

THE VOICE



OF THE HISPANIC NURSES

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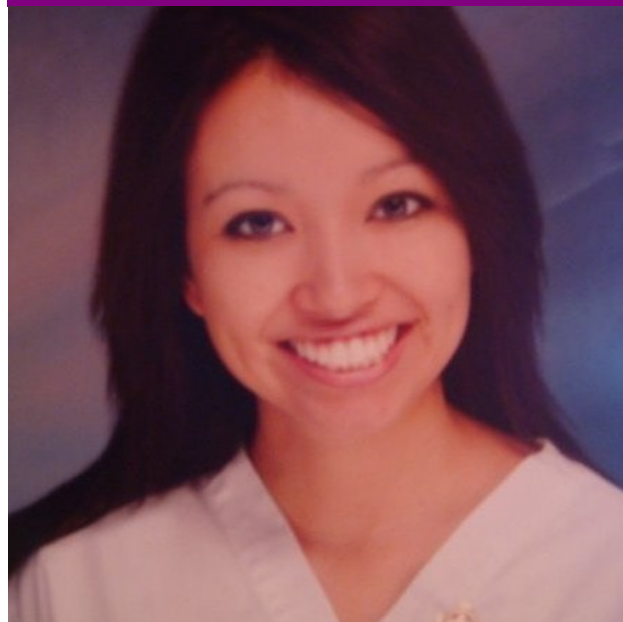


FALL/WINTER 2012



MESSAGE FROM THE PRESIDENT

ADRIANNA NAVA, MSN, BSN, RN



On Tuesday, November 6th, we as Americans re-elected President Barack Obama to lead and guide our country to a more prosperous future. In doing so, we entrusted in him the ability to protect our values, our beliefs and our future for the next four years. March 2013 will begin the election cycle for IHNA where membership will have the opportunity to run for leadership positions on the executive board. Keeping this in mind, this is a great time to reflect on the progress the Illinois Hispanic Nurses Association (IHNA) has seen within the last two years. Within the current term, we have identified opportunities for improvement and have transformed the identity of IHNA. Once an organization only focused on community health, we are now an organization dedicated to the professional development of YOU! You are the key to building a brighter future for our communities, for our families, and ultimately for the organizations we serve. Our investment in the registered nurse will foster greater advancement in nursing education, health research and policy and community outcomes.

Our nursing vision for the future was developed

with the publication of the 2010 Institute of Medicine (IOM) Report, *The Future of Nursing: Leading Change, Advancing Health* in mind. The report calls for nurses to practice to the full extent of their education and training and to achieve higher levels of success.

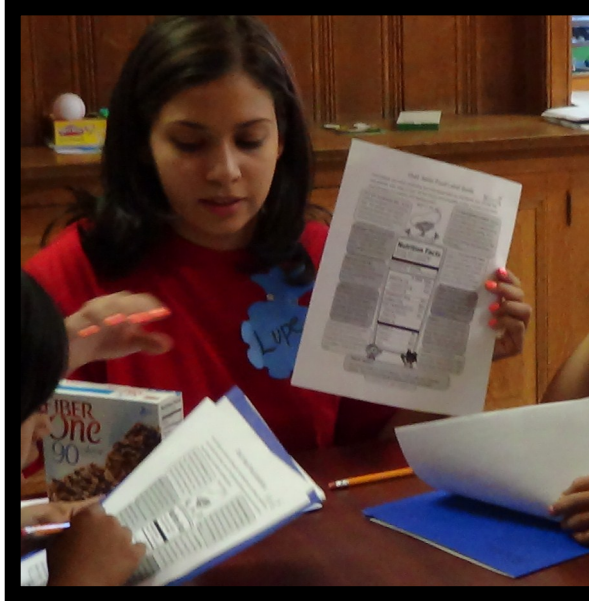
As the nursing profession continues to take bold steps forward and becomes recognized for the contributions made to society, we must learn from the past in order to create a better future. Although nursing has a vast history dating back prior to the 16th Century, Hispanic Nurses have yet to have a clear voice within nursing history. In the state of Illinois alone, Hispanic registered nurses represent less than 2% of the nursing workforce. We are strikingly underrepresented and need to continue to build our Hispanic nursing workforce to better serve our growing Hispanic population.

