

National Hispanic Heritage Month

History and Meaning

Since 1968, Americans all over the nation have observed National Hispanic Heritage Month by celebrating the vast histories, cultures and contributions of Americans whose ancestors come from Spain, Mexico, the Caribbean and Central and South America. Expanded in 1988 to cover a 30-day period, Sept. 15 to Oct. 15, the dates commemorate the anniversary of the independence for some Latin American countries and, Indigenous People's Day.

Is It Hispanic or Latinx?

While both terms are used interchangeably, they are not one and the same. "Hispanic" usually refers to ancestral roots in ancient España, which is now the nation of Spain. "Latinx" specifically refers to people of Latin American descent—the Caribbean, South America and Central America. It is important to note, however, that both terms refer to ethnicity *not* race. In the United States the term "Hispanic" traditionally covers the culture and people formerly of Spanish rule, with a majority of these populations speaking the Spanish language. The term "Latinx" is gender-neutral.

41.7 million

Number of Latinos in the U.S. who spoke English proficiently in 2021

Mexico

The only country with a larger population of Hispanic people than the U.S.

18.5%

of people identified as Latino or Hispanic on the 2020 Census

62.5 million

Hispanic population in 2021

SOURCE: [PEW RESEARCH](#)

Hispanic adults make up **17% OF THE U.S. WORKFORCE**, with **8%** working in science, technology, engineering and math (STEM)

IN 2021, 68% OF HISPANICS spoke Spanish at home, **DOWN FROM 78% IN 2010.**

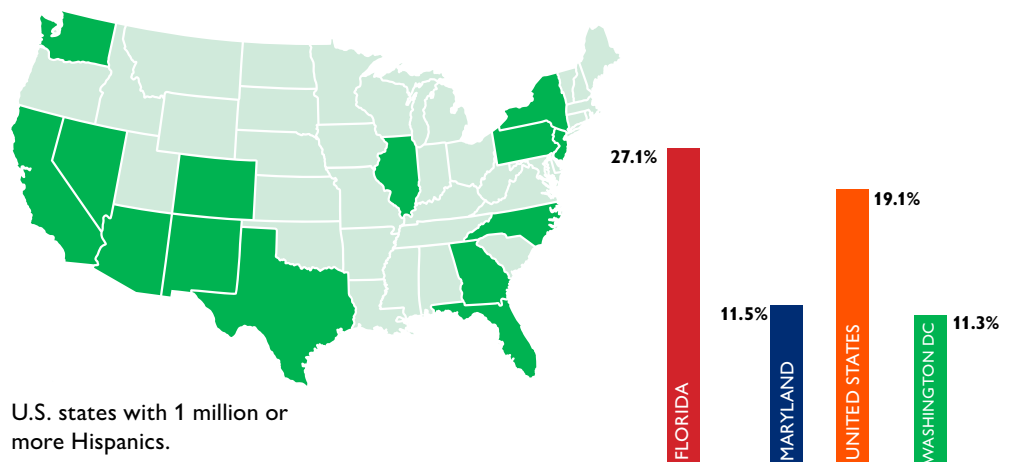
20.1% of the U.S. Latinx/Hispanics under 65 years of age **do not have medical insurance**

Hispanic citizenship in **2021 was 81%**, up from **74% in 2010.**

28 million Latinos identified as multiracial

Population Demographics

The U.S. Latino/Hispanic population has become the largest racial or ethnic group in states such as California and Texas. This group reached 62.5 million, accounting for 19.1% of the U.S. population – up from 13% in 2000. Since then, Latinos/Hispanics have been the largest contributor to U.S. population, reaching 1 million or more residents in some states.



