



Multicultural Health

Second Edition



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Dedication

To Gary and Samantha, for creating countless hours of laughter—lr

To Sarah—dg

Preface

Your mind is like a parachute . . . it functions only when open.

~ Author unknown

Health care professionals work in a diverse society that presents both opportunities and challenges, so being culturally competent is essential to their role. Although knowing about every culture is not possible, having an understanding of various cultures can improve effectiveness. *Multicultural Health* provides an introduction and overview to some of the major cultural variations related to health.

Throughout this text, those engaged in health care can acquire knowledge necessary to improve their effectiveness when working with diverse groups, regardless of the predominant culture of the community in which they live or work. The content of this book is useful when working in the field on both individual and community levels. It serves as a guide to the concepts and theories related to cultural issues in health and as a primer on health issues and practices specific to certain cultures and ethnic groups.

New to This Edition

- **NEW!** A Student Activity is added to each chapter to challenge student comprehension.
- **NEW!** Two new Feature Boxes appear in each chapter—**What Do You Think?** and **Did You Know?**—to engage readers and enhance critical thinking.
- **NEW!** **Chapter 3**, Worldview and Health Decisions, provides information about the ways that worldview and communication affect health, the provision of health services, health care decisions, and communication.
- **Expanded!** Reiki has been added to **Chapter 4**, Complementary and Alternative Medicine. Chiropractic care, homeopathy, hypnosis, and

hydro-therapy, although important treatment modalities, were removed to keep the chapter focused on culturally based CAM modalities.

- **Expanded!** In **Chapter 5**, Religion, Rituals, and Health, a section was added about the clinical implications of the relationships among religion, spirituality, and health.
- **Expanded!** In **Chapter 6**, Communication and Health Promotion in Diverse Societies, tips for communicating with people with limited English proficiency have been added.
- **Expanded!** **Chapters 7 through 12** have new sections on worldview, pregnancy, mental health, and death and dying as they relate to the cultural group discussed in each chapter.
- **Expanded!** **Chapter 12**, Nonethnic Cultures, has been expanded to include people with disabilities, immigrants and refugees, and the culture of commerce.
- **Expanded!** In **Chapter 13**, Closing the Gap: Strategies for Eliminating Health Disparities, information about the Health and Humans Services Action Plan to reduce racial and ethnic health disparities and the National Stakeholder Strategy for Achieving Health Equality have been added.
- **Revised!** Laws and ethics material is now integrated throughout where appropriate.
- **Revised!** The model programs have been removed from **Chapters 7 through 12** and an activity has been added for learners to conduct research and identify a model program themselves.

About This Book

Multicultural Health is divided into three units.

UNIT I, The Foundations, includes **Chapters 1 through 6** and focuses on the context of culture, cultural beliefs regarding health and illness, health disparities, models for cross-cultural health and communication, and approaches to culturally appropriate health promotion programs and evaluation.

- **Chapter 1**, Introduction to Multicultural Health, discusses the reasons

for becoming knowledgeable about the cultural impact of health practices. It defines terminology and key concepts that set the foundation for the remainder of the text. The chapter addresses diversity in the United States and the racial makeup of the country, health disparities and their causes, and issues related to medical care in the context of culture.

- **Chapter 2**, Theories and Models Related to Multicultural Health, addresses theories regarding the occurrence of illness and its treatment. Terms and theoretical models related to cultural competence are provided. Individual and organizational cultural competence assessments are included.
- **Chapter 3**, Worldview and Health Decisions, explores the concept of worldview on illness and treatment and cultural influences that affect health. Differences in worldview and how that affects perceptions about health, health behaviors, and interactions with health care providers are described. Verbal and nonverbal communication considerations are explained. The chapter closes with discussions about how worldview and communication influence specific areas of health, such as the use of birth control.
- **Chapter 4**, Complementary and Alternative Medicine, provides an introduction to complementary and alternative medicine and health practices. It explores the major non-Western medicine modalities of care, including Ayurvedic medicine, traditional Chinese medicine, herbal medicine, and holistic and naturopathic medicine. The history, theories, and beliefs regarding the source of illness and treatment modalities are described.
- **Chapter 5**, Religion, Rituals, and Health, explores the role of religion and spiritual beliefs in health and health behavior. The similarities and differences between religion and rituals are described. The chapter integrates examples of religious beliefs in the United States and their impact on health decisions and behaviors.
- **Chapter 6**, Communication and Health Promotion in Diverse Societies, includes information about culturally sensitive communication strategies used in public health. Considerations to making health care campaigns using various communication channels, such as social media, appropriate for diverse audiences are explained. A section on health literacy is included.

UNIT II, Specific Cultural Groups, includes **Chapters 7** through **12** and

addresses the history of specific cultural groups in the United States, beliefs regarding the causes of health and illness, healing traditions and practices, common health problems, and health promotion and program planning for the various cultural groups. These points are applied to specific cultural groups as follows:

- **Chapter 7**, Hispanic and Latino American Populations
- **Chapter 8**, American Indian and Alaskan Native Populations
- **Chapter 9**, African American Populations
- **Chapter 10**, Asian American Populations
- **Chapter 11**, European and Mediterranean American Populations
- **Chapter 12**, Nonethnic Cultures

UNIT III, Looking Ahead, outlines priority areas in health disparities and strategies to eliminate health disparities.

- **Chapter 13**, Closing the Gap: Strategies for Eliminating Health Disparities, explores the implications of the growth of diversity in the United States in relation to future disease prevention and treatment. It further addresses diversity in the health care workforce and its impact on care, as well as the need for ongoing education in cultural competence for health care practitioners.

Features and Benefits

Each chapter includes a **“Did You Know?”** and **“What Do You Think?”** section to stimulate critical thinking and classroom discussions. Also included are chapter review questions, related activities, and a case study. Key concepts are listed and their definitions are provided in the glossary.

We hope the information contained in *Multicultural Health* will introduce you to the rich and fascinating cultural landscape in the United States and the diverse health practices and beliefs of various cultural groups. This book is not intended to be an end point; rather, it is a starting point in the journey to becoming culturally competent in health care.

For the Instructor

Instructor resources, including Power-Point presentations, Instructor's Manual, and test bank questions, are available. Contact your sales representative or visit **go.jblearning.com/Ritter2e** for access.

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UNIT I

The Foundations

CHAPTER 1 Introduction to Multicultural Health

CHAPTER 2 Theories and Models Related to Multicultural Health

CHAPTER 3 Worldview and Health Decisions

CHAPTER 4 Complementary and Alternative Medicine

CHAPTER 5 Religion, Rituals, and Health

CHAPTER 6 Communication and Health Promotion in Diverse Societies

Courtesy of David Bartholomew

