Latino Health Panel

September 29, 2010

Spotlight on Health Sciences Diversity
“9 Lunas...”

Supporting Latino Mothers and their Families
“9 Lunas…”

- Support group for Latino families
- Based on volunteer work
- Independent / non-affiliated
- Ties and collaboration with other groups
Gratis y en Español
Goals and activities of the group

• Offer interactive meetings with Latino mothers in order to:
  o Provide a supportive community of help and friendship.
  o Share with other mothers the experience of pregnancy and motherhood.
  o Find a learning environment where participants engage on discussions about their situation as Latino mothers.
• Additionally, help with:
  • Translations, appointments, and other paperwork related to mothers and their children.
  • Relevant information about local resources available such as WIC, Medical Assistance for Moms & Babies, Spanish-speaking doctors in the area, Latino services, and donation centers (among others).
• Monthly informative talks
  • Local experts
  • Topics related to mothers’ interests
  • Interactive space
• Family planning advice (contraception)
• Breast feeding
• Domestic violence
• CPR (cardio pulmonary reanimation)
• Legal rights
• Depression
• Siblings’ interactions
• Nutrition
• Women’s health
Participants

• Pregnant women, mothers with small children, and future mothers
• Fathers
• Children
• Over 100 mothers
• Ages 16 to 46
• Diverse economic / educational backgrounds
• Various countries of origin
Participants’ needs

• Language barriers
• Lack of information
  • Services available
• Cultural barriers / isolation
• Access to services
Problems we identify

• Individual level
  – Motivations

• Community level
  – Marginality (Latinos serving Latinos)
  – Lack of communication
Suggestions for the future

• Services promoting empowerment
• Organized structure
  – Independent form individuals
  – Centralized information