

October 12, 2023

## Hispanic Heritage Month 2023

Dear providers,

**According to our 2022 Population Needs Assessment, the Health Plan of San Mateo's (HPSM) Medi-Cal population is predominantly Hispanic, and 43% of HPSM's member population overall identifies as Hispanic or Latino.** Hispanic Heritage Month is celebrated September 15-October 15, and this year we wanted to share important information to help you better serve HPSM members who identify as Latino/a, Hispanic, or Latinx.

**Bright spots:** This population had good health outcomes in breast and cervical cancer screenings, post-partum care, and child visits. Similarly, our Spanish speaking population is ahead of the curve for child immunizations.

**Room for improvement:** Unfortunately, HPSM's Hispanic identifying population has slightly higher diabetes markers (like A1c markers) when compared to the overall population. To tackle this disparity and maintain good health outcomes in other areas, HPSM has the following programs to help members stay healthy:

- Baby + Me program: <https://www.hpsm.org/member/health-tips/pregnancy/baby-and-me>
- Diabetes Prevention Program: <https://www.hpsm.org/provider/resources/diabetes-prevention-program>
- Language Assistance Services: <https://www.hpsm.org/provider/resources/language-services>
- Health Education Tips: <https://www.hpsm.org/member/health-tips>

**Other considerations:** Here are other things to keep in mind when addressing Hispanic, Latino/a/x HPSM members:

- This community does not have a phenotype.
- Not all undocumented immigrants are Latinx.
- Spanish only refers to Spain and Spanish culture; work to know more about the Latinx diaspora.
- Resource: <https://www.verywellmind.com/what-is-the-difference-between-hispanic-vs-latino-5082005>

For any questions, please contact our Provider Services department at [PSInquiries@hpsm.org](mailto:PSInquiries@hpsm.org).

Happy Hispanic Heritage Month! The Health Plan of San Mateo