As we know, the image of the Hispanic nurse is quite complex. One word, *Hispanic*, brings together diverse ethnic and regional cultures, traditions, beliefs and behaviors. The experiences of one generation of Hispanic nurses, is not similar to the experiences of another and many barriers continue to exist - which limits the number of Hispanic nurses entering the workforce. Therefore, it is imperative that we as an organization focus on developing nursing leaders. These nursing leaders will increase the number of Hispanics entering the profession and will strengthen the Hispanic nurses already in the workforce. We all learn from one another-regardless of experience, education or age.

Therefore, if you have not done so already, please take a moment to visit our website at ihna-nahn.weebly.com to review IHNA's detailed vision for the future. I personally invite you to join us in creating the image of the Hispanic nurse and leaving a prideful mark in the history of nursing! I truly look forward to meeting you!

MUEVETE USA-CHICAGO

BY: BRIANA BARBOZA, RAQUEL FLETCHER & ANA MARADIAGA



In the U.S. childhood obesity has almost tripled for children ages 6 to 11, increasing from 7% in 1980 to about 20% in 2008 (Center for Disease Control and Prevention [CDC], 2012c). Among ethnic groups, the prevalence of obesity is disproportionately higher for Hispanic children than their peers. Hispanic children ages 6 to 11 have a 25% prevalence of obesity compared with 19% of white children in the same age group (Robert Wood Johnson, 2010). In relation to the higher rates of obesity, Hispanic children are at a higher risk of developing chronic illnesses. According to the CDC (2012c), healthy eating habits and physical activity are effective in reducing the risk of obesity and related diseases.

In order to specifically address the Hispanic population, the Little Village community was chosen. This community consists of a primarily Mexican population. The Little Village Boys and Girls Club (LVBGC), a community center located in Little Village, served as the target population. The club provides programs and services for children ages 6 to 12 and adolescents in the community. The Little Village club is the oldest sector of the Boys and Girls Clubs in Chicago.

As part of the assessment and analysis process, participant BMIs were measured to determine the rate

of obesity among the cohort of children at the LVBGC. The results indicated that 46.3% of the children were obese and 29.9% were overweight. Direct observation was used to assess the dietary habits of the children and accessibility of healthy food options within the facility and throughout the community. For example, one child was observed purchasing a bag of chips from the vending machine for breakfast after registering for the Muevete USA (Muevete) program. Another child stood in the registration line eating his breakfast brought from home, which consisted of two Snickers bars. Based on the data collected, it was evident that an intervention was needed that would raise the awareness of childhood obesity and methods of prevention.

The causes of childhood obesity within this population are multifactorial which include behavioral, environmental, and cultural aspects. Parents and staff also voiced the need for physical and nutrition education due to their lack of knowledge on obesity prevention. The literature suggests many societal factors exist in America and are contributing to the problem of childhood obesity. According to the CDC (2012a), access to sugary drinks and less nutritious foods in schools, limited access to healthy

MUEVETE USA-CHICAGO CONTINUED

healthy affordable foods, increased portion sizes, junk food advertisements, limited physical activity in schools, few safe places to play in the community, and increasing amounts of time spent watching TV and participating in sedentary media activities are all huge contributors to the growing problem of obesity. Studies have shown that a preventative treatment approach that focuses on exercise, decrease in sedentary activities, increasing healthy nutrition knowledge, and parental and social support creates an effective method of addressing the issue of childhood obesity (James et al., 2008).

The LVBGC falls within the limits of the South Lawndale community. South Lawndale is an 83% Hispanic populated community (Margellos-Anast et al., 2008). Of the children enrolled in the Boys and Girls Club summer program, 100% are Hispanic. Based on the research, the children enrolled in the Boys and Girls Club summer program are at a high risk for obesity. If the trends of obesity persist in this community, these children are more likely to face obesity as adults (CDC, 2012c).

