



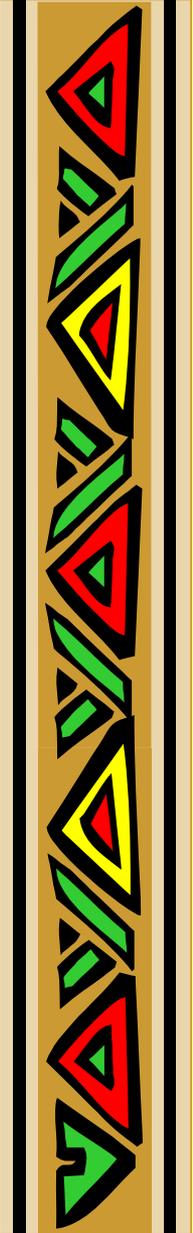
# THE SIGNIFICANCE OF INDIGENOUS BELIEFS OF LATINOS & DIABETES

Diabetes Alliance of Idaho  
2010 Spring Meeting  
May 7, 2010



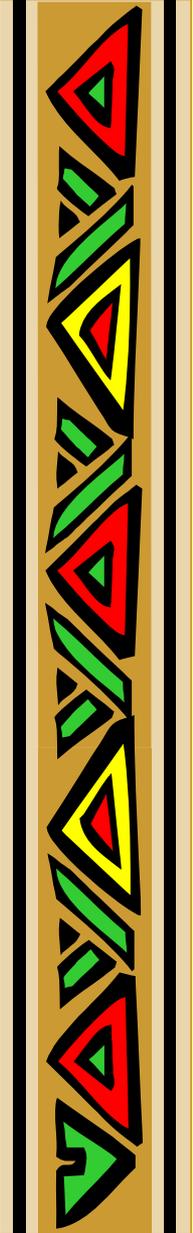
# Indigenous Health Beliefs

A person's background, including their cultural and religious beliefs, often affects the way they choose to address health conditions. Prior research has shown that Hispanics draw from both biomedical and traditional belief systems when understanding and treating illnesses (Coronado et al 2004).



## A Project of the Idaho Partnership for Hispanic Health

- This work fits within a larger NIH funded community based research project, *Idaho Partnership for Hispanic Health (IPHH)*, which, along with other research projects, has identified the importance of cultural beliefs in making health decisions among Hispanics.

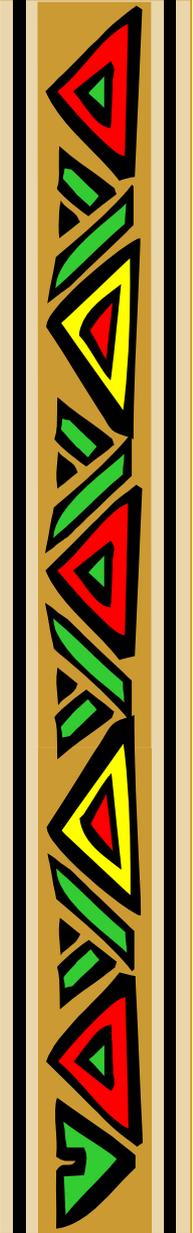


## Significance of Cultural Health Beliefs

- Several participants in the IPHH study identified the importance of cultural beliefs when they spoke about long-standing beliefs in folk illnesses and adherence to alternative remedies among their family and friends.

# Hypothesis

- The acceptability and thus the likelihood of success of any intervention will be influenced by its consistency with the EM of the individual.
- By integrating these cultural beliefs, generated through basic scientific inquiry, into medical interventions, the treatment or prevention of metabolic syndrome may improve.



# Project Goals

## Overall goals:

- To identify the indigenous beliefs of Hispanics in Southwest Idaho and understand how these culturally based beliefs fit into their explanatory model (EM) for disease.
- To develop an understanding of the indigenous beliefs among Hispanics in Southwest Idaho surrounding the health condition of metabolic syndrome and develop a “belief map”.
- To use the “belief maps” to develop an integrated plan for education that will blend the family’s belief system with the biomedical model to explain and address the metabolic syndrome risks specifically relevant to the family.



# Ethnographic Interview Process

- Interviews were conducted between March of 2008 and March 2009 with family head of household and spouse.
- 39 ethnographic interview conducted with families in Weiser, Idaho to elicit the family's shared belief system about health risks related to metabolic syndrome.



# Ethnographic Interview Process

- Interviews lasted approximately 1.5 hours and were audio-taped, with the participants consent.
- Most interviews were conducted in the homes of families.
- The majority of interviews were conducted in Spanish.

