



STRESSORS IN HISPANIC AND LATINO COMMUNITIES



Factors that contribute to stress among Hispanic and Latino communities include:

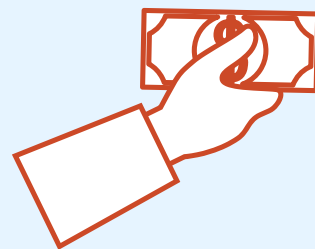
1 LACK OF HEALTH INSURANCE

About 17.8% of the Hispanic and Latino population was not covered by health insurance in 2017.¹ Most of the leading causes of deaths among them are preventable.



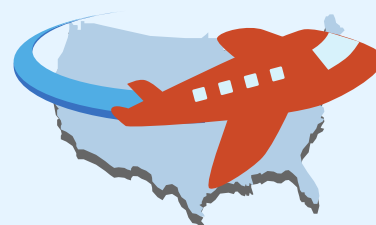
2 FINANCIAL STRUGGLES

About 22.6 % of Hispanic and Latinos live below the poverty level.² Most Hispanics struggle to pay monthly bills including the mortgage or rent due to higher rates of unemployment, unsafe work conditions, and unfair treatment.



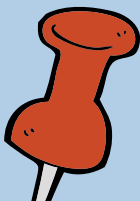
3 FEAR OF DEPORTATION

Hispanic and Latino immigrant's fear deportation and this can be a risk factor for stress and other mental health conditions. The rates of depression among children living in immigrant families ranges between 10% and 15% due to fear of parental deportation.³



4 DISCRIMINATION

Hispanic and Latinos might have been the target of racial or ethnic discrimination that often leads to depressive symptoms.⁴



About a quarter of Latinos (24%) say someone has discriminated against them, 22% say someone has criticized them for speaking Spanish, 20% have been told to go back to their home country, and 16% have been called offensive names.⁵

Sources:

1. United States Census Bureau. (2017). A Closer Look at Contributors to Stress for Latinos [Blog post]. Retrieved from https://www.rwjf.org/en/blog/2014/07/a_closer_look_atcon.html

2. U.S. Department of Health and Human Services. Office of Minority Health. (2019). Profile Hispanic/Latino Americans. Retrieved from <https://minorityhealth.hhs.gov/omh/browse.aspx?lvl=3&lvlid=64>

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5. Lopez, M. H., Gonzalez-Barrera, A., & Krogstad, J. M. (2018). Latinos and discrimination. Pew Research Center. Retrieved from <https://www.pewhispanic.org/2018/10/25/latinos-and-discrimination/>

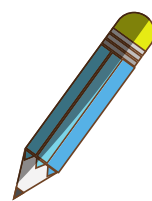


National Hispanic and Latino

MHTTC

Mental Health Technology Transfer Center Network
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