



# Latinx Children's Health

We know that when children are healthy, they are more likely to succeed in school and in life. That's why The Children's Partnership works to level the playing field so that children from historically marginalized communities have the resources and opportunities they need to reach their full

potential. This infographic provides an overview of key Latinx child health facts in California to inform our collective work ahead. Now more than ever, we must work together to make California the best state to raise healthy, thriving children. All data is specific to Latinx children in California unless noted explicitly as national data.

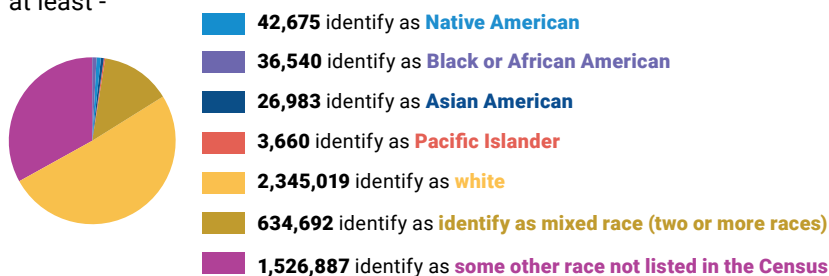
## MASKED HEALTH INEQUITIES



Latinx children and families are ethnically and racially diverse. Without data that is specific to Latinx subgroups, variations and hidden health disparities within Latinx communities can be masked. For example, the experiences and outcomes of indigenous Latinx people, like Mixtecos, are often overlooked because of a lack of data that highlights their unique experiences. More granular-level data could both illuminate inequities and inform the development of interventions that better support Latinx communities. Where publicly available, this fact sheet includes data on Latinx subgroups.

## POPULATION

Of California's nearly **9 million children** and youth under 18, approximately **4.6 million**, or **more than half (52%)**, identify as Latinx. Of these children, at least -



**50%** of CA's children ages 0-3 are Latinx, **the highest** of any racial or ethnic group.



**OVER HALF (56%)** of California's Latinx children have at least one parent who was born outside of the United States.



The vast majority of Latinx children are U.S. citizens (**97%**) and **50%** are fully bilingual.



About **17% (~604,500)** Latinx children and youth have special health care needs (SHCNs), making up **nearly half** of all of California's children with SHCNs.

## PROTECTIVE FACTORS



Protective factors – conditions or attributes in children that help mitigate or eliminate risks to their health and well-being – **can help prevent and address health inequities impacting children of color and their families**. Knowledge of community-defined protective factors can guide the development of interventions that acknowledge the power of communities and directly address the unique needs of children from historically marginalized backgrounds. Children from Latinx communities

are resilient and come from diverse racial, ethnic, cultural and linguistic backgrounds. Further research is needed to understand the protective factors that are unique to and support the healthy development of Latinx children from every racial, ethnic, and linguistic subgroup. Protective factors that have been considered unique to **Latinx** communities include:

### Familismo

Emphasizes dedication, commitment and loyalty to family, including a life-long commitment to provide economic and emotional support for family members.

### Personalismo

Prioritizes people and relationships over disagreements, personal benefit, or other competing priorities.

### Respeto

The belief that every person deserves to be treated with respect and courtesy. Exposure to role models and mentors can promote resilience among Latinx youth.

### Biculturalism/Bilingualism

Highlights the strength of having the experience of maintaining one's heritage, culture and language while also becoming part of and learning another distinct language and culture.

## FOOD INSECURITY



About **1.5 million** Latinx households with children (**43%**) are experiencing **FOOD INSECURITY** and are **NOT** able to afford enough food.



**20% (43,400)** of Latinx mothers experience **FOOD INSECURITY** during pregnancy, compared to **9.8%** of white mothers.



During the Trump-era public charge rule, there was a **34%** decrease in mixed status families participating in California's CalFresh program – meaning **276,000** children, many who are Latinx, lost access to critical food benefits.