In order to promote proven, evidence based interventions that specifically address the needs of Mexican-American children, further research must be conducted. According to Ward (2008), there is currently limited research available that focuses specifically on overweight children in the Mexican-American community. Furthermore, Ward (2008) indicates that much of the research that is available is limited due to convenience sampling, sample size, and difficulty in generalizing finding to members of all Mexican-American communities. Although there is a lack of evidence, because of the severity of the problem of childhood obesity interventions should be implemented now.

Muevete is a pilot program funded through a \$150,000 grant from The Coca-Cola Foundation, in collaboration with the National Association of Hispanic Nurses (NAHN). The program is currently in the pilot stage and is being implemented by NAHN chapters in Arizona, California, Illinois, and Texas. Muevete USA

was led by student members of NAHN with other chapter members serving as program co-leaders and volunteers who served as support for the student leaders. The goal of this year's program was to implement a one-day curriculum, which teaches children about healthy eating and exercise in order to obtain feedback regarding the effectiveness of the curriculum. This will lead to a larger scale program for next year. The plan will then be for next year's program to be spread over 10 weeks, made up of one-hour long sessions, which will incorporate both healthy eating and exercise into each session.

In Chicago, the goal of Muevete is to improve the health and quality of life of children and their families by reducing the rate of childhood obesity in Mexican-American families living in the Little Village Community. The objectives of the pilot program that will be used to measure the outcomes of the intervention include:

- 1.) By the end of the program, participants will be able to identify healthy foods from each of the five My Plate food groups.
- 2.) By the end of the program, participants will be able to correctly read a food nutrition label by properly identifying serving size, servings per container, calories per serving, total fat per serving, total amount of sugar per serving, and total amount of sodium per serving.
- 3.) By the end of the program, participants will be able to identify at least two health benefits of maintaining a regular exercise schedule as well as be able to determine two examples of exercise activities.
- 4.) By the end of the program, participants will be able to name two healthy snack options.
- 5.) By the end of the program, participants will be able to identify two health related goals that are specific, measurable, achievable, reasonable, and time limited.

To learn more about the Muevete USA-Chicago Program, please visit our website at ihna-nahn.weebly.com!

Please note: Information for this article was taken directly from the master's paper submitted to Rush University by the student leaders.

MATEC HOSTS IHNA SCHOLARSHIP DINNER

2012 IHNA SCHOLARSHIP WINNERS



Left to Right: Patricia Ramirez, BSN, RN (Community Outreach Specialist), Isis Reyes, BSN, RN (VP), Elizabette Nava, BSN, RN (Secretary), Sheila Arevalo (Award Winner), Adrianna Nava, MSN, BSN, RN (President)

2012 SCHOLARSHIP AWARD WINNERS:

SHEILA AREVALO-BSN STUDENT
CHAMBERLAIN COLLEGE OF NURSING

MARIA RODRIGUEZ-BSN/MSN STUDENT
CHAMBERLAIN COLLEGE OF NURSING

ANNABELLA VIDAL-RUIZ-MSN STUDENT
UNIVERSITY OF ILLINOIS AT CHICAGO

To learn more about our scholarship winners, please visit our website at:

Ihna-nahn.weebly.com

Thank you to MATEC & Caldo Media (Photography)

Holiday Party to Benefit:



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GREATER CHICAGO Chapter



MCHC



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ILLINOIS HISPANIC
NURSES ASSOCIATION

**\$25 of each ticket
is donated directly
to the school!**

LOCATION:

Instituto Health Sciences Career Academy
2520 S. Western Avenue
Chicago, IL 60608

(No parking available on-site!)

