

— EL AVISO —

September 2014

Observances ~ September 15th - October 15th Hispanic/Latino Heritage Month

In September 1968, Congress authorized President Lyndon B. Johnson to proclaim National Hispanic Heritage Week. The observance was expanded in 1989 by Congress to a month long celebration (Sept. 15 – Oct. 15). We celebrate the culture and traditions of U.S. residents who trace their roots to Spain, Mexico, and the Spanish-speaking nations of Central America, South America and the Caribbean.



September 15th was chosen as the starting point for the celebration because it is the anniversary of independence of five Latin American countries: Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. In addition, Mexico and Chile celebrate their independence days on September 16th and 18th, respectively.

Starting in 1997, the OMB requires federal agencies to use a minimum of five race categories: White; Black or African American; American Indian or Alaska Native; Asian; and Native Hawaiian or Other Pacific Islander.

In addition, on October 31, 2011, the Department of Health and Human Services (HHS) published final standards for data collection on race, ethnicity, sex, primary language and disability status, as required by Section 4302 of the Affordable Care Act .

According to U.S. Census Bureau population estimates as of July 1, 2012, there are roughly 53 million Hispanics living in the United States. The population size represents approximately 17% of the US total population, making people of Hispanic origin the nation's largest ethnic or racial minority.

The projected US Hispanic population for July 1, 2060 is estimated to reach 128.8 million, approximately 31% of the US population in that year.

In 2011, Mexicans represented the largest subpopulation (65%) of Hispanic.

Following Mexicans were Puerto Ricans (9.4%), Salvadorans (3.8%), Cubans (3.6%), Dominicans (3.0%), and Guatemalans (2.3%).

The remaining populations (12.9%) were people of Central and South America or of other Hispanic or Latino origins.

In 2011, 22.5% of elementary and high school students were Hispanic, and only 14.5% of college students were Hispanic.

As of July 1, 2012, the **state** with the largest number of Hispanics (**14.5 million**) was **California**, and the state with the largest percentage of Hispanics (**47%**) was **New Mexico**.

The percentage of Hispanics who lacked health insurance in 2011 was **30.1%**.

CDC Health Disparities & Inequalities Report

The CDC Health Disparities & Inequalities Report - United States, 2011 (CHDIR), provides analysis and reporting of the recent trends and ongoing variations in health disparities and inequalities in selected social and health indicators, both of which are important steps in encouraging actions and facilitating accountability to reduce modifiable disparities by using interventions that are effective and scalable.

Examples of some of the important health disparities noted in the CHDIR:

- Among males aged <20 years, the prevalence of obesity was largest among Mexican-Americans compared with non-Hispanic white or black children and teens.



LAS CLINICAS DEL NORTE: A Community Health Center, Established in 1972

Serving the communities of Abiquiu, Ancones, Barranco, Cañon, Carson, Chili, Cañones, Cañon Plaza, Duranes, El Llanito, El Pueblo, El Rito, Gallegos, Gavilan, Ghost Ranch, La Cueva, La Madera, La Mesa, La Zorro, Las Casitas, Las Tablas, Los Pinos, Medanales, No Agua, Ojo Caliente, Olguin, Petaca, Placitas, Plaza Blanca, Rio Chama, San Miguel, Servilleta, Servilleta Plaza, Silvestres, Tierra Azul, Tres Orejas, Tres Piedras, Tusas, Vallecitos, Youngsville

⇒Cont'd — Hispanic/Latino Heritage Month

- Among females >20 years, Mexican Americans had the second largest prevalence of obesity. The prevalence was second to the prevalence among non-Hispanic black females.
- In 2008, Hispanic adults were among adults who had the largest age-adjusted prevalence of diabetes. Prevalence was similar to that among Black and Asian adults and larger than the prevalence among white adults.
- In 2008, Hispanics experienced the second largest rate of HIV diagnoses compared with the white population. The Hispanic diagnoses rate was second to the African American rate.
- In 2008, the birth rate for Hispanic adolescents aged 15-19 years was nearly 5 times the rate for Asian/Pacific Islander adolescents, 3 times the rate for non-Hispanic white adolescents, and 1.2-1.3 times rates for non-Hispanic black and American Indian/Alaska Native adolescents.
- During 2004-2007, the rate of preventable hospitalizations among Hispanics was in excess of the rate among non-Hispanic whites.
- Hispanics had larger uninsured rates in 2008 compared with non-Hispanic whites.
- Lower influenza vaccination coverage was observed among Hispanics compared with non-Hispanic whites during the 2009-10 influenza season.
- Similar to non-Hispanic blacks and American Indians/Alaska Natives in 2009, Hispanics had a larger percentage of householders living in inadequate housing compared with non-Hispanic whites.
- Compared with non-Hispanic whites, Hispanics were more likely to reside in counties that did not meet the standard for ozone.
- In 2009, Hispanic adults were most likely not to have completed high school compared with any other racial population and equally likely as non-Hispanic Blacks or American Indian/Alaska Natives to live below poverty.



