

We Embrace



Spreading awareness of diversity-related issues while promoting inclusion of our diverse faculty, trainers and staff.

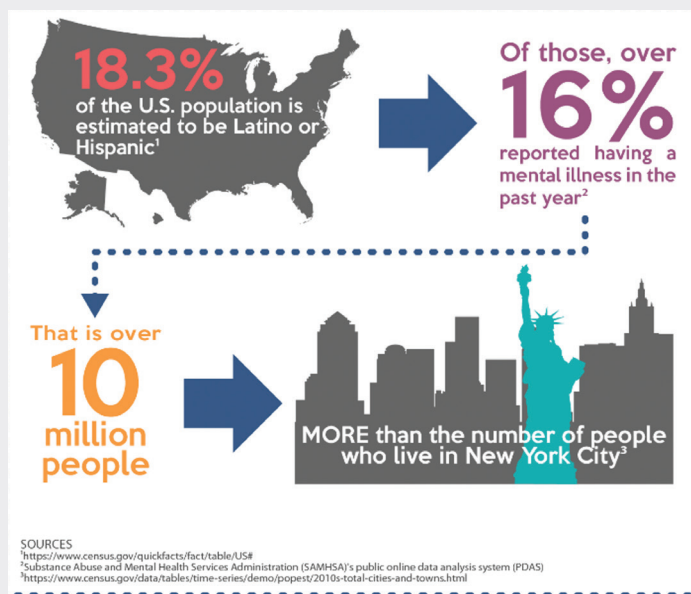
A monthly newsletter from the Diversity and Inclusion Committee | Department of Psychiatry and Behavioral Health | September 2021

National Hispanic Heritage Month will be celebrated between September 15 – October 15 this year.

Submitted by Anjali Narayan

Did you know that 18.3 percent of the U.S. population identifies as Hispanic?

Hispanics are the largest minority group in the United States (Gonzalez de Gispert, 2015). Over 16 percent reported having a mental illness in the past year. That is over 10 million people! An interesting finding is that health and mental health outcomes for Hispanics become worse the longer these individuals live in the United States. First generation immigrants who have recently moved to the U.S. have lower smoking rates, a healthier diet, better general health outcomes, and lower rates of mental health disorders than second or third generation immigrants who were born in the U.S. Hispanics who have integrated more into to American culture have worse health outcomes and worse behavioral health outcomes than those who retain more of their native culture (Lara, Gamboa, Kahramanian, Morales, & Bautista, 2005). This has been attributed to the stronger sense of community and greater emphasis on family values in Hispanic culture (Gonzalez de Gispert, 2015). Berry's acculturation model teaches us that integration results in better mental health (Berry, 2006). However, these findings suggest that separation (retaining one's native identity) is actually associated with improved mental health. For this reason, this phenomenon is sometimes called "The Hispanic Paradox."

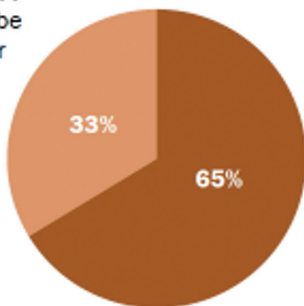


Of note, many people now use the term "Latinx", which is interchangeable with Hispanic. However, only 23 percent of U.S. adults who self-identify as Hispanic had heard the term "Latinx", and only 3 percent use it. Furthermore, 65 percent do NOT like the term "Latinx" and do not feel it should be used to describe them (Noe-Bustamante, Mora, & Lopez, 2020).

One-third who have heard of the term Latinx say it should be used to describe the U.S. Hispanic or Latino population ...

Among respondents who have heard of Latinx, % saying ...

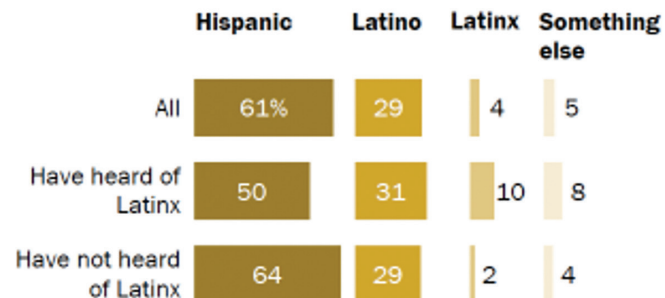
Latinx **should** be used to describe the Hispanic or Latino population



Latinx **should not** be used to describe the Hispanic or Latino population

... but among all Hispanics, other pan-ethnic terms are broadly preferred

Among each group, % who prefer the term ___ to describe the Hispanic or Latino population overall



Note: No answer responses not shown.

Source: Survey of U.S. Latino adults conducted Dec. 3-23, 2019.

"About One-in-Four U.S. Hispanics Have Heard of Latinx, but Just 3% Use It"

PEW RESEARCH CENTER

References

Berry JW, Phinney JS, Sam DL, Vedder P. (2006). Immigrant Youth: Acculturation, Identity, And Adaptation. *Applied Psychology*, 55(3): 303-332. doi:10.1111/j.1464-0597.2006.00256.x

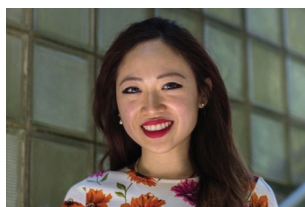
Gonzalez de Gispert, J. (2015). Hispanic Paradox: Why immigrants have a high life expectancy. *BBC World, Los Angeles*. Accessed online 22 Aug 2021 at <https://www.bbc.com/news/world-us-canada-32910129>

Lara M, Gamboa C, Kahramanian MI, Morales LS, & Bautista DE. (2005). Acculturation and Latino health in the United States: a review of the literature and its sociopolitical context. *Annu Rev Public Health*, 26: 367-397

Noe-Bustamante, L., Mora, L., & Lopez, M.H. (2020). About One-in-Four U.S. Hispanics Have Heard of Latinx, but Just 3% Use It. *Pew Research Center*, August 11, 2020. Accessed 26 Aug 2021 online at <https://www.pewresearch.org/hispanic/2020/08/11/about-one-in-four-u-s-hispanics-have-heard-of-latinx-but-just-3-use-it/>

Spotlight On

Jaclyn Chen, PGY-2 Resident



Hello there - I'm Jaclyn, a PGY-2 interested in all fields of psychiatry at this time. I'm hoping to gain further exposure with child + adolescent, forensic, and community psychiatry during my residency, and intend to incorporate telehealth medicine into my future! I was born and raised in Manhattan, where I spend most of my weekends - engaging in baking, mixology, and pilates. I also love networking, and enjoy overseeing an online social platform for NYC physicians.



**Stony Brook
Medicine**

**Department of Psychiatry
and Behavioral Health**

Learn more about how we are promoting and maintaining a culture of diversity and inclusion at: stonebrookmedicine.edu/diversity-committee