

Improving Health Outcomes in Minority Populations

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Health Equity Pledge

- 2015- Lexington Regional Health Center made a pledge to make an impact on diabetes care and monitoring in the Hispanic population.

Lexington, NE Demographics

Population= 10,464 (2016)

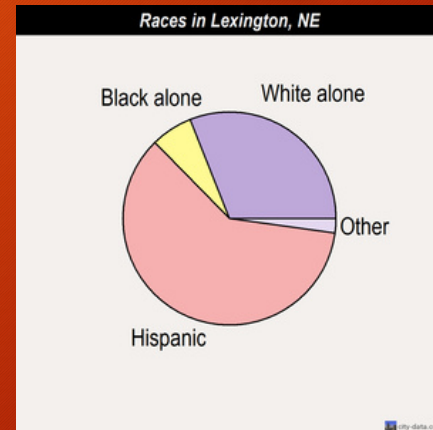
Breakdown=

- 63.9% Hispanic
- 31% Caucasian alone
- 10.2% Black alone
- 0.5 % American Indian alone
- 0.4% Two races or more

Language

- 55.5% Spanish
- 37.9% English
- 9.5% Other

35% of Lexington residents are foreign born



<http://www.city-data.com/races/races-Lexington-Nebraska.html>

Dawson County Demographics

Population= 23,640

Breakdown=

- 62% Caucasian
- 33% Hispanic
- 4.36% Black alone
- 0.52% Two or more races

Language=

- 70.63% English
- 26% Spanish
- 3.18% African languages
- 0.19% Other Slavic



<http://www.countyhealthrankings.org/app/nebraska/2018/rankings/dawson/county/outcomes/6/snapshot>

Health Ranking in Dawson County

- 2016 ranked 46th out of 80 counties
- 2018 ranked 39th out of 80 counties
- 10% of the Dawson County population lives with Diabetes
- 2015, 235 diabetics in Dawson County and 80% were receiving Hgb A1C for diabetes monitoring
- 2018, 275 diabetics in Dawson County and 85% were receiving Hgb A1C for diabetes monitoring

<http://www.countyhealthrankings.org/app/nebraska/2018/rankings/dawson/county/outcomes/6/snapshot>

Patients at LRHC

- 36% list Spanish as their primary language
- 8% list Somolian or Arabic as their primary language

Lexington Regional Health Centers Interventions

Interpreters



Cultural Training



Community Fitness Initiative



Community Outreach

- Spanish DEEP courses
- Topic Specific Education
 - Immunizations
 - Cervical Cancer

Community Health Worker



Promoting Professional Development

- International Medical Graduate
- Growing from within our organization
- Partnership with local community college
- Mentorship

Transitional Care Team



Support Groups

- Expanding relationships
- Building trust
- Creating support networks



Lessons learned

- Cultural competence and understanding are key
- Being able to provide the education in the patient's primary language-
- Building trust and relationships is the best intervention
- NO two people are like... do not clump them together, look at each patient and each situation with open eyes