

# Adelante

The Latinos and Hispanics in Dietetics and Nutrition (LAHIDAN) Newsletter



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Dear LAHIDAN members,

It is a great honor and responsibility to address you as the LAHIDAN 2020-2021 Chair. Due to the COVID-19 pandemic, we are all undergoing a new experience in every area of our lives, trying to adapt our daily life to both personal and professional challenges in a fast-paced learning environment. Some of our very own members are on the front lines. I want to take this time to say that their work is highly valued. The Latin community has been especially affected. Some of us may have had to mourn the loss of loved ones. My prayers go out to you.

We have decided to enhance communication with all of you. With this in mind, you will be receiving a **monthly newsletter**, which will include several tools for your professional development. In the issues, you will find a bio highlighting one of our members in order to get to know each other better, and upcoming virtual events.

Furthermore, we want to know which projects you are working on, especially if they are directly related to our Latin communities. Please share this information with us via email at [LAHIDAN@eatright.org](mailto:LAHIDAN@eatright.org). I encourage you to visit and participate in the **Member Discussion Board** on our website. The primary goal is to stay in communication and learn from one another.

Finally, we want to express our support for the #BlackLivesMatter movement, not only because it involves members of our community, but because we believe in diversity and inclusion. We stand together against racism and seek equity amongst all the population, without discrimination of any kind.

Sincerely,

Virginia Tijerina, MS, NC  
LAHIDAN 2020-2021 Chair

# LETTER FROM THE EDITOR

## Dear LAHIDAN members,

Welcome to the July issue of the Latinos and Hispanics in Dietetics and Nutrition (LAHIDAN) Newsletter *Adelante!*

Hola, my name is Alejandra Amezola and I will be LAHIDAN's Newsletter Editor for the 2020-21 term. I am thrilled to be apart of the LAHIDAN team and look forward to a great year.

Each month, we will be bringing you a new issue of *Adelante*, filled with informative articles, nutritious recipes, and important updates from the LAHIDAN community. Our next issue will launch in September! We aim to serve as an engaging and educational resource for our members.

In this issue, you will find:

- Health and Practice resources
- Membership Spotlight
- The latest research
- Upcoming events
- Latin Recipes

Lastly, we want to ensure that we are providing content and information that you, as a member, would like to read. We look forward to reading your comments, ideas, and suggestions. You can reach us at [LAHIDAN@eatright.org](mailto:LAHIDAN@eatright.org).

Sincerely,

Alejandra Amezola

Newsletter Editor 2020-2021

## Interested in writing for LAHIDAN?

*We are looking for writers for the following sections:*

- Research articles
- Health/Practice resource articles
- Latin Recipes
- Other relevant content

*Requirements:*

- Must be a member of LAHIDAN

*Open to:*

- Students
- Professionals (RDs, NDTRs, etc)
- All LAHIDAN members



## Member Spotlight Nominations

Do you know someone that you would like to nominate for the LAHIDAN Member Spotlight?

*To nominate, please email us the nominee's name and contact information.*

Contact us at [LAHIDAN@eatright.org](mailto:LAHIDAN@eatright.org) for more information.

# EXECUTIVE COMMITTEE

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## Chair

*Maria Virginia Tijerina Walls, MS, NC*

Virginia is a Mexican licensed dietitian with over 25 years of experience. She is a Ph.D. candidate on Management and Public Policy at The National Autonomous University of Mexico (UNAM), holding MS in Nutrition from the University of Oklahoma and a Specialization in Comprehensive Evaluation of Social Development Programs at the National Institute of Public Health in Mexico. Virginia is the former Communication Manager of the Mexican Observatory of Noncommunicable Diseases (OMENT) in Mexico. She is founder and director of Nutrien Nutrición y Salud, a food and nutrition consulting agency. She has been a professor at several prestigious universities at undergraduate and graduate level in Mexico.



She was also Nominating Committee-Chair at LAHIDAN (Latinos and Hispanics in Dietetics and Nutrition). In 2015, she was honored with the Outstanding Dietitian of the Year Award from The International Affiliate of the Academy of Nutrition and Dietetics (IAAND). She is an international speaker and her main research interests are public health nutrition and food nutrition policy as well as childhood obesity prevention.