## HEALTH COVERAGE AND ACCESS

### Coverage



**96%** of Latinx children have health insurance, leaving **210,706 LATINX CHILDREN UNINSURED**. Latinx children and youth from Guatemalan, Salvadoran, and Mexican backgrounds have the highest uninsurance rates (**8%, 5%, 5%**, respectively).



**OVER 1 in 2 (59%)** Latinx children, youth and young adults under 21 are enrolled in **Medi-Cal**, compared to 49% of all people in these age groups.

### Access & Quality



Only **23%** of Latinx children in Medi-Cal were **SCREENED** for risk of developmental, behavioral, and social **DELAYS** during their first three years of life.



**Nearly 1 in 3 (31%)** or **1,476,122** Latinx children do not have **HEALTH INSURANCE COVERAGE** that is **continuous or adequate** for their health care needs.



About **24%** of Latinx children did not receive a **PREVENTIVE CHECK-UP** in the last year compared to 16% of white children.



**Nearly 1 in 4 (24.5%)** of Latinx children do not receive **FAMILY-CENTERED CARE** where their provider spends enough time with them, listens carefully to their family, is sensitive to their values and culture, and makes their family feel like a partner in their health care.



**Less than 1 in 3 (32.5%)** Latinx children receive care within a **MEDICAL HOME** compared to over **1 in 2 (56.8%)** of white children. A medical home is primary care for children that is child and family-centered, team-based, coordinated, accessible, responsive and high-quality.



**Over 1 in 3 (37.9%)** Latinx children do not receive needed **CARE COORDINATION** – the highest of any racial and ethnic subgroup.

## ORAL HEALTH



Nearly **1 in 5 (18%)** of Latinx children and youth have had **ORAL HEALTH PROBLEMS** such as toothaches, bleeding gums, or decayed teeth or cavities – the highest of any racial/ethnic subgroup.

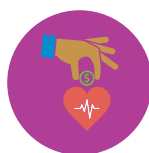


Latinx children in California are significantly more likely to have a history of **tooth decay (72%)** and **untreated tooth decay (25%)** than non-Latinx white children (**40%** and **14%**, respectively).



**19%** of Latinx children have never had a **DENTAL VISIT** compared to **14%** of white children.

## HOUSING AND ECONOMIC WELL-BEING



About **1 in 5 (20%)** Latinx children live in families whose income falls below the **FEDERAL POVERTY LEVEL**, higher than the state average (**15%**).

**Over 1 in 2 (52%)** households with Latinx children are burdened by **HOUSING AND UTILITY COSTS**. **57%** of Latinx children live in families that do not own their homes compared to **48%** of all children in our state.



Latinx children and youth are over three times more likely to experience **HOMELESSNESS** than white students. **73%** of students experiencing homelessness are Latinx (**149,115**).

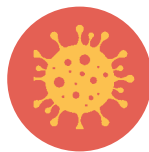
## DIGITAL ACCESS



**37%** Latinx households with children still **DO NOT** have **FULL DIGITAL ACCESS** to both the internet and a device.

**28%** of Latinx teens live in households that **do not have high speed internet or connection**.

## COVID-19



Latinx children face **COVID-19 CASES** and deaths at rates higher than their share of the population: they currently make up **53% (798,931)** of **COVID-19 CASES** and **53%** of **DEATHS**.



**1%** of Latinx children under 5, **24%** of Latinx children ages 5-11 and **52%** of Latinx children ages 12-17 have received **at least one dose of the COVID-19 vaccine**, lower than the state averages for these age groups (**3%, 37%, and 67%**, respectively).



# ENVIRONMENTAL POLLUTION

In California, **81%** of children living in communities with the highest environmental pollution are Latinx.

## Water Pollution

**OVER HALF** of students in CA schools with **UNSAFE DRINKING WATER** are Latinx. Latinxs are more likely to reside in communities where drinking water is tainted with **nitrate**, a cancer-causing chemical. In California's majority-Latinx communities, **5.25 million** people drink tap water contaminated with **nitrate at levels at or above the federal limit**.

