

**REDUCING THE BURDEN OF**  
**ARTHRITIS**  
IN HISPANIC POPULATIONS

**Environmental Scan Report**  
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**Submitted to:**

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## **EXECUTIVE SUMMARY**

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This document provides findings of an environmental scan through Internet analysis conducted by ORC Macro on behalf of the Centers for Disease Control and Prevention (CDC) for the Formative Research Aimed at Reducing the Burden of Arthritis in Hispanic Populations (English-speaking, Spanish-speaking) project. The first priority is to identify appropriate audience segments within the Hispanic population (aged 45–64) that would be responsive to a physical activity campaign.

Included and referenced in the environmental scan is information from Websites with coverage of Hispanic/Latino health, arthritis, physical activity and other relevant health care issues. Materials from these sites were collected between October 2002 and January 2003.

After review of Websites' contents, selected items were categorized, documented, and stored as a separate entry in a template created for that purpose (Please refer to Appendix B with a Table of Organizations and Resources). The items selected for inclusion in this environmental scan (listed on Appendix B) are professional organizations, programs, health promotion materials, reports, and other documents related to Hispanic/Latinos, arthritis, and promoting physical activity. Within each entry, this table captures a brief description of the selected entry and identifies its intent, target audience, and authoring agency.

The findings of this report are discussed in 5 interrelated areas that correspond to the information captured in this environmental scan: general profile of Hispanic/Latinos; international and national initiatives; partnerships and key stakeholders; education programs and media campaigns, and clinical and psychosocial trends.

This information is provided to help guide the development of communication plans marketed to Hispanic/Latino audiences by identifying key aspects of target populations that could affect how messages are interpreted.

- Marketing health behaviors such as physical activity should consider conceptualization, development and production of bilingual materials or materials available separately in both languages.
- Based on specific Census 2000 information (combination of percentage and absolute numbers) plus geographical distribution diversity, the following cities emerge as good candidates for inclusion on a segmentation plan for future data collection activities:
  - Los Angeles (CA)
  - Chicago (IL)
  - Hialeah or Miami (FL)
  - Laredo, Brownsville, El Paso or McAllen (TX).

- It is recommended to focus on a combination of cities with a geographical distribution variety and numbers of Hispanic/Latino population per age group (45-64). The final set of cities selected will also have a mix of countries of origin available in the pool of potential study participants on incoming data collection activities through focus groups, as per Census 2000 data.
- Most of the health information online reviewed in this environmental scan (in either Spanish or English) recommended people with arthritis to consult with their doctor on several important issues:
  - Diagnosis of arthritis
  - Referrals to a physical therapist to help with an exercise program
  - Weight control and nutrition information
  - Prescription drugs and assisting devices
  - Surgery
- For Hispanics/Latinos with arthritis who might also be in lower SES and have little or no access to health care, this recommendation is not necessarily a realistic one in many cases. It would be meaningful to further investigate the target population views on this issue. Thus, it is recommended to include relevant questions and probes into the discussion guide exploring participant's experiences and perceptions on the role of primary care providers and alternative sources of care in relation to management of a chronic disease such as arthritis.
- There are various national objectives and initiatives relevant to arthritis and physical activity that serve to promote awareness and improve delivery of quality health care for people with arthritis, which are listed in this report.
- There are a number of prominent organizations addressing arthritis, self-management, promotion of physical activity, and health care needs of Hispanic/Latino populations. Through their efforts, these organizations are actively working to increase awareness and improve practices of both patients and health care providers. The partnership model provides opportunities for coordination of activities and to capitalize on existing infrastructures for dissemination of future campaign activities for this project.
- Education programs and media campaigns reviewed for this environmental scan focused on current efforts targeting chronic disease (specifically diabetes), Hispanic/Latino patients and health care providers. The programs and campaigns listed here use Spanish materials, integrate the concept of "la familia" as a target audience for activities, recognize and incorporate music and dance as innovative ways to increase physical activities into daily routines, and use community health workers or "promotores" as peer educators, among others strategies. Through culturally and linguistically competent health promotion education and awareness activities, these programs and campaigns enforce the lifestyle changes for the prevention and proper

management of certain chronic diseases and improved quality of life for the target Hispanic/Latino populations.

- A number of clinical and psychosocial trends have emerged in relation to promoting physical activity to Hispanic/Latino populations. These trends become apparent in observing the messages that are conveyed and the mechanisms that disseminate these messages. They include:
  - Bundling chronic diseases health promotion messages by promoting physical activity across diseases affecting Hispanic/Latinos,
  - Emphasis on prevention, self-management, and patient empowerment in English and Spanish, and
  - Use of the partnership model for message development and dissemination.

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## I. Background and Scope of Work

This document provides findings of an environmental scan through Internet analysis conducted by ORC Macro on behalf of the Centers for Disease Control and Prevention (CDC) for the Formative Research Aimed at Reducing the Burden of Arthritis in Hispanic Populations (English-speaking, Spanish-speaking) project. The first priority is to identify appropriate audience segments within the Hispanic population (aged 45–64) that would be responsive to a physical activity campaign.

The disproportionate pain and disability due to arthritis has many negative repercussions in populations, such as Hispanics/Latinos, where health burdens have higher potential for disrupting peoples' lives. For people without health insurance, those with little access to health care, and those who cannot afford to pay for medication or to see a doctor, arthritis imposes a serious economic, social, and psychological threat.

Thus, the general aim of this project is to determine which Hispanic/Latino populations of lower education and income (socioeconomic status-SES) are appropriate target audiences for public health messages on the benefits of physical activity on arthritis pain and ability to function. As described in the Formative Research Plan, the specific purpose of the environmental scan through Internet analysis is to provide CDC with information that will assist in conducting qualitative formative research for the creation of a communication campaign effort. ORC Macro supplemented a literature review with information obtained via the Internet (providing an integrated environmental scan), including:

- The media, political and social environment;
- Existence and titles of Internet Websites;
- Potentially competitive or duplicative programs in the public health sector; and
- Psychosocial and/or other trend data that might enhance or threaten future communication activities.

While there are some important parallels between Hispanic/Latino populations (English- and Spanish-speaking) and those targeted in CDC's previous studies of other minority groups, much information and research specific on Hispanic/Latino people with arthritis (HPWA) is needed. Specific channels for disseminating information need to be identified, as well as

### Important Facts About Arthritis

- Arthritis is a common term to cluster over 100 forms of rheumatic diseases.
- About 70 million people in the United States have some form of arthritis.
- Arthritis is the leading cause of disability in the US, limiting everyday activities for people with arthritis and adversely affecting their physical and mental health.
- The level of discomfort and disability people with arthritis regularly experience is directly impacted by lifestyle. Some regimen of regular exercise is an important component of managing arthritis.
- Regular physical activity and maintaining an appropriate body weight can be helpful in keeping arthritis-related discomfort to a minimum, while maximizing physical ability with most types of arthritis.

important sociological and anthropological factors that may influence the reception of that information. Overarching messages to be communicated to Hispanic/Latino populations with arthritis are expected to be similar to an earlier campaign from CDC: being physically active now can 1) reduce pain later and 2) maintain or improve function. These issues will be key in developing an integrated understanding of the needs, interventions, and outcomes affecting HPWA, and could be partially addressed by examining some of the more localized arthritis and physical activity campaigns throughout the country.

Within the current task of the environmental scan, information was collected in a number of defined areas. International and national trends and initiatives, partnerships and stakeholders, education programs and campaigns, and clinical and psychosocial trends were explored to assess activity that may have an impact on the development of a campaign to increase physical activity among HPWA. The emergent findings informed the recommendations included throughout this report about specific topics for research and about consideration for a final segmentation plan.

As per the RFTP, these next research activities will involve the collection of original qualitative data in the form of focus groups with Hispanics/Latinos with arthritis complemented with individual interviews with primary care providers (physicians) who treat them. These data collection activities will provide greater understanding of the knowledge, attitudes, beliefs, behaviors, and motivations of the target audiences with regard to physical activity and arthritis.

A theoretical framework in the form of a logic model has been used to assist in delineating the parameters of the research, and will help in formulating the focus group discussion and interview questions, and interpreting findings. The logic model, which graphically depicts the relationship of inputs and activities of a communication plan to its intended effects, was based on the purpose of the project as specified in the RFTP and fine-tuned with findings from the literature review (Please refer to Appendix A, Logic Model).

A description of data collection methods for this environmental scan is detailed in the following section.

## **II. Methods of Data Capturing**

The following section details the methods used in data capturing for this task. First, a *summary of the literature review findings* is provided. As mentioned earlier, those literature review findings along with the logic model served to frame the environmental scan. The *methods* used in the environmental scan to request, delineate, and obtain data from various sources are described. *Perceived strengths and limitations* of the search and analysis are also presented, along with a discussion on *credibility issues about health information on the Internet* as pertinent to this endeavor.

### **Literature Review Findings**

The literature review conducted on physical activity and arthritis in Hispanic/Latino populations revealed several important findings essential to this and further research. Issues of audience segmentation, cultural profiles, determinants and barriers to physical activity, gender and life-role differences, acculturation, and socioeconomic status (SES) were identified as primary areas of importance in the determination of outcomes of arthritis in this population. A listing of the findings from the literature review follows.

- The scientific literature on physical activity and arthritis in Hispanic/Latino populations is scarce.
- What limited literature is available focus mainly on Hispanic/Latina women specifically, identifying many gender-specific determinants for physical activity (though arthritis affects both sexes, women are more likely to have this condition than men). A recurring example is the limitation of women to be physically active due to their role as caregivers. The literature reviewed identified a need to redefine physical activity to be more relevant and realistic in regard to women's important roles. For example, further exploration of the concept of *leisure-time physical activity* is needed. This culturally defined concept connoted values contrary to those held by study participants (female) as part of their role as caregivers. Thus, further research on views and culturally held beliefs of Hispanic/Latino men regarding physical activity and exercise is urgently needed to complement knowledge gained from current academic literature.
- The majority of Hispanics/Latinos are of lower SES, and experience many of the same institutional barriers faced by other minority groups in the US, but in addition are faced with language and other cultural barriers specific to the Hispanic/Latino community. In regards to arthritis specifically, there is a disproportionate rate of disability in the Hispanic/Latino community due to the disease in comparison to the general population. This is attributable in large part to lower socioeconomic status as well as culturally held beliefs and behaviors.
- *Fatalism*, the belief that arthritis is just part of aging or the accumulation of life's difficulties, as well as *nihilism*, the belief that nothing can be done to manage the disease, were both identified as common attitudes toward arthritis and other chronic

diseases in Hispanic/Latino populations. Conversely, positive attitudes about arthritis that could be fortified and reinforced were also identified. Examples include the unwillingness of some participants to let arthritis ruin their lives, and the feeling that it must be battled and defeated.

- Other cultural characteristics such as close-knit family and community ties provide further opportunities to reinforce healthy behaviors and disseminate helpful information. In many cases, the sustainability of interventions within Hispanic/Latino communities depends on the level of community participation. Literature review findings point to a need to take into account the influence of different levels of community infrastructure where Hispanic/Latino populations live.
- *Acculturation*, or the adoption of cultural traits held by the majority population, was found to coincide with more positive health outcomes, as well as higher SES among Hispanics/Latinos, although there has been some debate over the proxies used to measure acculturation and what those proxies actually reflect. Acculturation scales that use more sensitive and extensive markers for cultural values tend to reflect more pervasive and culture-specific attitudes rather than reflecting socioeconomic situations experienced across minority groups.
- Conceptual-perceptual factors such as self-efficacy and social support figured prominently in this population's drive to be more physically active and to proactively manage their arthritis. Successful interventions focused on strong community support and commitment, and evidence supports reinforcing mechanisms of social support to encourage healthy behaviors. An ecological model that incorporates these social-cognitive factors with other external, or environmental, factors is suggested in the literature as an approach to better understand the determinants of physical activity in the Hispanic/Latino population.
- There have been few long-term studies to determine the efficacy of physical activity interventions among HPWA over time. The Spanish Arthritis Self-Management Program, developed at Stanford University, has shown promising results, but has not had the ability to reach a great number of people thus far. The literature reviewed from academic journals did not identify any other current physical activity campaigns targeted toward HPWA, with exception to the research reviewed from the University of South Florida.
- The literature review identified key issues pertaining to audience segmentation criteria, such as the factors that influence differences within Hispanic/Latino populations. These include issues such as country of origin (which is broader than country of birth as it includes the tracing back of recent ancestry) and measures of acculturation and integration into the national community. The environmental scan will focus more on selection criteria for focus groups according to population demographics of particular cities. The literature review found that differences within the Hispanic/Latino population present a challenge for finding ways of reaching this community as a whole.

## **Environmental Scan Through Internet Analysis**

The environmental scan relied on a media analysis of both print and Internet sources. The Internet, with its World Wide Websites and listservs, provides means of identifying new trends and issues and of confirming that already-identified issues are relevant.

A diverse mix of resources from the Internet was obtained through examination of references and organizations listed on the Websites and of the references on reports and articles found. This further probing was intended as triangulation of methods, which was complemented by continuous cross-validation with the original literature review on physical activity and HPWA. Moreover, periodic discussions among the research team provided a forum for setting parameters for the search, deciding which leads to follow. It was also discussed which emergent information needed to be confirmed with the relevant source through an informal contact via email or on the phone.

Included and referenced in the environmental scan is information from Websites with coverage of Hispanic/Latino health, arthritis, physical activity and other relevant health care issues. Materials from these sites were collected between October 2002 and January 2003.

Because the Internet contains no central indexing system, finding the information researchers need often presents a challenge. Specialized search engines and software programs are powerful tools that helped narrow the field.

The main software program used in the search was Copernic 2000 Basic, a metaresearch tool that provides access to 80 search engines (e.g., AltaVista, Excite, HotBot, Infoseek, Lycos, WebCrawler, and Yahoo) grouped into seven categories (e.g., the Web, newsgroups, and hardware/software). Other online search engines used were:

- Google at [www.google.com](http://www.google.com), a search engine accessing more than 2 billion Web pages to match the search terms entered.
- MEDLINE at [www.ncbi.nlm.nih.gov/pubmed](http://www.ncbi.nlm.nih.gov/pubmed) from the Library of Medicine, a collection of more than 11 million bibliographic citations to the world's medical journals, aimed at health care professionals.

Each search result was explored and its content revised, inclusive of its Weblinks in order to explore the search. After review of Websites contents, selected items were categorized, documented, and stored as a separate entry in a template created for that purpose (Please refer to Appendix B with a Table of Organizations and Resources). The items selected for inclusion in this environmental scan (listed on Appendix B) are professional organizations, programs, health promotion materials, reports, and other documents related to Hispanic/Latinos, arthritis, and promoting physical activity. Within each entry, this table captures a brief description of the selected entry and identifies its intent, target audience, and authoring agency.

In examining materials for inclusion for this environmental scan, flexible general approaches were used instead of strict inclusion/exclusion criteria guidelines. The rationale for this

approach was that more leeway was needed during the exploratory phase of this formative research.

A brief statement on issues of credibility of health information online follows below.

### ***Credibility of health information on the Internet***

As the Internet develops, a logical and expected consequence is the diversification of the services and information available online. As this environmental scan progressed, the issue of evaluation of the credibility of the health information available online emerged. Specifically, although the variety of Internet search engines and software tools can lead to massive amounts of information, those tools are incapable of evaluating the links they identify. For example, a search on the words of a major disease like arthritis and its chronic pain is as likely to lead to a page advertising dietary supplements or a health food store's article on the purported benefits of a chemical as it is to link to CDC.

By far the most consumer-friendly part of the Internet is the World Wide Web. It is also the newest part of the Internet, having become accessible only in the past decade with the wider availability of browsers such as Netscape Navigator and Internet Explorer. The growth of the Internet coincides with increased consumer involvement in decisions about health care. A key component of increasing consumer choice and participation is access to good-quality information. Good-quality information on disease management should be accurate and based on the best and most up-to-date scientific evidence.

Information material may be geared to consumers (people with arthritis, their family members and friends) as well as health professionals. Providing consumers with information about disease management choices can reduce anxiety and promote more effective relationships with health professionals. Health professionals who treat and support people with arthritis can keep up to date with the experience of other practices and with the latest information available on disease management. Consumers who participate in decisions about their diseases management may have improved health outcomes, and an understanding of disease management choices has been shown to have a positive effect on health status independent of participation in the decision making process. Many legitimate providers of reliable health and medical information, such as Government agencies, are taking advantage of the Web's popularity by offering brochures and in-depth information on specific topics at their Website. The Internet has expanded the range of information available to consumers and health professionals alike.

As such, there is a clear need for reliable appraisal tools and mechanisms to evaluate online health information on treatment choices; those tools and mechanisms must be accessible to diverse groups of users and applicable to a wide range of information. Although numerous guidelines and checklists for evaluating and producing Internet resources are available, few are health specific, and even fewer have been subjected to rigorous scientific testing.

The following icon appears on several Websites examined for this environmental scan.

**The HON Code**

<http://www.hon.ch>



This is the HON code from the Health On the Net Foundation based in Switzerland. As cited, the HON code proposes benchmarks designed to make sure readers always know the source and purpose of the information they are reading. Although it does not rate the medical accuracy, validity, or appropriateness of the information itself, the HON code seal on sites aims to show site's compliance with those standards. Webmasters and information providers can themselves apply the HON code to set basic standards for the presentation of health care advice and information. Self-regulation represents a temporary solution at a time when there is still no common legal framework for the provision of health care information on the Internet.

This section has offered a discussion on data capturing methods for the environmental scan and general issues of credibility of the information in the Internet. Through the described data capturing and Internet analysis, several findings are relevant to the tasks of the formative research. The following section discusses these major findings.

### **III. Findings**

The findings of this report are organized into 5 interrelated areas that correspond to the information captured in this environmental scan: general profile of Hispanics/Latinos; international and national initiatives; partnerships and key stakeholders; education programs and media campaigns, and clinical and psychosocial trends. The following outlines the findings in each of these areas.

#### **General Profile of Hispanics/Latinos**

A comprehensive new survey of Hispanic/Latinos in the US reveals an array of attitudes, values and experiences that is distinct from non-Hispanics. This 2002 National Survey of Latinos report by the Pew Hispanic Center/Kaiser Family Foundation, offers information on an array of issues affecting Latinos in the US and details demographics, economic and health care experiences, views on discrimination, and issues of identity and assimilation.<sup>1</sup>

Many of the survey questions are broken down by country of birth (COB) and ancestry, native or foreign-born status and age when immigration occurred, generational status (1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> or higher), economic status, and language use. These divisions provide insights into issues of segmentation within Hispanic/Latino populations over an array of topics. A few major points of relevance to this environmental scan are as follows:

- 1) There is a need for a dynamic approach to describing and understanding the Hispanic/Latino population. Findings from this survey suggest the need for new ways of thinking about Hispanic/Latino communities. Hispanic/Latinos share a range of attitudes and experiences that set them apart from the non-Hispanic/Latino population. For example, Hispanics/Latinos overall show a strong attachment to the Latin American nations where they or their ancestors were born. Yet, as a common sense of social identity due to immigration, culture and language, this group embraces a diversity of views among its members, as it is a population that is undergoing constant change due to immigration. Social identity is more complex than simply a connection to an ancestral homeland. Regardless of country of origin, Hispanics/Latinos who reside in the US are engaging the English language and American cultural ways to various degrees. On the other hand, newly arrived immigrants of all ages are bringing new impetus to Spanish language maintenance and to cultural attitudes shaped in Latin America. Thus, it is important to keep in mind that these two processes—assimilation and immigration—are taking place side-by-side in Hispanic/Latino communities, often within a single family.