## Chair-Elect

*Andie Lee Gonzalez, PhD, MPH, RDN, LD, FAND*

Andie Lee Gonzalez's career with H-E-B started 6 years ago as a regional registered dietitian for the Border. She now serves as a medical sales representative for H-E-B Nutrition Services. As a medical sales representative she helps build on H-E-B's nutrition services offerings, maintains relationships with physicians, health care providers and employers, and serves as a spokesperson for nutrition education and health and wellness for the Border and Gulf coast region.

Andie is a native to South Texas and former La Joya ISD graduate. As a first-generation



Latina college student she received her Bachelor of Science in Dietetics, completed her Dietetic internship rotation program and her Master's in Public Health, with an emphasis in nutrition, from Michigan State University College of Human Medicine.

***[Read full bio here](#)***

## Past-Chair

*Janine Ricketts-Byrne, MA, RDN, LD*

Janine Ricketts-Byrne, MA, RDN, LDN has been practicing in dietetics for over 30 years. She worked in Diabetes Education of multidisciplinary healthcare teams addressing the prevalence of diabetes among the Hispanic population.



# EXECUTIVE COMMITTEE

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Recruited Hispanic RDN's to serve as Spokesperson to enhance Hispanic representation focused on diabetes specialization. As ACEND staff, she worked at ensuring implementation of high academic standards and competencies to prepare dietetic students to become successful and culturally sensitive registered dietitians. She served on the Ad-Hoc Committee of Hispanic-Serving Programs and Education.

Janine coached clients to help them discover and overcome their personal barriers, and facilitate individuals to develop objectives with measurable outcomes using behavior modification and motivation techniques. She has conducted power employment workshops, facilitated resume writing workshops and disseminated instruction materials, and provided volunteer networking opportunities and accountability support. ***Read full bio here***

## Secretary

*Jordan Griffing, MS, RD, CNSC*

Jordan Griffing received her Bachelors and Masters Degrees in Nutrition Sciences at Baylor University and went on to obtain her Certified Nutrition Support Certification (CNSC) in 2017. She has been a Registered Dietitian for 5 years and is currently working in her dream position as a NICU dietitian at Driscoll Children's Hospital in Corpus Christi, TX. Being a part of LAHIDAN has been instrumental in her cultural competence, working predominantly with Hispanics in South Texas. Jordan has experience in both inpatient and outpatient settings, community nutrition



outreach, undergraduate teaching and precepting interns.

When not at work she can be found playing video games with her husband and spending time at home with her dog and guinea pigs. She is very excited and eager to return for her second year as Secretary for LAHIDAN.

## Treasurer

*Diana Licalzi Maldonado, MS, RD*

Diana is a Registered Dietitian with a Master's in Nutrition Science, and is currently working towards becoming a Certified Diabetes Educator (CDE). Originally from Puerto Rico, Diana is dedicated to helping the Hispanic community meet their nutrition and health goals. She co-founded Reversing T2D, an online platform that provides nutritional guidance for individuals with pre- and type 2 diabetes. Last year, Diana also became very passionate about empowering women to have healthy pregnancies without alcohol.

After noticing a gap in the market, she co-authored the book, *Drinking For Two*:



Nutritious Mocktails for the Mom-to-Be, where she provides women with prenatal nutrition information and over 45 non-alcoholic drink alternatives healthy for both mom and baby. Diana also has experience working as a Dietitian at Boston Medical Center, InsideTracker, and UC San Diego Health.



# NOMINATING/AWARDS COMMITTEE

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## Committee Chair

*Marianella Herrera-Cuenca, MD, MSc, PhD*

Marianella Herrera is a physician expert in nutrition epidemiology, who graduated from medical School at Central University of Venezuela (UCV). She holds a Master and a Doctorate in Human Nutrition, from Simón Bolívar University in Caracas where she graduated with honors. She was trained in epidemiology at Boston University School of Public Health and recently completed the Harvard John F Kennedy School of Government Executive Program: Applying Behavioral Insights to the design of Public Policies. She is an Associate Professor and Researcher at Center for Development Studies at UCV and is the chair of the Department Development and Health.

She is and has been the Principal Investigator for several studies related to food security, nutrition, obesity, energy balance and the double burden of malnutrition and has been able to interact with policy makers and government



agents in Venezuela, Latin America, the USA and Europe regarding these topics. Her research interests are social inequities and their associations with chronic diseases and design and conceptualization of public policies for improving population lifestyle, and more recently management of humanitarian responses.