ANNOUNCEMENTS

Welcome to three New employees who started with LCDN on August 25th—

Karen Morfin, hired to work in Accounts Payables & Payroll,

Jason Lopez hired as Medical Assistant to work at the Pojoaque Valley School Based Clinic and

Leslie Montoya hired to work as Cashier/ Receptionist at the Pojoaque School Based Clinic.

Worried about a loved one's drinking?

Come to the
Al-Anon Meeting at EL RITO CLINIC
Every Wednesday
at 6 pm

What Causes Obesity in Children?

Children have fewer weight-related health and medical problems than adults. However, overweight children are at high risk of becoming overweight adolescents and adults, placing them at risk of developing chronic diseases such as heart disease and diabetes later in life. They are also more prone to develop stress, sadness, and low self-esteem.

Children become overweight and obese for a variety of reasons. The most common causes are genetic factors, lack of physical activity, unhealthy eating patterns, or a combination of these factors. Only in rare cases is being overweight caused by a medical condition such as a hormonal problem. A physical exam and some blood tests can rule out the possibility of a medical condition as the cause for obesity.

Although weight problems run in families, not all children with a family history of obesity will be overweight. Children whose parents or brothers or sisters are overweight may be at an increased risk of becoming overweight themselves, but this can be linked to shared family behaviors such as eating and activity habits.

A child's total diet and activity level play an important role in determining a child's weight. Today, many children spend a lot of time being inactive. For example, the average child spends approximately four hours each day watching television. As computers and video games become increasingly popular, the number of hours of inactivity may increase.

For More Information, See the CHDIR Website

Resource: www.medmd.com

⊗ **Community Events** ⊗

Contact: Joan Tollefson 1-505-323-1519/ 553-5820 or email: joan@lcdn.org

For Health Advise when clinics are closed, call Nurse Advise
New Mexico (NANM) 877-725-2552 open 24 hrs.

El Rito

Las Clinicas del Norte Board Meeting - every 4th Monday,
6 pm, El Rito clinic Community Room.

El Rito Library- Tues, Wed, Thurs, Fri, Sat, 12 am – 5 pm
Library Board Mtgs. - every 2nd Wednesday, 6:00 pm

El Rito Fire Dept. Mtgs. - every 2nd Wednesday, 7 pm, at the
El Rito Fire Station, open to the public.

El Prado Convenience Station at Rural Events Ctr. Open 5 days
Tue-Sat 8am-4pm. Info: North Central Solid Waste 747-8459

Abiquiu

Abiquiu Library - Sun, Mon, Tues, Wed, Thurs, 1 pm – 6 pm,
located on the Plaza.

Abiquiu Fire Dept. - **DAY CHANGED** to 2nd **Sunday - 6 pm**,
at the Abiquiu Fire Dept. Station at the REC on Hwy 554.

Abiquiu Area Emergency Services Project Mtg. - second Wed.
at 6:00 pm at the Rural Events Center.

Abiquiu AA Meetings - Wednesday, 5:30-6:30 pm, Abiquiu clinic,
& Saturday, 10:00 am, Abiquiu Library. **New Contact:**
Alex at 505-901-7701.

Abiquiu Al-Alon - will return in late-spring.

Recycling - 5 days a wk. Tue-Sat 8am-4pm. Recycle at the El
Prado Convenience Station at the Rural Events Ctr. For
information call North Central Solid Waste, 747-8459.

Ojo Caliente

Ojo Caliente Fire Dept. Mtg. - every 1st Wednesday, 7:00 pm
Ojo Caliente Fire Dept.

Recycling Station - Tues-Sat, 9am-5pm, Bldg #35631 Hwy 285/84.

EL RITO PUBLIC LIBRARY

575-581-4608

Hours: Tuesday thru Saturday 12-5pm

Will Return Next Month

PUEBLO DE ABIQUIU LIBRARY

And Cultural Center

505-685-4884

POB 838, Abiquiu, NM 87510

abiquiupl@gmail.com

www.abiquiulibrary.wordpress.com

We are dreaming of restoring the missing adobe room in the Abiquiu Library . You can help!

Help the Library rebuild the missing room on the site of our archaeological dig so we can expand our book collections and create space to house the authentic artifacts that were collected this summer. Archaeologist Jun Sunseri will be studying these artifacts this winter and return them to us with a narrative to interpret their significance. Your donations towards our **Adobe Restoration Fund (ARF)** will help make this extension a reality.

⇒ Cont'd Abiquiu Library News

Summer Reading Program: Fizz, Boom, Read!

