Identifying Health Disparities: Lessons From the Rio Grande Valley

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Part I: What Are We Talking About?

What is “health disparities”?
Definition

“Population-specific differences in the presence of disease, health outcomes, or access to health care.”

Health Resources and Services Administration
## The Road to Health Disparities

<table>
<thead>
<tr>
<th>Contributing Factors</th>
<th>Impact</th>
</tr>
</thead>
<tbody>
<tr>
<td>“Race”</td>
<td>Differences in life opportunities, exposures, and stresses that result in differences in underlying health status</td>
</tr>
<tr>
<td>Gender</td>
<td>Differences in access to health care, including preventive and curative services</td>
</tr>
<tr>
<td>Ethnicity</td>
<td>Differences in the quality of care received within the health care system</td>
</tr>
<tr>
<td>Labor roles and social class markers</td>
<td></td>
</tr>
<tr>
<td>Nationality, language, and legal status</td>
<td></td>
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<tr>
<td>Sexual orientation</td>
<td></td>
</tr>
<tr>
<td>Insurance</td>
<td></td>
</tr>
<tr>
<td>Disability status</td>
<td></td>
</tr>
<tr>
<td>Geography</td>
<td></td>
</tr>
<tr>
<td>Religion</td>
<td></td>
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</tbody>
</table>
Part II: Why is this important?

What impact do health disparities have on health and wellbeing?
Coordinated Initiatives

Since 1985, the U.S. Department of Health and Human Services (DHHS) has focused on reducing or eliminating racial/ethnic health disparities.

- Hispanic Agenda for Action
- Educational Excellence for Hispanic Americans
- Improving Access to Services for Persons with Limited English Proficiency
- Hispanic Employment in the Federal Government
- Initiative to Eliminate Racial and Ethnic Disparities in Health
- Healthy People 2020

• Access to healthcare is highly correlated with use of preventive services.

• Almost all prevention measures vary with ethnicity, SES, education and geography.

• Immunization levels vary widely across all categories.

• Hispanic American high risk adults are 20% less likely than non-Hispanic white adults to have ever received the pneumococcal vaccine.
  ▪ Hispanic children aged 19 to 35 months had comparable rates of immunization for hepatitis, influenza, MMR and polio.
  ▪ Hispanic women are 40% less likely to receive an HPV vaccine, as compared to whites.
  ▪ Hispanic adults were 20% less likely to have received the influenza (flu) shot in the past 12 months, compared to non-Hispanic whites.
  ▪ Hispanic adults aged 65 and older were 30% less likely to have ever received the pneumonia shot, compared to non-Hispanic white adults of the same age group.

• Having a dedicated healthcare provider is highly correlated with colorectal cancer screening.

• A lower percentage of Hispanics report using preventive services than non-Hispanic whites & non-Hispanic blacks.

America’s Health Rankings® Spotlight: Prevention, 2016
National Overview of Use of Clinical Services and Access to Care

Percentage of Adults Aged 50 to 74 Who Received Recommended Colorectal Cancer Screening by Race/Ethnicity\(^1\)

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>Percent of Adults Aged 50 to 74</th>
</tr>
</thead>
<tbody>
<tr>
<td>Non-Hispanic White</td>
<td>68.3%</td>
</tr>
<tr>
<td>Non-Hispanic Black</td>
<td>67.7%</td>
</tr>
<tr>
<td>Hispanics</td>
<td>51.7%</td>
</tr>
</tbody>
</table>

Percentage of Adults 65 Years and Older Who Have Ever Received a Pneumococcal Vaccination By Race/Ethnicity\(^1\)

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>Percent of Adults Aged 65+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Non-Hispanic White</td>
<td>71.1%</td>
</tr>
<tr>
<td>Non-Hispanic Black</td>
<td>57.7%</td>
</tr>
<tr>
<td>Hispanics</td>
<td>51.9%</td>
</tr>
</tbody>
</table>

Percentage of Adults Who Have a Dedicated Health Care Provider by Race/Ethnicity\(^1\)

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>Percent of Adults</th>
</tr>
</thead>
<tbody>
<tr>
<td>Non-Hispanic White</td>
<td>82.1%</td>
</tr>
<tr>
<td>Non-Hispanic Black</td>
<td>76.5%</td>
</tr>
<tr>
<td>Hispanics</td>
<td>59.2%</td>
</tr>
</tbody>
</table>

\(^1\)United States, 2014.