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<sup>1</sup> The survey was conducted by telephone between April and June of 2002 among a nationally representative sample of 4213 adults over 18 years of age. Salvadorans, Dominicans, Colombians, and Cubans were over sampled. Results were weighted to represent the actual distribution of adults throughout the US, and in particular, to be representative of the distribution of the Hispanic/Latino population by country of origin, age, sex, and region.

- 2) Survey statistics show increasing similarities between non-Hispanics and Hispanics/Latinos with more English dominance and longer lengths of stay in the US (in various degrees of acculturation). The survey identifies length of stay by either the age at which a 1<sup>st</sup> generation participant immigrated to the US, or if they were native-born, by which generation they belong to (2<sup>nd</sup>, meaning parents were immigrants, or 3<sup>rd</sup> and higher, meaning grandparents or great grandparents were immigrants).
- 3) While Spanish remains vibrant and widely used—in part due to a constant influx of new immigrants—there is a trend toward the use and dominance of English among 2<sup>nd</sup> and 3<sup>rd</sup> generation Hispanics/Latinos.
- 4) Results generally were not stratified by age or sex of participants, but rather by acculturation/assimilation measures outlined above (although these measures are not referred to as an “acculturation scale” in the survey, as it was the case with many of the studies included in the Literature Review Report). Further analysis of age and sex differences would be valuable given the concentration of literature focusing on particular age and/or gender groups found by the literature review previously conducted for this project.
- 5) Over cultural norms regarding issues such as abortion, divorce, homosexuality, and importance of family, Hispanics/Latinos as a group are generally more conservative than non-Hispanics. Despite the diversity of country of origins, more Hispanics/Latinos (89%) than whites (67%) agree that relatives are more important than friends, for example. Another instance where Hispanics/Latinos from different places of origin agree is that all immigrants need to learn to speak English.

This information could be used to help guide the development of communication plans marketed to Hispanic/Latino audiences by identifying key aspects of target populations that could affect how messages are interpreted. For example, marketing health behaviors such as physical activity should consider conceptualization, development and production of bilingual materials or materials available separately in both languages.

### **Census 2000 data**

Since the 1990 Census, the US Hispanic/Latino population has grown both in numbers and diversity. In order to provide additional information regarding geographic location of Hispanic/Latino communities, ORC Macro performed a search of the US Census Bureau Website (<http://www.census.gov/>) for relevant data. Using the site’s search engine, the terms *Hispanic* and *Latino* were combined with *population by age, state, and sex*, yielding over one thousand results. To better manage results, ORC Macro switched to a search of the Census Bureau’s Summary Files in a section of the bureau’s Website entitled *American FactFinder*, which enables specified data tables to be downloaded into Microsoft Excel files. Probing for similar data, a search found specific information pertaining to the geographic distribution of the Hispanic population in the US. Data was downloaded into Excel files and manipulated by ORC Macro staff to yield information on the specific age group of study (45–64 years old)

presented in separate tables on only the top ten states. Please refer to Tables 1-4 on the following pages (complete files on all ranking data on states and cities can be made available to CDC upon request).

The purpose of presenting these data is to provide CDC with as much information as possible for selecting locations to implement studies and programs in Hispanic/Latino populations both currently and in the future. *The Hispanic Population Census 2000 Brief*, also available on the US Census Bureau's Website, provided additional information specific to cities and places not available in *American FactFinder*. Finally, a map of the US Hispanic/Latino population created for a report entitled *The Hispanic Population: 1990-2000* by the Institute for Latino Studies (ILS) at the University of Notre Dame was adapted to reflect the data gathered from the US Census described above. These data were used to generate a map depicting the geographic distribution of the target population.

Hispanics/Latinos are widely recognized as being a major part of the fabric of the Southwestern United States, such as California, Texas, New Mexico, and Arizona. However, according to Census 2000 data, they can also be found in significant numbers and percentages in such diverse states as Georgia, North Carolina, Florida, Colorado, Nevada, New Jersey, Illinois, Utah, and Washington State. Not surprisingly, California, Florida, New Mexico and Texas rank high in both percentages and absolute numbers of Hispanics/Latinos, as Table 1 below illustrates.

**Table 1.**  
**Top Ten US States with Highest Percentage of Hispanic/Latino Population**  
(Ranked in order by percentage of population from highest to lowest)

Rank	State	Percentage of Hispanic/Latino Population	Total Number of Hispanic/Latino Individuals
1	NM	42.1	765,386
2	CA	32.4	10,966,566
3	TX	32.0	6,669,666
4	AZ	25.3	1,295,617
5	NV	19.7	393,970
6	CO	17.1	735,601
7	FL	16.8	2,682,715
8	NY	15.1	2,867,583
9	NJ	13.3	1,117,191
10	IL	12.3	1,530,262

Sources: US Census Bureau Website: [www.census.gov](http://www.census.gov), American FactFinder; The Hispanic Population: Census 2000 Brief

For the purpose of this project, it is also necessary to look at the rankings of the data specific to the age group of our target audience, aged 45-64. Table 2 below provides that information, with Florida, New York, and New Jersey scoring very high on both percentages and absolute numbers, adding geographical diversity to the mix of higher ranking states mentioned from Table 1. In addition, a US map was created to depict selected information from both Table 1 and Table 2 (please refer to Appendix C. US Map of Top Ten States with Highest % Total Hispanic/Latino Population and Highest % Hispanic/Latino Population Aged 45-64).

**Table 2.**  
**Top Ten US States with Highest Percentage of Hispanic/Latino Population Aged 45-64**  
(Ranked in order by percentage of population from highest to lowest)

Rank	State	Percentage of Hispanic/Latino Population Aged 45-64	Number of Hispanic/Latino Individuals Aged 45-64
1	FL	18.91	507,196
2	NM	17.69	135,421
3	NY	16.91	484,927
4	NJ	16.25	181,533
5	TX	14.05	937,239
6	CO	13.89	102,199
7	CA	12.73	1,396,035
8	AZ	12.48	161,695
9	IL	12.08	184,796
10	WA	8.77	45,204

Sources: US Census Bureau Website: [www.census.gov](http://www.census.gov), American FactFinder; The Hispanic Population: Census 2000 Brief

It is worth adding that all the states mentioned (CA, TX, NM, FL, NY and NJ) are traditional markets of the Hispanic/Latino populations, with established metropolitan areas. For further discussion on markets, it is necessary to look in more detail into specific cities. Table 3 and Table 4 below rank the top ten cities and top ten major hubs (accordingly) in both percentages and absolute numbers of Hispanic/Latino populations.

**Table 3.**  
**Top Ten US Cities with Highest Percentage Hispanic/Latino Population**  
(Ranked in order by percentage of population from highest to lowest)

Rank	City, State	Percentage of Hispanic/Latino Population	Number of Hispanic/Latino Individuals
1	El Paso, TX	76.6	431,875
2	San Antonio, TX	58.7	671,394
3	Los Angeles, CA	46.5	1,719,073
4	Houston, TX	37.4	730,865
5	Dallas, TX	35.6	422,587
6	Phoenix, AZ	34.1	449,972
7	San Jose, CA	30.2	269,989
8	New York, NY	27.0	2,160,554
9	Chicago, IL	26.0	753,644
10	San Diego, CA	25.4	310,752

Sources: US Census Bureau Website: [www.census.gov](http://www.census.gov), American FactFinder; The Hispanic Population: Census 2000 Brief

**Table 4.**  
**Top Ten US Places (100,000 or More) with Highest  
Concentration of Hispanic/Latino Population**  
(Ranked in order by percentage of population from highest to lowest)

Rank	City, State	Percentage of Hispanic/Latino Population	Number of Hispanic/Latino Individuals
1	E. Los Angeles, CA	96.8	120,307
2	Laredo, TX	94.1	166,216
3	Brownsville, TX	91.3	127,535
4	Hialeah, FL	90.3	204,543
5	McAllen, TX	80.3	85,427
6	El Paso, TX	76.6	431,875
7	Santa Ana, CA	76.1	257,097
8	El Monte, CA	72.4	83,945
9	Oxnard, CA	66.2	112,807
10	Miami, FL	65.8	238,351

Sources: US Census Bureau Website: [www.census.gov](http://www.census.gov), American FactFinder; The Hispanic Population: Census 2000 Brief

Based on the specific information (combination of percentage and absolute numbers) from the two previous tables, plus geographical distribution diversity, the following cities emerge as good candidates for inclusion on a segmentation plan for future data collection activities:

- Los Angeles (CA)
- Chicago (IL)
- Hialeah or Miami (FL)
- Laredo, Brownsville, El Paso or McAllen (TX)

As segmented by specific origin using available Census 2000 data, the states discussed above (CA, TX, FL, IL, NY and NJ) are the highest ranking in terms of both percentages and absolute numbers of Hispanic/Latinos who identified themselves as any of the following categories:

- Mexican
- Puerto Rican
- Cuban
- Dominican Republic
- Central American
- South American
- Spaniard
- Other Hispanic or Latino
- All other Hispanic or Latino

The Hispanic/Latino population in the US is not homogenous, but is composed of diverse group of nationalities of origin. These include (in descending order):

- Mexicans comprising 58.5% of the total Hispanic/Latino population, and mostly located in California, Texas, and Illinois
- Puerto Ricans at 9.6%, mostly located in New York, Florida, and New Jersey
- Cubans at 3.5%, in Florida, New Jersey, and California
- Dominicans at 2.2%, mostly in New York, New Jersey and Florida

Thus, it is recommended for future segmentation plans to focus on a combination of cities with variety in geographical distribution and with highest numbers of Hispanic/Latino population per age group (45-64). The final set of cities selected will also have a mix of countries of origin available in the pool of potential study participants on incoming data collection activities through focus groups, as per Census 2000 data.

### ***Knowledge of the English language and patient provider communication***

The lack of knowledge of the English language could have a detrimental effect on health care; Hispanics/Latinos with limited or no knowledge of English are usually unable to answer the doctor's questions or describe their symptoms in a satisfactory manner, which can lead to misdiagnosis and inappropriate treatment. They are also unable to understand medical diagnosis, treatments, or recommendations. This situation can lead to inadequate or no compliance; avoidance of visits to a primary care physician; and over-reliance of non-traditional remedies and home treatments without adequate supervision.

Most of the health information online reviewed in this environmental scan (in either Spanish or English) recommended people with arthritis to consult with their doctor on several important issues:

- Diagnosis of arthritis
- Referrals to a physical therapist to help with an exercise program
- Weight control and nutrition information
- Prescription drugs and assisting devices
- Surgery

For HPWA who might be also in lower SES and have little or no access to health care, this recommendation is not necessarily a realistic one in many cases. It would be meaningful to further investigate the target population's views on this issue. Thus, it is recommended to include relevant questions and probes into the discussion guide exploring participant's experiences and perceptions on the role of primary care providers and alternative sources of care in relation to management of a chronic disease such as arthritis.

### **International and National Initiatives**

Several international bodies, national programs and initiatives aimed at improving the systems of care, practices of health care providers, and awareness of general public on relevant topics to this research. Specific information has been compiled from the Websites of each of these initiatives; corresponding Web addresses have been listed. Please refer to Appendix B, Table of Organizations and Resources for more details.

#### **Initiatives Listed:**

- Bone and Joint Decade
- United States Bone and Joint Decade
- Healthy People 2010

From all resources, a selection of initiatives have been highlighted and described as follows:

### Bone and Joint Decade

<http://www.bonejointdecade.org/>



### United States Bone and Joint Decade

<http://www.usbjd.org>



On January 13, 2000, the Bone and Joint Decade was formally launched at the headquarters of the World Health Organization in Geneva, Switzerland. The Bone and Joint Decade is a global, multi-disciplinary initiative targeting the care of people with musculoskeletal conditions—bone and joint disorders. Its focus is on improving quality of life as well as advancing the understanding and treatment of those conditions through research, prevention and education. The mission of the USBJD is to provide national leadership and coordination of activities in the United States in the worldwide movement to improve patient care, to promote research and to advance understanding and treatment of musculoskeletal conditions during the International Bone and Joint Decade.

This international initiative will frame events, research and public education activities in improving musculoskeletal care for the next decade. It is intended to bring to the forefront issues of general trends on the aging of the population and disability and burden of age-related diseases in the US.

### Healthy People 2010

<http://www.health.gov/healthypeople/>



Healthy People 2010 is a statement of national health objectives designed to identify the most significant preventable threats to health and to establish national goals to reduce those threats. Healthy People 2010 presents a comprehensive, nationwide health promotion and disease prevention agenda. The initiative has partners from all sectors.

Like the preceding Healthy People 2000 initiative which was driven by an ambitious, yet achievable, 10-year strategy for improving the Nation's health by the end of the 20th century Healthy People 2010 is committed to a single, overarching purpose: promoting health and preventing illness, disability, and premature death.

Within this overarching purpose, Healthy People 2010 is designed to achieve two broad goals: increasing quality and years of healthy life and eliminating health disparities. These two goals are supported by specific objectives in 28 focus areas. Each objective was developed with a target to be achieved by the year 2010.

Specifically relevant to this project, Chapter 2 of Healthy People 2010 focuses on arthritis. The arthritis-specific goals and objectives of Healthy People 2010 relevant to HPWA are as follows:

- **2-02** Reduce the proportion of adults with chronic joint symptoms who experience a limitation in activity due to arthritis.
- **2-03** Reduce the proportion of all adults with chronic joint symptoms who have difficulty in performing two or more personal care activities, thereby preserving independence.
- **2-05** Increase the employment rate among adults with arthritis in the working-aged population.

A related objective on physical activity (Chapter 22) reads as follows:

- **22-02** Increase the proportion of adults who engage regularly, preferably daily, in moderate physical activity.

A number of resources are available to assist in implementation of Healthy People 2010, and two content specific resources are listed as follows:

#### *Healthy People 2010 Toolkit*

This Toolkit provides guidance, technical tools, and resources to help States, territories, and tribes develop and promote successful State-specific Healthy People plans.

In summary, Healthy People 2010 provides health objectives in a format that enables diverse groups to combine their efforts and work as a team. Thus, it is designed to serve as a roadmap for improving the health of all and can be used by many different people, States, communities, professional organizations, and groups to improve health.

#### **SUMMARY STATEMENT**

*The various national objectives and initiatives relevant to arthritis and physical activity serve to promote awareness and improve delivery of quality health care for people with arthritis.*

## **Partnerships and Stakeholders**

The partnership model of promoting health is increasingly common in public health. Numerous initiatives, campaigns, and programs make use of partnerships among Government and private organizations. In the chronic disease community, partnerships serve to provide greater strength in working toward a common goal. Interagency partnerships allow for combined ideas, knowledge, experience, resources, and access to target audiences.

### **Organizations Listed:**

- National Eye Health Education Program, NIE
- National Diabetes education Program, CDC and NIH
- American Diabetes Association
- American Association of Diabetes Educators

The collaborative efforts characteristic of partnerships increase the likelihood of achieving the goals of increased awareness, timely diagnosis, proper treatment and management of arthritis, and delay of disability. More research is needed, however, in examining specifically what makes these partnerships work and in identifying characteristics and indicators that will help form better partnerships in the future.

The following information provides a brief look at the prominent stakeholders in this arena. Descriptions of each have been compiled from their corresponding Web sites, and the Web addresses have been listed. Please refer to Appendix B, Table of Organizations and Resources for more details.

### **National Eye Health Education Program (NEHEP)**

#### **National Eye Institute, National Institutes of Health**

<http://www.nei.nih.gov>



Established by Congress in 1968 to protect and prolong the vision of the American people, the National Eye Institute, one of the Federal Government's National Institutes of Health, conducts and supports research that helps prevent and treat eye diseases and other disorders of vision. This research leads to sight-saving treatments, reduces visual impairment and blindness, and improves the quality of life for people of all ages. NEI-supported research has advanced the knowledge of how the eye functions in health and disease.

Another component of the NEI mission is to conduct public and professional education programs that help prevent blindness, reduce visual impairment, and increase awareness of services and devices that are available for people with low vision. To meet these objectives, the NEI has established the National Eye Health Education Program (NEHEP), a partnership of about 60 professional, civic, and voluntary organizations and Government agencies concerned with eye health. The program represents a natural extension of NEI's support of vision research, a final step in the research continuum, where results are disseminated to health professionals, patients, and the public. (Specifically, the NEHEP will be described as a

program targeting English- and Spanish-speaking Hispanics/Latinos with low SES in further detail in a later section of this report.) Other NEI public education activities include a traveling exhibit, which has been viewed by more than 3.8 million people nationwide.

The National Eye Institute also offers a number of free Spanish-language materials on eye health to Hispanic/Latino audiences. These include brochures for patients, brochures for the general public, fact sheets, and a self-administered test on eye health.

### **American Diabetes Association**

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<http://www.diabetes.org/>



The American Diabetes Association is the Nation's leading nonprofit health organization providing diabetes research, information, and advocacy. Founded in 1940, the American Diabetes Association conducts programs in all 50 States and the District of Columbia, reaching more than 800 communities.

The mission of the organization is to prevent and cure diabetes and to improve the lives of all people affected by diabetes. To fulfill this mission, the ADA funds research; publishes scientific findings; provides information and other services to people with diabetes, their families, health care professionals, and the public; and advocates for scientific research and for the rights of people with diabetes.

Specifically, the Diabetes Assistance and Resources (DAR) outreach program on promoting physical activity for Hispanic/Latinos with diabetes will be further described as a program in further detail in a later section of this report.

### **American Association of Diabetes Educators**

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<http://www.aadenet.org>



The American Association of Diabetes Educators (AADE) is a multidisciplinary organization representing more than 10,000 health care professionals who provide diabetes education and care. The mission of the organization is to advance the role of the diabetes educator and improve the quality of diabetes education and care.

AADE recognizes diabetes educators as health professionals, nurses, dietitians, pharmacists, exercise specialists, doctors, and social workers, and others who specialize in the treatment of people with diabetes.

A diabetes educator teaches the person with diabetes to self-manage. Self-management means taking charge of diabetes by watching nutrition, sugar, and medication and talking to the health care team. Self-management paves the way for better health and independence in lifestyle choices.

A diabetes educator helps the person with diabetes learn to live a healthier, more productive life. Specifically relevant to people with arthritis, a diabetes educator provides education on disease self-management, nutrition and weight control, regular and appropriate levels of physical activity.

