



## Improving Access to Cardiovascular Care for the Latino Population in Northeast Colorado Fact Sheet

**Introduction:** Rural Solutions has been awarded grant funds from the Office of Health Disparities in the Colorado Department of Public Health and Environment to train healthcare providers in cross cultural/diversity, medical interpretation, as well as to implement an outreach program designed to reach the Latino population in northeast Colorado.

The overall goal of this project is to improve accessibility to CV healthcare services, including precursor conditions such as diabetes, obesity, and hypertension for the rapidly growing Latino population in northeast Colorado. Rural Solutions will work in collaboration with primary care and hospital providers throughout northeast Colorado to break down barriers that limit access to these healthcare services.

**Components of Project:** Rural Solutions will work with local communities throughout northeast Colorado to develop and implement a multi-faceted outreach program. The anticipated results will be to improve the health status of the rural Latino population as it relates to CV disease, including precursors such as diabetes, obesity, and hypertension.

Components include:

- 1) **Cross Cultural/Diversity Training** for healthcare professionals and support staff,
- 2) **Medical Interpretation Training** for bilingual healthcare professionals and support staff,
- 3) **Development and implementation of outreach program** that includes outreach workers, developing outreach materials, bilingual signage, patient educational materials related to CV disease, and community educational programs that uniquely meet the needs of participating communities.
- 4) **Participate in community health fairs** and healthy lifestyle events throughout the ten counties.

Rural Solutions believes that fostering systems of change in each rural community is the only way to ensure that lasting cultural competency becomes a reality. The grant will provide funds to further strengthen the capacity of each agency to address cultural competency and lasting systemic change. **Multicultural collaboration takes practice.** By collaborating with other agencies and utilizing the “train the trainer” model, quality training will be ongoing and reinforced regularly, thus affecting lasting change.

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Rural Solutions

Health Disparities Program

### Rural Solutions

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Mission Statement:

“To collaborate to address issues and create positive solutions for the health and well being of our diverse communities.”



Top challenges include:

- 1) Lack of access to health care providers for Latinos that understand their unique issues of providing services
- 2) Lack of well-trained healthcare staff in our small healthcare communities who can bridge the access gap for Latinos in the community to quality health care, including preventive services
- 3) Lack of staff who are qualified to provide quality translating services to the Latino population who need to access health care
- 4) Lack of access to quality training for all health workers in the areas of cultural competency and translating
- 5) Lack of basic educational materials for Latinos and language-appropriate material in the areas of diabetes, obesity and hypertension

These challenges can be overcome by gaining a better understanding of the Latino population.

**Sustainability:** Sustainability is built into the project from the start as this grant is created from a model of collaboration and cooperation among local providers and lead agencies.

The evaluation component of this grant will be used as a part of future strategic planning efforts for these organizations. Latino Community Assessments will be conducted in select communities to assess perceived barriers to care, knowledge of community resources, and satisfaction with local healthcare resources.

The results of these assessments will be shared with local healthcare providers for use in planning future activities to address issues. In addition, the outreach workers will be trained as a cross cultural/diversity trainer so that local training can continue after the grant period ends.

When this type of model is utilized, training and services will continue to impact practices and patient outcomes after the grant has ended because it has become part of a greater rural health network.

***Call to Action:***

- ▶ Participate in Cross Cultural/Diversity and Medical Interpretation Training
- ▶ Participate in the Outreach Program
- ▶ Participate in “Using a Medical Interpreter Effectively” workshop

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