

Childhood Obesity in the Latino Community



5 main factors that influence a child's weight

To improve the health of all Rice County residents we needed to understand what causes so many children to be obese. We talked with Latino community members and service providers across the county and found 5 main factors that disproportionately impact Latino children's health.

1 SOCIAL CONNECTIONS

- Face racism
- Experience isolation
- Desire community relationships



"[I would prefer to] stay at home rather than confront someone who is upset that they saw you and they think that you are Mexican."



2 IMMIGRATION POLICY

- Mixed status households
- Difficult to navigate
- Fear of deportation

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"Many children are documented, however many resources require parents to be documented as well."

3 EDUCATION

- Limited language appropriate resources
- Lack of time
- Low parental control



"At times, the role of a child and parent is reversed because of the language barrier."



4 HOUSING and TRANSPORTATION

- Expensive
- Unsafe
- Limited access

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"It creates a lot of stress [living] where you feel...that your home is unsuitable for your children."

5 EMPLOYMENT

- Unjust work conditions
- Low wages/long hours
- Lack of job security



"The more you work, the more work they give you, and the more advantage they take of you."