#### SUMMARY STATEMENT

*There are a number of prominent organizations addressing arthritis, self-management, promotion of physical activity, and health care needs of Hispanic/Latino populations. Through their efforts, these organizations are actively working to increase awareness and improve practices of both patients and health care providers. The partnership model provides opportunities for coordination of activities and to capitalize on existing infrastructures for dissemination of future campaign activities for this project.*

### Education Programs and Media Campaigns

Education programs and media campaigns reviewed for this environmental scan focused on current efforts targeting chronic disease Hispanic/Latino patients (i.e., diabetes and arthritis) and health care providers. The programs and campaigns listed here use Spanish materials, integrate the concept of “la familia” as a target audience for activities, recognize and incorporate music and dance as innovative ways to increase physical activities into daily routines, and use “promotores” (“health promoters”) as peer educators, among others strategies. Through culturally and linguistically competent health promotion education and awareness activities, these programs and campaigns enforce the lifestyle changes for the prevention and proper management of certain chronic diseases and improved quality of life for the target Hispanic/Latino populations.

#### Programs and Campaigns Listed:

- National Eye Health Education Program
- National Diabetes Education Program
- Diabetes Assistance and Resources Program
- Latino Health Access

The following information has been compiled from the Websites of selected programs and campaigns, corresponding Web addresses have been noted. Please refer to Appendix B, Table of Organizations and Resources for more details.

## National Eye Health Education Program

<http://www.nei.nih.gov/nehep/index.htm>



Eye disease, a major public health problem in the United States, causes significant suffering, disability, loss of productivity, and diminished quality of life for millions of people. The National Eye Institute (NEI), one of the Federal Government's National Institutes of Health, is addressing this public health problem through programs of biomedical research, disease prevention, and health promotion.

In 1989, NEI established the National Eye Health Education Program, which it coordinates in partnership with a variety of public and private organizations that conduct eye health education programs. The focus of the NEHEP is on public and professional education programs that encourage early detection and timely treatment of glaucoma and diabetic eye disease and the appropriate treatment for low vision. As a result, NEHEP currently manages four separate projects addressing these issues, one specifically targeting Hispanic/Latinos; *Ojo con su Visión: Hispanic Diabetic Eye Disease Public Education Program*. *Ojo con su Visión* was created as part of NEI's National Eye Health Education Program Latino/Hispanic Communication Plan.

The specific objectives of *Ojo con su Visión* are to:

- Increase awareness of diabetic eye disease, particularly diabetic retinopathy, among Latinos/Hispanics with diabetes
- Increase knowledge of diabetic retinopathy among Latinos/Hispanics with diabetes, stressing the fact that the disease does not present symptoms during its early stages and that it can lead to blindness
- Increase knowledge that the risk of blindness from diabetic eye disease can be reduced with early detection and timely treatment
- Encourage Latinos/Hispanics with diabetes to have annual comprehensive eye examinations with dilated pupils by trained eye care professionals
- Encourage Latinos/Hispanics with diabetic eye disease to comply with the recommended treatments
- Provide more information on diabetic eye disease in Spanish to accomplish the objectives mentioned above more easily.

The primary target audience is Hispanics/Latinos between the ages of 45 and 74 with diabetes who use Spanish as their first or only language and have a family annual income of less than \$35,000. The secondary target audiences are family members of Hispanics/Latinos at risk; Hispanic/Latino health care professionals or health care professionals who work in Hispanic/Latino communities, including pharmacists; Hispanic/Latino churches and religious organizations; and Hispanic/Latino intermediaries such as community clubs, centers, and national and community-based organizations.

The messages of the program present the risk factors of diabetic eye disease, including the facts that there are no symptoms during the initial stages and that it can result in blindness. The messages are presented in a believable, personal, and nonthreatening way and validated by credible Hispanic/Latino sources and by scientific information. The positive side of the messages include that an annual comprehensive eye examination through dilated pupils can prevent loss of vision and blindness from diabetic eye disease and that effective treatment is available. This message is presented in a reassuring way to make Hispanics/Latinos feel that they really have control over the disease and their lives. The materials are written in neutral Spanish and aimed at Hispanics/Latinos with low literacy skills.

### National Diabetes Education Program

<http://www.cdc.gov/diabetes/projects/ndeps.htm>



The National Diabetes Education Program (NDEP) is a national partnership including government, non-profit, professional, and private sector organizations to develop and carry out communication programs to improve the treatment and health status of people with diabetes and to prevent the onset of type 2 diabetes. The Centers for Disease Control and Prevention (CDC) and the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) of the National Institutes of Health (NIH) are jointly sponsoring the development of the program.

The NDEP aims to change the way diabetes is treated-by the media, by the public, and by the health care system. In the past 3 years, NDEP program messages have reached more than 180 million people through nationwide campaigns and community activities.

NDEP partners have engaged in a wide range of activities to promote program messages, including:

- Disseminating NDEP materials through state and local health departments
- Placing program messages on local radio and television stations
- Promoting the program at local and national health-related meetings
- Adapting program materials into other languages
- Supporting Websites and toll-free telephone services
- Helping in printing and disseminating materials
- Incorporating NDEP messages and strategies into ongoing programs of their own organizations

Specifically relevant to the purpose of this project is the current work of the Hispanic/Latino Minority Workgroup. They are in the process of developing a physical activity campaign,

with the production of a music CD with messages in both English and Spanish for adults. The CD will be disseminated through a variety of outlets later this year (through promotores across the country, the ADA's scientific sessions meeting in July 2003, and ADA's DAR program) and through a toll free number on PSAs and bilingual printed materials.

### **American Diabetes Association, Diabetes Assistance and Resources Program**

<http://www.diabetes.org/main/community/outreach/>



The American Diabetes Association is in the process of developing a community-based program to address the challenge of diabetes in the Hispanic/Latino communities. "Feria: Unidos Contra La Diabetes" is a community event that is intended to reach thousands of Latinos with important messages regarding the dangers of diabetes. "Feria" is a celebration of culture, customs and traditions. This unique ADA event captures the festive elements of a street fair, but maintains the important aspects of managing a healthier lifestyle for the entire Latino family. The environment created is a "familia fiesta" emphasizing the health of the family.

It is DAR's intent to introduce "Todos A Bailar" ("Everybody Dance For Your Health") to top Hispanic/Latino markets across the country. Where appropriate, ADA plans to work with local staff and volunteers to identify the best combination of resources to implement "Todos A Bailar" ("Everybody Dance For Your Health").

On November 10, 2002, The American Diabetes Association's Latino Outreach Program launched its first salsa party where 8,000 Latinos danced for two hours on Oliveira Street Plaza in downtown Los Angeles. Before the salsa dancing started, a local disc jockey from one of the Spanish radio stations delivered a message (in Spanish) to the audience about the importance of exercising, and maintaining healthy eating habits. The disc jockey also talked about how salsa dancing can be a fun and easy way to exercise. A special "dance presentation" by a professional group called Salsa Swing was also featured. Materials on diabetes were made available to all participants.

The Los Angeles dance party was a pilot and the ADA hopes to take the event nationwide.

## **Latino Health Access**

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<http://www.latinohealthaccess.org/index.html>



Latino Health Access (LHA) is a non-profit organization addressing health care access; medical coverage; and chronic diseases such as cardiovascular disease, diabetes, and asthma, relevant to the Latino population in California. The mission of Latino Health Access is to assist in improving the quality of life and health of uninsured, under served people through high-quality preventive services and educational programs, emphasizing full participation in decisions affecting health.

LHA takes a holistic, positive approach to working with medically under served communities and strives to achieve organizational goals by promoting health, preventing disease, and improving access to safe health care. LHA also helps build healthy families and neighborhoods. Although the organization's emphasis has been on the Latino community in Orange County, California, they also assist other under served communities around the Nation by providing direct services or by helping other organizations replicate their process.

LHA's staff includes "Promotores", or community health workers, local residents who have been trained to lead their communities toward healthier lives. Recruited from the communities they serve, Promotores are highly effective at helping others help themselves. These dedicated individuals are supported through weekly training sessions. LHA Promotores receive an average of 800 hours of training. Adult women, adult men, and youth Promotores each develop an area of expertise, which becomes their unique gift to those they serve. By bringing services to apartment buildings, rather than investing in new structures, LHA is able to maintain cost-effective strategies that do not create additional overhead. Apartment buildings become sites for literacy campaigns and immunization campaigns. Clients' apartments become classrooms and clinics.

LHA Promotores and other staff build the capacity of neighbors to interact with governmental and other systems such as schools, police, housing, and city government. Residents become part of the planning and decision-making process. LHA works closely with committed partners such as police, parks and recreation departments, health departments, and hospitals and community clinics. New partners are continually being engaged and joining the momentum. These include universities and colleges and the business sector.

LHA's programs address the development of healthy cities, chronic-disease self-management, and youth leadership. LHA's chronic-disease programs focus on asthma, cardiovascular disease, and diabetes.

LHA's award-winning diabetes program combines medical management with self-management education to achieve statistically significant changes in blood sugar. After twelve interactive, Promotora-led sessions, patients usually have their diabetes under control for the

first time. Providers often call the program “miraculous.” Clients go on to live productive lives and to give the knowledge they have gained back to their communities.

## SUMMARY STATEMENT

*Education programs and media campaigns reviewed for this environmental scan focused on current efforts targeting chronic disease Hispanic/Latino patients and health care providers. The programs and campaigns listed here use Spanish materials, integrate the concept of “la familia” as a target audience for activities, recognize and incorporate music and dance as innovative ways to increase physical activities into daily routines, and use promotores as peer educators, among others strategies. Through culturally and linguistically competent health promotion education and awareness activities, these programs and campaigns enforce the lifestyle changes for the prevention and proper management of certain chronic diseases and improved quality of life for the target Hispanic/Latino populations.*

## Clinical and Psychosocial Trends

A number of clinical and psychosocial trends have emerged in relation to promoting physical activity to Hispanic/Latino populations. These trends become apparent in observing the messages that are conveyed and the mechanisms that disseminate these messages.

- **Bundling chronic diseases health promotion messages by promoting physical activity across diseases affecting Hispanics/Latinos**

Risk factors associated with disability due to arthritis, such as obesity and lack of physical activity in a sedentary lifestyle can be linked across chronic diseases. Many people with arthritis are also affected by type 2 diabetes, and are at high risk for such cardiovascular disorders as coronary heart disease, stroke, and peripheral vascular disease as well. A number of campaigns address diabetes risk factors and preventative lifestyles in context with these other chronic diseases.

- **Emphasis on prevention, self-management, and patient empowerment in English and Spanish**

A consistent theme can be identified throughout the campaigns, programs, and materials developed for Hispanic/Latinos with chronic diseases such as diabetes and arthritis is for promoting physical activity as part of a health lifestyle. Emphasis is repeatedly placed on prevention and management of chronic diseases and the obesity epidemic. For example, the results of the Diabetes Prevention Program released in 2002 show that lifestyle changes in diet and exercise and losing a little weight could prevent or delay diabetes. These results serve to reinforce the notion that prevention is possible and risk can be reduced.

- **Use of the partnership model for material development and dissemination**

Consistent themes throughout many statewide programs, such as extensive professional partnerships, relationships with, and creation of community-based coalitions, provide a firm base of prior experience and knowledge, as well as directions in which to develop further research.

The introduction of the Healthy People 2010 publication, the US Department of Health and Human Services' report states, "Partnerships are effective tools for improving health in communities."

Within the arena of diabetes education and care, the partnership model of promoting health is very common. Numerous initiatives, campaigns, and programs make use of partnerships among Government and private organizations. The NEHEP and NDEP are a few of the many examples of partnerships focusing on chronic diseases with Hispanic/Latino populations.

While the target audience of these efforts to promote physical activity happens to be those at risk of heart failure, stroke, and hypertension, the interplay of other chronic diseases such as arthritis and the benefits of physical activity should not go unrecognized. On the contrary, emphasis should be placed on those relationships so as to widen the scope of applicability of physical activity interventions.

Within the chronic disease public health community, partnerships serve to provide greater strength in working toward a common goal. Involvement in established and relevant partnerships will allow for combined ideas, knowledge, experience, resources, and access to similar target audiences. The collaborative efforts characteristic of partnerships increase the likelihood of achieving the goals of increased awareness, increased physical activity, and proper treatment of arthritis.

#### SUMMARY STATEMENT

*A number of clinical and psychosocial trends have emerged in relation to promoting physical activity to Hispanic/Latino populations.*

- *Bundling chronic diseases health promotion messages by promoting physical activity across diseases for Hispanic/Latinos,*
- *Emphasis on prevention messages, self-management, patient empowerment in English and Spanish, and*
- *Use of the partnership model for material development and dissemination.*

## **IV. Conclusion**

This environmental scan report has identified key pieces of information related to a general Hispanic/Latino profile, international and national initiatives, partnerships and key stakeholders, education programs and media campaigns, and clinical and psychosocial trends.

Several important findings have emerged as a result of this formative research. The findings presented here demonstrate the need for a range of approaches tailored to the needs of specific groups, communities, and patient populations, and they show that such approaches are meeting with success. Some programs exemplify how to work in partnerships between government, providers, and communities, and they hold great potential to be replicated elsewhere.

- In addition to CDC, a number of stakeholders including government agencies and professional organizations are prominent in addressing issues related to promoting physical activity to Hispanic/Latino populations.
- Currently, there are several effective campaigns in place using the partnership model; these campaigns are conducted in collaboration with one or more key stakeholders. Some key stakeholders are in strategically advantageous positions to assist in the dissemination of health promotion messages on physical activity.
- The education programs and media campaigns reviewed make use of a variety of linguistically and culturally competent strategies. A relevant question for further research is exploring the definition and implementation of culturally and linguistically competent communication plan.
- An important component to include in development of lifestyle modification health messages is the emphasis on prevention and management of disability by increasing physical activity.
- Enhancing communication and structured linkages between key stakeholders through partnerships is recommended in promoting physical activity. Hispanics/Latinos with chronic diseases, such as diabetes, are already receiving several messages on behavior modification to increase physical activity.

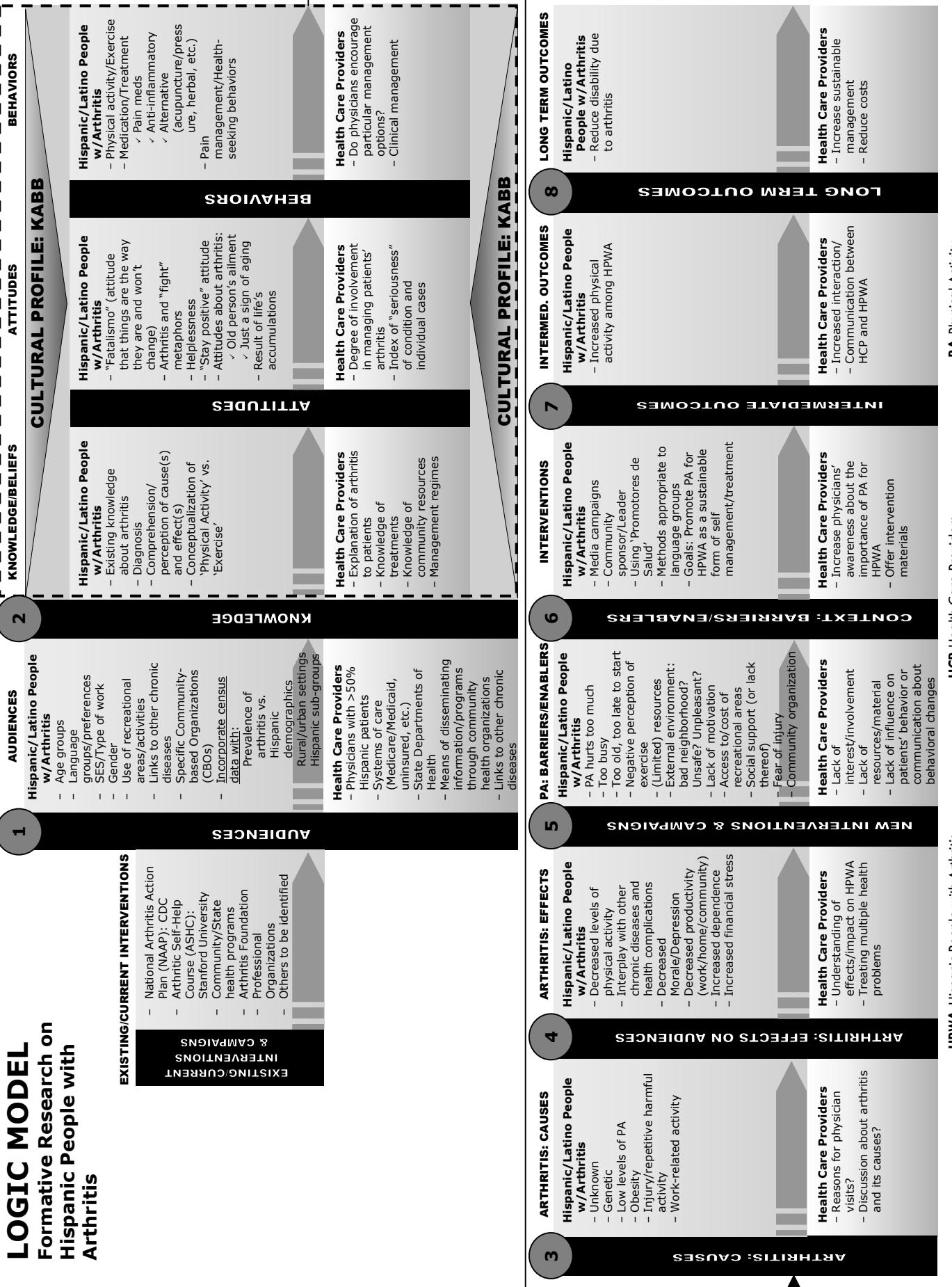
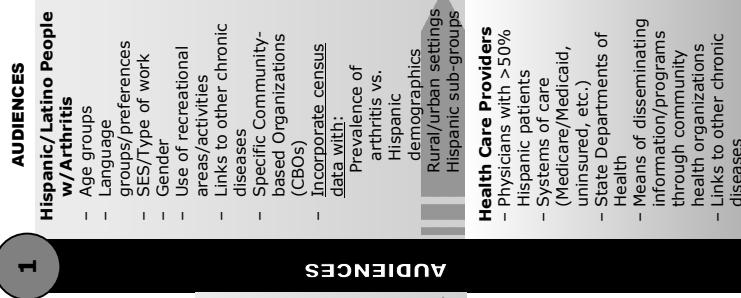
## **APPENDIX A**

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### **Logic Model**

# LOGIC MODEL

## Formative Research on Hispanic People with Arthritis



## **APPENDIX B**

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### **Table of Organizations and Resources**

## Hispanic Arthritis Organizations and Resources

ABOUT.COM										
Organization Name:		Address:	249 West 17th Street, New York, NY, 10011							
Phone:		212-204-4000								
Fax:		None listed.								
<b>Web Site Address:</b> www.about.com										
<b>Description of Organization:</b> About, a PRIMEDIA company (NYSE: PRM) is a network where visitors find 700 comprehensive topic areas. The About network consists of hundreds of Guide sites neatly organized into 23 channels. The sites cover more than 50,000 subjects with over 1 million links to the best resources on the Net and a fast-growing archive of quality original content. Topics range from pregnancy to cars, palm pilots to painting, weight loss to video game strategies.										
Resource/Material Name	Resource/Material Type	Language	Target Audience	Hispanic/Latino Subgroup	Description of Resource					
Arthritis Site	Web page * http://arthritis.about.com/mlibrary.htm	English	General Public	General	Includes arthritis subjects A-Z: Over 120 subjects with information about arthritis listed from A-Z for easy reference.					
<b>Organization Name:</b> ACTIVE LIVING BY DESIGN (ALBD)										
Address:	400 Market Street, Suite 205, Chapel Hill, North Carolina 27516									
Phone:	919-843-ALBD (2523)									
Fax:	919-843-3083									
<b>Web Site Address:</b> www.activelivingbydesign.org										
<b>Description of Organization:</b> A national program of The Robert Wood Johnson Foundation, ALBD is a part of the UNC School of Public Health in Chapel Hill, North Carolina that will establish and evaluate innovative approaches to increase physical activity through changes in community design, transportation planning, and architectural practices that seek to advance Active Living. The ALBD mission is to provide leadership in promoting environments that offer choices for Active Living, a lifestyle that easily integrates physical activity into daily routines. Their vision is Active Americans in healthy communities.										
Resource/Material Name	Resource/Material Type	Language	Target Audience	Hispanic/Latino Subgroup	Description of Resource					
Web Site	Website * www.activeliving.org	English	General Public	General	A searchable Website. Users can type in the term to search, and a list of Web links is provided.					