***[Read full bio here](#)***

## Committee Chair-Elect

*Anita Davila, BS-NDTR*

Originally from Mexico, Anita Davila completed her didactic program in dietetics and bachelor of Food and Nutrition from the University of Alabama in 2015 and is soon finishing her Dietetic Internship through Utah State University. She obtained her Dietetic Technician credential in 2018 and was honored with the Recognized Dietetic Technician of the Year award by the Illinois Academy of Nutrition and Dietetics, in March 2019.

Anita's leadership experiences include: current DTR member of the Member Services Advisory Committee for the Academy of Nutrition and Dietetics; current Membership Chair for Dietitians in Integrative and Functional Medicine; past Student Membership Co-chair for DIFM DPG; and social media team member for North Suburban Academy of Nutrition and Dietetics in suburban



Chicago. Last fall, Anita completed a year of AmeriCorps service employed as Nutrition Programs Assistant at Beyond Hunger, formerly the Oak Park-River Forest Food Pantry in Illinois; she enjoyed working in public health and community nutrition. In her spare time, she enjoys listening to music, podcasts, and audiobooks.

# COMMUNICATION COMMITTEE

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## Committee Chair

*Luis Ortiz, MS, RD, LDN*

Luis has been working as a Registered Dietitian for over 6 years in a variety of settings. He graduated from Florida International University in 2013 with a B.S. in Dietetics and Nutrition and soon began working as the dietitian for a Long Term Care Facility. Later, Luis worked as Food Service Director for a 200-bed facility, overseeing all food and nutrition operations. He has also served as Dietitian Consultant for other Long Term Care facilities. In 2018, Luis completed his M.S. in Dietetics and Nutrition, also from Florida International University, and began working in communications and public relations agencies.



Currently, Luis is the creator behind LG Food Photography and enjoys creating visual content for brands and social media. Born in Havana, Cuba and raised in Miami, FL, Luis now resides in Chicago, IL.

## Website Coordinator

*Tatiana Velez, MS*

Born and raised in Puerto Rico, Tatiana first noticed a lack of Hispanic Dietitians in her community. As a future Registered Dietitian, she aims to address the need to impact future nutrition leaders in serving Hispanic populations. Through her various professional experiences, she has interacted with a diverse group of individuals and has served the Hispanic community for over five years. Her long term goal includes bridging gaps and reducing diet-disease related disparities through her work in dietetics. It is her pleasure to be serving as a LAHIDAN leader, which is one step toward these goals.

More on her background, she received her B.S. in Chemistry from the University of Puerto Rico-Mayaguez and an M.S. in Analytical Chemistry from The Ohio State University. Later on, she received an M.S. in Human Nutrition from Drexel University and recently completed her Dietetic Internship at the VA Caribbean Healthcare System in which she was able to engage with the Puerto Rican veteran population.



She currently lives in Puerto Rico and her plans include sitting for the credentialing board exam by this fall. In her free time, she enjoys weightlifting, martial arts, preparing home-cooked meals, going to the beach, travel, and playing with her dog.

***[Read full bio here](#)***

# COMMUNICATION COMMITTEE

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## Social Media Coordinator

*Gabriela Puche, MS/Dietetic Intern*

Venezuelan born and American raised, Gabriela "Gabby" Puche holds a BS in Nutrition with an emphasis in Dietetics from Texas Woman's University, an MS in Nutritional Sciences: Dietetics Research from Oklahoma State University, and is currently a dietetic intern on the path to sit for the credentialing exam this fall. She is currently part of the Vegetarian Nutrition DPG's Public Policy Committee and is a social media coordinator/volunteer for LAHIDAN. She is fluent in Spanish and you'll catch her singing or dancing to Latin music.

## Newsletter Editor

*Alejandra Amezola, Dietetics Student*

Alejandra Amezola is an undergraduate student at California State University, Fresno. She is currently pursuing a Bachelors degree of Science in Food and Nutritional Sciences with a concentration in Dietetics and Food Administration. After her undergraduate education, Alejandra will be seeking a dietetic internship and plans to sit for the board exam upon program completion, with the goal of obtaining the Registered Dietitian (RDN) credential.

