Multicultural Health  Second Edition

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## CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dedication</td>
<td>v</td>
</tr>
<tr>
<td>Preface</td>
<td>vi</td>
</tr>
<tr>
<td>Acknowledgments</td>
<td>xi</td>
</tr>
<tr>
<td>About the Authors</td>
<td>xii</td>
</tr>
</tbody>
</table>

**UNIT I The Foundations**

**Chapter 1**  
Introduction to Multicultural Health  
Key Concepts and Terms  4  
Diversity Within the United States  8  
Cultural Adaptation  10  
Health Disparities  12  
Causes of Health Disparities  13  
Legal Protections for Ethnic Minorities  19  
Personal Health Decisions  24  
Ethical Considerations  25  
Summary  26  
Review  27  
Activity  27  
Case Study  27  
References  28

**Chapter 2**  
Theories and Models Related to Multicultural Health  
Theories of Health and Illness  32  
Pathways to Care  37  
Cultural Competence  39  
Promoting Cultural Competence  42  
Summary  48  
Review  49  
Activity  49  
Case Study  49  
References  49

**Chapter 3**  
Worldview and Health Decisions  
Worldview  52  
Worldview and Medical Decisions  59  
Worldview and Response to Illness  63  
Summary  64  
Review  65  
Activity  65  
Case Study  65  
References  65
Chapter 4  Complementary and Alternative Medicine  67
History of Complementary and Alternative Medicine  69
Complementary and Alternative Health Care Modalities  73
Laws Affecting Cultural Practices and Health  86
Summary  88
Review  89
Activity  89
Case Study  89
References  90

Chapter 5  Religion, Rituals, and Health  92
Religion in the United States  94
Religion and Health Behaviors  96
Religion and Health Outcomes  100
Religion and Well-Being  106
Rituals  111
Summary  114
Review  114
Activity  115
Case Study  115
References  116

Chapter 6  Communication and Health Promotion in Diverse Societies  118
Health Communication  119
Delivering Your Health Message  128
Printed Materials  131
Public Health Programs  134
Evaluating Your Multicultural Health Program  137
Summary  145
Review  146
Activity  146
Case Study  146
References  147

UNIT II Specific Cultural Groups

Chapter 7  Hispanic and Latino American Populations  149
Introduction  150
Terminology  150
History of Hispanics in the United States  151
General Philosophy About Disease Prevention and Health Maintenance  152
Healing Traditions, Healers, and Healing Aids  159
Behavioral Risk Factors and Common Health Problems  163
Considerations for Health Promotion and Program Planning  166
Tips for Working With the Hispanic Population  167
Summary  168
Review  169
Activity  169
Case Study  169
References  170

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Dedication

To Gary and Samantha, for creating countless hours of laughter—lr

To Sarah—dg
Preface

Your mind is like a parachute . . . it functions only when open.
~ Author unknown

Health care professionals work in a diverse society that presents both opportunities and challenges, so being culturally competent is essential to their role. Although knowing about every culture is not possible, having an understanding of various cultures can improve effectiveness. Multicultural Health provides an introduction and overview to some of the major cultural variations related to health.

Throughout this text, those engaged in health care can acquire knowledge necessary to improve their effectiveness when working with diverse groups, regardless of the predominant culture of the community in which they live or work. The content of this book is useful when working in the field on both individual and community levels. It serves as a guide to the concepts and theories related to cultural issues in health and as a primer on health issues and practices specific to certain cultures and ethnic groups.

New to This Edition

- **NEW!** A Student Activity is added to each chapter to challenge student comprehension.
- **NEW!** Two new Feature Boxes appear in each chapter—**What Do You Think?** and **Did You Know?**—to engage readers and enhance critical thinking.
- **NEW!** Chapter 3, Worldview and Health Decisions, provides information about the ways that worldview and communication affect health, the provision of health services, health care decisions, and communication.
- **Expanded!** Reiki has been added to Chapter 4, Complementary and Alternative Medicine. Chiropractic care, homeopathy, hypnosis, and hydrotherapy, although important treatment modalities, were removed to keep the chapter focused on culturally based CAM modalities.
- **Expanded!** In Chapter 5, Religion, Rituals, and Health, a section was added about the clinical implications of the relationships among religion, spirituality, and health.
- **Expanded!** In Chapter 6, Communication and Health Promotion in Diverse Societies, tips for communicating with people with limited English proficiency have been added.
- **Expanded!** Chapters 7 through 12 have new sections on worldview, pregnancy, mental health, and death and dying as they relate to the cultural group discussed in each chapter.
- **Expanded!** Chapter 12, Nonethnic Cultures, has been expanded to include people with disabilities, immigrants and refugees, and the culture of commerce.
- **Expanded!** In Chapter 13, Closing the Gap: Strategies for Eliminating Health Disparities, information about the
Health and Humans Services Action Plan to reduce racial and ethnic health disparities and the National Stakeholder Strategy for Achieving Health Equality have been added.