Latinx population according to the 2022 Census census. [gov/quickfacts/fact/table/US/RHI725222](https://www.census.gov/quickfacts/fact/table/US/RHI725222)

Figure 1—**Latinx/Hispanic Mental Health**

Barriers to Hispanic/Latinx Health Care



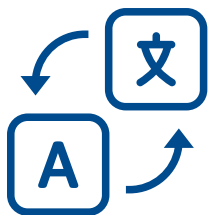
**LACK OF CULTURAL
COMPETENCE
LEADING TO
MISDIAGNOSIS**



LEGAL STATUS



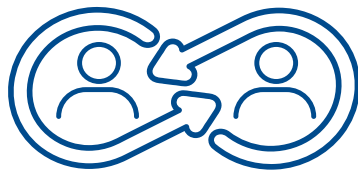
**STIGMA (LABELED
AS LOCOS)**



**LANGUAGES
BARRIERS**



**POVERTY AND LESS
HEALTH INSURANCE
COVERAGE**



**ACCULTURATION
(ASSIMILATION
TO A DIFFERENT
CULTURE)**



**LACK OF
INFORMATION**

Source: Families USA

familiesusa.org/resources/latino-health-inequities-compared-to-non-hispanic-whites/

Addressing Community Needs

To eliminate health disparities and promote individual and community health and wellness, Johns Hopkins works tirelessly to meet the needs of the Hispanic/Latinx population. To that end, Johns Hopkins partners with several institutions in East Baltimore to offer an array of medical services outside of typical hospital settings. Johns Hopkins offers bilingual interpreters and health care providers, community outreach workers and low fees. In 2013, Johns Hopkins established Centro SOL, which is focused on promoting equity in health and opportunity for Latinxs by advancing clinical care, research, education and advocacy at Johns Hopkins and beyond in active partnership with the Latinx community.

Resources Serving the Hispanic/Latinx Community

At Johns Hopkins

**Hopkins Familia Hispanic/LatinX
Employee Resource Group**

Join the email list, [here](#)

CLINICAL CARE RESOURCES

Esperanza Center Partnership (source.jhu.edu/volunteer-agencies/cultural-and-ethnic/esperanza.html)

The Care-A-Van (hopkinsmedicine.org/johns_hopkins_bayview/community_services/services/care_a_van/index.html)

NAMI – National Alliance on Mental Illness:

NAMI Compartiendo Esperanza: Mental Wellness in Hispanic/Latin American Community | NAMI: National Alliance on Mental Illness

MENTAL HEALTH SUPPORT GROUPS FOR ADULTS

Centro SOL Testimonios (jhcentrosol.org/)

Suicide Prevention Response (988lifeline.org/)

Latinx Therapists and Speakers (latinxtherapy.com)

Therapy for Latinx (therapyforlatinx.com)

PHYSICAL ACTIVITY AND WELLNESS

Centro SOL Embajadores de Salud (jhcentrosol.org/)

JH LANGUAGE INTERPRETATION SERVICE

hopkinsmedicine.org/patient_care/language-assistance.html

EDUCATIONAL/PIPELINE

Summer Scholars Program Centro SOL (jhcentrosol.org/)

MANA – A National Latina Organization (hermana.org)

National Association of Hispanic Nurses

(**NAHN**) (nahnnet.org)

National Association of Latino Health Executives

(**nalhe.org/**)

Association of Latino Professionals for America (alpfa.org/)

CITY/STATE

CASA de Maryland (wearecasa.org)

Esperanza Center (catholiccharities-md.org/immigrants/)

UnidosUS (unidosus.org)

Baltimore City Health Department (health.baltimorecity.gov/)

Mayor's Office of Immigrant Affairs (mima.baltimorecity.gov/)

House of Ruth Maryland (hruth.org)

VOLUNTEER OPPORTUNITIES

Centro Sol (jhcentrosol.org/volunteer)

centrosol@jhmi.edu or 410-550-1129

In the USA

The Hispanic Institute ([The Hispanic Institute](https://TheHispanicInstitute.org))

Latino Victory (<https://latinovictory.org/>)

National Latina Institute for Reproductive Justice

([Home - National Latina Institute for Reproductive Justice](https://Home-NationalLatinaInstituteforReproductiveJustice.org))

