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Georgia Southern Examines Latinos’ views of Co-Morbid Chronic Disease and Minor Depression

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There are notable health disparities among Latinos in the US associated with chronic diseases (e.g., diabetes) and depression. Further, chronic diseases and minor depression tend to co-occur among Latino populations.

This paper reports findings from a community-based participatory research study using dyadic focus groups with Latinos who have chronic disease and minor depression and their family members. The goal of this study was to better understand barriers and facilitators to chronic disease self-management among underserved Latinos living with both chronic illness and minor depression and their families using a socio-ecological approach.

Results revealed individual, family, and community level barriers (e.g., transportation, expressed emotion, and lack of health care providers) and facilitators to managing chronic disease and minor depression (e.g., acceptance, family support, and Spanish speaking support groups).

These findings have important implications for the understanding of chronic disease management for Latinos and emphasize the need to use evidence based approaches that address barriers and facilitators across the social-ecological continuum.

"Latinos' views of co-morbid chronic disease and minor depression," was published in the Journal of Behavioral Health.

Dr. Moya Alfonso, associate professor of community health education and behavior at the Jiann-Ping Hsu College of Public Health at Georgia Southern University was the lead author.