**Note:**

\* A Website is a related collection of World Wide Web (WWW) files that includes a beginning file called a home page. An organization, company, or an individual provides the address of their home page, for users to access their Website. From the home page, users can access all the other pages on the site. When the Resource/Material Type is listed in this table as a "Website," it is referring to the organization's entire collection of files on the World Wide Web. When the Resource/Material Type is listed in this table as a "Web page," it is referring to a specific page on the organization's Website.

<b>Organization Name:</b>	<b>AMERICAN ACADEMY OF FAMILY PHYSICIANS (AAFP)</b>				
<b>Address:</b>	11400 Tomahawk Creek Parkway, Leawood, KS 66211-2672				
<b>Phone:</b>	800-274-2237 or 913-906-6000				
<b>Fax:</b>	None listed.				
<b>Web Site Address:</b>	<a href="http://www.aafp.org">www.aafp.org</a>				
<b>Description of Organization:</b>	The American Academy of Family Physicians is one of the largest national medical organizations, representing more than 94,300 family physicians, family practice residents and medical students nationwide. Founded in 1947, its mission is to preserve and promote the science and art of family medicine and to ensure high-quality, cost-effective health care for patients of all ages.				
Resource/Material Name	Resource/Material Type	Language	Target Audience	Hispanic/Latino Subgroup	Description of Resource
<a href="http://www.familydoctor.org">www.familydoctor.org</a>	Website <a href="http://www.familydoctor.org">www.familydoctor.org</a>	Spanish and English	General Public	General	A Website developed and maintained by the AAFP. All of the information within has been written and reviewed by physicians and patient education professionals at the American Academy of Family Physicians. Categories include: Health Topics; Drug Information; Herbal and Alternative Remedies; Web Directory; and Self Care.
<b>Arthritis: How to Stay Active and Independent</b>	Brochure <a href="http://familydoctor.org/spanish/e115.html">http://familydoctor.org/spanish/e115.html</a>	Spanish and English	Patients with arthritis	General	This brochure is part of the "AAFP Family Health Facts" series and is available on-line or in print. Topics include: What is arthritis?; What causes osteoarthritis?; What happens when a joint is affected?; Who gets osteoarthritis?; and Is there a treatment?
<b>Organization Name:</b>	<b>AMERICAN ACADEMY OF ORTHOPAEDIC SURGEONS (AAOS)</b>				
<b>Address:</b>	6300 North River Road, Rosemont, IL 60018-4262				
<b>Phone:</b>	847-823-7186 or 800-346-2267				
<b>Fax:</b>	847-823-8125				
<b>Web Site Address:</b>	<a href="http://www.aaos.org/">www.aaos.org/</a>				
<b>Description of Organization:</b>	The mission of the American Academy of Orthopaedic Surgeons is to foster and assure highest quality and most cost effective musculoskeletal health care through: education of orthopaedists, other providers of health care and the public ; promotion and communication of musculoskeletal research ; communication with members, other health care professionals, policymakers and the public; and leadership, through patient advocacy, and the provision of leadership in the development of health care policy.				

**AMERICAN ACADEMY OF ORTHOPAEDIC SURGEONS (AAOS) - continued**

Resource/Material Name	Resource/Material Type	Language	Target Audience	Hispanic/Latino Subgroup	Description of Resource
Arthroscopy	Brochure <a href="http://orthoinfo.aaos.org/brochure/thr_report.cfm?ThreadID=40&amp;topiccategory">http://orthoinfo.aaos.org/brochure/thr_report.cfm?ThreadID=40&amp;topiccategory</a>	Spanish and English	Patients with arthritis	General	This brochure, available in both Spanish and English, is offered by AAOS as an informative fact sheet on arthroscopy, explaining what it is, why and how it is used, and what to expect from undergoing an arthroscopic procedure.
<b>Organization Name:</b>	<b>AMERICAN COLLEGE OF RHEUMATOLOGY</b>				
<b>Address:</b>	1800 Century Place, Suite 250, Atlanta, GA 30345				
<b>Phone:</b>	404-633-3777				
<b>Fax:</b>	404-633-1870				
<b>Web Site Address:</b>	<a href="http://www.rheumatology.org">www.rheumatology.org</a>				
<b>Description of Organization:</b>	The American College of Rheumatology (ACR) is the professional organization of rheumatologists and associated health professionals who share a dedication to healing, preventing disability, and curing the more than 100 types of arthritis and related disabling and sometimes fatal disorders of the joints, muscles, and bones. It is the primary mission of the ACR and the Committees on CME and Educational Products to promote the art and science of medicine through print, electronic publications, and meetings.				
Resource/Material Name	Resource/Material Type	Language	Target Audience	Hispanic/Latino Subgroup	Description of Resource
<b>67th Annual Scientific Meeting</b>	<a href="http://www.rheumatology.org/education/meetings.html">http://www.rheumatology.org/education/meetings.html</a>	English	Healthcare Providers	General	The ACR strives to be the preeminent organization providing comprehensive education to physicians, trainees and other health professionals who care for patients with rheumatic diseases. The Committees on Continuing Medical Education (CME) and Educational Products and their subcommittees develop high quality professional educational programs and materials to provide avenues of exchange of ideas concerning research, education, patient care, and socioeconomic issues. The next annual meeting will be held in Orlando, Florida on Oct 24 - 28, 2003
<b>ACR News</b>	Newsletter	English	Healthcare Providers	General	A monthly newsletter published by the ACR available on line.

AMERICAN COLLEGE OF RHEUMATOLOGY - continued					
Osteoarthritis Fact Sheet	Web page <a href="http://www.rheumatology.org/patients/factsheet/oa.html">http://www.rheumatology.org/patients/factsheet/oa.html</a>	English	General Public	General	Web page on Website providing information on Osteoarthritis. Topics include: What Is Osteoarthritis?, Cause; Health Impact; Diagnosis; Treatment; and The Rheumatologist's Role In The Treatment Of Osteoarthritis.
Rheumatoid Arthritis Fact Sheet	Web page <a href="http://www.rheumatology.org/patients/factsheet/ra.html">http://www.rheumatology.org/patients/factsheet/ra.html</a>	English	General Public	General	Web page on Website providing information on Rheumatoid Arthritis. Topics include: Cause; Health Impact; Diagnosis; Treatment; and The Rheumatologist's Role In The Treatment Of Rheumatoid Arthritis.
Organization Name:	ARTHROSIS FOUNDATION, GEORGIA CHAPTER				
Address:	550 Pharr Road, Suite 550, Atlanta, GA 30305				
Phone:	404-237-8771				
Fax:	404-237-8153				
Web Site Address:	<a href="http://www.arthritis.org">www.arthritis.org</a>				
Description of Organization:	The local chapter of a national not-for-profit organization that supports more than 100 types of arthritis and related conditions with advocacy, programs, services and research. The mission of the Arthritis Foundation is to improve lives through leadership in the prevention, control and cure of arthritis and related diseases.				
Resource/Material Name	Resource/Material Type	Language	Target Audience	Hispanic/Latino Subgroup	Description of Resource
Defining the future with vision: Building on our legacy to effect change.	Brochure	English	General Public	General	Provides general information on prevention, control, and cure of arthritis. It describes some of the Arthritis Foundation, Georgia Chapter's initiatives and programs, including their statement of financial position.
Georgia Arthritis Report and the Georgia Arthritis Action Plan	Report	English	General Public	General	Contains current information on the prevalence of arthritis and its impact on Georgians' health and presents a plan to address the burden of pain and disability that arthritis imposes upon Georgia's citizens.
Arthwritings: Arthritis Action Newsletter	Web page <a href="http://www.arthritis.org/Communities/Chapters/LocalNews.asp?idchap=19">http://www.arthritis.org/Communities/Chapters/LocalNews.asp?idchap=19</a>	English	Patients with arthritis	General	A quarterly newsletter available through U.S. Mail as well as on the Internet. Provides general information on arthritis, local news & events related to arthritis, and information from the national foundation. The newsletter states, "Arthwritings is published to help you take control of arthritis."

Table of Organizations and Resources

## ARTHRITIS FOUNDATION, GEORGIA CHAPTER - continued

<b>Senderos para Vivir Mejor con la Artritis y Condiciones Afines</b> ("Pathways for better living with arthritis and its associated conditions")	Video	Spanish	Patients with arthritis	General	This 55-minute video offered by the Arthritis Foundation includes routines for breathing, stretching, and strengthening, such as low-impact aerobics and techniques for total body relaxation. The video is designed for all levels of physical fitness, regardless of experience, and is intended to help people with arthritis become healthier and stronger.
<b>Controlando Su Dolor ("Controlling Your Pain")</b>	Brochure	Spanish	Patients with arthritis	General	This 24-page brochure available free from the Arthritis Foundation helps people to understand the causes and origins of pain, and offers advice on how to control it through medication, exercise, relaxation, and other techniques. Information about pain clinics and support groups is included.
<b>Respuestas Sobre el Artritis ("Arthritis Answers")</b>	Brochure	Spanish	Patients with arthritis	General	This 28-page brochure responds to the most common questions about arthritis. Topics include signs and symptoms, prevention, diagnosis, different types of arthritis, who to seek out for treatment, information on the most successful treatments, and advances in the latest studies.
<b>Osteoarthritis ("Osteoarthritis")</b>	Brochure	Spanish	Patients with arthritis	General	This brochure covers facts about osteoarthritis (OA) specifically. Topics include definitions of OA, causes, prevention, diagnosis, controlling OA, and sources for additional information.

<b>Organization Name:</b>	ARTHRITIS FOUNDATION OF AUSTRALIA, THE				
<b>Address:</b>	GPO Box 121, Sydney NSW 2001, Australia				
<b>Phone:</b>	61-2-9552-6085				
<b>Fax:</b>	61-2-9552-6078				
<b>Web Site Address:</b>	<a href="http://www.arthritisfoundation.com.au">www.arthritisfoundation.com.au</a>				
<b>Description of Organization:</b>	<p>Arthritis Foundations exist in every State and Territory as independent corporate entities, each with its own board of directors and management. All are patient-oriented and employ self-management programs for both arthritis and osteoporosis as the preferred means of coping with these diseases and their effects. The Arthritis Foundation of Australia is the advocacy, research and fundraising body led by the national chief executive officer and supported by volunteers. Mission: To improve the quality of life of people by reducing and preventing the effects of musculoskeletal disorders. In accomplishing this mission the Arthritis Foundation of Australia is dedicated to all people in Australia who have arthritis or one of the related conditions, those who care for people with arthritis and people at risk of developing arthritis.</p>				
Resource/Material Name	Resource/Material Type	Language	Target Audience	Hispanic/Latino Subgroup	Description of Resource
Arthritis Australia	Website <a href="http://www.arthritisfoundation.com.au">www.arthritisfoundation.com.au</a>	English	General Public	General	The Arthritis Foundation of Australia Website that provides links to general information on arthritis. Topics include: Forms of arthritis; Treatments available; Latest news; Research updates; and links to the Foundation's publications.
<b>Organization Name:</b>	ARTHRITIS NATIONAL RESEARCH FOUNDATION				
<b>Address:</b>	200 Oceangate Suite 400, Long Beach, CA 90802				
<b>Phone:</b>	800- 588-2873				
<b>Fax:</b>	562-983-1410				
<b>Web Site Address:</b>	<a href="http://www.curearthritis.org">www.curearthritis.org</a>				
<b>Description of Organization:</b>	<p>The Arthritis National Research Foundation provides funding for highly qualified researchers associated with major research institutes, universities and hospitals throughout the country seeking to discover new knowledge for the prevention, treatment and cure of arthritis and related rheumatic diseases.</p>				
Resource/Material Name	Resource/Material Type	Language	Target Audience	Hispanic/Latino Subgroup	Description of Resource
Web Site	Website <a href="http://www.curearthritis.org">www.curearthritis.org</a>	English	General Public	General	Provides links on arthritis.

<b>Organization Name:</b>	ARTHRITIS RESEARCH CAMPAIGN, THE (ARC)				
<b>Address:</b>	Copeman House, St Mary's Court, St Mary's Gate, Chesterfield, Derbyshire, S41 7TD, United Kingdom				
<b>Phone:</b>	0870 850 5000 or +44 (0)1246 558033				
<b>Fax:</b>	+44 (0)1246 558007				
<b>Web Site Address:</b>	<a href="http://www.arc.org.uk">www.arc.org.uk</a>				
<b>Description of Organization:</b>	<p>The Arthritis Research Campaign (<b>arc</b>), founded in 1936, raises funds to promote medical research into the cause, treatment and cure of arthritic conditions; to educate medical students, doctors and allied healthcare professionals about arthritis and to provide information to people affected by arthritis and to the general public. <b>arc</b> is the only major medical research charity in the UK investigating arthritis in all its forms. Millions of pounds are provided every year for grants funding research, education and training.</p>				
Resource/Material Name	Resource/Material Type	Language	Target Audience	Hispanic/Latino Subgroup	Description of Resource
<b>Publications for medical professions</b>	Web page <a href="http://www.arc.org.uk/about_arth/medpubs.htm">http://www.arc.org.uk/about_arth/medpubs.htm</a>	English	Healthcare Providers	General	<p>Arthritis Research Campaign (<b>arc</b>) produces a large number of publications for General Practitioners, Hospital Doctors, Allied Health Professionals and Medical Students.</p> <p>Most of the material published is available online in HTML or Adobe® PDF files. This Web page provides the link to most of these publications.</p>
<b>Publications for people with arthritis</b>	Web page <a href="http://www.arc.org.uk/about_arth/patpubs.asp">http://www.arc.org.uk/about_arth/patpubs.asp</a>	English	Patients with arthritis	General	<p><b>arc</b> publishes over 70 booklets, leaflets and information sheets about arthritis. This Web page provides the link to most of these publications.</p>
<b>Organization Name:</b>	ARTHRITIS SOCIETY, THE				
<b>Address:</b>	National Office, 393 University Avenue, Suite 1700, Toronto, Ontario M5G 1E6, CANADA				
<b>Phone:</b>	416-979-7228				
<b>Fax:</b>	416-979-8366				
<b>Web Site Address:</b>	<a href="http://www.arthritis.ca">www.arthritis.ca</a>				
<b>Description of Organization:</b>	<p>The mission of The Arthritis Society is to search for the underlying causes and subsequent cures for arthritis, and to promote the best possible care and treatment for people with arthritis. The Arthritis Society is Canada's only not-for-profit organization devoted solely to funding and promoting arthritis research, programs and patient care. It has a national administrative office in Toronto, division offices in each province and nearly 1,000 community branches throughout Canada.</p>				

**ARTHRITIS SOCIETY, THE - continued**

Resource/Material Name	Resource/Material Type	Language	Target Audience	Hispanic/Latino Subgroup	Description of Resource
<b>Joints in Motion Training Team</b>	Program <a href="http://www.arthritis.ca/custom%20home/default.asp">http://www.arthritis.ca/custom%20home/default.asp</a>	English or French	General Public	General	Joints in Motion is a marathon training program designed to help participants meet the training goal of completing a full 26.2 mile marathon - while also helping to find a cure for arthritis. The Arthritis Society will provide participants with a trainer, air and ground transportation, accommodation, marathon entry and all fundraising materials. The only responsibility of the participant is to train hard and raise funds for The Arthritis Society in honour of someone with arthritis.
<b>Organization Name:</b>	<b>ASOCIACIÓN COLOMBIANA DE REUMATOLOGÍA (ACR)</b>				
<b>Address:</b>	None listed.				
<b>Phone:</b>	None listed.				
<b>Fax:</b>	None listed.				
<b>Web Site Address:</b>	<a href="http://www.asoreuma.org">www.asoreuma.org</a>				
<b>Description of Organization:</b>	The Colombian Association for Rheumatology is a scientific and academic organization composed of professionals from rheumatology and other medical fields. Its mission is to advance the field of rheumatology and its members, and to improve the quality of life for Colombians through promotion, prevention, treatment, and rehabilitation of joint and musculoskeletal diseases.				
Resource/Material Name	Resource/Material Type	Language	Target Audience	Hispanic/Latino Subgroup	Description of Resource
<b>ACR Web Site</b>	Website <a href="http://www.asoreuma.org">www.asoreuma.org</a>	Spanish	General Public	Colombians	The ACR Website provides comprehensive information on arthritis and rheumatology targeted to both health care providers and to patients. The site provides links to other national and international organizations and initiatives including the Arthritis Foundation and the Bone and Joint Decade Website

<b>Organization Name:</b>	<b>BIBLIOMED</b>				
<b>Address:</b>	None listed.				
<b>Phone:</b>	None listed.				
<b>Fax:</b>	None listed.				
<b>Web Site Address:</b>	<a href="http://www.bibliomed.com">www.bibliomed.com</a>				
<b>Description of Organization:</b>	Bibliomed, a company with offices in Brazil, Argentina, and the United States, specializes in Web-based health information for Web providers, professionals, and for the general public, serving the international Spanish and Portuguese speaking market. Some of their coordinating partners include Johns Hopkins University, Latin Healthcare Fund, HealthSouth, United HealthGroup, Humana, as well as regional organizations and associations such as the Pan American Health Organization (OPS), the Federal University of Minas Gerais (UFMG) and the Brazilian Society of Pediatrics.				
Resource/Material Name	Resource/Material Type	Language	Target Audience	Hispanic/Latino Subgroup	Description of Resource
<b>buenaSALUD</b>	Web Site <a href="http://www.buenasalud.com">www.buenasalud.com</a>	Spanish	General Public	General	BuenasALUD, meaning "good health," is Website compiled by the company Bibliomed. It is a user-friendly information source in Spanish intended for the general population. Featured on this site is a section on latest health related news, a dictionary of health related conditions, and links for people to follow to other health information sources and news articles. Its purpose is to serve the Spanish speaking population through providing quality health information on the internet.
<b>Organization Name:</b>	<b>CHANNING BETE COMPANY</b>				
<b>Address:</b>	One Community Place, South Deerfield, MA, 01373-0200				
<b>Phone:</b>	1-800-477-4776				
<b>Fax:</b>	1-800-449-6464				
<b>Web Site Address:</b>	<a href="http://www.channing-bete.com">www.channing-bete.com</a>				
<b>Description of Organization:</b>	A private, commercial company that offers an array of products and programs focusing on areas such as smoking prevention and cessation, substance abuse and violence prevention, and school success. In addition, the Company also provides promotion, publishing, and fulfillment services to corporate partners, including the American Heart Association and Prevent Child Abuse America. The Channing Bete Company offers several publications on various forms of arthritis, detailed below.				