DATE:

Thursday, December 6, 2012

TIME:

Reception: 6:00 – 8:00 pm

COST:

ACHE Members: \$60
Non-ACHE Members: \$75
Students: \$35

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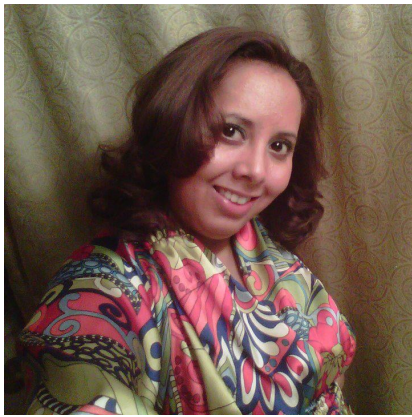
West Side Technical Institute
2800 South Western Avenue
Chicago, IL 60608

REGISTRATION:

www.chefchicago.org



CARRERAS EN SALUD PROGRAM



Patricia Ramirez, BSN, RN

On behalf of the Carreras en Salud program, I am proud to be the first Licensed Practical Nurse (LPN) graduate. I began the program in January of 2005 and feel that I am an exceptional success story for bilingual students that wish to become nursing professionals. The road to becoming an LPN was a challenge as my grades were not very competitive and I was a single parent of a son whom at the time was only four years old. I was working a full time job as a Certified Nurse Assistant (C.N.A) to help pay for a mortgage. When I began the LPN program, I had to cut my work hours to part-time and I was also a Medical Card recipient. Working as a C.N.A didn't pay me enough to raise my son, or to pay for the bills that I had.

I give my thanks to my family for supporting my dream. I recall one day when my son told me "Mommy you need to study more, but when you finish you can play with me". Tears of joy rolled down my face when my son had said that to me. My mother was really supportive as well. I recall one day my mother told me "Si se puede".

When I had graduated with my LPN I received offers from several different Healthcare Providers. I was able to continue with my career goals and in July 2010, I graduated with an Associate in Applied Science in Nursing from Wilbur

Wright College. In July 2010, I immediately began the Bachelor of Science in Nursing (BSN) program from Northern Illinois University and graduated in December 2011 with Honors: Magna Cum Laude, GPA: 3.875.

I am currently employed at MacNeal Hospital in Berwyn Illinois. I am a Registered Nurse on a Pediatrics/Medical-Surgical Unit. I am very active in the community and am always looking for ways to volunteer and mentor future nurses. I am an active member of the National Association of Hispanic Nurses (NAHN) and Illinois Hispanic Nurses Association (IHNA) which is the chapter of NAHN. I serve on the IHNA Executive Board as the Community Outreach Specialist.

I am extremely thankful for the existence of the Carreras en Salud Program. It gave me and other bilingual students the opportunity to achieve our dream of becoming a nurse. Carreras en Salud is such a value to the nursing profession. We had a mentor and a tutor who guided us along in the program. Ines Montero, a mentor, made sure that we were succeeded, not failed. We had access to her cell phone, e-mail, even her personal house number. If we ever had any doubt she was there to clarify any questions we had and made sure that I understood the subject matter of the week. I am very grateful for the mentor that was put into the program and for being loyal to the students. I feel that the Carreras en Salud Program is great and that other people interested in becoming a nurse should take advantage of this program. In ending, I would like to mention that I had passed the nursing board exam on the first try- which I am so proud of myself.

If you have any questions about the Program, please do not hesitate to contact me directly.

MEMBERSHIP WITH IHNA

THE TIME TO JOIN IS NOW!



**A NEW GENERATION OF HISPANIC
NURSING LEADERS**

AS 2012 COMES TO AN END, IHNA LEADERSHIP IS DEVELOPING NEW PARTNERSHIPS AND PROGRAMS TO MEET THE NEEDS OF REGISTERED NURSES AND THE HISPANIC COMMUNITY. PLEASE VISIT OUR WEBSITE TO LEARN MORE ABOUT THE ILLINOIS HISPANIC NURSES ASSOCIATION!



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**A SPECIAL THANK YOU
TO OUR 2012 SILVER
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MENTORING FUTURE
NURSING LEADERS!**