The dashed line in each graph indicates the national average for each measure.
Uneven Use of Clinical Services

Percentage of Adults Aware They Have High Blood Pressure

- National Average: 31.4%
- Texas: 31.2%
- Hispanics in Texas: 25.0%

Percentage of Adults Who Received a Cholesterol Check within the Past 5 Years

- National Average: 76.4%
- Texas: 74.8%
- Hispanics in Texas: 66.8%

Percentage of Adults Aged 50 to 74 Who Received Recommended Colorectal Cancer Screening

- National Average: 66.4%
- Texas: 60.9%
- Hispanics in Texas: 43.4%

1United States, 2014.
Access Key to Overall Prevention

Percentage of Adults Who Have a Dedicated Health Care Provider

<table>
<thead>
<tr>
<th></th>
<th>National Average</th>
<th>Texas</th>
<th>Hispanics in Texas</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent of Adults</td>
<td>76.7%</td>
<td>67.1%</td>
<td>51.4%</td>
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</tbody>
</table>

Percentage of Adults Who Have Had an Annual Dental Visit in the Past Year

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<thead>
<tr>
<th></th>
<th>National Average</th>
<th>Texas</th>
<th>Hispanics in Texas</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent of Adults</td>
<td>65.3%</td>
<td>58.2%</td>
<td>49.2%</td>
</tr>
</tbody>
</table>

Percentage of Adults with Some Type of Health Insurance

<table>
<thead>
<tr>
<th></th>
<th>National Average</th>
<th>Texas</th>
<th>Hispanics in Texas</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent of Adults</td>
<td>87.6%</td>
<td>75.1%</td>
<td>54.9%</td>
</tr>
</tbody>
</table>

1United States, 2014.
Part III: Changing Perspectives on Health Disparities

The Good, The Bad and The Ugly
A Framework for Health Quality

UPSTREAM

Discriminatory Beliefs (ISMS)
- Race
- Class
- Gender
- Immigration status
- National origin
- Sexual orientation
- Disability

Institutional Power
- Corporations & other businesses
- Government agencies
- Schools

Social Inequities
- Neighborhood conditions
  - Social
  - Physical
- Residential segregation
- Workplace conditions

Risk Factors & Behaviors
- Smoking
- Nutrition
- Physical activity
- Violence
- Chronic Stress

Disease & Injury
- Infectious disease
- Chronic disease
- Injury (intentional & unintentional)

DOWNSTREAM

Individual Health Knowledge

Genetics

Healthcare Access

Mortality
- Infant mortality
- Life expectancy

Health Status
Part IV: Immediate Interventions and Considerations

The Case for Multi-Modal, Team-Based Care → Lessons Learned
Traditional Clinic Model

Team Based Collaborative → Primary Care, Behavioral Health, and Addictions

Nurse practitioners.
Nutrition.
Social Work.
Educational psychology.
Case management.
Occupational therapy.
Mental health.
Physician assistant.
Pharmacy.
Laboratory medicine.
Communication disorders.
Rehabilitation counseling.

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VIDAS – Valley Interprofessional Dedicated Access and Service

- Integrated Care.
- Focus → Triply diagnosed.
- Interprofessional Team-Based Care.
- Community- & Mission-Driven.
- Prevention Focus.
- Patient/Family-Centered Care.
- Telepsychiatry – Synchronous & Asynchronous.
- Community & Population Care.
- Mobile Technology.

**Improved Access, Care → Improved Outcomes & Prevention**

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UniMovil

One Community, One Mission, One Solution
Psychoeducational Rounds

Consultation Telepsychiatry

Collaborative Care Telepsychiatry

Asynchronous Telepsychiatry

Coordinated Care

Co-located Care

Integrated Care

Screening

Navigators

Co-location

Health Homes

System-Level Integration

Kaiser Foundation Model of Continuum of Integrated Care
Part V: Then what about ....

The other tangibles ...
1. GED
2. BA with STC
3. Added CHW certificates behavioral health & oral health
4. Expand use of broadband for health literacy & prevention
• Increase access to primary care services (STITCH, Pena Clinic, UniMovil, CRU).
• Partnerships with RGV communities to enhance planning, deliver health promotion, preventive, primary care & behavioral health services (VIDAS. Integrated Colonia Care).
• Inform/empower Latinos to be better healthcare consumers through production of accurate & culturally-linguistically appropriate information (TAMU, South Texas College, UTRGV B3I).
• Increase Latinos in the healthcare fields through a variety of educational programs (M2M, SUCCESS, GME).

Improving Access to Care in the Hispanic Community
I found a pack of condoms under the veranda...

What's a veranda?