The Summer Reading Program hosted over 35 children who came to the library twice weekly to read and do a variety of projects together. We enjoyed a visit with Smokey the Bear and the fire fighters showed us how their trucks work. The children could peek into the archaeological dig alongside the building. We made three field trips to see the museum and the garden at Ghost Ranch followed by swimming. The children learned about bees and built a pollinator hotel to attract other pollinating insects and they also worked on an adobe model of the library that includes the extension we plan to build. Thank you to all the volunteers who assisted and to the Boys & Girls Club of Abiquiu for collaborative efforts and to so many others who care about summer youth activity. These programs are the time when we actively take responsibility for local youth as a community and show them positive ways.

Early Literacy Program coming this fall

Thanks to funding from United Way, we will have an early literacy program for children ages 2 to 5 with easy-to-check-out Parent/Grandparent backpacks and special every-child-ready-to-read programming during weekday mornings. Come by the library to sign up for this program and get more information.

New Mexico Museum of Natural History and Science

New Mexico Museum of Natural History and Science is offering the opportunity for our library card holders to check out a membership card that will allow 2 adults and up to 4 children in free to the museum. Check out the museum card at our library by leaving a \$20 deposit to be returned upon receipt of the card. This is made possible by foundation donors. Call the library in advance for more information 685-4884.

Book News: We are happy to say we now have Malcolm Ebright's newest book entitled *Four Square Leagues*.

New Books Donated from University of New Mexico Press

The Lipan Apaches - People of Wind and Lightning
by Thomas A. Britten

Capturing the Women's Army Corps by Franciose Barnes Bonnell

Hecho en Tejas - an Anthology of Texas Mexican Literature,
Edited by Dagoberto Gilb

Sagrado - A Photopoetics Across the Chicano Homeland, Narrative by Spencer R. Herrera

Migrations - New Directions - *Royal Coachman* - Adventures in the Fly Fisher's World by Paul Schullery

Native American Art, Edited by Marjorie Davon

Silver Cities - *Photographing American Urbanization. 1839-1939*, by Peter Bacon Hales

Las Clinicas del Norte

EL RITO CLINIC
PO Box 237, El Rito 87530
Phone: (575) 581-4728
1-800-869-7624

OJO CALIENTE CLINIC
PO Box 307, Ojo Caliente 87549
Phone: (505) 583-2191
1-866-665-6832

ABIQUIU CLINIC
PO Box 757, Abiquiu 87510
Phone: (505) 685-4479
1-866-578-1662

MEDICAL:

MON thru FRI 8:00 am– 5:00 pm
1st and 3rd SAT of month 8:00 am 4:00 pm
Confidential Family Planning Title X Services available

COUNSELING: 581-4728, # 232

Mondays and Wednesdays only.
Please call for an appointment.

DENTAL SERVICES: 581-0028

MON thru FRI 8:00 am– 6:00 pm;
SAT 8:00 am-4:00 pm

REMEMBER TO BRING YOUR CHILD'S IMMUNIZATION RECORD to all clinic visits

MEDICAL:

TUES thru FRI 8:00 am- 6:30 pm
Confidential Family Planning Title X Services available

COUNSELING: 583-2191

Tuesday and Friday
Call to schedule

NO DENTAL SERVICES

**SCHOOL BASE HEALTH SITES: Mon-Fri - Pojoaque: 505-455-4026
- Mesa Vista: 505-583-2401**

MEDICAL:

MON thru FRI 8:00 am- 6:30 pm
Confidential Family Planning Title X Services available

COUNSELING: 685-4479

Monday through Friday
Call to schedule

NO DENTAL SERVICES

MENTAL HEALTH CRISIS NM HOTLINE - 1-855-NMCRISIS (1-855-662-7474)

LCDN BOARD OF DIRECTORS — *President* - Tony Chacon, *Vice-President* - Pauline Varoz, *Treasurer* - Erma Crim, *Secretary* - Barbara Lovato; *Members:* Gary Salazar, Sophie Garcia, Rex Davidson, Terry Boyle, Jasmine Serrano.
Honorary Member: Mary F. Lovato.

Donations - listed for one year - Las Clinicas would like to thank the following donors

\$ 100 - Annabelle X. Gutierrez Sisneros (4-13)

\$ 175 Each—Dr. Anthony Garcia, Dr. Aine Malone, Dr. Ed Trujillo (02-14)

\$ 500 - Pamela Harris (12-13)

\$ 800 - Katharine & Boudinot (Bill) Atterbury - James Talcott Fund (12-13)

\$ 1,000 - Sam R. & Isabel E. Jewell (12-13)

\$ 1,000 - Kathleen E. Maley (12-13),

\$ 1,000—Terence P. & Susan C. Boyle

\$ 1,500 - Andy R. Lopez (01-14)

Las Clinicas del Norte, Inc.

D/B/A Las Clinicas del Norte
PO Box 237
El Rito, NM 87530

NONPROFIT ORG
US Postage Paid
El Rito, NM 87530
Permit No .1

BOXHOLDER



Community Partner

**Funded in part by the
NEW MEXICO DEPT. OF HEALTH
PUBLIC HEALTH DIVISION**