As an aspiring dietitian, Alejandra remains active in a variety of professional dietetic organizations. Presently, she serves as a Student Liaison for the Academy of Nutrition and Dietetics, the Northern California State Coordinator for the Vegetarian Nutrition Dietetic Practice Group (VN DPG), a Leadership Council member for the American Society of Parenteral and Enteral Nutrition (ASPEN), and Membership Chair for the CAND - Northern Area District. In addition, Alejandra currently serves as the 2020-21 Newsletter Editor for LAHIDAN's *Adelante*.

Alejandra currently resides in Nome, Alaska where she works as a Summercise Intern under



the CAMP Department at Norton Sound Regional Hospital. *Summercise* is a nutrition education, physical fitness, and diabetes prevention program for the youth of the Norton Sound Region in Alaska. Alejandra will be spending a total of 10 weeks in Nome, AK completing the *Summercise* internship.

Alejandra's primary areas of interest in dietetics include sports nutrition, women's health, eating disorders, diabetes, and medical nutrition therapy. During her free time, Alejandra enjoys staying active, traveling with her loved ones, hiking, cooking plant-based meals, reading and writing, and keeping up with the latest nutrition research.

# MENTORSHIP COMMITTEE

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## Mentorship Coordinator

*Violeta Morris, MS, RDN*

Violeta Morris has been a LAHIDAN member for 6 years and was the recipient of the LAHIDAN Student FNCE® Scholarship in 2014. Was involved in the mentoring program as a mentee where she received career direction advice, guidance on applying for dietetic internships, job searching, and help with expanding her professional network. She wants to continue to pay it forward and be a role model and empower members as the new Mentorship Coordinator for LAHIDAN. Violeta will be working closely with Dalina Soto, Assistant Mentorship Coordinator, to foster the development of student and young professional members of LAHIDAN with the end goal of helping them broaden their horizons in the field and succeed. Students and young professional members are encouraged to fill out LAHIDAN Mentee Profile Form and more experienced LAHIDAN members that are interested in becoming a mentor should fill



out the LAHIDAN Mentor Profile Form found on LAHIDAN's website. Looking forward to another successful academic year and together we can make a difference, “juntos, sí se puede” (together, yes we can)!

A little about Violeta, she grew up in Indiana and went on to attend Michigan State University, majoring in Dietetics. Further, pursued her Master's in Nutrition and Metabolism at University of Texas Medical Branch at Galveston with a combined dietetic internship. ***Read full bio here***

# PROFESSIONAL DEVELOPMENT COMMITTEE

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## Committee Chair

*Nancy Correa-Matos, PhD, RD, LDN*

Nancy J. Correa-Matos, PhD, RD, LND is an Associate Professor in the Nutrition and Dietetics Program at the University of Puerto Rico, Rio Piedras Campus. She received her PhD in Nutritional Sciences at the University of Illinois, Urbana-Champaign. As a member of LAHIDAN, she collaborated in the Nominating Committee and the Mentorship program. She has many peer-reviewed publications and authored book chapters in nutrition and chronic diseases. She is a co-author in the book “Latino Food Lover's Glossary”. With more than 30 years of experience as a clinical dietitian, teacher and researcher, her

work has been focused in the relationship between dietary fiber and the prevention of childhood obesity in Latinos.





# MEMBER SPOTLIGHT

## An Interview with Amaris Noguera-Bradley, MPH, RD

*Interview by Alejandra Amezola*



**Amaris Noguera-Bradley, MPH, RD** is a Registered Dietitian with 10 years' experience in nutrition communications, public relations, and partnership building. She is an account lead at the global nutrition communications company Eat Well Global, where she enjoys delivering strategic counsel and executing health professional engagement activations for a variety of food-related clients. Prior to joining Eat Well Global, Amaris was a senior director at the Partnership for a Healthier America (PHA), a nonprofit founded by Former First Lady Michelle Obama. While at PHA, she brokered partnerships to transform the marketplace via verified commitments to reformulate, innovate and market healthier options. Before her time at PHA, she served on the account team at global public relations agency Porter Novelli, where she executed nutrition communications strategies for a number of food boards and brands.

Amaris holds a master's degree in public health from the University of North Carolina at Chapel Hill and a bachelor's degree in dietetics from Florida State University. She is an active member of the Academy of Nutrition and Dietetics and serves on the Executive Committee for the Food and Culinary Professionals Dietetic Practice Group.

Connect with Amaris on LinkedIn, Twitter, or Instagram – she loves getting to know fellow nutrition pros!