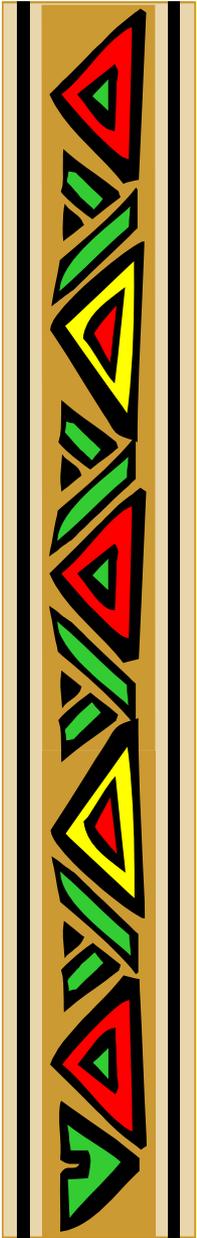
# Interview Guide

- Experiences with being healthy
- Concerns with health
- Who they consult with regarding health issues or concerns
- What they do when feeling ill; what they do when their family members get sick
- Home remedies or cultural health beliefs learned from family



# Interview Guide

- Experience with any cultural health conditions or beliefs and their treatments such as:
  - Susto
  - Mal de ojo
  - Empacho
  - Mollera caida
  - Mal aire
  - Nervios
  - Bilis
  - Coraje





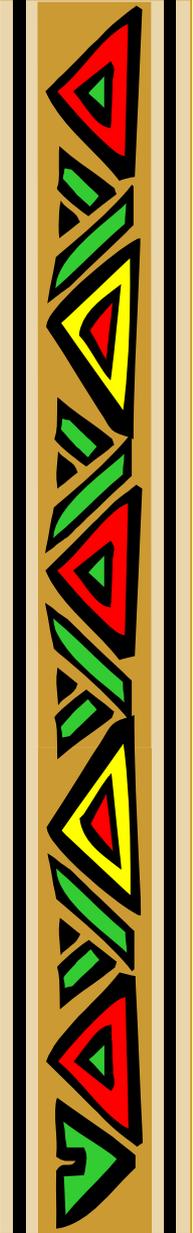
# Interview Guide

- How indigenous health conditions are diagnosed
- Experience with cultural conflicts between home remedies and treatments and advice or treatments from doctors.
- Experiences with talking to doctors about indigenous health beliefs, diagnosis, or treatments



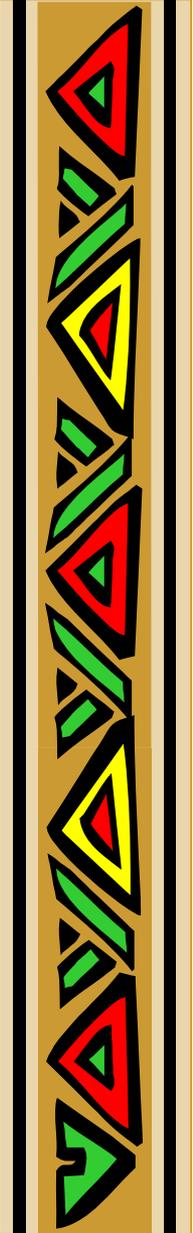
# Interview Guide

- Cause of diabetes?
- Causes of high blood pressure?
- Thoughts about people being overweight?
  - How condition comes about?
  - Why some get it & some don't?



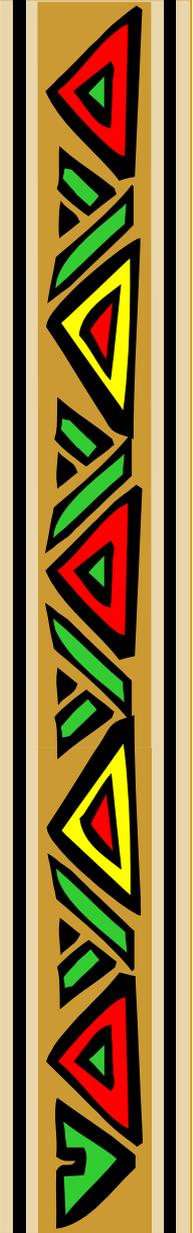
# Analysis of Research Findings

- Interviews transcribed verbatim
- Translated from Spanish to English
- Grounded theory approach is guiding the analysis
- Data constantly compared for themes and concepts



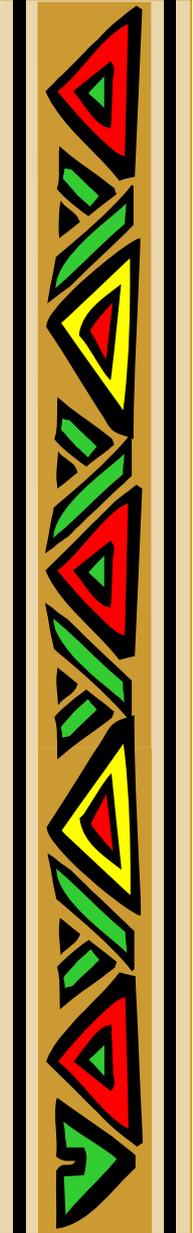
# Analysis of Research Findings

- Data currently being open coded
- Themes and codes to be analyzed and compared
- Develop overall understanding about indigenous health beliefs surrounding care and behavior for Latinos



# Integration of Blended Model

- Integrate into education plan that blends family's belief system with the biomedical model to explain and address the metabolic syndrome risks specifically relevant to the family.



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