**CHANNING BETE COMPANY - continued**

Resource/Material Name	Resource/Material Type	Language	Target Audience	Hispanic/Latino Subgroup	Description of Resource
Other arthritis related materials "About Pain Management," "Living with Arthritis," and "An Inside Look at Osteoarthritis."	Brochures	English	Patients with Arthritis	General	These are English-language brochures about pain and arthritis that provide basic helpful advice and guidance.
<b>Adultos mayores: Nunca es demasiado tarde para un buen estado físico</b>	Brochure	Spanish	General Public	General	This short booklet, translated in English as "Older Adults: It's Never Too Late to Get in Shape," provides basic information about the benefits of physical activity for older adults and activities they can do to keep in shape. It contains pencil drawings in black and white of elderly adults walking, vacuuming, swimming, bicycling, and visiting the doctor. The drawings are of people who appear to be of Hispanic/Latin descent.
Cómo empezar a hacer ejercicio—en el camino hacia la buena condición física	Brochure	Spanish	General Public	General	Same as above in terms of layout, with a focus on exercise for a younger adult audience. The title translates as "How to Begin Exercising—On the road to better health." Activities depicted include jogging, jumping rope, lifting weights, bicycling, bowling, going up stairs, and visiting a doctor.
<b>Organization Name:</b> <b>COCHRANE MUSCULOSKELETAL GROUP, THE (CMSG)</b>	Institute of Population Health				
<b>Address:</b>	1 Stewart Street, Ottawa, Ontario K1N 6N5				
<b>Phone:</b>	613-562-5800 ext. 1977				
<b>Fax:</b>	613-562-5659				
<b>Web Site Address:</b>	<a href="http://www.cochramemsk.org">www.cochramemsk.org</a>				
<b>Description of Organization:</b>	The Cochrane Musculoskeletal Review Group (CMSG) is a specialized group of health care professionals, researchers and consumer representatives that belong to the Cochrane Collaboration, an international organization that aims to help people make well-informed decisions about health care by preparing, maintaining and promoting reviews of the effects of health care treatments. The CMSG produces reliable, up-to-date reviews of interventions for the prevention, treatment or rehabilitation of musculoskeletal disorders in the form of systematic reviews. Each systematic review is a synthesis of all known published controlled clinical trials and gives the best estimate of health benefits and side effects of a particular therapy.				

**COCHRANE MUSCULOSKELETAL GROUP, THE (CMSG) - continued**

Resource/Material Name	Resource/Material Type	Language	Target Audience	Hispanic/Latino Subgroup	Description of Resource
<b>Web Site</b>	Website <a href="http://www.cochrane-msk.org">www.cochrane-msk.org</a>	English	General Public	General	Provides links to arthritis information.
<b>Organization Name:</b>	<b>COMBINED HEALTH INFORMATION DATABASE, THE (CHID)</b>				
<b>Address:</b>	7830 Old Georgetown Road, Bethesda, MD 20814				
<b>Phone:</b>	None listed.				
<b>Fax:</b>	None listed.				
<b>Web Site Address:</b>	<a href="http://www.chid.nih.gov">www.chid.nih.gov</a>				
<b>Description of Organization:</b>	CHID is a bibliographic database produced by health-related agencies of the Federal Government. This database provides titles, abstracts, and availability information for health information and health education resources. CHID lists a wealth of health promotion and education materials and program descriptions that are not indexed elsewhere. New records are added quarterly and current listings are checked regularly to help ensure that entries are up to date and still available from their original sources. Some older records are retained for archival purposes.				
Resource/Material Name	Resource/Material Type	Language	Target Audience	Hispanic/Latino Subgroup	Description of Resource
<b>Arthritis and Musculoskeletal and Skin Diseases (AR)</b>	Web page <a href="http://www.chid.nih.gov/subfile/contribs/ar.html">http://www.chid.nih.gov/subfile/contribs/ar.html</a>	English	General Public	General	Provides links to the National Institute of Arthritis and Musculoskeletal and Skin Diseases.
<b>Organization Name:</b>	<b>DRKOOP.COM</b>				
<b>Address:</b>	225 Arizona Ave, Suite 250, Santa Monica, CA 90401				
<b>Phone:</b>	310-395-5700				
<b>Fax:</b>	310-95-3800				
<b>Web Site Address:</b>	<a href="http://www.drkop.com">www.drkop.com</a>				
<b>Description of Organization:</b>	A Website providing basic health information and Web links to health organizations on many different health topics.				
Resource/Material Name	Resource/Material Type	Language	Target Audience	Hispanic/Latino Subgroup	Description of Resource
<b>Arthritis Center</b>	Web page <a href="http://www.drkop.com/templat.e.asp?page=arthcent&amp;ap=93">http://www.drkop.com/templat.e.asp?page=arthcent&amp;ap=93</a>	English	General Public	General	Provides Web links to information on arthritis. Topics include: Joint Pain Mini-Check up; Arthritis News; Look up a drug; Osteoarthritis; Rheumatoid Arthritis; and What's your RA personality?

<b>Organization Name:</b>	DR. TANGO, INC.				
<b>Address:</b>	900 Old Roswell Lakes Parkway, Suite 230, Roswell, GA 30076				
<b>Phone:</b>	866. DRTANGO (866.378.2646)				
<b>Fax:</b>	770.649.0299				
<b>Web Site Address:</b>	<a href="http://www.drtango.com">www.drtango.com</a>				
<b>Description of Organization:</b>	Headquartered in Atlanta, GA, DrTango, Inc. is a leading provider for Hispanic health solutions. DrTango develops and licenses Web-based, health and diet-related applications, as well as Spanish content, to assist healthcare organizations in marketing to and communicating effectively with the fast-growing Hispanic population. Mission: assist healthcare organizations in more effectively marketing to and communicating with the fast-growing Hispanic population, and strive to improve access to quality healthcare information and services by Hispanics and other demographic groups. Ultimately, we work to assist in narrowing the health disparities gap.				
Resource/Material Name	Resource/Material Type	Language	Target Audience	Hispanic/Latino Subgroup	Description of Resource
Web Site	Website <a href="http://www.drtango.com">www.drtango.com</a>	Spanish and English	Healthcare Providers	General	The Website works to provide better health services for Hispanics through the translation and development of health Websites and applications. This is achieved by assisting healthcare organizations in marketing to Hispanics and communicating effectively with Spanish-speaking patients. Customers include hospitals, managed care and pharmaceutical companies, and government health agencies. The company offers: Spanish-language Websites with bilingual capabilities; Bilingual tools to enhance communications between providers and Hispanic patients at the point of care; Promotion of customer's services to individual consumers; and Marketing and intelligence reports on Hispanics and health.

DR. TANGO, INC. - continued					
<b>Illustrated Consumer Health Encyclopedia</b>	<b>Address:</b> http://www.drtango.com/resources/en/resource/Ency.DT0009.V6.Lowres.pdf	<b>Language:</b> Spanish and English	<b>Target Audience:</b> General Public	<b>Hispanic/Latino Subgroup:</b> General	<b>Description of Resource</b> With a "toggle" function available to switch instantly between language versions, the Spanish version of the Health Illustrated Encyclopedia, developed by A.D.A.M., Inc. and translated by DrTango, offers more than 11,000 pages of health content. It delivers answers to common medical questions related to disease and conditions, medical tests, symptoms, injury, treatment options, surgical procedures, poisoning, nutrition and drug information. (its content is used in medline plus - resources in spanish).
<b>Organization Name:</b>	<b>Address:</b> 4052 Bald Cypress Way, Bld# B00, Tallahassee, FL 32399-1728	<b>Phone:</b> 850-245-4147			
	<b>Fax:</b> None listed.				
<b>Web Site Address:</b>	www.doh.state.fl.us				
<b>Description of Organization:</b>	Mission: To promote and protect the health and safety of all people in Florida through the delivery of quality public health services and the promotion of health care standards.				
Resource/Material Name	Resource/Material Type	Language	Target Audience	Hispanic/Latino Subgroup	Description of Resource
<b>Florida Arthritis Prevention and Education Program</b>	<b>Address:</b> http://www.doh.state.fl.us/family/arthritis/default.html	<b>Language:</b> English	<b>Target Audience:</b> General Public	<b>Hispanic/Latino Subgroup:</b> General	<b>Description of Resource</b> A new initiative, arthritis prevention and education, began in the Florida Department of Health through a four-year cooperative agreement with the Centers for Disease Control and Prevention in September 1999. Florida is one of eight core states in the nation funded to implement an arthritis program. This program marks the first time in history that the Florida Department of Health has dedicated a program specifically towards arthritis, the leading cause of disability in the nation.

<b>Organization Name:</b>	<b>GERIATRIC TIMES</b>				
<b>Address:</b>	2801 McGaw Avenue, Irvine, CA 92614				
<b>Phone:</b>	949-250-1008; 800-933-2632				
<b>Fax:</b>	949-250-7837				
<b>Web Site Address:</b>	<a href="http://www.geriatrictimes.com">www.geriatrictimes.com</a>				
<b>Description of Organization:</b>	A bimonthly trade publication with news and clinical articles read by primary care physicians, consultant pharmacists, nurse practitioners, long-term care directors and physician assistants. Circulation is approximately 70,000.				
Resource/Material Name	Resource/Material Type	Language	Target Audience	Hispanic/Latino Subgroup	Description of Resource
Diverse Populations in the News	Article <a href="http://www.geriatrictimes.com/g011126.html">http://www.geriatrictimes.com/g011126.html</a>	English	Healthcare provider	General	Topics included in article: Women perform better than men in cognitive function tests; Ethnic background as a risk factor in osteoarthritis; Hispanic elderly with diabetes need better information and care; HHS awards grant to support Native American caregivers.
<b>Organization Name:</b>	<b>HEALTH FINDER IN SPANISH</b>				
<b>Address:</b>	P.O. Box 1133, Washington, DC 20013-1133				
<b>Phone:</b>	None listed.				
<b>Fax:</b>	None listed.				
<b>Web Site Address:</b>	<a href="http://www.healthfinder.gov/espanol/">http://www.healthfinder.gov/espanol/</a>				
<b>Description of Organization:</b>	healthfinder® is a free guide to reliable health information, developed by the U.S. Department of Health and Human Services. The site provides an easy-to-use, searchable index of carefully reviewed health information from over 1,800 government agencies, nonprofit organizations, and universities. Website written in Spanish and English.				
Resource/Material Name	Resource/Material Type	Language	Target Audience	Hispanic/Latino Subgroup	Description of Resource
Arthritis Web Page	Web page <a href="http://www.healthfinder.gov/search/spdefault.asp?so=Rank%5Bd%5D%2CDocTitle&amp;ct=hfdocs&amp;doctlang=2&amp;q1=arthritis&amp;x=14&amp;y=18">http://www.healthfinder.gov/search/spdefault.asp?so=Rank%5Bd%5D%2CDocTitle&amp;ct=hfdocs&amp;doctlang=2&amp;q1=arthritis&amp;x=14&amp;y=18</a>	Spanish and English	General Public	General	Provides links to documents and Websites related to arthritis.

<b>Organization Name:</b>	HEALTH ON THE NET FOUNDATION, THE (HON)			
<b>Address:</b>	Medical Informatics Division, University Hospital of Geneva, 24, rue Micheli-du-Crest, 1211 Geneva 14, Switzerland			
<b>Phone:</b>	41 22 372 62 50			
<b>Fax:</b>	41 22 372 88 85			
<b>Web Site Address:</b>	<a href="http://www.hon.ch/Global/contact.html">http://www.hon.ch/Global/contact.html</a>			
<b>Description of Organization:</b>	<p>The Health On the Net Foundation (HON), created in 1995, is a not-for-profit International Swiss Organization. HON's mission is to guide lay persons or non-medical users and medical practitioners to useful and reliable online medical and health information. HON provides leadership in setting ethical standards for Website developers. Mission: to guide the growing community of healthcare consumers and providers on the World Wide Web to sound, reliable medical information and expertise. In this way, HON seeks to contribute to better, more accessible and cost-effective health care.</p>			
Resource/Material Name	Resource/Material Type	Language	Target Audience	Hispanic/Latino Subgroup
@HON Web Site	Website <a href="http://www.hon.ch">www.hon.ch</a>	English	General Public	General
<b>Organization Name:</b>	LATIN AMERICAN HEALTH INSTITUTE (LHI)			
<b>Address:</b>	95 Berkeley Street, Boston, MA 02116			
<b>Phone:</b>	617-350 6900			
<b>Fax:</b>	617-350 6901			
<b>Web Site Address:</b>	<a href="http://www.lhi.org">www.lhi.org</a>			
<b>Description of Organization:</b>	<p>Founded in 1987, the Latin American Health Institute is a Latino public health organization in New England serving many other Latino and non-Latino minority organizations as provider of technical assistance, fiscal sponsorship, and program oversight. Besides Latinos, LHI provides services to Asians, North American Indians, African Americans, Caribbean English-speakers, Euro-Americans, and many other communities. Mission: The Latin American Health Institute is a community-based professional organization that promotes the health of the community, its institutions, families and individuals through effective interventions that are culturally competent and technologically appropriate.</p>			
Resource/Material Name	Resource/Material Type	Language	Target Audience	Hispanic/Latino Subgroup
Web Site	Website <a href="http://www.lhi.org">www.lhi.org</a>	English	General Public	General

<b>Organization Name:</b>	<b>MANA - A NATIONAL LATINA ORGANIZATION</b>				
<b>Address:</b>	1725 K Street, NW, Suite 501, Washington, DC 20006				
<b>Phone:</b>	202-833-0060				
<b>Fax:</b>	202-496-0588				
<b>Web Site Address:</b>	<a href="http://www.hermana.org">www.hermana.org</a>				
<b>Description of Organization:</b>	<p>MANA, A National Latina Organization, is a nonprofit advocacy organization established in 1974. Its mission is to empower Latinas through leadership development and community action. MANA fulfills its mission through programs designed to develop the leadership skills of Latinas, promote community service by Latinas, and provide Latinas with advocacy opportunities. Support for these programs is derived from members, corporations, foundations, and government grants. Founded in 1974 by Mexican-American women, the membership voted to become MANA, a National Latina Organization in honor of the diversity of its ranks. Today MANA advocates for all Latinas.</p>				
Resource/Material Name	Resource/Material Type	Language	Target Audience	Hispanic/Latino Subgroup	Description of Resource
<b>Web Site</b>	Website <a href="http://www.hermana.org">www.hermana.org</a>	Spanish	General Public	General	Provides membership information, and links to additional associations/organizations with similar goals.
<b>Organization Name:</b>	<b>MISSOURI ARTHRITIS REHABILITATION RESEARCH AND TRAINING CENTER (MARRTC)</b>				
<b>Address:</b>	University of Missouri - Columbia				
<b>Phone:</b>	130 A P Green, DC330.00, One Hospital Drive, Columbia, MO 65212				
<b>Fax:</b>	573-882-2914				
<b>Web Site Address:</b>	<a href="http://www.hsc.missouri.edu/~fibro/">www.hsc.missouri.edu/~fibro/</a>				
<b>Description of Organization:</b>	<p>Mission Statement: We are physicians, physical therapists, health educators, writers, nurses, biologists and social scientists who have the common goal of improving life for everyone with arthritis. Some of us also have arthritis. MARRTC is the only federally funded arthritis rehabilitation research and training center in the country. MARRTC operates under a grant from the National Institute on Disability and Rehabilitation Research of the U.S. Department of Education. Established in 1971 at the MU Arthritis Center, MARRTC provides leadership at the national level to prevent and manage disability in person with arthritis and related musculoskeletal diseases.</p>				
Resource/Material Name	Resource/Material Type	Language	Target Audience	Hispanic/Latino Subgroup	Description of Resource
<b>Aquatics Offers Freedom</b>	Article <a href="http://www.muhealth.org/~arthritis/articles/jul02/aquatic.html">http://www.muhealth.org/~arthritis/articles/jul02/aquatic.html</a>	English	Patients with arthritis	General	Topics include: Research Findings; Dangers And Difficulties; Features of the exercise; and a list of locations where classes are offered.

**MISSOURI ARTHRITIS REHABILITATION RESEARCH AND TRAINING CENTER (MARRTC). - continued**

Resource/Material Name	Resource/Material Type	Language	Target Audience	Hispanic/Latino Subgroup	Description of Resource
<b>Good Moves Video and Exercise Book</b>	Publication <a href="http://www.mnuhealth.org/~arthritis/goodmove.html">http://www.mnuhealth.org/~arthritis/goodmove.html</a>	English	Patients with arthritis	General	A safe, effective exercise program designed for people with arthritis and for anyone who is not familiar with exercise and wants to improve health and fitness. A comprehensive three-part program of warm up exercise for flexibility and preparation for more vigorous activity; low impact aerobic dance with five, four-minute routines to be used singly or in combination; and a cool down with stretching and strengthening exercises. Exercising with this program can improve flexibility, muscle strength and endurance, cardiovascular health, and comfort for daily activity.
<b>Organization Name:</b> MINORITY HEALTH PROFESSIONS FOUNDATION					
<b>Address:</b>	3 Executive Park Drive, NE, Suite 100, Atlanta, GA 30329				
<b>Phone:</b>	404-634-1993				
<b>Fax:</b>	404-634-1903				
<b>Web Site Address:</b>	www.charityadvantage.com/mhpf				
<b>Description of Organization:</b>	A nonprofit educational, scientific, and charitable 501(c)(3) organization that provides support for professional education, research, and community service that promote optimum health among poor and minority people. It does this by engaging the collaborative resources, scholarship and technology of minority health professions schools. The twelve member institutions of the Foundation include medical, dental, pharmacy, and veterinary medicine schools in historically African-American colleges and universities. Mission: To provide support to member institutions to advance the development and management of professional health education, training, research and prevention programs.				
Resource/Material Name	Resource/Material Type	Language	Target Audience	Hispanic/Latino Subgroup	Description of Resource
<b>Web Site</b>	Website <a href="http://www.charityadvantage.com/mhpf">www.charityadvantage.com/mhpf</a>	English	General Public	General	Provides membership information, and links to additional associations/organizations with similar goals.

