) Oaxaca, (1) San Luis Potosi, (1) Sonora, (2) Veracruz, and (1) Zacatecas.

Additionally, 6 participants were born in the United States of America: (3) Kansas, (3) Missouri, (1) Illinois, and (1) Texas.

Figure 4: “Birth State” shows the distribution by states and frequencies of those with 2 or more respondents



Source: 2009 Binational Health Week Surveys

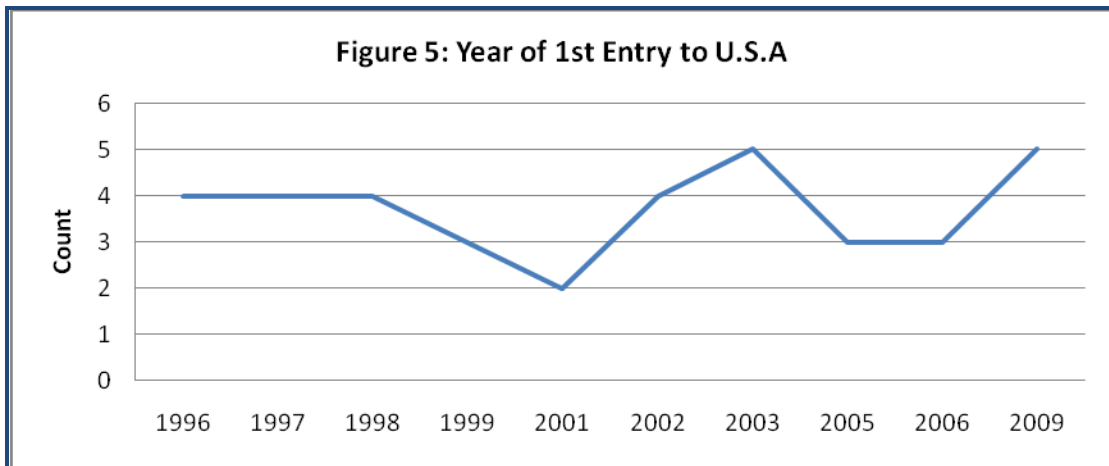
### Year of First Entry into the U.S.A

*If you were born outside the USA, indicate the year of first entry into the U.S.A*

Participants replied as follows: (4) 1996, (4) 1997, (4) 1998, (3) 1999, (4) 2002, (5) 2003, (3) 2005, (3) 2006 and (5) 2009.

Other years noted were: (1) 1963, (1) 1968, (1) 1970, (2) 1972, (2) 1973, (2) 1975, (1) 1981, (1) 1982, (2) 1987, (1) 1989, (2) 1990, (2) 1991, (2) 1992, (2) 1993, (2) 1994, (2) 1995, (1) 2000, (2) 2001, and (1) 2004.

Figure 5: “Year of 1<sup>st</sup> Entry to USA” shows that respondents first entered the U.S between 1963 and 2009 and those with frequencies of three or greater are noted in this chart. A greater percentage of respondents entered the U.S. from 2001-2003. A decline is reflected in 2003 that leveled off from 2005 to 2006. Based on the numbers there has been a migration upsurge since 2006.



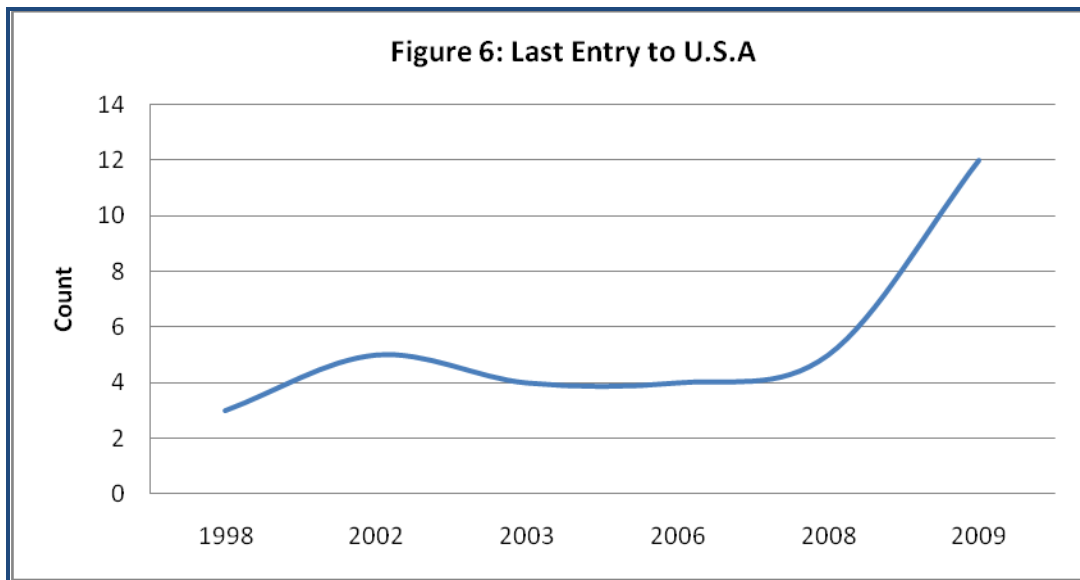
Source: 2009 Binational Health Week Surveys

### Year of Last Entry into the U.S.A

*If you were born outside the USA, indicate the year of last entry into the U.S.A*

Of the 52 respondents: (3) 1998, (5) 2002, (4) 2003, (4) 2006, (5) 2008, and (12) 2009. Other years noted were: (2) 1989, (1) 1990, (2) 1995, (2) 1997, (2) 1999, (2) 2000, (2) 2001, (2) 2004, (2) 2005 and (2) 2007.

Figure 6: “Last Entry to U.S.” illustrates that since 2008 the tendency to travel abroad has increased among BHW participants.



Source: 2009 Binational Health Week Surveys

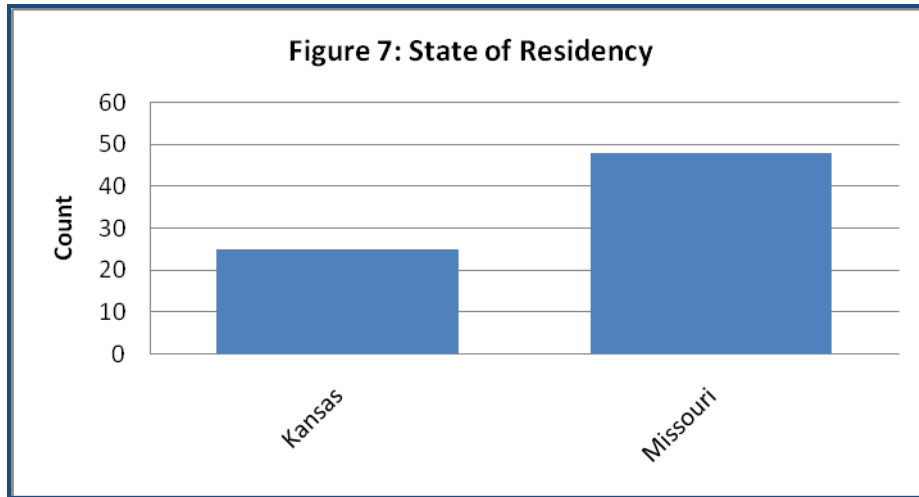
### Country of Residence

*Where is your country of residence?* Of the 75 respondents, all indicated the U.S. is their country of residence.

