



LSHP / Latino Student Health Project @ UCLA

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Among California Latinos, heart disease, cancer, stroke and diabetes account for nearly 60 percent of all deaths.¹

Latino Student Health Project (LSHP) was established in 1978 after an increase in the rate of debilitating diseases affecting underrepresented communities with limited access to health insurance and health care.

Twenty-four percent of California Latino children and 44 percent of Latino adults were uninsured part or all of the previous year. In total, there are approximately 2.36 million uninsured Latino adults, nearly twice as many as any other racial/ethnic group.²

Our mission is to serve medically underserved communities and promote health awareness while allowing undergraduate students in collaboration with professionals to ameliorate some of these needs by providing secondary medical care.

Latino elderly (age 65-74) have a mortality rate due to diabetes over twice as high as non Hispanic white elderly. Latino elderly are far more likely to wish to communicate in Spanish.³

We educate the population we serve as to what can be done to prevent various diseases by disseminating bilingual information and resources at various locations in Los Angeles and Ventura County. We also travel three times a year to our clinic in Tecate, Mexico, where we volunteer with medical doctors and professional staff.

Please visit our web page and view our video: <http://www.studentgroups.ucla.edu/lshp/>

Our service to the Tecate community consists of clinical consultation, various health screenings, dental check-ups, and follow ups from previous consultations. On average each quarter we serve about 200 patients, both adults and children. Our volunteers consist of about 40 undergraduate students, 8 physicians, 5 dental students, and a pharmacist.

Nationally, 8 percent of all Latino Americans aged 20 years or older have diabetes. Diabetes affects nearly 25 percent of all Mexican American adults between the ages of 45 and 74. Compared to non-Latino whites, the prevalence of type 2 diabetes is 1.5 times higher among Latinos.⁴

In recent years, cholesterol, diabetes, and high blood pressure cases have increased, especially among the Latino population. Using health screenings and health education workshops, LSHP is able to educate and find unaware individuals who are at-risk. Meanwhile, LSHP continues to work with Chicanos/Latinos for Community Medicine (CCM) to encourage and support college students that desire to enter the different existing health professions.

LSHP believes that it has the responsibility to motivate volunteers to pursue careers in the different health professions and induce enthusiasm to help the underserved. Volunteers are exposed and able to interact with the communities that LSHP works with. In addition, LSHP provides a support group where volunteers are able to establish a network of friendships that can be very valuable in their undergraduate experience.

1. California Department of Health Services, Center for Health Statistics, Office of Health Information and Research. (2004). *Ten leading causes of death, percent of deaths, death rates, and age-adjusted death rates by sex – Hispanic – California, 2002*. (Table 5-10A) [Data Table]. Retrieved June 22, 2005, from <http://www.dhs.ca.gov/hisp/chs/OHIR/tables/datafiles/vsofca/0510a.pdf>

2. Brown, E.R., Lavarreda, S.A., Ponce, N., & Rice, T. (2003). *The state of health insurance in California: Long-term and intermittent lack of health insurance coverage*. Retrieved February 2, 2005, from University of California, Los Angeles, Center for Health Policy Research Web site: http://www.healthpolicy.ucla.edu/pubs/files/SHIC_report_11142003.pdf

3. Hayes-Bautista, David E., Hsu, Paul., Hayes-Bautista, Maria., Iñiguez, Delmy. (2001). *Latino Elderly in Los Angeles and Diabetes: Beliefs and Behaviors*. University of California, Los Angeles, Center for the Study of Latino Health and Culture. http://www.cesla.med.ucla.edu/Documents/Press%20Releases/Latino%20Elderly%20in%20Los%20Angeles%20and%20Diabetes%20Press%20Release/H-B_DIABETES.pdf

4. American Diabetes Association. (n.d.) *Diabetes statistics for Latinos*. Retrieved June 22, 2005, from <http://www.diabetes.org/diabetes-statistics/latinos.jsp>