**Q:** Why did you choose to become a registered dietitian?

**A:** I grew up with Colombian parents who were phenomenal cooks so food was always a big part of my life. I fell in love with food and its connection to health at a young age when I realized that many of my peers and family friends in my hometown of Miami, Florida struggled with nutrition-related health issues or a positive relationship with food. After taking a nutrition class in high school, I was sold on finding a career that could marry my interest in science, food and health. (Unfortunately, I wasn't successful in finding a career in food tourism, which was Plan A.)

**Q:** What are your typical daily and weekly work tasks as an RD?

**A:** As an account lead at Eat Well Global – a fully remote nutrition communications firm – my typical day includes catching up on client-relevant nutrition news, video conferencing with colleagues and clients to move client projects forward, planning virtual or in-person events for health professionals, pitching new business opportunities to prospective clients, interviewing health professionals for insights projects, writing proposals or crafting reports for client deliverables, hosting team brainstorming, and/or strategizing around health professionals' needs and challenges and how the food sector can be a solution.

**Q:** What field of dietetics do you work in?

**A:** Communications and marketing! I get to help food companies and commodity boards learn how to effectively connect with health professionals.

**Q:** Can you talk about the work you do with Eat Well Global?

# MEMBER SPOTLIGHT

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**A:** At Eat Well Global, we empower global change agents in food and nutrition. In our perspective, change agents are health professionals and dietitians like you and me that play a role in fostering a healthier world. Regardless of whether you work in research, policy, food service, patient care, communications, or another area, our collective efforts create positive change in individuals and our environment. In my role at Eat Well Global, I work with my colleagues – all of who are credentialed health professionals – to help our food industry clients navigate the food and nutrition landscape through 360-degree global insights, strategic planning, and health professional engagement activations.

**Q:** What is your favorite part about working in dietetics?

**A:** I love how dynamic our field is – as science advances and evolves, so does our knowledge and how we practice. As the world changes, new and more job opportunities for dietitians in the field emerge. Who would have thought 10 years ago that there would be dietitians preparing athletes for the Olympics, running health initiatives at fast-food restaurants and convenience stores, or providing one-on-one counseling in major supermarket aisles across the country?

**Q:** What are some of your professional or career aspirations?

**A:** I'm 10 years into my career, and I still learn new things daily. Whenever that hasn't been the case, I've embarked on my next chapter. My hope is that I'm always in a professional role that inspires and challenges me to always continue learning and growing.

**Q:** Do you have any advanced education or special training?

**A:** I have my master's degree in Public Health, which I pursued after undergrad because I was really interested in the power of prevention and the various levers that could be pulled at every level (individual, societal, organizational,

environmental) to improve health.

**Q:** How does your work with Eat Well Global impact the Latinx community?

**A:** Because our core work at Eat Well Global involves engaging health professionals, we impact the Latinx community in a number of areas. Whether we're hiring Latinx dietitian speakers as subject-matter experts for the client events we host, counseling food companies to translate materials into Spanish for Latinx audiences, or brokering media partnerships with Latinx dietitian influencers on behalf of clients, we aim more than ever to amplify credible voices in the Latinx community and other underrepresented communities within our profession.

**Q:** In an ideal world, what would the role of RDs in the Latinx community look like?

**A:** I'd love to see more Latinx dietitians in the field emerge, serving not just Latinx populations in perhaps traditional patient care settings, but impacting diverse workforces and the population at large in leadership roles at major Fortune 500 companies. Regardless of the industry, employers have to keep their workforce healthy, and a large swath of major companies touch the food and health space in some way, so there's certainly a role that dietitians can play in each of these spaces!

**Q:** What interested you in becoming a member of LAHIDAN?

**A:** As a Latina, in my career, I've unfortunately grown accustomed to being the only Latina in the room – whether it was my undergrad classroom, graduate program classroom, or the office environment at nearly every job I've held since graduation. I joined LAHIDAN because I wanted to connect with other Latin dietitians and build my network with fellow professionals that are doing great things in our profession.