### Place of Residence by State

*In what state do you reside?* Of the 73 participants that responded to this question, (48) reported that they live in Missouri and (25) said Kansas.

Figure 7: “State of Residence.” Kansas City is a border city, and it is important for us to identify where the BHW participants live, in Missouri or Kansas.



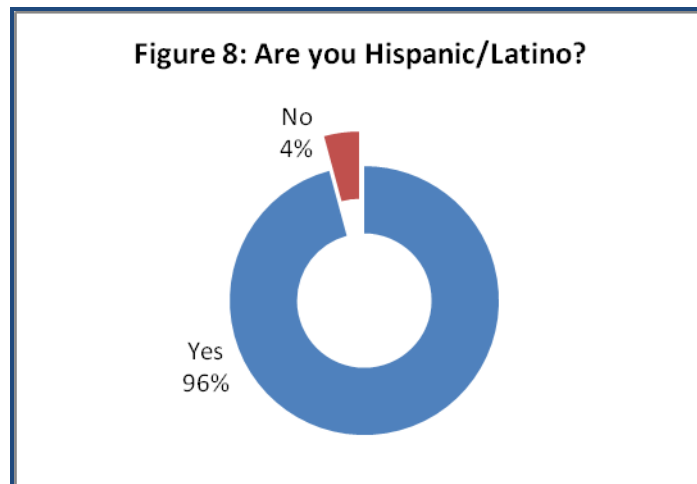
Source: 2009 Binational Health Week Surveys

### Are you Hispanic/Latino?

Question - Annex: *Are you Hispanic/Latino?*

Of the 72 respondents, (69) 95.8% indicated they were Hispanic/Latino and (3) 4.2% declared that they were not Hispanic/Latino.

Figure 8: “Are you Hispanic/Latino?” indicates that most BHW participants were of Hispanic/Latino origin.



Source: 2009 Binational Health Week Surveys

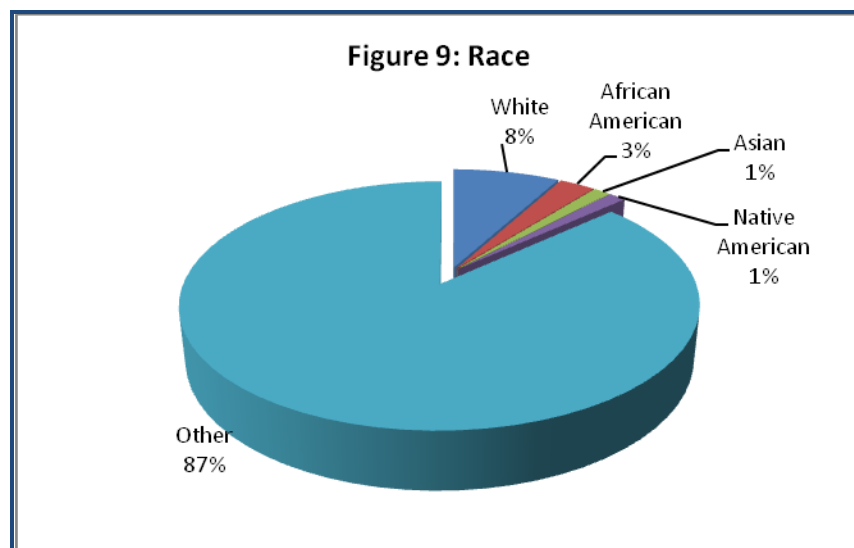
## Race

Question – Annex: Participants were asked to indicate their race among the following options:

- *White*,
- *African American*,
- *Asian*,
- *Native American*, and
- *Other*:\_\_\_\_\_.

Of the 75 respondents, (65) 86.7 % participants self-identified as “*Other*,” some explained as follows: (49) Hispanic/Latino, (7) Mexican, and (1) Honduran. In addition, (6) 8% were White, (2) 2.7% indicated African American, (1) 1.3% said Native American, and (1) 1.3% noted Asian. The findings support the fact that most first generation immigrants are not accustomed to identifying themselves by race.

Figure 9: “Race.”



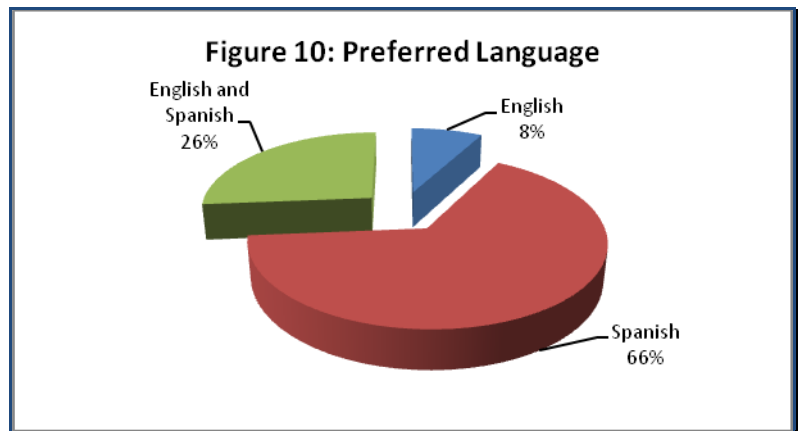
Source: 2009 Binational Health Week Surveys

### Preferred Language

Question - Annex: *Your Language:*

- English,
- Spanish,
- English & Spanish, or
- Other: \_\_\_\_\_.

Of the 76 participants, (50) 66% affirmed Spanish, (20) 26% were Bilingual (English/Spanish), and (6) 8% preferred English.



Source: 2009 Binational Health Week Surveys

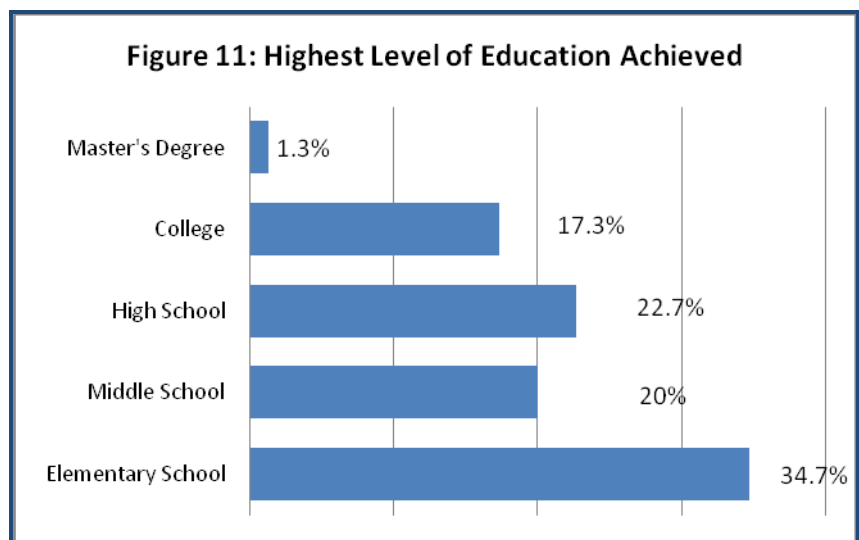
Figure 10: “Preferred Language” shows that most respondents preferred speaking Spanish; thus, the need for Spanish speaking providers is essential.

