

CELEBRATING THE HISTORIES, CULTURES,  
AND CONTRIBUTIONS OF AMERICAN  
CITIZENS WHOSE ANCESTORS CAME FROM  
SPAIN, MEXICO, THE CARIBBEAN, AND  
CENTRAL AND SOUTH AMERICA

# DIVERSITEA

HONORING HISPANIC HERITAGE

A DUKE DPT DIVERSITY CLUB AND DIVERSITY & INCLUSION COMMITTEE NEWSLETTER



YOUNGEST RACIAL ETHNIC GROUP IN THE US

61

MILLION  
AMERICANS

4.7

MILLION IN  
THE SOUTH

4.9

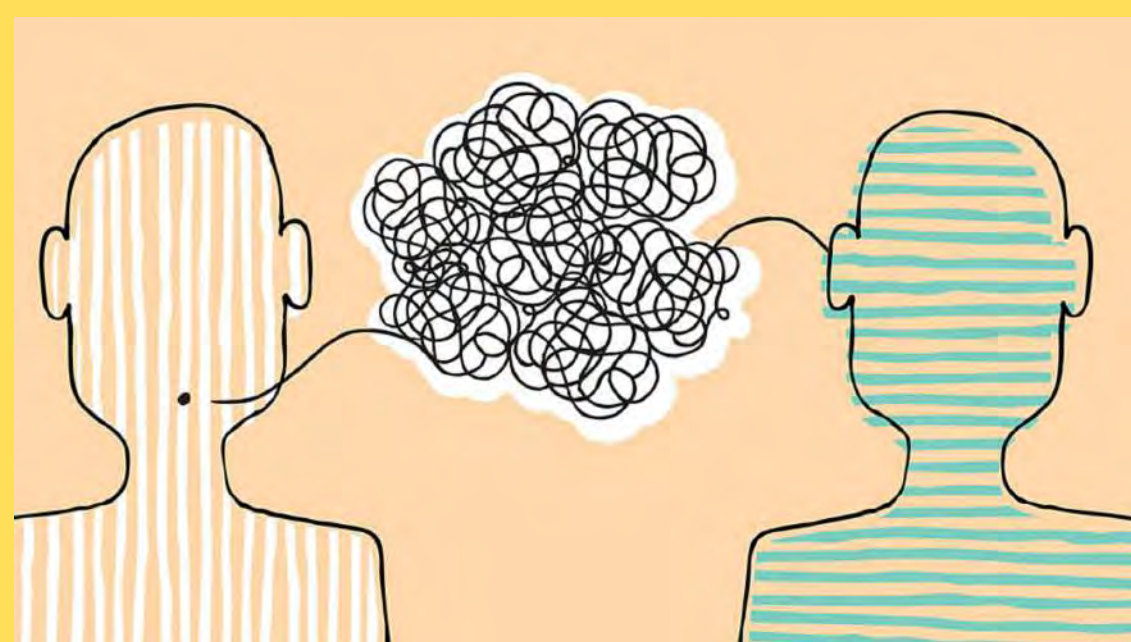
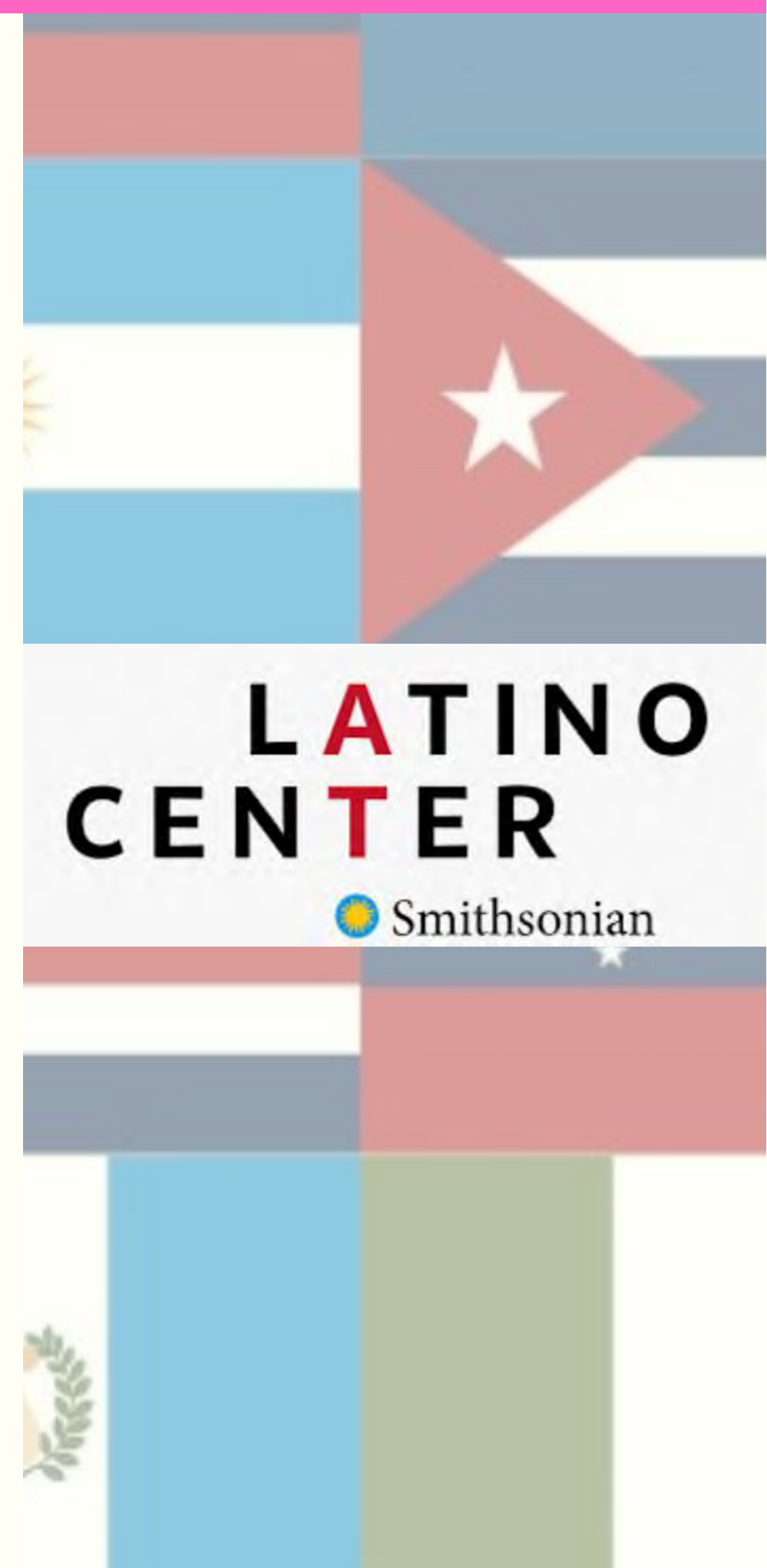
MILLION IN LA  
COUNTY





