

“Mi vida, Mi salud” helps to improve health status and promote healthy behaviors in Latinos

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Background

Latinos are disconnected from the health care system

Less likely to have regular doctors

Less likely to have visited a doctor in the past year

Less likely to feel confident about their ability to manage their chronic diseases

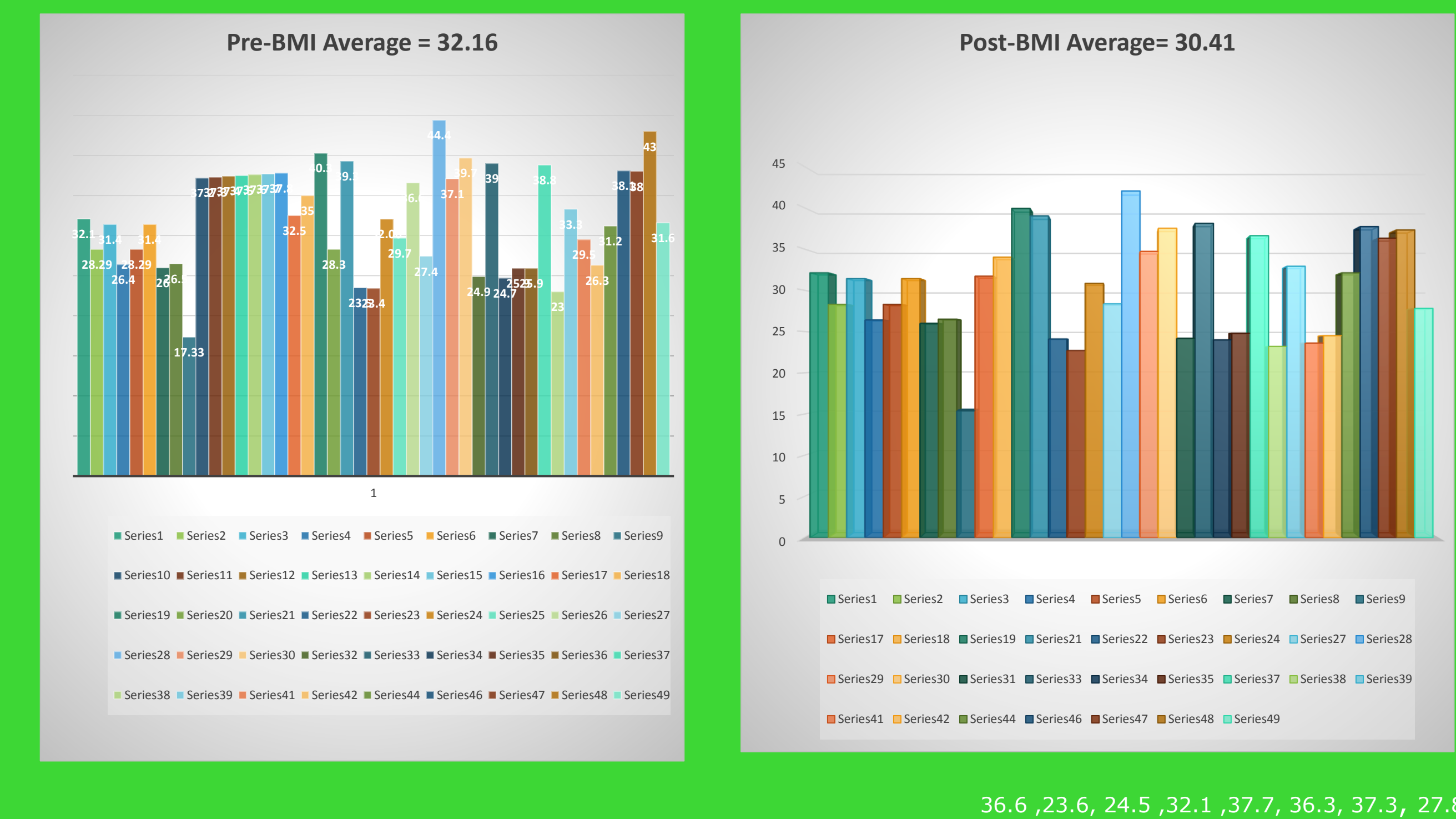
Program Goals

- ✓ Eliminates racial/ethnic disparities in access
- ✓ Improves use of primary and preventive care rather than emergency services
- ✓ Provides important source of information for Latinos and health care providers in Massachusetts

Program Activities

1. Provide CDSME and Healthy Eating for Successful living workshops for Latino seniors.
2. “Mi vida, Mi salud” is not a translation, but developed separately. It differences in terms of content and process: Content: emphasis on nutrition and exercise. Process: more group activities
3. Enroll uninsured seniors in health, dental insurance programs, and SNAP. Provide assistance with Transportation
4. Conduct follow-up for enrolled participants and assist them with maintenance and renewals,

Pre-Post BMI



Program Outcomes

➤ Program Period:

August 1, 2012- August 9, 2013

➤ Evaluation Method:

- Standardized questions from BRFSS
- Stanford questionnaires

➤ Results:

- 200 seniors attended CDSME workshops
- Average age was 66 y.o.
- 100% participants incorporated fruits and vegetables in their diets
- 10% of participants reported replacing sugary beverages for water
- 365 seniors applied for medical, dental coverage, SNAP, and received assistance with transportation

Acknowledgement



Contact information

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The Latino Health Insurance Program

Mission: Increase access to medical care, food, and to improve health literacy for Latinos in Massachusetts