### Highest Level of Education

Participants were asked to indicate their highest level of education among the following options:

- Elementary School,
- Middle School,
- High School,
- College,
- Master’s, and
- Other: \_\_\_\_\_

Of the 75 participants, (26) 34.7% noted Elementary School, (17) 22.7% declared High School, (15) 20% completed Middle School, (13) 17.3% went to college, (3) 4% said *other* and (1) had a Master’s Degree. Among the participants that mentioned *other*, two indicated “None.”



Source: 2009 Binational Health Week Surveys

Figure 11: “Highest Level of Education Achieved” shows that the majority of the respondents completed Elementary School. It also reflects that 41.3% have at least a High School education; 54.7% have less than a High School education.

## Occupation

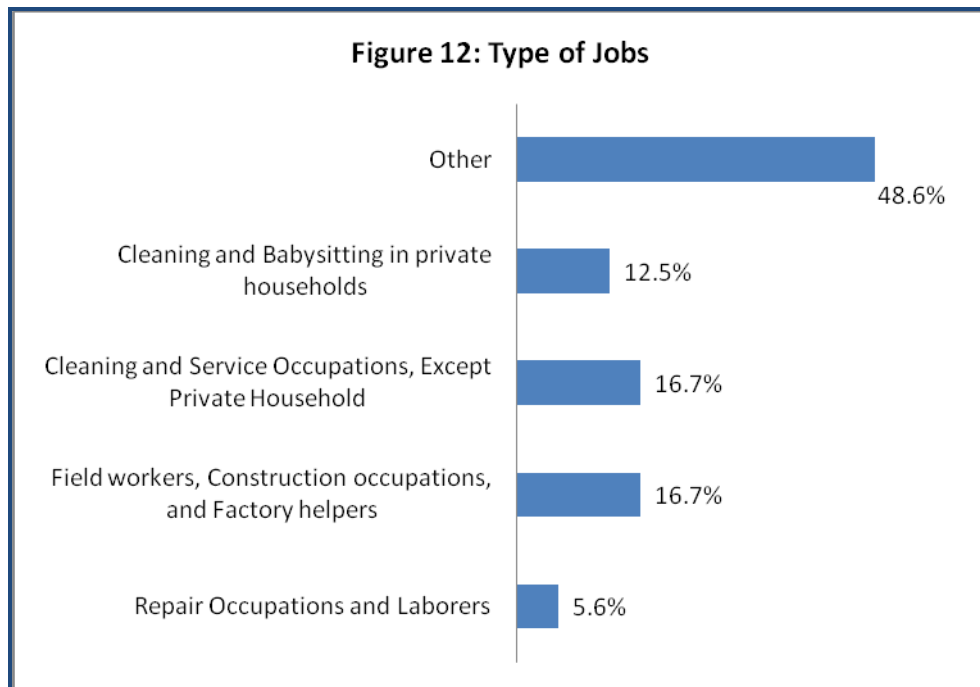
Question - Annex: *What type of job do you perform?*

- *Repair and labor*
- *Field workers, construction, production helpers*
- *Cleaning & service occupations except private household*
- *Cleaning and babysitting in private households.*
- *Other: \_\_\_\_\_*

Of the 72 respondents, the majority (35) 48.6% said *other*; (12) 16.7% reported *field workers, construction, production helpers*; (12) 16.7% noted *cleaning & service occupations except private household*; (9) 12.5% mentioned *cleaning and babysitting in private households*, and (4) 5.6% indicated *repair occupations and laborers*.

Among the 48.6% that indicated *other*, these were the responses: (9) Homemaker, (6) Unemployed, (2) Retired, (2) Office Work and (1) Student.

Figure 12: “Type of Jobs” illustrates the types of employment by percentage.



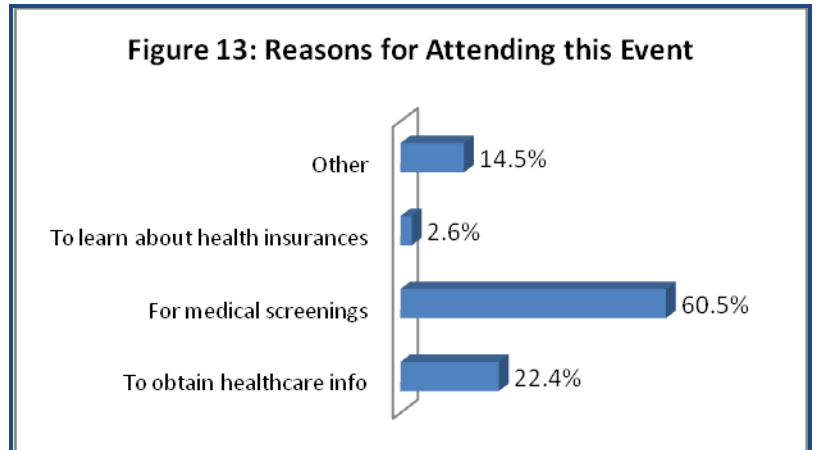
Source: 2009 Binational Health Week Surveys

### Reasons for attending this event

*Why did you attend this event?*

- To obtain health care information,
- For medical screenings,
- To learn about health insurance programs, and
- Other: \_\_\_\_\_

The majority of the respondents (46) 60.5% affirmed they attended for medical screenings, (17) 22.4% to obtain healthcare information, and (2) 2.6% to learn about health insurance programs. Additionally, (11) 14.5% said “Other:” (6) noted “To volunteer” and (1) said “For the lunch and learn.”



Source: 2009 Binational Health Week Surveys

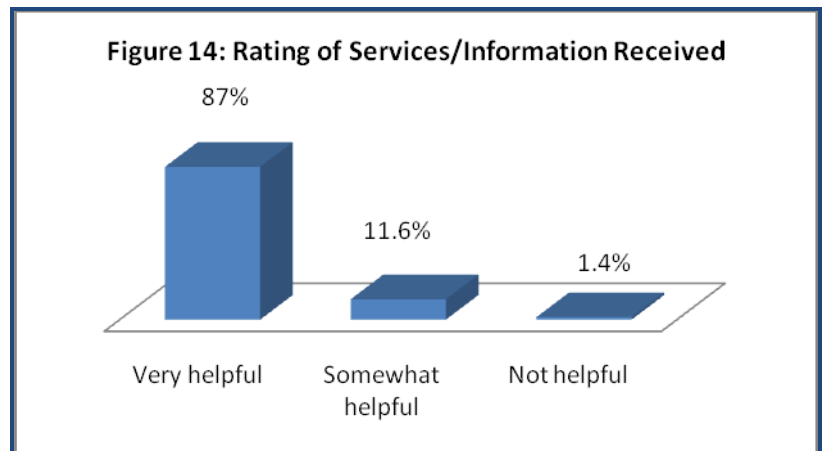
Figure 13: “Reasons for attending this Event” shows that the majority of the participants attended these events to obtain medical screening and to get health care information.