NATIONAL ALLIANCE FOR HISPANIC HEALTH					
Organization Name:					
Address:	1501 16th Street, NW, Washington, DC 20036				
Phone:	202-387-5000				
Fax:	202-797-4353				
Web Site Address:	<a href="http://www.hispanichealth.org">www.hispanichealth.org</a>				
Description of Organization:	<p>The National Alliance for Hispanic Health is the oldest and largest network of health and human service providers servicing over 10 million Hispanic consumers throughout the U.S. since 1973 we have grown from a small coalition of visionary mental health providers to a large, dynamic, and strong group of organizations and individuals. Mission: To improve the health and well-being of Hispanics in the United States. Vision: Strong, healthy Hispanic communities whose contributions are recognized by a society that fosters the health, well-being, and prosperity of all its members.</p>				
Resource/Material Name	Resource/Material Type	Language	Target Audience	Hispanic/Latino Subgroup	Description of Resource
Web Site	<a href="http://www.hispanichealth.org">www.hispanichealth.org</a>	English	General Public	General	<p>Includes: Digital community chat room; Resources with links to health information; News &amp; Events; and Jobs &amp; Funding leads.</p>
Delivering Preventative Health Care to Hispanics: A Manual for Providers.	Publication <a href="http://www.hispanichealth.org/pub_family.htm">http://www.hispanichealth.org/pub_family.htm</a>	Spanish and English	Healthcare Providers	General	<p>A manual for health providers that gives state-of-the-art strategies for preventative health care delivery to Hispanic clients. The manual is designed for the time-pressed health professional, featuring a quick-reference highlight area on each page, and a summary of points to remember for each chapter. Manual is in English with a Spanish-language glossary.</p>
A Primer for Cultural Proficiency: Towards Quality Health Services for Hispanics (Estrella Press 2001).	Publication <a href="http://www.hispanichealth.org/pub_cultural.htm">http://www.hispanichealth.org/pub_cultural.htm</a>	English	General	General	<p>The primer consists of eight chapters discussing culture, working in diverse cultures, language, history of Hispanics and Hispanic data, role of community based organizations, and implementation. Additionally, the Primer includes Presidential Executive Order 13166 Improving Access to Services for Persons With Limited English Proficiency. The Order seeks to improve access to federally conducted and federally assisted programs and activities for persons who as a result of national origin, are limited in their English proficiency.</p>

Organization Name:	NATIONAL ASSOCIATION FOR HISPANIC ELDERLY (ASOCIACIÓN NACIONAL POR PERSONAS MAYORES-ANPPM)				
Address:	234 East Colorado Boulevard, Suite 300, Pasadena, CA 91101				
Phone:	626-564-1988				
Fax:	626-564-2659				
Web Site Address:	<a href="http://www.aoa.dhhs.gov/directory/139.html">www.aoa.dhhs.gov/directory/139.html</a>				
Description of Organization:	The Association is a national, private, nonprofit organization providing a variety of services for older Hispanic people. Resources include a national Hispanic research center, research and consultation for organizations seeking to reach older Spanish-speaking people, and dissemination of written and audiovisual materials in English and Spanish. The Association administers Project AYUDA, a program providing employment counselling and placement services. ANPPM also operates a helpline that provides information and referrals on Social Security, disaster preparedness, affordable housing, free income tax preparation and food and shelter referrals.				
Resource/Material Name	Resource/Material Type	Language	Target Audience	Hispanic/Latino Subgroup	Description of Resource
The Resource Directory for Older People	Website <a href="http://www.aoa.dhhs.gov/directory/139.html">www.aoa.dhhs.gov/directory/ 139.html</a>	English	General Public	Hispanic/Latino elderly	Provides links to association/organization who can provide information and resources for the elderly.
Organization Name:	NATIONAL ASSOCIATION FOR SPORT AND PHYSICAL EDUCATION				
Address:	American Alliance for Health, Physical Education, Recreation & Dance 1900 Association Drive, Reston, VA 20191-1598				
Phone:	1-800-213-7193,ext. 410				
Fax:	703-476-9527				
Web Site Address:	<a href="http://www.aahperd.org">www.aahperd.org</a>				
Description of Organization:	An association of the American Alliance for Health, Physical Education, Recreation & Dance, The National Association for Sport and Physical Education seeks to enhance knowledge and professional practice in sport and physical activity through scientific study and dissemination of research-based and experiential knowledge to members and the public.				
Resource/Material Name	Resource/Material Type	Language	Target Audience	Hispanic/Latino Subgroup	Description of Resource
99 Tips For Family Fitness Fun	Publication <a href="http://member.aahperd.org/template.cfm?template=Product display.cfm&amp;productID=449&amp;section=5">http://member.aahperd.org/template.cfm?template=Product display.cfm&amp;productID=449&amp;section=5</a>	Spanish and English	General Public	General	This booklet will give families new ideas for family fitness fun activities and help them to enjoy physical fitness as part of a normal lifestyle. Pass these booklets out at back-to-school night, or use them to promote May, National Physical Fitness and Sports Month

NATIONAL CENTER FOR COMPLEMENTARY AND ALTERNATIVE MEDICINE (NCCAM)					
Organization Name:	National Institutes of Health				
<b>Address:</b>	NCCAM Clearinghouse, P.O. Box 7923, Gaithersburg, MD 20898				
<b>Phone:</b>	1-888-644-6226 or 301-519-3153				
<b>Fax:</b>	1-866-464-3616				
<b>Web Site Address:</b>	<a href="http://www.nccam.nih.gov">www.nccam.nih.gov</a>				
<b>Description of Organization:</b>	Mission: To support rigorous research on complementary and alternative medicine (CAM), to train researchers in CAM, and to disseminate information to the public and professionals on which CAM modalities work, which do not, and why.				
Resource/Material Name	Resource/Material Type	Language	Target Audience	Hispanic/Latino Subgroup	Description of Resource
10 Things To Know About Evaluating Medical Resources on the Web	Web page <a href="http://nccam.nih.gov/health/webresources/">http://nccam.nih.gov/health/webresources/</a>	English	General Public	General	Many sites provide valuable information, while others may have information that is unreliable or misleading. This short guide contains important questions to consider as health information is researched online. Answering these questions when visiting a new site will help evaluate the information found.
NATIONAL CENTER FOR FARMWORKER HEALTH (NCFH)					
<b>Address:</b>	1770 FM 967, Buda, TX 78610				
<b>Phone:</b>	512-312-2700 or 800-531-5120				
<b>Fax:</b>	512-312-2600				
<b>Web Site Address:</b>	<a href="http://www.ncfh.org">www.ncfh.org</a>				
<b>Description of Organization:</b>	National Center for Farmworker Health, Inc. is a private, not-for-profit corporation located in Buda, Texas -- about 20 miles south of Austin, the state's capitol. NCFH's goal is to enhance the capacity of Migrant Health Centers (MHCs) to provide access to care and eliminate the health status disparities between farmworkers and the general population in the U.S. Mission: To improve the health status of farmworker families through the appropriate application of human, technical and information resources.				

**NATIONAL CENTER FOR FARMWORKER HEALTH (NCFH) - continued**

Resource/Material Name	Resource/Material Type	Language	Target Audience	Hispanic/Latino Subgroup	Description of Resource
Bilingual Patient Education Materials	Publication <a href="http://www.ncfh.org/00_ns_rc_pateduc.shtml">http://www.ncfh.org/00_ns_rc_pateduc.shtml</a>	Spanish and English	Healthcare provider	General	This portfolio of low literacy, bilingual presentations was developed for use as a patient education tool to supplement and enhance existing teaching methods in migrant health centers and in outreach programs. It was developed with the intention of providing health care practitioners an easy, low cost method for providing health education to low literacy patients who speak English or Spanish.
<b>Organization Name:</b> NATIONAL CONFERENCE OF PUERTO RICAN WOMEN (NACOPRW)					
<b>Address:</b>	5 Thomas Circle, Washington, DC 20005				
<b>Phone:</b>	202-387-4716				
<b>Fax:</b>	None listed.				
<b>Web Site Address:</b>	<a href="http://www.nacoprw.org">www.nacoprw.org</a>				
<b>Description of Organization:</b>	NACOPRW is a nonpartisan national organization that promotes the equal participation of Puerto Rican and all other Hispanic women in the educational, social, economic, and political lives in the United States and Puerto Rico.				
Resource/Material Name	Resource/Material Type	Language	Target Audience	Hispanic/Latino Subgroup	Description of Resource
<b>Web Site</b>	Website <a href="http://www.nacoprw.org">www.nacoprw.org</a>	English	General Public	Puerto Rican	Provides information on the organization, women issues, and includes on on-line chat room for members.
<b>Organization Name:</b> NATIONAL HEART, LUNG, AND BLOOD INSTITUTE					
<b>Address:</b>	Building 31, Room 5A52, 31 Center Drive MSC 2486, Bethesda, MD 20892				
<b>Phone:</b>	301-592-8573				
<b>Fax:</b>	301-592-8563				
<b>Web Site Address:</b>	<a href="http://www.nhlbi.nih.gov">www.nhlbi.nih.gov</a>				
<b>Description of Organization:</b>	Mission: provides leadership for a national research program in diseases of the heart, blood vessels, lungs, and blood and in transfusion medicine through support of innovative basic, clinical, and population-based and health education research.				

**NATIONAL HEART, LUNG, AND BLOOD INSTITUTE - continued**

Resource/Material Name	Resource/Material Type	Language	Target Audience	Hispanic/Latino Subgroup	Description of Resource
<b>iManténgase activo, y síntase bien!</b> (Stay active, Feel better!)	Publication <a href="http://www.nihbi.nih.gov/health/public/heart/other/sp_act.htm">http://www.nihbi.nih.gov/health/public/heart/other/sp_act.htm</a>	Spanish and English	General Public	General	This publication is an easy to read bi-lingual publication about the health benefits of physical activity. Factual information is provided in a friendly style to help the reader dispel some common myths.
<b>Organization Name:</b> NATIONAL HISPANIC COUNCIL ON AGING (NHCOA)					
<b>Address:</b>	2713 Ontario Road, NW, Washington, DC 20009				
<b>Phone:</b>	202-265-1288				
<b>Fax:</b>	202-745-2522				
<b>Web Site Address:</b>	<a href="http://www.nhcoa.org">www.nhcoa.org</a>				
<b>Description of Organization:</b>	A national membership-based organization. It is dedicated to improving the quality of life for Latino elderly, families, and communities through advocacy, capacity and institution building, development of educational materials, technical assistance, demonstration projects, policy analysis and research.				
Resource/Material Name	Resource/Material Type	Language	Target Audience	Hispanic/Latino Subgroup	Description of Resource
<b>Noticias of Hispanic Aging Issues and News</b>	Web Page <a href="http://www.nhcoa.org/noticias.htm">http://www.nhcoa.org/noticias.htm</a>	English	General Public	General	The information magazine from the NHCOA detailing the latest issues that affect seniors and individuals everyday.
<b>Organization Name:</b> NATIONAL HISPANIC MEDICAL ASSOCIATION (NHMA)					
<b>Address:</b>	1411 K Street, NW, Suite 200, Washington, DC 20005				
<b>Phone:</b>	202-628-5895				
<b>Fax:</b>	202-628-5898				
<b>Web Site Address:</b>	<a href="http://www.home.earthlink.net/~nhma/">www.home.earthlink.net/~nhma/</a>				
<b>Description of Organization:</b>	Organized in 1994 to address the interests and concerns of 26,000 licensed physicians and 1,800 full-time Hispanic medical faculty dedicated to teaching medical and health services research. As a rapidly growing national resource based in the nation's capital, NHMA provides policymakers and health care providers with expert information and support in strengthening health service delivery to Hispanic communities across the nation.				
Resource/Material Name	Resource/Material Type	Language	Target Audience	Hispanic/Latino Subgroup	Description of Resource
<b>Web Site</b>	Website <a href="http://www.home.earthlink.net/~nhma/">www.home.earthlink.net/~nhma/</a>	English	General Public	General	Provides information on the organization, and links to other Hispanic medical Websites.

**Hispanic Arthritis Environmental Scan**
**Table of Organizations and Resources**

**NATIONAL HISPANIC MEDICAL ASSOCIATION (NHMA) - continued**

Resource/Material Name	Resource/Material Type	Language	Target Audience	Hispanic/Latino Subgroup	Description of Resource
<b>National Hispanic Medical Association Seventh Annual Conference</b>	Web page <a href="http://home.earthlink.net/~nhma/2003conf.htm">http://home.earthlink.net/~nhma/2003conf.htm</a>	English	Healthcare provider	General	Join Hispanic physicians, medical students, policymakers, and healthcare industry representatives at the annual conference. This year, NHMA brings together experts from across the nation to share their experience in building model Hispanic health programs in prevention, treatment, training, and research. The title of the conference is, "Hispanic Health Model Programs," and it will be held on March 21-23, 2003.
<b>Organization Name:</b> NATIONAL HISPANIC RELIGIOUS PARTNERSHIP FOR COMMUNITY HEALTH (NHRPCH)					
<b>Address:</b>	5 Thomas Circle, NW, 4th Floor, Washington, DC 20005				
<b>Phone:</b>	202-265-3338				
<b>Fax:</b>	202-265-3339				
<b>Web Site Address:</b>	<a href="http://www.nhrpch.org">www.nhrpch.org</a>				
<b>Description of Organization:</b>	NHRPCH is a non profit umbrella organization incorporated on April 18, 1997 in the District of Columbia, that will establish a Hispanic ecumenical presence in Washington, working in partnership with the members throughout the country to develop an infrastructure that will meet the health needs of the Hispanic community nationwide, by identifying ways in which Hispanic religious organizations can partner with the Federal government, and private organizations to address the numerous disparities which exist in health, social and economical status.				
Resource/Material Name	Resource/Material Type	Language	Target Audience	Hispanic/Latino Subgroup	Description of Resource
<b>Web Site</b>	Website <a href="http://www.nhrpch.org">www.nhrpch.org</a>	English	General Public	General	Provides information on the organization.
<b>Organization Name:</b> NATIONAL INSTITUTE OF ARTHRITIS AND MUSCULOSKELETAL AND SKIN DISEASES (NIAMS)					
<b>Address:</b>	National Institutes of Health, U.S. Department Of Health And Human Services				
<b>Phone:</b>	Information Clearinghouse, National Institutes of Health, 1 AMS Circle, Bethesda, Maryland 20892-3675				
<b>Fax:</b>	301-495-4484 or 877-22-NIAMS (toll free)				
<b>Web Site Address:</b>	<a href="http://www.niams.nih.gov">www.niams.nih.gov</a>				

## **NATIONAL INSTITUTE OF ARTHRITIS AND MUSCULOSKELETAL AND SKIN DISEASES (NIAMS) - continued**

**Description of Organization:** Mission: To support research into the causes, treatment, and prevention of arthritis and musculoskeletal and skin diseases, the training of basic and clinical scientists to carry out this research, and the dissemination of information on research progress in these diseases. Their strategic plan for the 2000-2004 period is to reduce health disparities. Although the term "health disparity" covers a broad range of diseases and includes virtually all population groups, the focus of this plan is on one goal: to reduce health disparities among racial and ethnic minorities.

Resource/Material Name	Resource/Material Type	Language	Target Audience	Hispanic/Latino Subgroup	Description of Resource
<b>Health Topics - Arthritis</b>	Web Page <a href="http://www.niams.nih.gov/hi/index.htm">http://www.niams.nih.gov/hi/index.htm</a>	English	General Public	General	Web page on the Website that offers links to information on arthritis.
<b>¿Tengo Arthritis? ("Do I Have Arthritis?")</b>	On line Publication <a href="http://www.niams.nih.gov/hi/tengos/index.htm">http://www.niams.nih.gov/hi/tengos/index.htm</a>	Spanish and English	Patients with arthritis	General	Available in downloadable format, it is a 28-page bilingual pamphlet addressing general info. on arthritis. It features color drawings and easy to understand explanations of the signs & symptoms of arthritis.
<b>Health Information</b>	Web page <a href="http://www.niams.nih.gov/hi/index.htm">http://www.niams.nih.gov/hi/index.htm</a>	English	General Public	General	A comprehensive Web page providing information on a vast array of arthritic conditions. It has an alphabetized index with easy to find links to information regarding different types of arthritis.
<b>Organization Name:</b> <b>NATIONAL INSTITUTE ON AGING (NIA)</b>	<b>National Institutes of Health, U. S. Department of Health and Human Services</b>				
<b>Address:</b>	Building 31, Room 5C27, 31 Center Drive, MSC 2292, Bethesda, MD 20892				
<b>Phone:</b>	301-496-1752				
<b>Fax:</b>	None listed				
<b>Web Site Address:</b>	<a href="http://www.nia.nih.gov">www.nia.nih.gov</a>				
<b>Description of Organization:</b>	The NIA's mission is to improve the health and well-being of older Americans through research, and specifically to: support and conduct high quality research on aging processes, age-related diseases, and special problems and needs of the aged; train and develop highly skilled research scientists from all population groups; develop and maintain state-of-the-art resources to accelerate research progress; and disseminate information and communicate with the public and interested groups on health and research advances and on new directions for research.				
Resource/Material Name	Resource/Material Type	Language	Target Audience	Hispanic/Latino Subgroup	Description of Resource
<b>Age Page: Arthritis Advice</b>	On-line Publication <a href="http://www.nia.nih.gov/health/agepages/arthritis.htm">http://www.nia.nih.gov/health/agepages/arthritis.htm</a>	English	Patients with arthritis	General	Topics include: Common Forms of Arthritis; Warning Signs; Treatment; Managing Arthritis Symptoms; and Unproven Remedies.

