

## Tailoring Best Practices for Chronic Disease Prevention in Latino and Native American Communities

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*Abstract:* This presentation describes how “best practices” for community-based chronic disease prevention have been tailored to improve effectiveness for two important populations experiencing health disparities in Washington State: Latinos and Native Americans. Promotoras are trained community members who act as bridges between the Latino community and the healthcare system. Washington Association of Community & Migrant Health Centers collaborated with our Outreach Coordinator to develop a Spanish language Tobacco 101 Promotoras training. This program provided an introduction to the fundamentals of tobacco prevention, impact of tobacco on Latino communities, why Latinos should connect tobacco use with chronic disease, and the use of brief interventions. Promotoras were assessed pre, post, and three months following the training to evaluate knowledge and inclusion of tobacco education in their chronic disease outreach.

Washington’s Native American tribes and urban Indian groups are implementing tobacco prevention and control activities that build upon the strengths of Native organizations and culture to prevent tobacco mis-use. The state Department of Health recently created a report that describes commercial tobacco use and related measures among Washington’s Native American people, using data from state surveillance systems. The goals of the report are to support prioritizing tobacco control among other Native health priorities, and to inform program planning. Findings from the data were related to “best practices” for the general population, and specific recommendations for use in Native communities are provided.