### Rating of Services/Information Received

*The services and/or information you received during this event were:*

- Very helpful,
- Somewhat helpful, or
- Not helpful.

Of the 69 respondents, (60) 87% rated these events as very helpful, (8) 11.6% indicated that they were somewhat helpful, and (1) 1.4% said that the services/information were not helpful.



Source: 2009 Binational Health Week Surveys

Figure 14: “Rating of Services/Information Received” illustrates that most of the participants considered this event to be very helpful, which supports the need for these types of services throughout the Hispanic community.

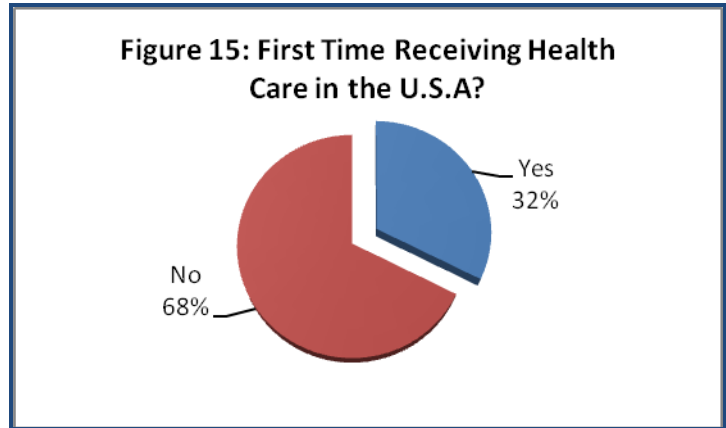
### First Time Receiving Healthcare in the U.S.A

*Is this the first time you have seen a health care provider in the U.S.?*

- Yes,
- No, and
- “I don’t know.”

Of the 71 respondents, (48) 68% said “No,” and (23) 32% indicated “Yes.”

Figure 15: “First Time Receiving Healthcare in the U.S.?” reflects that more than half of participants have received healthcare in the U.S. prior to attending this event.



Source: 2009 Binational Health Week Surveys

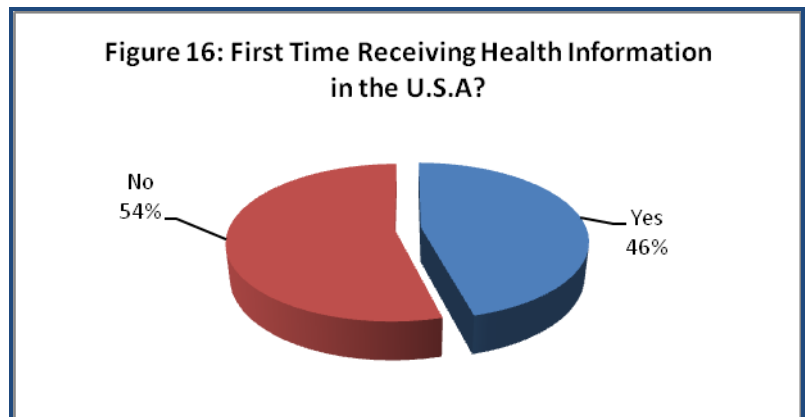
### First Time Receiving Health Information in the U.S.A

*Is this the first time you received medical information in the U.S.?* Participants were provided the following answers:

- Yes,
- No, and
- “I don’t know.”

Of the 74 participants that responded to this question (40) 54.1% indicated “No,” and (34) 45.9 % indicated “Yes.”

Figure 16: “First Time Receiving Health Information in the U.S.?” illustrates that the majority of the participants that attended this event have received healthcare information from other sources in the United States. However, 46% noted it was their first time in obtaining healthcare information in the United States.



Source: 2009 Binational Health Week Surveys

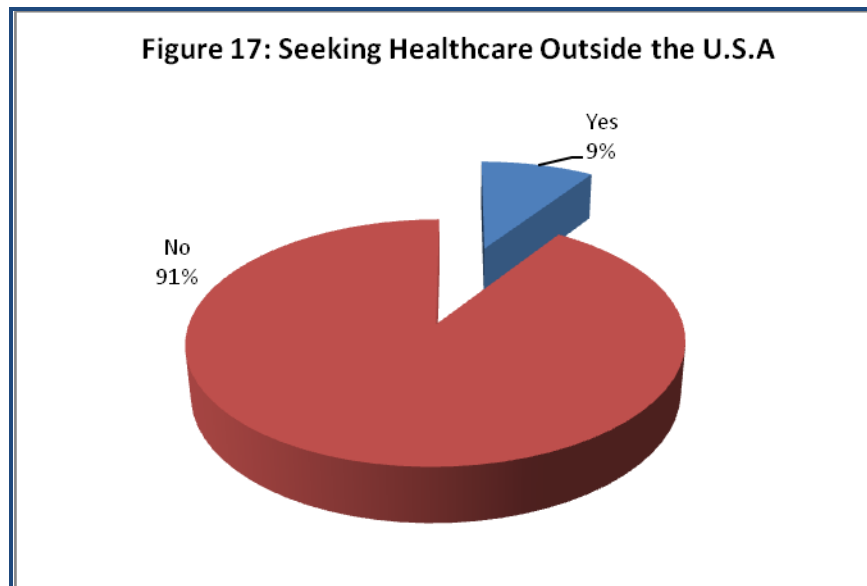
### Seeking Healthcare outside the U.S.A

*In the past 12 months, did you travel abroad to receive healthcare, dental care, or to purchase any medicines?* Participants were provided the following answers:

- Yes, and
- No

Of the 76 respondents, (69) 91% indicated “No,” and (7) 9% indicated “Yes.” Therefore, most Hispanic residents are obtaining healthcare in the United States, and there is a greater need for culturally competent healthcare providers.

Figure 17: “Seeking Healthcare Outside the U.S.A” shows that most participants did not leave the U.S in the past 12 months to obtain healthcare.



