National Latinx Heritage Month

History
President Lyndon Johnson implemented the observance as Hispanic Heritage Week in 1968. U.S. Rep. Esteban E. Torres of Pico Rivera proposed the observance be expanded to cover its current 30-day period, starting on September 15 and ending on October 15. President Ronald Reagan implemented the expansion to Hispanic Heritage Month. It was enacted into law on August 17, 1988, on the approval of Public Law 100-402. [https://www.hispanicheritagemonth.gov/](https://www.hispanicheritagemonth.gov/)

Who are Latinx?

Difference between Hispanic and Latinx *
“Hispanic” is the oldest term used to refer to the largest and one of the most diverse growing minorities in the U.S. The word is often associated with the origins of Spanish colonialism in America and can exclude indigenous, Brazilian and other non-Spanish-speaking groups.

“Latino” is thought to be more inclusive in terms of geography as it doesn’t relate to language and embraces the whole region. However, the androcentric nature of this Spanish-language term, i.e. the use of masculine form as universal, excludes an entire group of identities.

“Latinx” a newer term that has recently gained popularity among scholars, activists and millennials that is inclusive of gender-expansive and gender non-conforming individuals. Additionally, “Latinx” challenges the binary nature of the Spanish-language term Latino(a). The powerful “X” has opened the door to a variety of identities, and it is also used in the term “Chicanx(o/a)” to highlight the broad indigenous heritage of many groups.

There are 33 countries and 15 territories in Latin America and the Caribbean today, according to the United Nations.

<table>
<thead>
<tr>
<th>Caribbean</th>
<th>Central America</th>
<th>South America</th>
<th>Territories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Antigua and Barbuda</td>
<td>Belize</td>
<td>Argentina</td>
<td>Anguilla</td>
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<tr>
<td>Bahamas</td>
<td>Costa Rica</td>
<td>Bolivia</td>
<td>Aruba</td>
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<td>Barbados</td>
<td>El Salvador</td>
<td>Brazil</td>
<td>British Virgin Islands</td>
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<td>Cuba</td>
<td>Guatemala</td>
<td>Chile</td>
<td>Cayman Islands</td>
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<td>Dominica</td>
<td>Honduras</td>
<td>Colombia</td>
<td>Curacao</td>
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<td>Dominican Republic</td>
<td>Nicaragua</td>
<td>Ecuador</td>
<td>Falkland Islands</td>
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<td>Grenada</td>
<td>Panama</td>
<td>Guyana</td>
<td>French Guiana</td>
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<td>Haiti</td>
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<td>Paraguay</td>
<td>Guadeloupe</td>
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<td>Jamaica</td>
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<td>Peru</td>
<td>Martinique</td>
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<tr>
<td>Saint Lucia</td>
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<td>Suriname</td>
<td>Montserrat</td>
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<tr>
<td>St. Vincent &amp; Grenadines</td>
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<td>Venezuela</td>
<td>Puerto Rico</td>
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<tr>
<td>Saint Kitts &amp; Nevis Trinidad and Tobago</td>
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<td>Uruguay</td>
<td>Sint Maarten</td>
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</tbody>
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North America
- Mexico

Territories
- Anguilla
- Aruba
- British Virgin Islands
- Cayman Islands
- Curacao
- Falkland Islands
- French Guiana
- Guadeloupe
- Martinique
- Montserrat
- Puerto Rico
- Sint Maarten
- Turks and Caicos
- US Virgin Islands
Latinx in the US

Demographics
According to the 2019 U.S. Census Bureau population estimate, there are 60.5 million Latinx living in the United States. This group represents 18.4% of the U.S. total population. In 2019, among Latinx subgroups, Mexicans ranked as the largest at 61.4%, followed by Puerto Ricans (9.6%), Central Americans (9.8%), South Americans (6.4%), and Cubans (3.9%). In 2019, states with the largest Latinx populations were California, Texas, Florida, New York, Arizona, Illinois, New Jersey, Colorado, Georgia, New Mexico.

Changing Race/Ethnicity of Adolescents
Today, there are almost 42 million adolescents between the ages of 10 and 19 in the United States, and adolescents make up 12.9 percent of the population. As the U.S. population ages, adolescents will represent a smaller proportion of the total. By 2050, estimates show that adolescents will make up 11.3 percent of the population.

Rates of Limited English Proficiency
Language fluency varies among Latinx subgroups who reside within the mainland United States. Census 2019 data shows that 71.1% of Latinx speak a language other than English at home. 28.4% of Latinx state that they are not fluent in English.

Education
According to a 2019 U.S. Census Bureau report, 70.5% of Latinx in comparison to 93.3% non-Hispanic whites had a high school diploma. 17.6% of Latinx in comparison to 36.9% of non-Hispanic whites had a bachelor's degree or higher. 5.6% of Latinx held a graduate or advanced professional degree, as compared to 14.3% of the non-Hispanic white population.

Uninsured Rate
In 2019, Latinx have the highest uninsured rates of any racial or ethnic group within the United States.

Median Annual Income 2019
Latinx $55,658
White $71,644
# National Latinx Heritage Month

## Health Disparities
Latinx compared to Non-Hispanic Whites

<table>
<thead>
<tr>
<th>Health Disparity</th>
<th>Comparison</th>
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<tbody>
<tr>
<td><strong>INFANT MORTALITY</strong></td>
<td>2.5x Higher infant mortality for Puerto Ricans 80% Receive late or no prenatal care for Latinx mothers</td>
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<tr>
<td><strong>ASTHMA</strong></td>
<td>3x to have asthma for Puerto Rican children 40% Higher to die from asthma for Latinx children</td>
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<tr>
<td><strong>SUICIDE</strong></td>
<td>2nd Leading cause of death for Latinx, age 15 to 34 30% Higher of suicide attempts for Latinx girls, grades 9 - 12</td>
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<td><strong>CANCER</strong></td>
<td>2x to have and die from liver cancer 2x To be diagnosed with stomach cancer for Latinx women 40% more likely to be diagnosed with cervical cancer</td>
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<tr>
<td><strong>OBESITY</strong></td>
<td>78.8% of Latinx women are overweight or obese 1.8x To be obese for Latinx children 50% More likely to be obese for Latinx high school students</td>
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<tr>
<td><strong>DIABETES</strong></td>
<td>1.3x to be diagnosed with diabetes 2x to be hospitalized for end-stage renal disease</td>
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<tr>
<td><strong>HEPATITIS</strong></td>
<td>70% More likely to die from viral hepatitis 40% More likely to die from Hep C, despite having lower rates</td>
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<tr>
<td><strong>HIV/AIDS</strong></td>
<td>30% Of all HIV among Latinx 4x More likely to have HIV/AIDS for Latinx males 4x To be diagnosed with HIV for Latinx females</td>
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## UCSF BCH RESOURCES
- Latinx Center of Excellence
- BCH Chicanx Latinx Campus Association
- Chicanx Latinx Campus Association
- Latino Center for Medical Center and Research
- Latino Mental Health Research Program
- Latino Medical Student Association (LMSA)
- Society for Advancement of Chicanos and Native Americans in Science at UCSF
- UC President’s Chicano Latino Advisory Council
- Voces Latinas, UCSF Nursing Student Association

## RESOURCES
- U.S. HHS Office of Minority Health
- Pew Research Center
- U.S. HHS Office of Population Affairs
- National Research Center on Hispanic Children & Families

*Human Rights Campaign*