- **Revised!** Laws and ethics material is now integrated throughout where appropriate.
- **Revised!** The model programs have been removed from **Chapters 7 through 12** and an activity has been added for learners to conduct research and identify a model program themselves.

### About This Book

*Multicultural Health* is divided into three units.

**UNIT I, The Foundations**, includes Chapters 1 through 6 and focuses on the context of culture, cultural beliefs regarding health and illness, health disparities, models for cross-cultural health and communication, and approaches to culturally appropriate health promotion programs and evaluation.

- **Chapter 1**, Introduction to Multicultural Health, discusses the reasons for becoming knowledgeable about the cultural impact of health practices. It defines terminology and key concepts that set the foundation for the remainder of the text. The chapter addresses diversity in the United States and the racial makeup of the country, health disparities and their causes, and issues related to medical care in the context of culture.

- **Chapter 2**, Theories and Models Related to Multicultural Health, addresses theories regarding the occurrence of illness and its treatment. Terms and theoretical models related to cultural competence are provided. Individual and organizational cultural competence assessments are included.

- **Chapter 3**, Worldview and Health Decisions, explores the concept of worldview on illness and treatment and cultural influences that affect health. Differences in worldview and how that affects perceptions about health, health behaviors, and interactions with health care providers are described. Verbal and nonverbal communication considerations are explained. The chapter closes with discussions about how worldview and communication influence specific areas of health, such as the use of birth control.

- **Chapter 4**, Complementary and Alternative Medicine, provides an introduction to complementary and alternative medicine and health practices. It explores the major non-Western medicine modalities of care, including Ayurvedic medicine, traditional Chinese medicine, herbal medicine, and holistic and naturopathic medicine. The history, theories, and beliefs regarding the source of illness and treatment modalities are described.

- **Chapter 5**, Religion, Rituals, and Health, explores the role of religion and spiritual beliefs in health and health behavior. The similarities and differences between religion and rituals are described. The chapter integrates examples of religious beliefs in the United States and their impact on health decisions and behaviors.

- **Chapter 6**, Communication and Health Promotion in Diverse Societies, includes information about culturally sensitive
communication strategies used in public health. Considerations to making health care campaigns using various communication channels, such as social media, appropriate for diverse audiences are explained. A section on health literacy is included.

UNIT II, Specific Cultural Groups, includes Chapters 7 through 12 and addresses the history of specific cultural groups in the United States, beliefs regarding the causes of health and illness, healing traditions and practices, common health problems, and health promotion and program planning for the various cultural groups. These points are applied to specific cultural groups as follows:

- **Chapter 7**, Hispanic and Latino American Populations
- **Chapter 8**, American Indian and Alaskan Native Populations
- **Chapter 9**, African American Populations
- **Chapter 10**, Asian American Populations
- **Chapter 11**, European and Mediterranean American Populations
- **Chapter 12**, Nonethnic Cultures

UNIT III, Looking Ahead, outlines priority areas in health disparities and strategies to eliminate health disparities.

- **Chapter 13**, Closing the Gap: Strategies for Eliminating Health Disparities, explores the implications of the growth of diversity in the United States in relation to future disease prevention and treatment. It further addresses diversity in the health care workforce and its impact on care, as well as the need for ongoing education in cultural competence for health care practitioners.

### Features and Benefits

Each chapter includes a “Did You Know?” and “What Do You Think?” section to stimulate critical thinking and classroom discussions. Also included are chapter review questions, related activities, and a case study. Key concepts are listed and their definitions are provided in the glossary.

We hope the information contained in *Multicultural Health* will introduce you to the rich and fascinating cultural landscape in the United States and the diverse health practices and beliefs of various cultural groups. This book is not intended to be an end point; rather, it is a starting point in the journey to becoming culturally competent in health care.

### For the Instructor

Instructor resources, including PowerPoint presentations, Instructor’s Manual, and test bank questions, are available. Contact your sales representative or visit go.jblearning.com/Ritter2e for access.
Acknowledgments

We would like to express gratitude to the many dedicated people whose contributions made this book possible. We extend a special thanks to those who provided us with permission to reprint their work. We also are grateful to the Jones & Bartlett Learning team who assisted with the editing, design, and marketing of the book. We would like to particularly acknowledge Sara J. Peterson and Cathy Esperti at Jones & Bartlett Learning for their efforts. Cherilyn Aranzamendez and Jessica Ross, we appreciate your efforts to locate research on the topic of multicultural health. We are also indebted to the reviewers for their thoughtful and valuable suggestions:

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To our family, friends, and colleagues, we want to express our gratitude because you provided continued encouragement, support, and recognition throughout the process.
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