Source: 2009 Binational Health Week Surveys

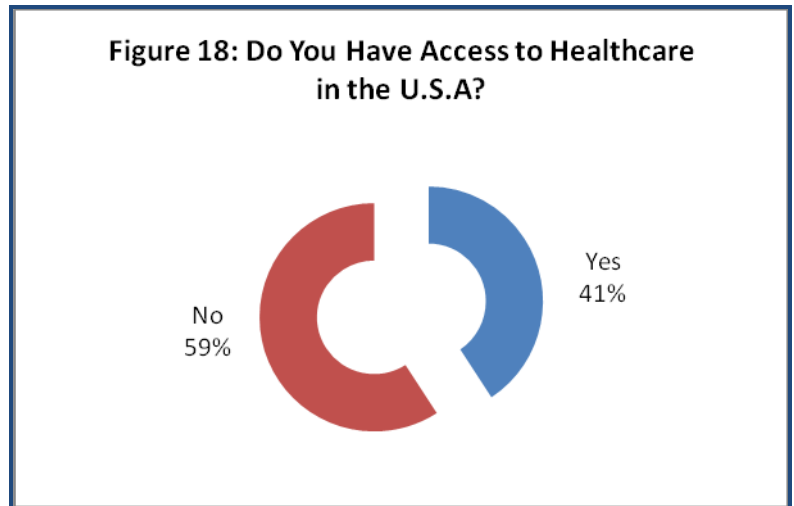
### Access to Healthcare in the U.S.A.

*Do you have access to healthcare in the U.S.?*

- Yes,
- No, or
- “I don’t know.”

Of the 76 participants that responded to this question, (45) 59.2% indicated “No,” and (31) 40.8% indicated “Yes.”

Figure 18: “Do You Have Access to Healthcare in the U.S.A?” shows that the majority of the participants felt that they didn’t have access to healthcare in the U.S.A.



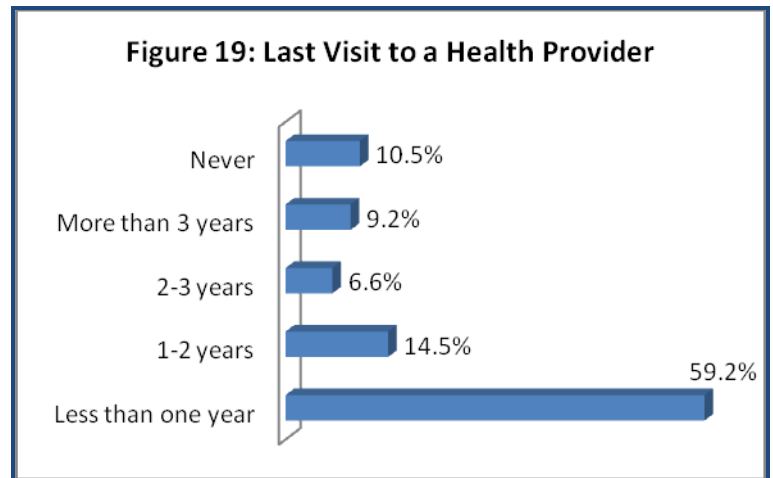
Source: 2009 Binational Health Week Surveys

### Last Visit to a Healthcare Provider

*When was your last visit to a doctor in the U.S.?*

- Less than one year,
- One to two years,
- Two to three years,
- More than three years,
- Never, and
- “I don’t know.”

Of the 76 respondents, (45) 59.2% indicated “Less than one year,” (11) 14.5% said “1-2 years,” (8) 10.5% noted “Never,” (7) 9.2% reported “More than three years ago,” and (5) 6.6% declared “2-3 years.”



Source: 2009 Binational Health Week Surveys

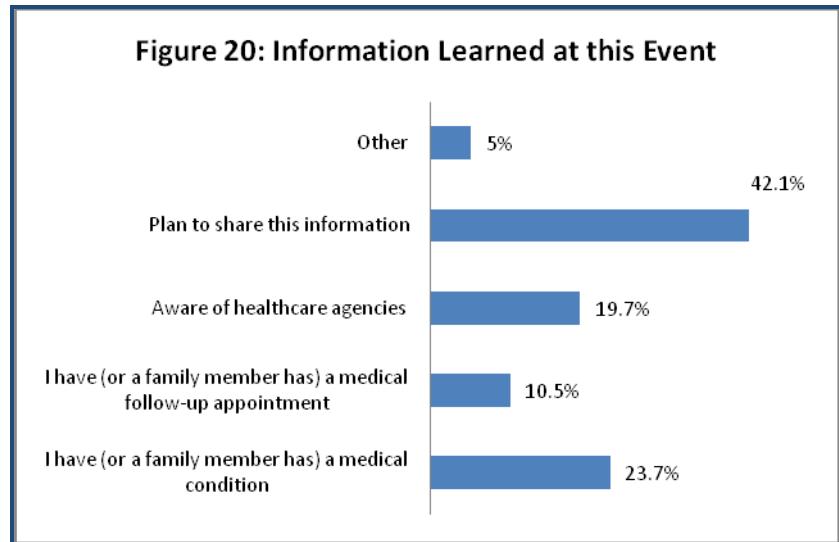
Figure 19: “Last Visit to a Health Provider” shows that more than half of the participants visited a doctor’s office within the past year.

**Information Learned at this Event**

Question - Annex: *As a result of today's event: Check all that apply:*

- *I learned that I have (or a family member has) a medical condition,*
- *I have (or a family member has) a medical follow-up appointment,*
- *I am more aware of healthcare agencies,*
- *I plan to share this information, and*
- *Other: \_\_\_\_\_.*

Of the 76 participants, (32) 42.1% indicated “I plan to share this information,” (18) 23.7% declared “I learned that I have (or a family member has) a medical condition,” (15) 19.7% said “I am more aware of healthcare agencies,” (8) 10.5% indicated “I have (or a family member has) a medical follow-up appointment,” and (4) 5.3% indicated “Other:” only one participant specified “I had a general exam.”



Source: 2009 Binational Health Week Surveys

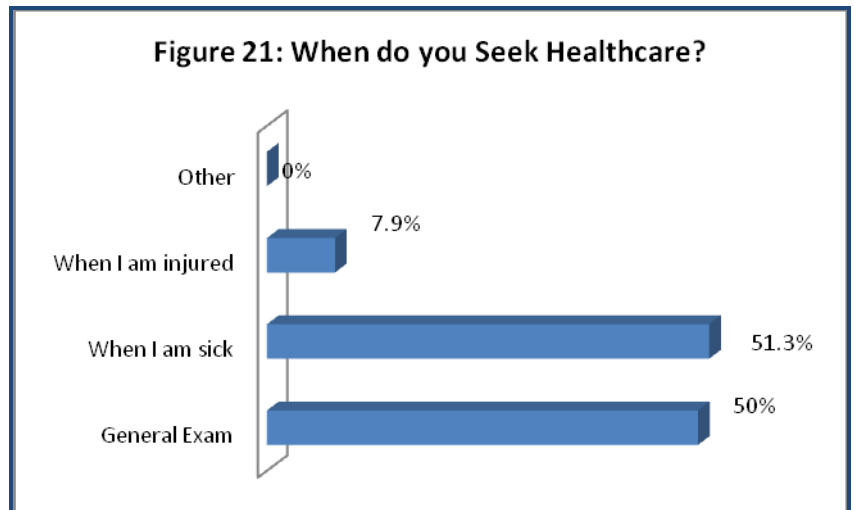
Figure 20: “Information Learned at this Event” shows that most BHW participants planned to share healthcare information with family and friends.