Hispanic Scholarship Fund (hsf.net)

TransLatin@ Coalition (translatinacoalition.org)

In Baltimore:

Maryland Hispanic Chamber of Commerce

(maryland-hispanic-chamber-of-commerce.org)

Celebrating Hispanic American Heritage

For more than 400 years, Hispanic Americans have made significant contributions to American culture. Their imprint extends to every area of society, including education, politics, community activism, music, literature, to name a few. As the population continues to grow, so does their influence. We are proud to celebrate the influence of Hispanic trailblazers of the past, present and future.

Julia Alvarez, noted poet, novelist, and essayist who used her experience as a Dominican-American as the basis of her works which center around topics of immigration, identity, and assimilation. She is regarded as one of the most significant Latina writers of our time.

Guy Gabaldon, decorated World War II Marine of Mexican descent, was also recognized for his bravery during the Battle of Saipan. Known as the Pied Piper of Saipan, Gabaldon was fluent in Japanese and became a translator, convincing hundreds of Japanese soldiers, and civilians to surrender instead of committing suicide.

Dolores Huerta, activist and founder of the Chicano civil rights movement is one of the most influential labor leaders of the 20th century. As co-founder of the United Farm Workers union, she championed against ethnic and gender bias, and negotiated contracts for the working class most of her life. In the 2000s, she worked to elect more Latinas and women to political office.

Jovita Idár dedicated her life to fighting discrimination. The teacher and women's rights advocate used her platform as a journalist to document the treatment of Mexican Americans and Mexican immigrants. She helped organize the first Mexican American civil rights conference in 1911 to address racism, lynching and educational inequalities.

Gwen Ifill, trailblazing journalist, newscaster and author, began her career writing about housing and homelessness, and later made history as a national political reporter for The Washington Post and The New York Times, was of Panamanian descent and became co-anchor of PBS Newshour with Judy Woodruff, making history as the first two-woman anchor team on a major news program.

Octaviano Larrazola, the fourth governor of New Mexico and the first Mexican American and Latino United States senator, was also a staunch advocate for equal opportunity and voting rights. He challenged both parties and was a great champion for Spanish Americans and was unwavering in his defense of Hispanic civil rights.

Joseph Phillip Martinez, United States Army private and the first Hispanic-American to receive the Medal of Honor (posthumous) for his heroism during World War II. During the 1943 Battle of Attu, Martinez led his company through several days of enemy attacks. He was mortally wounded at age 22 but is remembered for his bravery.

Sylvia Mendez, civil rights activist was the plaintiff in the Mendez v. Westminster case, which outlawed the use of specific schools for Spanish-speaking children, eventually ending segregation in California. The retired nurse of Mexican descent credits her parents with igniting her passion to stand against discrimination.

Gabriela Mistral, pioneering Chilean poet, educator and activist, was also the first Latin American to win a Nobel Prize for Literature, a strong advocate for women's and children's rights and equal access to education. Her poetry reflected her life experiences and influenced writers including Pablo Neruda and Langston Hughes.

Ellen Ochoa, American astronaut and engineer, was also the first Hispanic woman to travel into space, serving on a nine-day misión aboard Space Shuttle Discovery, she also contributed to missions that studied the sun and its interaction with earth.

Alfredo Quiñones-Hinojosa, noted neurosurgeon, author and researcher, is also chair of the Department of Neurologic Surgery at the Mayo Clinic, an advocate for education and mentor to postdoctoral fellows. His journey from Mexico to America proves that with hard work, determination, and an opportunity, anything is possible.

Sylvia Rivera, civil rights activist and advocate for LGBTQ+ rights, was also known to support the homeless, and was active during the Stonewall Riots of 1969 and joined early gay rights groups such as Gay Liberation Front. A transgender woman, Rivera and other gender-fluid allies fought tirelessly for inclusion and acceptance both outside and within the gay community.