## The Smithsonian Latino Center: A Diverse and Educational Collaboration

The Latino Center works collaboratively with Smithsonian museums and research centers, ensuring that the contributions of the Latino community in the arts, history, national culture, and scientific achievement are explored, presented, celebrated, and preserved. Front and center is *Nuestra América: 30 Inspiring Latinas/Latinos Who Have Shaped the United States*, by Sabrina Vourvoulias. Additionally, the Smithsonian offers public educational programs as well as online resources and bilingual teaching materials. In 2022, the Smithsonian Latino Center will open the Molina Family Latino Gallery at the National American History Museum, making the gallery the very first dedicated museum space on the National Mall celebrating the US Latino experience.



## Latinos Dread Going to the Doctor

Have you ever not gone to the doctor when you knew you should? Maybe you look in your wallet to find a lone five dollar bill or look in the mirror at the color of your skin. These must be automatic disqualifiers for healthcare, right? Wrong. Yet this is how more than a quarter of Latinos living in the US feel. Recent studies have found that Latinos are the racial and ethnic group least likely to visit the doctor. Immigrant status, language barriers, and a lack of higher education are only a few reasons Latinos are reluctant to get the care they need. Check out [this article](#) to read more about why this is important and what we can do to change this shocking health disparity.



## Suicide Among Hispanics in the US

Research has shown that suicide rates are disproportionately higher amongst Hispanic and Latino communities, especially in young females. Silva and Van Orden break this statistic down to determine the root cause - acculturation. According to Merriam-Webster, acculturation is defined as "cultural modification of an individual, group, or people by adapting to or borrowing traits from another culture." Additionally, the authors point out that two major contributing factors to these outcomes include immigration status and stressful living conditions such as poverty, migration, and discrimination. Despite Latino suicide rates not being classified as a health disparity, [Silva and Van Orden](#) believe culturally-appropriate suicide prevention assessments, available in both Spanish and English, will start to draw in the importance of this public health dilemma.



## Young Latinos Heading to the Polls in November

According to a survey conducted by BuzzFeed and Telemundo, 55.8% of young Latino voters said they'd actively participated in racial equality or Black Lives Matter movements by protesting or boycotting, and half of young Latino people said protests across the country have motivated them to vote in the upcoming election. For many, recent events such as COVID-19 and the rise in BLM movements across the country have encouraged people to decide what they want the future of the US to look like. These events have caused a surge in young Latinos searching for the polls in November. Realizing racial and ethnic social inequality has caused many to change their perspective on life and decide what is truly important to them. Check out the [full results](#) of the survey here to see how young Latinos are faring against other young voters. Keep this community in mind when you make YOUR vote count this November.

## International Day of Charity: Consider the Latino Community

It is only fitting that Hispanic Heritage Month and International Day of Charity overlap. The Latino community has had a long-standing tradition of giving, which is generally done through organizations or causes that are close to the hearts of the individuals. Informal giving has been a strong value of the Latin American community for more than 500 years. Over \$200 million dollars of loans and grants have been directed to the Latino community, yet with the growing number of Hispanic communities in the US, that only comes out to about four dollars per person. Read more about the history of giving within the Latino communities [here](#). In honor of Hispanic Heritage Month, check out [Hispanics in Philanthropy](#) to see how YOU can donate to this vulnerable community.

### International Day of Charity



September 5



## Did Someone Say TED Talks?



For Hispanic Heritage Month, TED partnered with The Mujerista, "a digital-media publication and network dedicated to empowering and celebrating the next generation of Latinas making an impact en la cultura" to create a list of the top 10 TED Talks by Latina and Hispanic speakers. Ranging from life advice to terrifying life experiences, and immigration to queer representation, these TED Talks have you covered for the month.



## Netflix and Chill... and Educate

Let me guess, you just finished binge watching your last show on Netflix? Problem solved! Check out this list of 15 TV shows and movies to watch starring Latinxs. Both binge-worthy and culturally significant, these shows and movies include one for everyone in the family. Whether it's a documentary, coming-of-age classic, or children's movies, The Mujerista has got you covered!



# Champions of Diversity

## #NBCLatino20

The #NBCLatino20 is a list of 20 notable Latinx figures including celebrities, business executives, and activists who are using their voice, talent, and passion to empower their communities and show that America's strength lies in our diversity. Check out how each of these people are making a mark on the Latinx community and give them credit for the amazing work they are doing whether through philanthropy, food, fashion, and more.