**When do you Seek Healthcare?**

Question - Annex: *When do you do you seek healthcare? Select all that apply:*

- *For a general exam,*
- *To get healthcare information,*
- *When I am sick,*
- *When I am injured, and*
- *Other: \_\_\_\_\_.*

Most participants (39) 51.3% said when they were sick, (38) 50% indicated for general examinations, and (6) 7.9% noted when they were injured.



Source: 2009 Binational Health Week Surveys

Figure 21: “When Do You Seek Healthcare?”

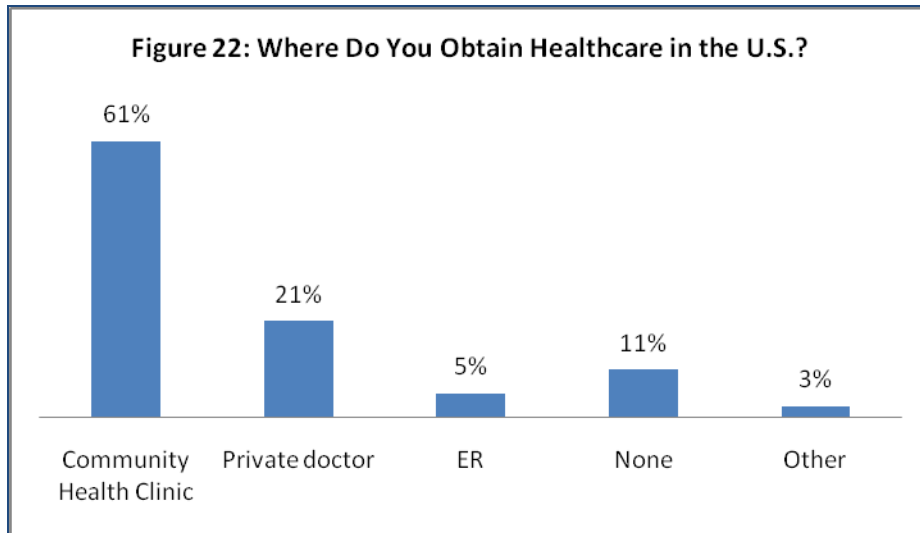
### Where Do You Obtain Healthcare in the U.S.?

Where do you mainly obtain healthcare in the U.S.? Check one:

- Community health clinic,
- Doctor's office,
- Emergency Room or Urgent Care,
- None, and
- Other: \_\_\_\_\_.

Of the 76 respondents, (46) 60.5% said “a community health clinic,” (16) 21.1% stated “a doctor’s office,” (8) 10.5% declared “None,” (4) 5% noted “the Emergency Room or Urgent Care,” and (2) 2.6% said “Other:” (1) “At work” and (1) “At a health fair.”

Figure 22: “Where Do You Obtain Healthcare in the U.S.?” These findings are consistent with other studies that show that many Hispanic residents are getting their healthcare needs met at community health clinics.



Source: 2009 Binational Health Week Surveys

### Receive Healthcare When Needed

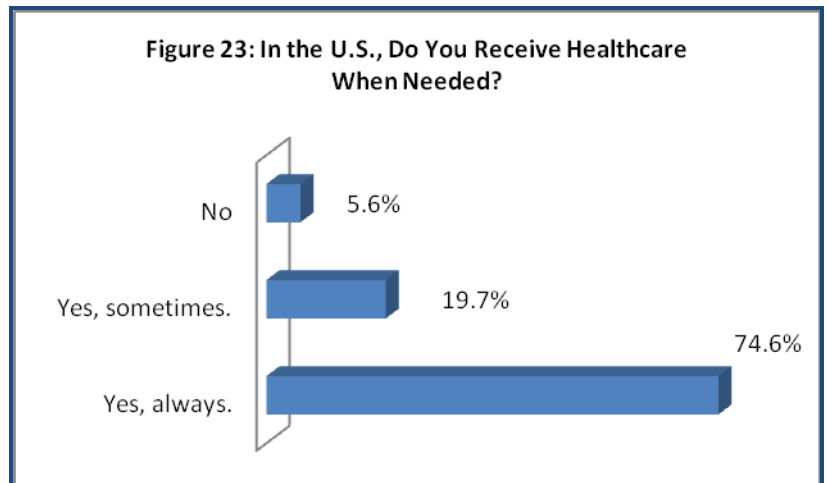
Question – Annex: *In the U.S. do you receive healthcare when you need it?*

- Yes, always,
- Yes, sometimes, and
- No

*If you answered “No:” Why Not?*

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Of the 71 respondents, (53) 74.6% indicated “Yes, always,” (14) 19.7% noted “Yes, sometimes,” and (4) 5.6% said “No.” Only 2 participants explained that they did not received healthcare when needed because (1) “I cannot afford it,” and (1) “I do not have health insurance.”



Source: 2009 Binational Health Week Surveys

Figure 23: “In the U.S., Do you Receive Healthcare When Needed?” indicates that most participants received healthcare in the U.S. when they needed; however, it is important to note that 25.3% of the respondents stated that they do not always obtain care when needed.

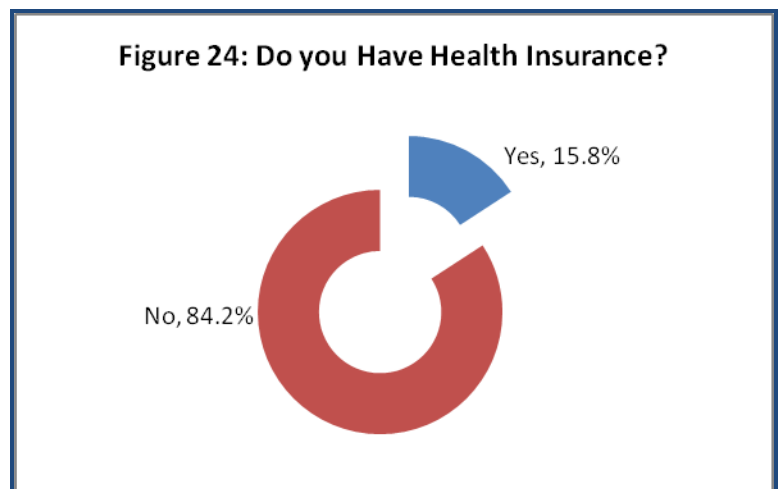
### Health Insurance

*Do you have Health Insurance?*

- Yes, or
- No,

Of the 76 respondents, (64) 84.2% indicated “No,” and (12) 15.8% said “Yes.”

Figure 24: “Do You Have Health Insurance?” As previously noted, most participants are receiving healthcare in the United States; nonetheless, the majority do not have health insurance coverage. Community health clinics are seeking additional support to meet these growing needs.