## The Optimal Protein Dose in the Latin American Intensive Care Units

Luis Al. Ortiz-Reyes, MHSc

### Abstract

A crucial interrogative in the critical care nutrition is whether a high protein dose (>2.2 grams/kg/day) results into an improvement in clinical outcomes, versus to usual protein intake (<1.2 grams/kg/day). [1] The American Society of Parenteral and Enteral Nutrition (A.S.P.E.N.) and the Society of Critical Care Medicine (S.C.C.M.) guidelines recommend a wide-ranging protein targets (1.2–2.0 grams/kg/day) or higher in trauma or burn patients. [2,3] However, results of the International Nutrition Survey (INS) conducted in ICUs worldwide every year since 2014 (>21,000 patients) shows that the actual protein intake in ICU patients worldwide ranges between 0.5–3.8 grams/kg/day ( $\pm 1.3$  grams/kg/day). [4] This wide range of protein intake possibly exists due to the fragile evidence recommendations and that none of the TOP multi-centre randomized clinical trials (RCT) in critical care nutrition has been conducted in Latin America (LATAM), resulting in low scientific replication. [5–8] Hence, clinicians prescribe protein doses based in weak evidence.

The latest INS dataset contains a small percentage (7% [1500/21139]) of critically ill patients from LATAM. How does LATAM clinicians know that results of these TOP RCTs trials are generalizable, if there is a small percentage of LATAM patients included? A LATAM observational study carried out in Mexico, Ecuador, Colombia, Argentina, Brazil, Peru, Chile, and Panama reported a large proportion (74% [745/1053]) of ICU patients

with suspected moderate–severe malnutrition according to the Subjective Global Assessment. [9] Contrasting with what is observed (30–50%) in studies from North America and Europe. [10–12] Due to the pre-existing nutritional deficiencies in ICU patients that may benefit more from artificial nutrition support, the current literature preclude clinicians to generalize the current protein prescription recommendations to the LATAM geographical area due the lack of LATAM data existing in these TOP studies. [13]

### Data Refuting a High Protein Dose

The Nephro-Protective study, a multi-center RCT (n=474) compared the provision of high AA at a dose of up to 2.0 grams/kg/day versus standard of care. Authors reported no differences in the duration of renal dysfunction, mortality rate, hospital length of stay (LOS), and quality life measures among study groups. The rationale behind this RCT is based on that animal models have demonstrated an increase in renal blood flow in response to a short-term AA infusion and that increase in blood flow can protect the kidney from acute ischemic insults and that several observational studies and one RCT documented improved nitrogen balance in dialysis patients receiving higher doses of AA. [14–18] Experts suggest that a high protein dose (up to 2.0 grams/kg/day) will not improve outcomes in a heterogeneous group of ICU patients. [19] This is because no two ICU patients will beneficiate equal from protein intake.

# RESEARCH

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***Read the rest of the article here***

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# HEALTH / PRACTICE RESOURCES

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## COVID-19 & Latinos: Disparities, Determinants, and the Role of the Registered Dietitian

Antonio Miranda, MS, RD, LD

### COVID-19 in the United States

Per the latest data from the Center for Disease Control (CDC), the United States now exceeds 3 million cases and 132,000 deaths associated with COVID-19 (updated July 10, 2020). [1] The differential impact of COVID-19 on the Latino population, however, is still not fully understood. The limited data convey disproportionate rates of hospitalizations across ethnicities, with Latinos having 4 times the hospitalization rate of non-Hispanic whites. [2] Furthermore, greater rates of ICU admission and worse outcomes after hospitalization reveal alarming trends among Latinos, especially in lower income, densely populated areas. [3,4] Though limited in sample size, one study exploring hospital outcomes of low-income, underrepresented, minority patients conveyed an incidence of in-hospital mortality of 38.6%. [5]

As stated by the CDC, early data must be interpreted with caution as we do “not know the exact number of COVID-19 illnesses, hospitalizations, and deaths for a variety of reasons.” [6] Therefore, the accuracy of reporting on ethnic and demographic specific data is essential to further understand the complex factors associated with COVID-19 outcomes among our at-risk Latino community.

### Determinants

Given the continued manifestation of Latino health disparities (now in the form of COVID-19) we as Latino clinicians must use our knowledge to better understand and protect our Latino communities. To achieve this, we must consider potential determinants of COVID-19 susceptibility and severity.