# Lasting Impacts

## ANECDOTES ABOUT TIMES YOU HAVE FELT CONNECTED TO OR WELCOMED INTO HISPANIC CULTURE

I've spent 7 years studying the Spanish language and culture and have developed an intense appreciation and passion for it. I was blessed to experience school in Spain for a while and stayed with a host family. I will always cherish the meals we shared and our conversations comparing our lives. This total immersion only furthered my passion for Spanish culture and emphasized the importance of studying and experiencing other cultures than one's own.

- Emily Surgeoner

When I studied abroad during undergrad, I was fortunate enough to get to spend a weekend in Barcelona. In immersing myself by shopping for breakfast at the open market, sharing a giant paella and a huge pitcher of sangria with my friends, visiting Park Güell and Sagrada Família, and snacking on churros with hot chocolate while walking through the streets, I was able to experience the warmth and love displayed by the Spanish people and culture. One day, I'd like to return and build more memories there, as it is an experience I never thought I would be able to have but would be blessed to have again.

- Anonymous

My husband and I have a favorite local Mexican restaurant where the food is always good, the service always prompt, and the servers always recognize us. We have seen a lot of restaurants come and go in Durham over the past 20 years, so we consider it special to be welcomed and known at our favorite place!

- Dr. Kara Lardinois

When a good friend of my family came to stay with us over Christmas break, his mother called us and walked us through step by step some of her legendary Honduran recipes that made the already good holiday food even more incredible.

- Anonymous

I absolutely love the Spanish language. Growing up around a lot of Spanish speakers, the language has a special place in my heart. I have taken the time to learn the language, and being able to connect with Spanish speakers on a deeper level allows me to feel more connected to their culture.

- Glenda Holcomb

The flavors of my culture have long been a part of my diet. Moving away and having to spend the holidays in North Carolina had me missing home. While I couldn't bring my family over, I could at least bring over recipes. I decided to attempt cooking some traditional meals: tamales, pozole, tortillas, pan dulce. Needless to say, it was a lot of work. However, there is something in having to go search for the ingredients and make specific flavors from scratch that really made me feel connected to my family and culture. There are generations of people who have enjoyed similar tastes and used these meals to bring everyone together. I encourage everyone to explore traditional meals.

- Anonymous

Across different countries and regions, it is my opinion that the hispanic community is one of the most loving, family-centered and caring groups of individuals who have a way of immediately making you feel welcome upon arrival. I once stayed with a family in Nicaragua who earned their living as hairdressers within the local community. Over dinner I remember briefly commenting how I always wanted to have a pink streak in my hair and before I knew it I was laughing and getting my hair dyed in the middle of the living room free of cost. Experiences like these within the Hispanic community are easy to come by and we could all benefit from learning more about the loving and welcoming nature of this community.

- Hope Kelly



I am a 2019 Duke SDP alumni, during which I had the privilege of meeting Daniela Ortiz (Duke DPT c/o 2021). She was a mentor for the program and the first Latina I met who was on the same journey as I hoped to be on. Only about 3% of physical therapists identify as Latinx and as a pre-PT student at the time, seeing Daniela in the position of a thriving PT student was one of my greatest motivators! Getting to know Daniela in the short time of a week reminded me how necessary it is to have a relatable friend/mentor/healthcare provider, you name it. Meeting Daniela gave me hope that I too could succeed as a Latina woman and continue the momentum of diversifying health care. During our closing ceremony of the summer internship, I approached Daniela, with a puddle of tears of course, to thank her for being a role model for myself and future Latinx students seeking a physical therapy career. Fast forward, I am now part of Duke DPT c/o 2023, and I am so happy and grateful to be able to pass Daniela by the (virtual) hallways of school! (To the right is a picture of Daniela and me in the 2019 Duke SDP closing ceremony.)

- Melissa Trujillo

Although I still have so much to learn, I greatly enjoy learning about and using the Spanish language. In my travels and in life I have encountered many people who are Spanish speakers and they are always so gracious when I attempt to practice my Spanish with them. Most recently, I have started speaking Spanish with a couple Duke employees and it brings me joy to be able to greet them in their native language.

- Layne Compton