Source: 2009 Binational Health Week Surveys

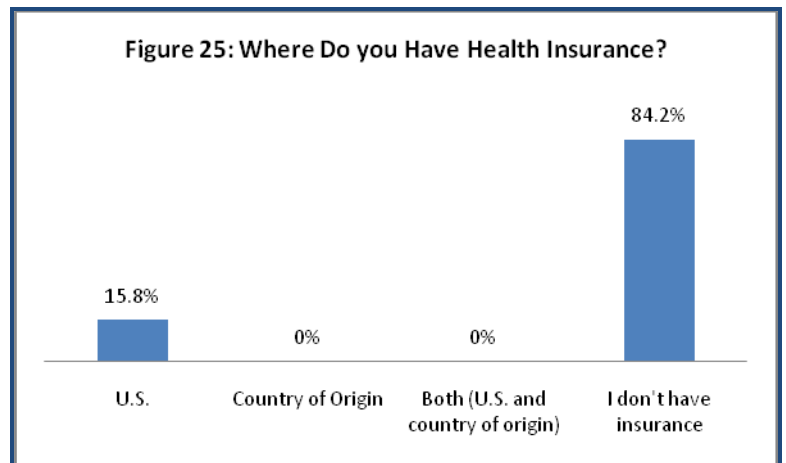
### Health Insurance - Country

Where do you have health insurance?

- U.S.,
- Country of Origin,
- Both (U.S. and country of origin), and
- I don't have insurance.

Of the 76 respondents, (64) 84.2% indicated they did not have health insurance, and (12) 15.8% said “in the U.S.”

Figure 25: “Where Do You Have Health Insurance?”



Source: 2009 Binational Health Week Surveys

### Health Insurance: Who pays for it?

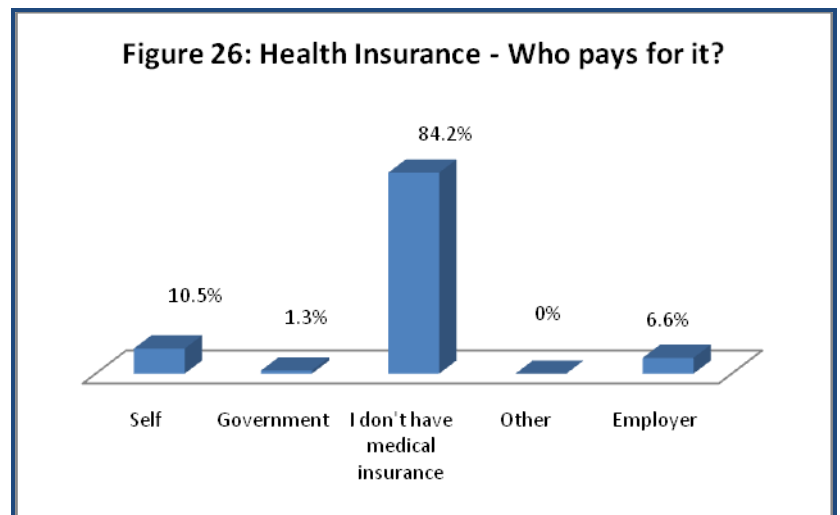
Who pays for your medical insurance?

Select all that apply:

- Self,
- Employer,
- Government,
- Other: \_\_\_\_\_, and
- I do not have health insurance.

Most participants (8) 10.5% indicated “Self,” (5) 6.6% said “Employer,” and (1) 1.3% declared “The government.”

Figure 26: “Health Insurance – Who pays for it?” validates that most participants did not have health insurance; however, it demonstrates that participants with health insurance are paying for their health insurance coverage.



Source: 2009 Binational Health Week Surveys

### Health Insurance for Children

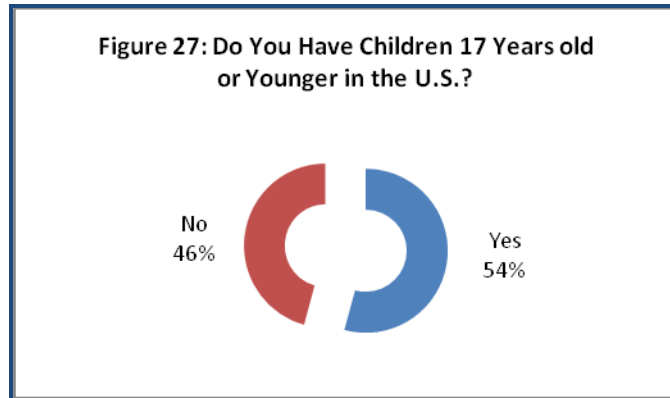
Do you have children 17 years old or younger in the U.S.?

- Yes,
- No,
- If Yes, how many? \_\_\_\_\_.
- How many of these children have health insurance? \_\_\_\_\_.

Of 72 respondents, (39) 54.2% answered “Yes,” and (33) 45.8% said “No.” Of those who answered “Yes”, fourteen noted that they had (1) child, twelve participants said (2) children, eleven indicated (3) children, and one participant reported (4) children.

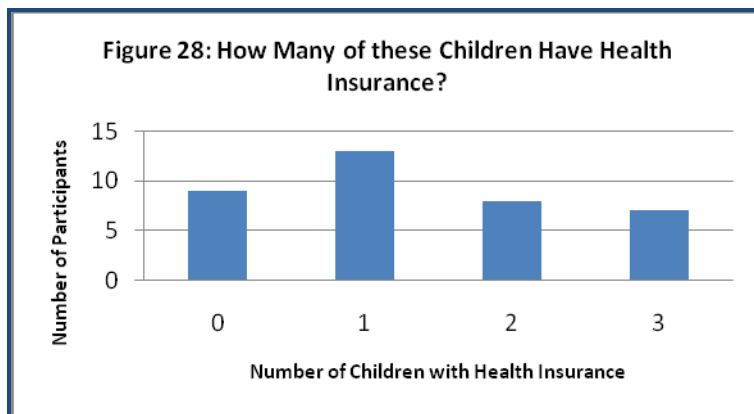
On the follow-up question, thirteen respondents noted that only (1) child each had health insurance; nine participants indicated that none (0) of their children had health insurance; eight participants declared that they had (2) children with health insurance, and seven respondents said that (3) of their children had health insurance.

Figure 27: “Do You Have Children 17 Years Old or Younger in the U.S.?” illustrates that most participants have children 17 years old or younger in the U.S.



Source: 2009 Binational Health Week Surveys

Figure 28: “How many of these Children Have Health Insurance?” illustrates that 28 participants had at least one child each with health care coverage.



Source: 2009 Binational Health Week Surveys

### Health Concerns

Question - Annex: Which of the following health conditions are of your greatest concern? Select all that apply:

- Allergies,
- Asthma or respiratory diseases,
- Cancer,
- Dental health,
- Diabetes,

- Problems with digestive system,
- Cardiovascular disease,
- Mental health,
- Nutrition,
- OB/GYN and reproductive health,
- HIV/AIDS and sexually transmitted diseases,
- Substance abuse (alcohol, tobacco and drugs),
- Vision,
- Work-related injuries, and
- Other:\_\_\_\_\_.