## Air Pollution

**44%** of Latinx Californians live in **POOR AIR QUALITY** communities. Nationally, Puerto Rican children have **higher rates of asthma** and more severe asthma than any other racial/ethnic group in the United States. Latinx children overall are **70% more likely** to be admitted to the hospital due to **asthma attacks** and **2x as likely** to die from asthma than white children. In L.A. County, air pollution has been linked to a heightened risk of obesity and Type 2 diabetes in Latinx children.

## Lead and Mercury poisoning

**51%** of CA children with elevated **BLOOD LEAD** levels that make them eligible for full case management services are Latinx.

Latinx children have **greater rates of lead and mercury poisoning** than white children, which can damage a child's brain and nervous system, delay growth and development, and cause learning, behavior, hearing, and speech problems.

# MENTAL HEALTH



Latinx children and youth experience higher rates of **DEPRESSION AND SUICIDAL BEHAVIOR** compared to their peers, and they are also less likely than their peers to receive mental health treatment.

**OVER 1 in 2 (52%)** Latinx teens **FEEL SADNESS OR HOPELESSNESS**, compared to 42% of white children. **Nearly 1 in 3 (31%)** have seriously considered **attempting suicide** compared to **23%** of white children. Yet, **88%** of Latinx teens (**1.1 million**) did not receive **psychological or emotional counseling**. And, only **17%** of Latinx youth enrolled in Medi-Cal have been screened for depression.

**62%** Latinas, in particular, are facing the greatest disparities when it comes to their **MENTAL HEALTH**. **62%** of Latina teens felt **chronic sadness or hopelessness** in the last year. **34%** of Latina teens have **considered suicide** and **13%** have **attempted suicide**, compared to **27%** and **9%** of all high school youth, respectively. For lesbian, bisexual and queer Latina youth, the reality is even worse: **NEARLY HALF (48%)** have considered **suicide**, and **1 in 3 (33%)** lesbian, bisexual and queer Latina youth have **attempted suicide**. Yet, alarmingly, **79%** of Latina teens did not receive psychological or emotional counseling in the last year.

Latinx families face barriers in accessing mental health support, including lack of translation/interpretation, cultural stigma, distrust of the health care system, and lack of resources and information.

# SCHOOL SUCCESS & SAFETY



California has the largest Latinx student population in the U.S.: **56% (3,291,260)** of CA's **5.8 million public K-12 students** are Latinx.

**NEARLY 1 in 3 (31%)** Latinx students are **ENGLISH LEARNERS**. Spanish is the most common language spoken by **ENGLISH LEARNERS** in California (82%). **98%** of CA's migrant students are Latinx (**47,663**).

**57%** of Latinx students attend schools in neighborhoods that have less **ACCESS TO RESOURCES** including the most experienced teachers, modern facilities, and libraries.

**17% (572,947)** of Latinx public school students **MISSED MORE THAN 10%** of the 2020-21 school year compared to **10%** of white children.

# COMMUNITY AND FAMILY WELL-BEING



**20%** of Latinx children **DO NOT HAVE A PARK OR A PLAYGROUND** in their neighborhood and **25%** do not have a **library** – the highest rates compared to any racial and ethnic group.

**41%** of Latinx children have experienced one or more **ADVERSE CHILDHOOD EXPERIENCES** compared to 30% of white children. Nationally, Latinx children in immigrant families are significantly less likely to experience a high number of ACEs (**16%**) than Latinx children in nonimmigrant families (**30%**).

Of CA's **50,150** youth who are part of the **FOSTER CARE SYSTEM**, **55%** are Latinx (**27,618**).

Nationally, **nearly 4 in 10 Latinxs (39%)** are worried that they, a family member or someone close to them could be **DEPORTED**.

Nearly **1 in 4 (23% or 521,000)** of Latinx households with children **AVOIDED GOVERNMENT BENEFITS** due to concerns over self or family member's disqualification from receiving a green card – **3x the rate of all other racial and ethnic groups (7%)**.