

# 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:
  - Provide a supportive community of help and friendship.
  - Share with other mothers the experience of pregnancy and motherhood.
  - 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