### COVID-19 Susceptibility

#### ***Lower Socioeconomic Status (SES)***

Latinos of lower SES often lack the luxuries of health insurance, expendable income, and unemployment benefits (for those of undocumented status). For the Latino individual, the direct (medical) and indirect (lost wages related to work reduction) costs of COVID-19 may influence health practices. Given these financial limitations, Latinos may be less inclined or delay seeking medical attention. Thus, lower SES may serve as a barrier to early care and promote the increased rates of advanced cases of COVID-19 hospitalization among minorities. Furthermore, those of lower SES often work in hands-on roles (commercial food, manual labor) without the capacity for remote work or proper social distancing. These socioeconomic and professional factors may predispose Latinos to person-person transmission and limit access to quality healthcare.

#### ***Lower Levels of Health Literacy (HL):***

Lower HL, defined as the ability to find and process health information to make informed health decisions, may contribute to COVID-19 susceptibility by fostering perceptions of reduced disease risk and severity. Latinos that are unable to interpret or are uninterested in COVID-19 information may be less likely to adhere to public health recommendations. Additionally, in the absence of readily available information, the transmission of proper health guidance may be delayed or depend on unreliable sources (family members, social media). Language barriers and medical mistrust

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experienced by Latinos may also delay health seeking behavior. Together, these factors may promote a reactive approach to health wherein Latinos are less likely to seek medical attention given cultural practices, poor understanding of health, financial constraints, and limited access.

## COVID-19 Severity

As previously mentioned, early data suggest an increased hospitalization and severity rate among Latinos. Certain medical conditions may increase the risk of complications and death related to COVID-19. Such conditions include those categorized by the CDC as demonstrating “Strong and Consistent Evidence on COVID-19 Severity” (serious heart conditions, chronic kidney disease, obesity, and type 2 diabetes). [7] Unfortunately, Latinos demonstrate disease prevalences that approach or exceed national averages for these conditions.

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# SABOR LATINO

## Guacamole Salsa

By Katya Galbis, LD, DipACLM



Photography provided by Luis Gonzalez, RD, MS. Used with permission.

### Nutrition facts per recipe

Calories: 430 kcal

Carbohydrates: 41 g

Fat: 32 g

Protein: 7.5 g

Fiber: 19 g

### Ingredients

- 4 medium green tomatillos, without shell and washed
- 1 avocado Hass, halved, pitted and peeled
- 1/4 white onion
- 1 garlic clove, peeled
- 5 sprigs of fresh coriander, washed
- 1 jalapeño or serrano chili (optional), seeded
- Juice of a lime
- Salt and pepper to taste

### Directions

1. Add all ingredients (except salt and pepper) in a blender and blend until creamy.
2. Add salt and pepper, starting with 1/4 teaspoon.
3. Blend again to mix well.
4. Taste the salsa and add more salt if needed.

## Recipe Background

Salsas are an ancestral seasoning in Mexican cuisine. Aztecs, Mayans, and Incas are known to use salsas to season and condiment their dishes. Today, salsas continue to be a staple in all Mexican tables. Salsas mainly consist of the combination of chiles, tomatoes (green and red), herbs, and spices. There are very simple and easy, and other more complex like the famous Mexican moles, but they are all just as delicious.

Nowadays you can find endless salsas made from different ingredients. My two favorite salsas are guacamole and salsa verde. Combining both is now my favorite, guacamole salsa! You can drizzle this salsa on tacos, quesadillas, rice, beans, you can make some enchiladas or just enjoy it with tortilla chips. I invite you to play with the ingredients adjusting them to your liking.

# EVENTS

## Save the Date: 2nd Annual Nutrition and Health Equity Summit

Tuesday, August 25 from 1-3 p.m.  
(Eastern Time)

Join the conversation to advance the Academy's advocacy efforts related to health equity, diversity and reducing health disparities.

This year's event will be held in conjunction with Rep. Robin Kelly (IL) and the Congressional Black Caucus Health Braintrust.

[Register here](#)

Due to the current COVID-19 pandemic, the annual Food & Nutrition Conference & Expo™ (FNCE®) will now be held virtually.

Dates: October 17-20

*Stay tuned: LAHIDAN will be hosting regional virtual networking events during this time as well!*



## Webinar: Scoping the food insecurity and food systems environment with ANDHII Surveys: learnings and findings

Thursday, August 6 from 12:30 to 1:30 p.m.  
(Central Time)

Hosted by The Academy's Research, International Scientific Affairs

Learn about how the Tampa Bay Network to End Hunger team has utilized Academy of Nutrition and Dietetic Health Informatics Infrastructure (ANDHII) Surveys to investigate the impact of food systems on food security in their community.

[Register here](#)

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