<b>Organization Name:</b>	<b>NATIONAL PUERTO RICAN COALITION, INC.</b>				
<b>Address:</b>	1700 K Street, N.W., Suite 500, Washington, D.C. 20006				
<b>Phone:</b>	202-223-3915				
<b>Fax:</b>	202-429-2223				
<b>Web Site Address:</b>	<a href="http://www.bateylink.org/contact.htm">www.bateylink.org/contact.htm</a>				
<b>Description of Organization:</b>	NPRC's mission is to systematically strengthen and enhance the social, political, and economic well-being of Puerto Ricans throughout the United States and in Puerto Rico with a special focus on the most vulnerable.				
Resource/Material Name	Resource/Material Type	Language	Target Audience	Hispanic/Latino Subgroup	Description of Resource
National Puerto Rican Coalition, Inc. Web Site	Website <a href="http://www.bateylink.org/contact.htm">http://www.bateylink.org/contact.htm</a>	English	General Public	Puerto Rican	NPRC's Website provides information on issues pertaining to Puerto Rican's in the US and in Puerto Rico, covering topics including politics, health, and community organization.
<b>Organization Name:</b>	<b>OFFICE OF MINORITY HEALTH RESOURCE CENTER (OMHRC)</b>				
<b>Address:</b>	5515 Security Lane, Suite 101, Rockville, MD 20852				
<b>Phone:</b>	800-444-6472				
<b>Fax:</b>	301-230-7198				
<b>Web Site Address:</b>	<a href="http://www.omhrc.gov">www.omhrc.gov</a>				
<b>Description of Organization:</b>	OMH-RC responds to information requests from health professionals and consumers on minority health issues and locates sources of technical assistance. Provides referrals to relevant organizations and distributes materials. Spanish-speaking operators are available. Also offers mailing lists, database searches, referrals, and more for African-American, Asian, Hispanic/Latino, American Indian/Alaska Native, and Pacific Islander populations.				
Resource/Material Name	Resource/Material Type	Language	Target Audience	Hispanic/Latino Subgroup	Description of Resource
Closing the Gap	Newsletter <a href="http://www.omhrc.gov/inetpub/wwwroot/omh/whatsnew/2pg whatsnew/closing.htm">http://www.omhrc.gov/inetpub/wwwroot/omh/whatsnew/2pg whatsnew/closing.htm</a>	English	General Public	General	Closing the Gap is a newsletter from the Office of Minority Health. Each issue is devoted to a specific health topic of concern to minority communities. Available via U.S. Mail or on the Internet.

<b>Organization Name:</b>	<b>OFFICE ON WOMEN'S HEALTH, THE</b> National Institutes of Health, U.S. Department Of Health And Human Services				
<b>Address:</b>	200 Independence Avenue, SW Room 730B, Washington, DC 20201				
<b>Phone:</b>	202-690-7650				
<b>Fax:</b>	202-205-2631				
<b>Web Site Address:</b>	<a href="http://www.4woman.gov/owh/">http://www.4woman.gov/owh/</a>				
<b>Description of Organization:</b>	Listed as "the government's champion and focal point for women's health issues" the office works to redress the inequities in research, health care services, and education that have placed the health of women at risk, coordinating women's health research, health care services, policy, and public and health care professional education across the agencies of the HHS, collaborating with other government organizations, and consumer and health care professional groups. The Office on Women's Health is developing and implementing new programs and initiatives to improve women's health in the United States and internationally. The mission of the Office on Women's Health is to improve the health of women across the life-span by directing, developing, stimulating, and coordinating women's health research, health care services, and public and health professional education and training across the agencies and offices of the U.S. Department of Health and Human Services (HHS); and other government agencies, public and private organizations, and consumer and health care professional groups.				
Resource/Material Name	Resource/Material Type	Language	Target Audience	Hispanic/Latino Subgroup	Description of Resource
<b>The National Women's Health Information Center (NWHIC)</b>	Website <a href="http://www.4woman.gov">www.4woman.gov</a>	Spanish and English	Patients with arthritis	General	The Office on Women's Health clearinghouse for women's health information. Through a comprehensive Website and toll-free call center, NWHIC serves the entire United States, Puerto Rico and the U.S. Virgin Islands. It provides a gateway to the vast array of Federal and other women's health information resources. The Website can help consumers link to, read, and download a wide variety of women's health-related material developed by the Department of Health and Human Services, other Federal agencies, and private sector resources. NWHIC's mission is to provide current, reliable, commercial and cost-free, health information to women and their families.
	Toll-Free Call Center 800-994-9662 (800-994-WOMAN)				

**OFFICE ON WOMEN'S HEALTH, THE - continued**

Resource/Material Name	Resource/Material Type	Language	Target Audience	Hispanic/Latino Subgroup	Description of Resource
<b>Health Information for Minority Women – Hispanic/Latina Women</b>	Web page <a href="http://www.4woman.gov/minority/index.cfm?page=209">http://www.4woman.gov/minority/index.cfm?page=209</a>	English	General	General	This section of the Website is to help consumers learn about the health risks and leading health concerns of minority women, specifically Hispanic/Latina women. Consumers will also find information on nutrition and wellness since exercising, eating better, and reducing stress can help prevent major health problems like heart disease, cancer, and accidents.
<b>Organization Name:</b>	<b>ORGANIZACIÓN NACIONAL DE LA SALUD DE LA MUJER LATINA (NATIONAL LATINA HEALTH ORGANIZATION—NLHO)</b>				
<b>Address:</b>	PO Box 7567, Oakland, CA 94601				
<b>Phone:</b>	510-534-1362				
<b>Fax:</b>	510-534-1364				
<b>Web Site Address:</b>	<a href="http://www.latinachealth.org/contact.html">http://www.latinachealth.org/contact.html</a>				
<b>Description of Organization:</b>	The National Latina Health Organization (NLHO) works towards the goal of bi-lingual access to quality health care and self-empowerment of Latinas through culturally respectful educational programs, health advocacy, outreach, research and public policy.				
Resource/Material Name	Resource/Material Type	Language	Target Audience	Hispanic/Latino Subgroup	Description of Resource
<b>NLHO Web Site</b>	Website <a href="http://www.latinachealth.org/contact.html">http://www.latinachealth.org/contact.html</a>	English with some sections in Spanish	General Public	General	The NLHO Website provides general information about the organization and its members, as well as its publications and programs. The Website's main focus is on Latina reproductive health.
<b>Organization Name:</b>	<b>PAN AMERICAN HEALTH ORGANIZATION (PAHO)</b>				
<b>Address:</b>	Regional Office of the World Health Organization, 525 Twenty-third Street, N.W., Washington, D.C. 20037				
<b>Phone:</b>	202-974-3000				
<b>Fax:</b>	202-974-3663				
<b>Web Site Address:</b>	<a href="http://www.paho.org">www.paho.org</a>				
<b>Description of Organization:</b>	The Pan American Health Organization (PAHO) is an international public health agency with more than 90 years of experience in working to improve health and living standards of the countries of the Americas. It serves as the specialized organization for health of the Inter-American System. It also serves as the Regional Office for the Americas of the World Health Organization and enjoys international recognition as part of the United Nations system.				

**PAN AMERICAN HEALTH ORGANIZATION (PAHO) - continued**

Resource/Material Name	Resource/Material Type	Language	Target Audience	Hispanic/Latino Subgroup	Description of Resource
<b>Web Site</b>  Organization Name: <b>PEW HISPANIC CENTER</b>	Web Site <a href="http://www.paho.org">www.paho.org</a>	English	General Public	General	Provides a description of the organization and a wealth of links to public health topics that affect the Americas.
<b>Address:</b>  <b>Phone:</b>  <b>Fax:</b>	1919 M Street, NW, Suite 460, Washington, DC 20036 202-292-3300 202-785-8282				
<b>Web Site Address:</b>	<a href="http://www.pewhispanic.org">www.pewhispanic.org</a>				
<b>Description of Organization:</b>  The Pew Hispanic Center, based in Washington, DC, is a non-partisan research center supported by a grant from the Pew Charitable Trusts of Philadelphia. The Center is a project of the University of Southern California Annenberg School for Communication. The Pew Hispanic Center's mission is to improve understanding of the diverse Hispanic population in the United States and to chronicle Latinos' growing impact on the nation. The Center strives to inform debate on critical issues through dissemination of its research to policymakers, business leaders, academic institutions and the media.					
Resource/Material Name	Resource/Material Type	Language	Target Audience	Hispanic/Latino Subgroup	Description of Resource
<b>2002 National Survey of Latinos</b>	Report <a href="http://www.pewhispanic.org/sites/docs/pdf/LatinoSurveyReportFinal.pdf">http://www.pewhispanic.org/sites/docs/pdf/LatinoSurveyReportFinal.pdf</a>	English	Health Care Providers and General Public	General	This report comprehensively explores the attitudes and experiences of Hispanics/Latinos on a wide variety of topics. The survey was designed to capture the diversity of the Hispanic/Latino population by including almost 3000 Hispanics/Latinos from various backgrounds and groups so that in addition to describing Hispanics/Latinos overall, comparisons can be made among key groups as well.
<b>Organization Name:</b>  <b>Address:</b>  <b>Phone:</b>  <b>Fax:</b>  <b>Web Site Address:</b>	<b>PRESIDENT'S COUNCIL ON PHYSICAL FITNESS AND SPORTS, THE (PCPFS)</b>  Department W, 200 Independence Ave., SW, Room 738-H, Washington, D.C. 20201-0004 202-690-9000 202-690-5211 <a href="http://www.fitness.gov">www.fitness.gov</a>				
<b>Description of Organization:</b>	The PCPFS serves as a catalyst to promote, encourage and motivate Americans of all ages to become physically active and participate in sports. Assisted by elements of the U.S. Public Health Service, the PCPFS advises the President and the Secretary of Health and Human Services on how to encourage more Americans to be physically fit and active.				

**PRESIDENT'S COUNCIL ON PHYSICAL FITNESS AND SPORTS, THE (PCPFS) - continued**

Resource/Material Name	Resource/Material Type	Language	Target Audience	Hispanic/Latino Subgroup	Description of Resource
<b>The President's Challenge</b>	Web page <a href="http://www.indiana.edu/~preschal">http://www.indiana.edu/~preschal</a>	English	General Public	General	The President's Challenge is the Physical Activity and Fitness Awards Program of the President's Council on Physical Fitness and Sports (PCPFS).
<b>The Presidential Adult Active Lifestyle Program</b>	Web page <a href="http://www.indiana.edu/~preschal/pala/description.shtml">http://www.indiana.edu/~preschal/pala/description.shtml</a>	English	General Public	General	This award is for adults (18 years and older) to earn on their own or by being active with children and youth. By earning this award, adults enhance their own health, serve as role models, and encourage children and youth to live actively. This is a new award to recognize adults for committing to regular physical activity five days a week for six weeks.
<b>Organization Name:</b> ROYAL CANADIAN LEGION, THE					
<b>Address:</b>	Dominion Command, 359 Kent St, Ottawa, ON, K2P 0R7, Canada				
<b>Phone:</b>	613-235-4391				
<b>Fax:</b>	613-563-1670				
<b>Web Site Address:</b>	<a href="http://www.legion.ca">www.legion.ca</a>				
<b>Description of Organization:</b>	The Legion is a non-profit, dues-supported, fraternal organization. From the time of its formation in 1925-1926, the Legion has focused its efforts on the fight to secure adequate pensions and other well-earned benefits for veterans and their dependants. Acting as an advocacy agency on pensioners' behalf, the Legion deals directly with the Federal Government to ensure ex-military personnel and their dependants are treated fairly.				
Resource/Material Name	Resource/Material Type	Language	Target Audience	Hispanic/Latino Subgroup	Description of Resource
<b>In Flanders Fields Marathon – Joints in Motion Training Team</b>	Web page <a href="http://www.legion.ca/asp/docs/featureJIM1_e.asp">http://www.legion.ca/asp/docs/featureJIM1_e.asp</a>	English and French	General Public	General	The Royal Canadian Legion and The Arthritis Society will team up for the September 2003, "In Flanders Fields Marathon", to raise money for arthritis research and programs through the Society's "Joints in Motion Training Team". The responsibility of the participant is to train and raise a set amount of funds in honor of someone living with arthritis - an "Arthritis Hero". For the Flanders-Belgium, event participants are encouraged to link up with war veterans.

SOCIEDAD ARGENTINA DE REUMATOLOGÍA (SAR)					
Organization Name:	Address:	Austria 2469 1 BY, 7 A (1425) Buenos Aires, Argentina			
Phone:	54-11-4801-3306				
Fax:	54-11-4802-6618				
Web Site Address:	<a href="http://soc.arg.reumatologia.org.ar/">http://soc.arg.reumatologia.org.ar/</a>				
Description of Organization:	This is a Argentinian organization of professional rheumatologists whose Website provides current news, information, and academic articles regarding rheumatology and arthritis in Argentina as well as internationally.				
Resource/Material Name	Resource/Material Type	Language	Target Audience	Hispanic/Latino Subgroup	Description of Resource
SAR Web Site	Web Site <a href="http://soc.arg.reumatologia.org.ar/">http://soc.arg.reumatologia.org.ar/</a>	Spanish	General Public and Health Care Providers	Argentinian	Provides information and latest news pertaining to SAR and to the field of Rheumatology in general.
SOCIEDAD ESPAÑOLA DE REUMATOLOGÍA (SER)					
Organization Name:	Address:	C/ Recoletos 9, 1½. · 28001 Madrid · España (Spain)			
Phone:	34 91 5767799				
Fax:	34 91 5781133				
Web Site Address:	<a href="http://www.ser.es">www.ser.es</a>				
Description of Organization:	This is a Spanish organization of professional rheumatologists whose Website provides current news, information, and academic articles regarding rheumatology and arthritis in Spain as well as internationally.				
Resource/Material Name	Resource/Material Type	Language	Target Audience	Hispanic/Latino Subgroup	Description of Resource
SER Web Site	Web Site <a href="http://www.ser.es">www.ser.es</a>	Spanish	General Public and Health Care Providers	Spanish	Provides information and latest news pertaining to SER and to the field of Rheumatology in general.

<b>Organization Name:</b>	<b>STANFORD PATIENT EDUCATION RESEARCH CENTER</b> Stanford University School of Medicine				
<b>Address:</b>	1000 Welch Road, Suite 204, Palo Alto, CA 94304				
<b>Phone:</b>	650-723-7935				
<b>Fax:</b>	650-725-9422				
<b>Web Site Address:</b>	<a href="http://www.stanford.edu">www.stanford.edu</a>				
<b>Description of Organization:</b>	The Stanford Patient Education Research Center develops and evaluates community-based education programs for people with chronic health problems, including programs on the Internet. They evaluate the programs through rigorous research projects that are funded by research grants and span two to five years. The aim of their programs is to improve the physical and emotional health of participants while reducing health care costs.				
Resource/Material Name	Resource/Material Type	Language	Target Audience	Hispanic/Latino Subgroup	Description of Resource
<b>Curso de Manejo Personal de la Artritis</b> ("Spanish Arthritis Self-Management Program")	Workshop <a href="http://www.stanford.edu/group/percarthritis.html">http://www.stanford.edu/group/percarthritis.html</a>	Spanish	Patients with arthritis	General	A workshop given two hours, once a week, for six weeks, in community settings such as senior centers, churches, libraries and hospitals. Spanish-speaking people with different kinds of arthritis and other rheumatic diseases attend together. Workshops are facilitated by two trained leaders, one or both of whom are non-health professionals with arthritis or other rheumatic disease themselves. All workshops are given in Spanish without translators. The Program is not a translation of the Arthritis Self-Management (Self-Help) Program, but developed separately in Spanish. Subjects covered are similar, but they are presented in ways that are culturally appropriate.
<b>Living a Healthy Life with Chronic Conditions: 2<sup>nd</sup> Edition</b>	Publication <a href="http://www.stanford.edu/group/percmaterial.html">http://www.stanford.edu/group/percmaterial.html</a>	English	Patients with arthritis	General	A complete guide for those living with chronic diseases, this book was developed as a companion resource to the Chronic Disease Self-Management Course. Topics include: Self-Management of Heart Disease, Arthritis, Stroke, Diabetes, Asthma, Bronchitis, Emphysema & Others.

**STANFORD PATIENT EDUCATION RESEARCH CENTER - continued**

Resource/Material Name	Resource/Material Type	Language	Target Audience	Hispanic/Latino Subgroup	Description of Resource
<b>The Arthritis Helpbook; 5th Edition</b>	Publication <a href="http://www.stanford.edu/group/perc/material.html">http://www.stanford.edu/group/perc/material.html</a>	English	Patients with arthritis	General	The world's leading guide to coping with arthritis and fibromyalgia pain, this book has been used by more than 500,000 readers over 15 years. This is the companion resource to the Arthritis Foundation's Arthritis Self-Help Course.
<b>Health Promotion in Diverse Cultural Communities</b>	Publication <a href="http://www.stanford.edu/group/perc/material.html">http://www.stanford.edu/group/perc/material.html</a>	English	Patients with arthritis	General	This book presents practical guidelines for working more successfully in and with diverse cultural communities, without perpetuating cultural stereotypes. It suggests some ways to learn about the cultural specifics of a community, with the understanding that each community's cultural identity and background is really quite diverse and dynamic.
<b>Tomando control de su salud: Una guía para el manejo de las enfermedades del corazón, diabetes, asma, bronquitis, enfisema y otros problemas crónicos</b> (Taking Control of Your Health: A guide for the self-management of heart disease, diabetes, asthma, bronchitis, emphysema and other chronic problems)	Publication <a href="http://www.stanford.edu/group/perc/material.html">http://www.stanford.edu/group/perc/material.html</a>	Spanish	Patients with arthritis	General	This Spanish-language book was originally written to serve as the companion book to the Spanish Chronic Disease Self-Management Course, "Tomando Control de su Salud"; consequently, much of the content, including the philosophy and recommendations, is similar to that found in <i>Living a Healthy Life with Chronic Conditions</i> . The content and concepts have been adapted both linguistically and culturally, and some new information has been added to meet the needs of this community.
<b>Cómo convivir con su artritis: Una guía para una vida activa y saludable</b> (Living with Arthritis: A Guide for an Active and Healthy Life).	Publication <a href="http://www.stanford.edu/group/perc/material.html">http://www.stanford.edu/group/perc/material.html</a>	Spanish	Patients with arthritis	General	This Spanish-language book was originally written to serve as the companion book to the Spanish Arthritis Self-Management Course; consequently, much of the content, including the philosophy and recommendations, is similar to that found in <i>The Arthritis Helpbook</i> . The content and concepts have been adapted both linguistically and culturally, and some new information has been added to meet the needs of this community.

**STANFORD PATIENT EDUCATION RESEARCH CENTER - continued**

Resource/Material Name	Resource/Material Type	Language	Target Audience	Hispanic/Latino Subgroup	Description of Resource
<b>Casete de Relajación</b> (Spanish Relaxation Audio Tape)	Publication <a href="http://www.stanford.edu/group/perc/material.html">http://www.stanford.edu/group/perc/material.html</a>	Spanish	Patients with arthritis	General	This Spanish-language audio tape includes two exercises: <i>Relajación muscular progresiva</i> (Progressive Muscle Relaxation) and a guided imagery, <i>Un jardín de flores</i> (A Flower Garden). This tape is used by participants in the Programa de Manejo Personal de la Artritis (Spanish Arthritis Self-Management Program).
<b>iHagamos ejercicio!</b> (Let's Exercise!)	Publication <a href="http://www.stanford.edu/group/perc/material.html">http://www.stanford.edu/group/perc/material.html</a>	Spanish	Patients with arthritis	General	Three 30-minute exercise routines of low, moderate and more vigorous intensity, with background music and the voice of Virginia Nacif de Brey. Each routine consists of a warm-up, aerobic or endurance and cool down period. The accompanying booklet illustrates the sequence of exercises for each routine narrated. This audio tape is used by participants and leaders in the Programa de Manejo Personal de la Artritis (Spanish Arthritis Self-Management Program).
<b>Organization Name:</b> <b>UNITED NATIONS (International Year of Older Persons 1999)</b>					
<b>Address:</b>	UN Headquarters, First Avenue at 46th Street, New York, NY 10017				
<b>Phone:</b>	212-963-4440				
<b>Fax:</b>	212-963-0071				
<b>Web Site Address:</b>	<a href="http://www.un.org">www.un.org</a>				
<b>Description of Organization:</b>	The purposes of the United Nations, as set forth in the Charter, are to maintain international peace and security; to develop friendly relations among nations; to cooperate in solving international economic, social, cultural and humanitarian problems and in promoting respect for human rights and fundamental freedoms; and to be a centre for harmonizing the actions of nations in attaining these ends. One of the primary purposes of the United Nations is the maintenance of international peace and security. Since its creation, the United Nations has often been called upon to prevent disputes from escalating into war, to persuade opposing parties to use the conference table rather than force of arms, or to help restore peace when conflict does break out. Over the decades, the United Nations has helped to end numerous conflicts, often through actions of the Security Council — the primary organ for dealing with issues of international peace and security. The Security Council, the General Assembly and the Secretary-General all play major, complementary roles in fostering peace and security. United Nations activities cover the areas of prevention and peacemaking, peacekeeping, peace-building and disarmament.				

