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The Educational Power of Spanish Dichos to Combat Hispanic Health Disparities

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BACKGROUND

The disproportionate rates of chronic disease among Hispanics prompts the exploration of improved culturally tailored education. *Dichos* (Spanish sayings) may serve as a cultural-linguistic tool to adapt health messaging for Hispanics.

PURPOSE

To identify *dichos* that may promote learning and motivation among Hispanics. To elaborate on the utility of *dichos* for health educators.

RESEARCH AIMS

Explore the 1) traditional meaning, and 2) educational utility of *dichos*.

METHODS

Community Based Participatory Research
Pile Sort
Pre/Post Testing of a Novel Dichos Curriculum

RESULTS

Most *dichos* (11/16) were recognized by 100% of participants.
Hispanic men (specifically Mexican-origin) support the inclusion of *dichos* into health education.

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DICHO EXPLORATION

Dichos for Interviews & Pile Sort	
1.	<i>Echando a perder se aprende</i> (You learn once you lose)
2.	<i>Con la salud no se juega</i> (Don't play with health)
3.	<i>La buena comida es la mejor medicina</i> (Good food is the best medicine)
4.	<i>A grandes males, grandes remedios</i> (For great evils, great remedies)
5.	<i>El que siembra, cosecha</i> (He who sows, reaps)
6.	<i>No hay que ahogarse en un vaso de agua</i> (We must not drown in a glass of water)
7.	<i>A Dios rogando y con el mazo dando</i> <i>Ayúdate que yo te ayudaré</i> (To God begging and with the mallet working Help yourself that I [God] will help you)
8.	<i>Hay que echarle ganas/Hay que hacerle la lucha</i> (Put in the effort/Make the fight)
9.	<i>Mente sana en cuerpo sano</i> (Healthy mind in a healthy body)
10.	<i>Todo cabe en un jarrito sabiéndolo acomodar</i> (Everything fits in a little jug knowing how to organize it)
11.	<i>El que tiene buena salud es rico sin saberlo</i> (He who is in good health is rich without knowing it)
12.	<i>Quien a buen árbol se arrima, buena sombra le cobija</i> (Whoever approaches a good tree, good shade shelters him)
13.	<i>Dime con quién andas y te diré quién eres</i> (Tell me who your friends are, and I will tell you who you are)
14.	<i>Querer es poder</i> (To want is to be able/Where there is a will there's a way)
15.	<i>Camarón que se duerme se lo lleva la corriente</i> (Shrimp that falls asleep gets carried away by the current)
16.	<i>Hombre prevenido vale por dos</i> (A preventative man is worth two)



Healthy Eating

Physical Activity

Health Motivation

Social Support

Stress Management



DICHOS FOR EDUCATORS

Camarón que se duerme se lo lleva la corriente (Shrimp that falls asleep is carried away by the current) (8/12)

Utility: Encourages urgency and sustained prioritization of health

Querer es poder (To want is to be able) (12/12)

Utility: Promotes personal responsibility and motivation

Quien a buen árbol se arrima, buena sombra le cobija (Whoever hugs a good tree, good shade shelters him) (7/12)

Utility: Reminds people to choose company wisely and with caution (food, friends, etc.)

No hay que ahogarse en un vaso de agua (We must not drown in a glass of water) (8/12)

Utility: Can reframe feelings of anxiousness and serves to simplify stressful situations



CONCLUSION

- Hispanic men support the inclusion of *dichos* (Spanish sayings/mantras) into health education

- *Dichos* may promote cultural ambience, comradery, and openness

- Educators may use *dichos* to enhance health messaging and to potentially reframe health perspectives

Dichos: Linguistic Economy, Linguistic Flexibility, Cultural Familiarity, Mentally Malleable, Visually Memorable

Querer (cuidar mi salud) es poder



¡Yo sí puedo cuidar mi salud!

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