Of those that responded to this question, (35) 46.1% indicated that **Cancer** is their greatest health concern. Secondly, (30) 39.5% of the participants noted that **Vision** was of concern. The next primary concerns were **Cardiovascular Disease** 35.5%, **Dental Health** 34.2%, **Diabetes** 28.9%, and **Nutrition** 18.4%. Other health concerns included: *breast issues, neurological diseases, osteoporosis, tiredness, and vaccinations.*

Table 2: “Health Concerns” shows the frequency and percentage (listed alphabetically).

<b>Table 2: Health Concerns</b>			
<b>Health Topic</b>	<b>Frequency &amp; Percentage</b>	<b>Health Topic</b>	<b>Frequency &amp; Percentage</b>
Allergies	12 (15.8%)	Nutrition	14 (18.4%)
Asthma or Respiratory Diseases	12 (15.8%)	OB/GYN and Reproductive Health	9 (11.8%)
Cancer	35 (46.1%)	Other	7 (9.2%)
Cardiovascular Disease	27 (35.5%)	Sexually Transmitted Diseases, HIV/AIDS	7 (9.2%)
Dental Health	26 (34.2%)	Substance Abuse (Alcohol, Tobacco and Drugs)	4 (5.3%)
Diabetes	22 (28.9%)	Vision	30 (39.5%)
Digestive System	16 (21.1%)	Work-related Injuries	6 (7.9%)
Mental Health	8 (10.5%)		

Source: 2009 Binational Health Week Surveys

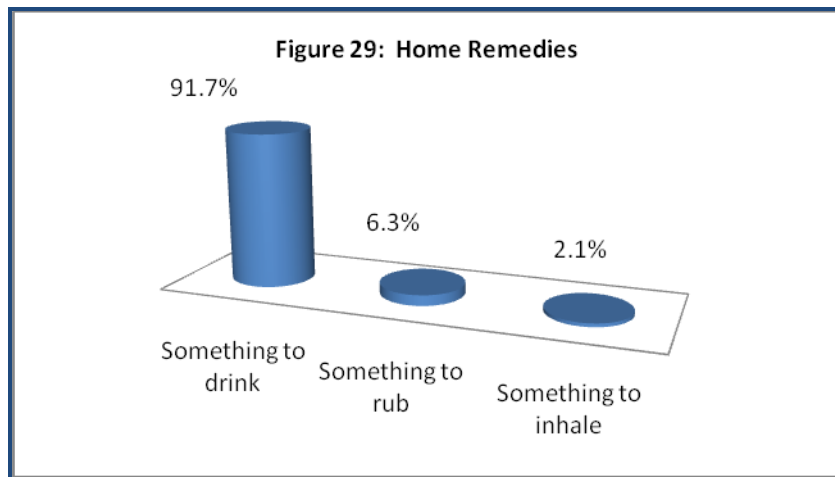
## Home Remedies

Question - Annex: *What is the home remedy that you use the most?*

- *Something to drink* \_\_\_\_\_
- *Something to rub* \_\_\_\_\_
- *Something to inhale* \_\_\_\_\_
- *Other:* \_\_\_\_\_

Of the 48 respondents, (44) 91.7% declared “Something to drink,” (3) 6.3% said “Something to rub,” and (1) 2.1% noted “Something to inhale.” Twelve participants referred to herbal teas such as chamomile (4), peppermint (1), oregano (1), and linseed (1); five respondents mentioned over-the-counter medicines.

Figure 29: “Home Remedies” shows that most participants declared to use some type of home remedies.



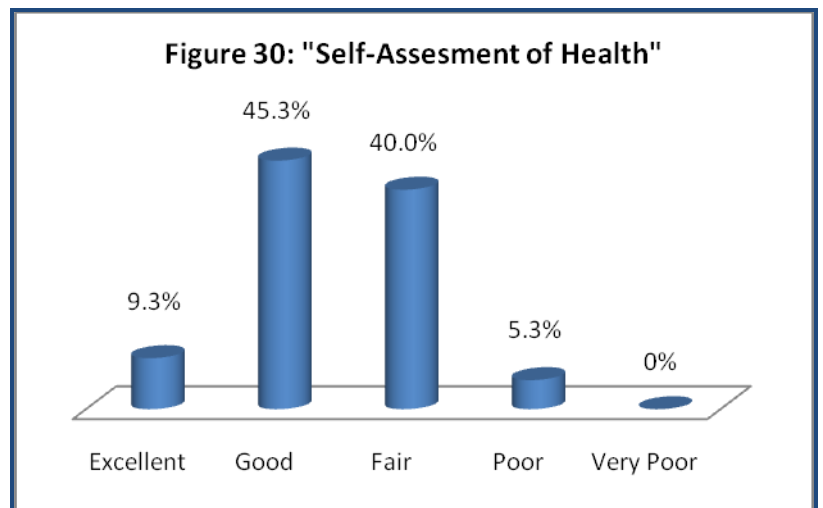
### Self-Assessment of Health

How would you rate your health? Select one:

- Excellent,
- Good,
- Fair,
- Poor, or
- Very Poor

Of the 75 respondents, (34) 45.3% declared “Good,” (30) 40% said “Fair,” (7) 9.3% noted “Excellent,” and (4) 5.3% indicated “Poor.”

Figure 30: “Self-Assessment of Health” reflects that most participants considered themselves healthy, and this brings a holistic well-being to the communities where they reside.



Source: 2009 Binational Health Week Surveys

**In conclusion,**

As in previous years, many Hispanic immigrants look forward to participating in BHW events to obtain healthcare information and screenings. Some participants expressed their concern about the lack of additional screenings (e.g. cholesterol and flu shots). This information could be beneficial in expanding promising practices for services as the local BHW council considers future events.

We would like to thank all the providers, volunteers, community partners, and agencies for their support. We are especially appreciative of the staff at Samuel U. Rogers Health Center for their professionalism, and dedication in hosting these BHW events in Kansas City, Missouri.

## **APPENDIX A: SURVEY**



## APPENDIX B: MAP OF MEXICAN STATES



### Legend key:

AGS	Aguascalientes	VER	Veracruz
BCA	Baja California	YUC	Yucatán
BCS	Baja California Sur	ZAC	Zacateca
CAM	Campeche		
CHI	Chiapas		
CHH	Chihuahua		
COA	Coahuila		
COL	Colima		
DIF	Distrito Federal		
DGO	Durango		
GRO	Guerrero		
GTO	Guanajuato		
HGO	Hidalgo		
JAL	Jalisco		
MEX	México		
MIC	Michoacán		
MOR	Morelos		
NAY	Nayarit		
NLE	Nuevo León		
OAX	Oaxaca		
PUE	Puebla		
QRO	Querétaro		
ROO	Quintana Roo		
SIN	Sinaloa		
SLP	San Luis Potosí		
SON	Sonora		
TAB	Tabasco		
TMP	Tamaulipas		
TLA	Tlaxcala		

Source: "Flags of the World: Mexico States Map." Tour by Mexico and António Martins.  
[http://www.crwflags.com/fotw/flags/mx\(.html\)](http://www.crwflags.com/fotw/flags/mx(.html)), site found 23 Jan 2007.