**UNITED NATIONS (International Year of Older Persons 1999) - continued**

Resource/Material Name	Resource/Material Type	Language	Target Audience	Hispanic/Latino Subgroup	Description of Resource
<b>International Year of Older Persons 1999</b>	Website <a href="http://www.un.org/esa/socdev/iyop/">http://www.un.org/esa/socdev/iyop/</a>	Spanish, English, and other	General Public	General	The General Assembly (Resolution 47/5) decided to observe the year 1999 as the International Year of Older Persons (IYOP). The year was celebrated in recognition of humanity's demographic coming of age and the promise it holds for maturing attitudes and capabilities in social, economic, cultural and spiritual undertakings, not least for global peace and development in the next century.
<b>Organization Name:</b> <b>UNITED STATES BONE AND JOINT DECADE, NFP (USBJD)</b>					
<b>Address:</b>	6300 North River Road, Suite 727, Rosemont, IL 60018				
<b>Phone:</b>	847-384-4010				
<b>Fax:</b>	847-823-0536				
<b>Web Site Address:</b>	<a href="http://www.usbjd.org">www.usbjd.org</a>				
<b>Description of Organization:</b> The Bone and Joint Decade is a global, multi-disciplinary initiative targeting the care of people with musculoskeletal conditions--bone and joint disorders. Its focus is on improving quality of life as well as advancing the understanding and treatment of those conditions through research, prevention and education. The mission of the USBJD is to provide national leadership and coordination of activities in the United States in the worldwide movement to improve patient care, to promote research and to advance understanding and treatment of musculoskeletal conditions during the International Bone and Joint Decade.					
Resource/Material Name	Resource/Material Type	Language	Target Audience	Hispanic/Latino Subgroup	Description of Resource
<b>Web Site</b>	Website <a href="http://www.usbjd.org">www.usbjd.org</a>	English	Patients with arthritis Health Care Provider	General	Provides links to organizations that provide information on arthritis. Users can look up links under the following categories: For Patients & the Public; For Healthcare Professionals; and For the Media.

<b>Organization Name:</b>	<b>UNITED STATES CENSUS BUREAU</b>		
<b>Address:</b>	United States Department of Commerce		
<b>Phone:</b>	U.S. Census Bureau, Washington DC 20233 301-763-4636		
<b>Fax:</b>	301-457-4714		
<b>Web Site Address:</b>	www.census.gov		
<b>Description of Organization:</b>	Mission: To be the preeminent collector and provider of timely, relevant, and quality data about the people and economy of the United States. We will succeed by valuing our employees, innovating in our work, and responding to our customers. Goal: To provide the best mix of timeliness, relevancy, quality, and cost for the data we collect and services we provide.		
Resource/Material Name	Resource/Material Type	Language	Target Audience
American FactFinder	Web page <a href="http://factfinder.census.gov/se/rvlet/BasicFactsServlet">http://factfinder.census.gov/se/rvlet/BasicFactsServlet</a>	English	General Public
			General
			Hispanic/Latino Subgroup
			Description of Resource
			This portion of the US Census Website allows the user to search and combine detailed maps and tables of the US population according to many different demographic aspects, including Age, Hispanic or Latino Origin, Household Relationship, Owners and Renters, Race, Sex, Ancestry, Citizenship, Disability, Educational Attainment, Income, Industry, Language Spoken at Home, Marital Status, Migration, Occupation, Place of Birth, Place of Work, Poverty, Rent, School Enrollment, Tenure, Units in Structure, and more.
<b>Organization Name:</b>	<b>UNITED STATES FOOD AND DRUG ADMINISTRATION (USDA)</b>		
<b>Address:</b>	U.S. Department of Health and Human Services		
<b>Phone:</b>	5600 Fishers Lane (HFI-40), Rockville, MD 20857 1-888-INFO-FDA (1-888-463-6332)		
<b>Fax:</b>	301-443-3100		
<b>Web Site Address:</b>	www.fda.gov		
<b>Description of Organization:</b>	The Food and Drug Administration is a team of dedicated professionals working to protect, promote and enhance the health of the American people. FDA is responsible for ensuring that: (1) Foods are safe, wholesome and sanitary; human and veterinary drugs, biological products, and medical devices are safe and effective; cosmetics are safe; and electronic products that emit radiation are safe. (2) Regulated products are honestly, accurately and informatively represented. (3) These products are in compliance with the law and FDA regulations; noncompliance is identified and corrected; and any unsafe or unlawful products are removed from the marketplace.		

**UNITED STATES FOOD AND DRUG ADMINISTRATION (USDA) - continued**

Resource/Material Name	Resource/Material Type	Language	Target Audience	Hispanic/Latino Subgroup	Description of Resource
<b>Ayude al tratamiento efectivo de su artritis</b> (Help Your Arthritis Treatment Work)	Brochure <a href="http://www.fda.gov/opacom/o_wlit/sarthritis.html">http://www.fda.gov/opacom/o_wlit/sarthritis.html</a>	Spanish and English	Patients with arthritis	General	Topics include: Ease the Pain; Help Prevent More Damage; If Your Joints Have Signs of Arthritis, Talk To Your Doctor; Before Taking New Medicine, Ask Your Doctor About It; Read the Label Of Medicine You Buy Without a Prescription; Rest and Exercise; Watch Out for 'Cures' That Don't Work; Protect Yourself With the Facts; What If Correct Treatment Doesn't Help?; Do You Have More Questions About an Arthritis Treatment?
<b>Organization Name:</b> <b>UNITED STATES NATIONAL LIBRARY OF MEDICINE, THE</b> National Institutes of Health, U.S. Department Of Health And Human Services					
<b>Address:</b> 8600 Rockville Pike, Bethesda, MD 20894					
<b>Phone:</b>	888-FIND-NLM, 888-346-3656 or 301-594-5983				
<b>Fax:</b>	None listed.				
<b>Web Site Address:</b>	<a href="http://www.nlm.nih.gov">www.nlm.nih.gov</a>				
<b>Description of Organization:</b>	The National Library of Medicine (NLM) is the world's largest biomedical library; explores the uses of computer and communication technologies to improve the organization and use of biomedical information; supports a national network of local and regional medical libraries; educates users about available sources of information so they can conduct their own research on medical topics; acts as a supplemental resource after local, regional and other national resources have been contacted; creates databases and databanks for your use; and provides grants.				
Resource/Material Name	Resource/Material Type	Language	Target Audience	Hispanic/Latino Subgroup	Description of Resource
<b>Enciclopedia Médica en español - Artritis reumatoide</b> (Medical Encyclopedia-Rheumatoid arthritis)	Web page <a href="http://www.nlm.nih.gov/medlineplus/spanish/ency/esp_imagedpages/17129.htm">http://www.nlm.nih.gov/medlineplus/spanish/ency/esp_imagedpages/17129.htm</a>	Spanish and English	General Public	General	Web page on the MEDLINEplus Website describing the describing rheumatoid arthritis, including a diagram of normal knee joint.

**UNITED STATES NATIONAL LIBRARY OF MEDICINE, THE - continued**

Resource/Material Name	Resource/Material Type	Language	Target Audience	Hispanic/Latino Subgroup	Description of Resource
<b>MEDLINEplus</b>	Website <a href="http://medlineplus.gov/spanish/">http://medlineplus.gov/spanish/</a>	Spanish and English	General Public	General	The National Library of Medicine, a part of the National Institutes of Health, created and maintains MEDLINEplus to assist consumers in locating authoritative health information. MEDLINEplus pages contain carefully selected links to Web resources with health information. Links to pre-formulated searches of the MEDLINE database allow consumers to find references to latest health professional articles on hundreds of topics.
<b>Enciclopedia Médica en español - Osteoartritis contra artritis reumatoide</b> (Medical Encyclopedia - Osteoarthritis vs. rheumatoid arthritis)	Web page <a href="http://www.nlm.nih.gov/medlineplus/spanish/ency/esp_imagedpages/18027.htm">http://www.nlm.nih.gov/medlineplus/spanish/ency/esp_imagedpages/18027.htm</a>	Spanish and English	General Public	General	Web page on the MEDLINEplus Website describing the differences between osteoarthritis and rheumatoid arthritis.
<b>Enciclopedia Médica en español - Artritis reumatoide</b> (Medical Encyclopedia - Rheumatoid arthritis)	Web page <a href="http://www.nlm.nih.gov/medlineplus/spanish/ency/esp_imagedpages/17128.htm">http://www.nlm.nih.gov/medlineplus/spanish/ency/esp_imagedpages/17128.htm</a>	Spanish and English	General Public	General	Web page on the MEDLINEplus Website describing rheumatoid arthritis, including a diagram showing the pattern of joints affected.
<b>Enciclopedia Médica en español - Artritis reumatoide</b> (Medical Encyclopedia - Rheumatoid arthritis)	Web page <a href="http://www.nlm.nih.gov/medlineplus/spanish/ency/article/00431.htm">http://www.nlm.nih.gov/medlineplus/spanish/ency/article/00431.htm</a>	Spanish and English	General Public	General	Web page on the MEDLINEplus Website describing rheumatoid arthritis. Topics include: Illustrations; Alternative names; Definition; Causes, incidence, and risk factors; Symptoms; Signs and tests; Treatment; Expectations; Prognosis; Calling your health care provider; and Prevention.
<b>Enciclopedia Médica en español - Actividad física</b> (Medical Encyclopedia – Physical Activity)	Web page <a href="http://www.nlm.nih.gov/medlineplus/spanish/ency/article/001941.htm">http://www.nlm.nih.gov/medlineplus/spanish/ency/article/001941.htm</a>	Spanish and English	General Public	General	Web page on the MEDLINEplus Website describing physical activity. Topics include: Illustrations; Alternative names; Definition; and Incidence.

<b>Organization Name:</b> UNIVERSITY OF IOWA COLLEGE OF NURSING, THE	<b>Address:</b> University of Iowa 101 Nursing Building, Iowa City, IA 52242-1121				
<b>Phone:</b> 319-335-7018	<b>Fax:</b> 319-335-9990				
<b>Web Site Address:</b> <a href="http://www.nursing.uiowa.edu">www.nursing.uiowa.edu</a>	<b>Description of Organization:</b> The mission of the College of Nursing is to provide education, scholarship and service in the discipline of nursing. This mission is consistent with the mission of The University of Iowa, a major research university that strives for educational excellence and intellectual leadership. As the only public supported baccalaureate and higher degree nursing program in the state, the College of Nursing is accountable for providing nursing resources to meet the healthcare needs of the citizens of the state. In accomplishing its mission, the College of Nursing serves the people of the state, the nation, and the world.				
Resource/Material Name	Resource/Material Type	Language	Target Audience	Hispanic/Latino Subgroup	Description of Resource
<b>Arthritis - Patient &amp; Family Version</b>	On-line Publication <a href="http://www.nursing.uiowa.edu/sites/adultpain/genepain/Arthrint.htm">http://www.nursing.uiowa.edu/sites/adultpain/genepain/Arthrint.htm</a>	English	General Public	General	This publication provides information on arthritis, osteoarthritis, and how they affect the body.
<b>Organization Name:</b> UNIVERSITY OF UTAH HEALTH SCIENCES CENTER (UUhSC)	<b>Address:</b> 30 North 1900 East, Salt Lake City, Utah 84132-2101	The University of Utah			
	<b>Phone:</b> 801-581-7201				
	<b>Fax:</b> 801-585-3300				
<b>Web Site Address:</b> <a href="http://www.uuhsc.utah.edu">www.uuhsc.utah.edu</a>	<b>Description of Organization:</b> The University of Utah Health Sciences Center supports the mission and vision of the University of Utah. (The mission of the University of Utah is to educate the individual and to discover, refine, and disseminate knowledge). The UUhSC serves the public by improving health and quality of life through excellence in education, research, and clinical care.				
Resource/Material Name	Resource/Material Type	Language	Target Audience	Hispanic/Latino Subgroup	Description of Resource
<b>La artritis y otras enfermedades reumáticas -anatomía de una articulación (Arthritis and Other Rheumatic Diseases - Anatomy of a Joint)</b>	Web page <a href="http://www.uuhsc.utah.edu/healthinfo/spanish/arthritis/anatomy.htm">http://www.uuhsc.utah.edu/healthinfo/spanish/arthritis/anatomy.htm</a>	Spanish and English	Patients with arthritis	General	Web page on the Website that provides information on arthritis. Topics include: What is a joint?; What are the different types of joints?; as well as detailed diagrams of the types of joints.

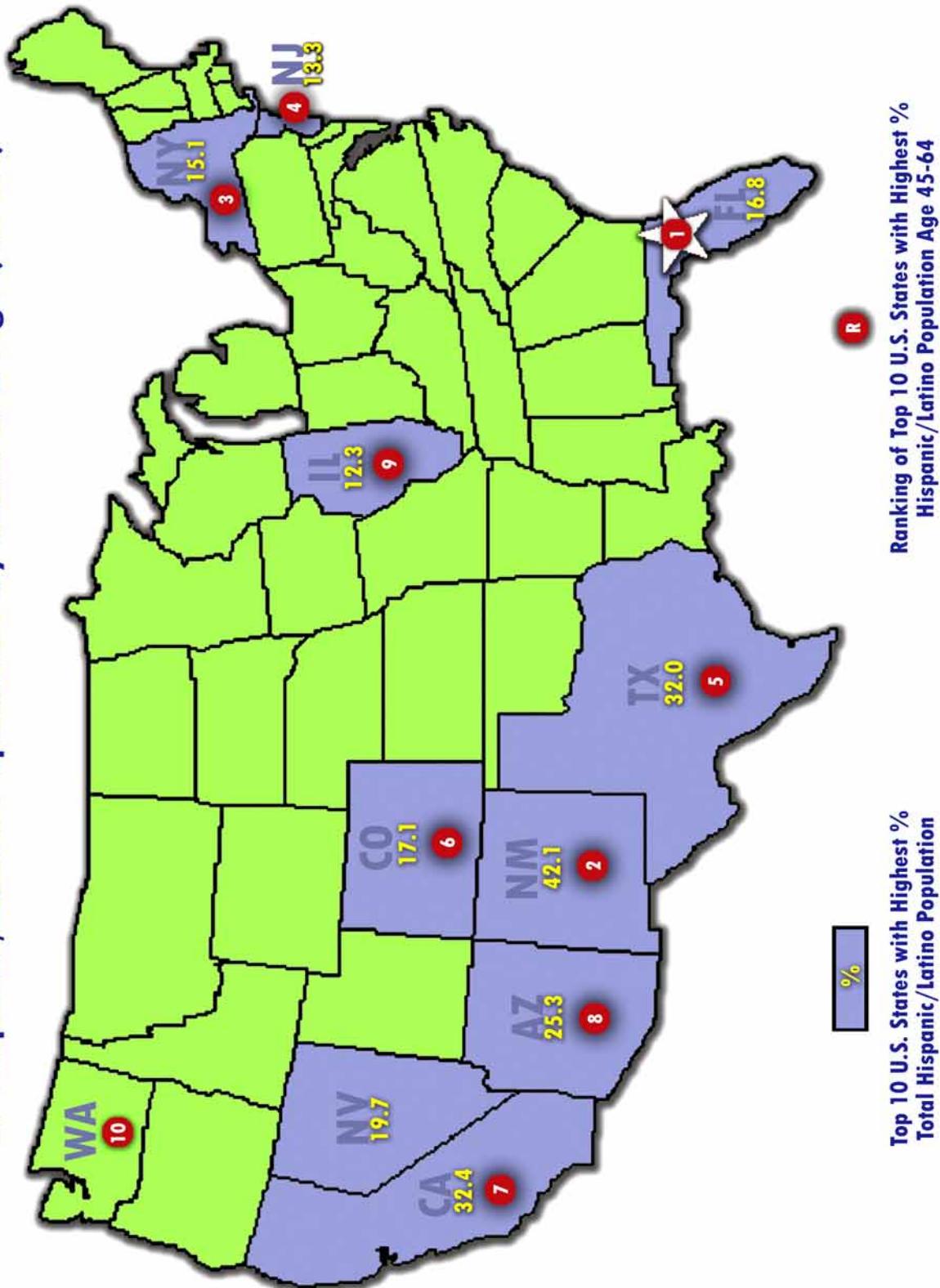
<b>Organization Name:</b>	<b>WebMD</b>				
<b>Address:</b>	Corporate Headquarters, 669 River Drive, Center 2, Elmwood Park, NJ 07407				
<b>Phone:</b>	201-703-3400				
<b>Fax:</b>	201-703-3401				
<b>Web Site Address:</b>	<a href="http://www.webmd.com">www.webmd.com</a>				
<b>Description of Organization:</b>	WebMD is an Internet site that provides health-based information to the general consumer. WebMD states that they are familiar with their audience's needs and by knowing those needs, they can deliver the most appropriate information for their audience. WebMD claims, "that there is a difference between using a health site for health "performance" issues (e.g., flat abs) vs. health research needs (e.g., what is arthritis?) vs. community support (e.g., "does anyone else feel like me?") vs. e-commerce." These differences are reflected in their mission: to bring the consumer the most objective, trustworthy and accurate health information on the Web.				
<b>Resource/Material Name</b>	<b>Resource/Material Type</b>	<b>Language</b>	<b>Target Audience</b>	<b>Hispanic/Latino Subgroup</b>	<b>Description of Resource</b>
<b>Manage Your Health – Arthritis</b>	<a href="http://my.webmd.com/medical_information/condition_center_s/arthritis/default.htm">http://my.webmd.com/medical_information/condition_center_s/arthritis/default.htm</a>	English	General Public	General	Web page on Website providing information on arthritis.

## **APPENDIX C**

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### **US Hispanic/Latino Population Map**

## Top 10 U.S. States with Highest Percentage of Hispanic/Latino Population by State and Age (45-64)



Ranking of Top 10 U.S. States with Highest % Hispanic/Latino Population Age 45-64

Top 10 U.S. States with Highest % Total Hispanic/Latino Population

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