

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, Columbus Day (Día de la Raza).

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.

37.6 million

Number of people in the U.S. ages 5 years and older that speak Spanish at home ([Pew Research](#))

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

1.2 million

Number of Hispanic U.S. armed forces veterans

SOURCE: [AMERICAN PSYCHIATRIC ASSOCIATION](#)

U.S. Latinx & COVID-19



17% of the U.S. workforce is Latinx/Hispanic



49% of Latinx/Hispanics say someone in their household has had either a **pay cut** or **lost their job** due to **COVID-19**



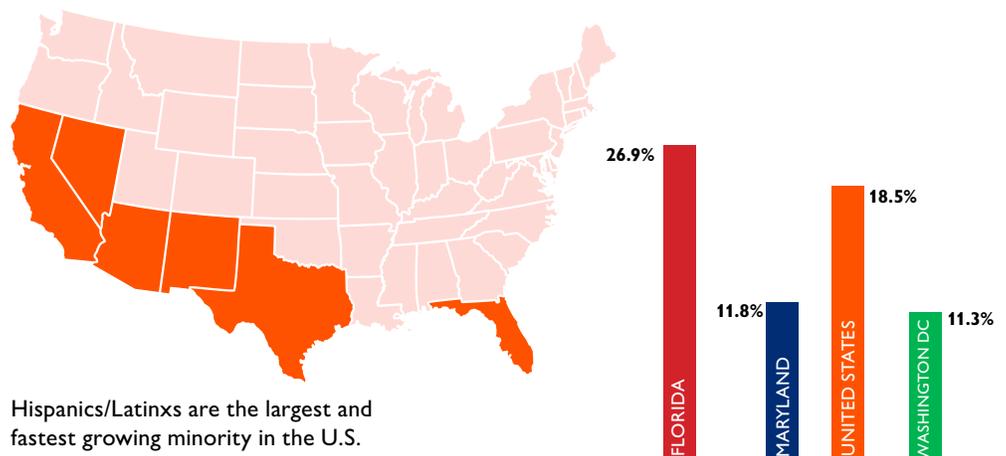
20.1% of the U.S. Latinx/Hispanics under 65 years of age **do not have medical insurance**



Over 1 million Latinx/Hispanics work in health care

Population Demographics

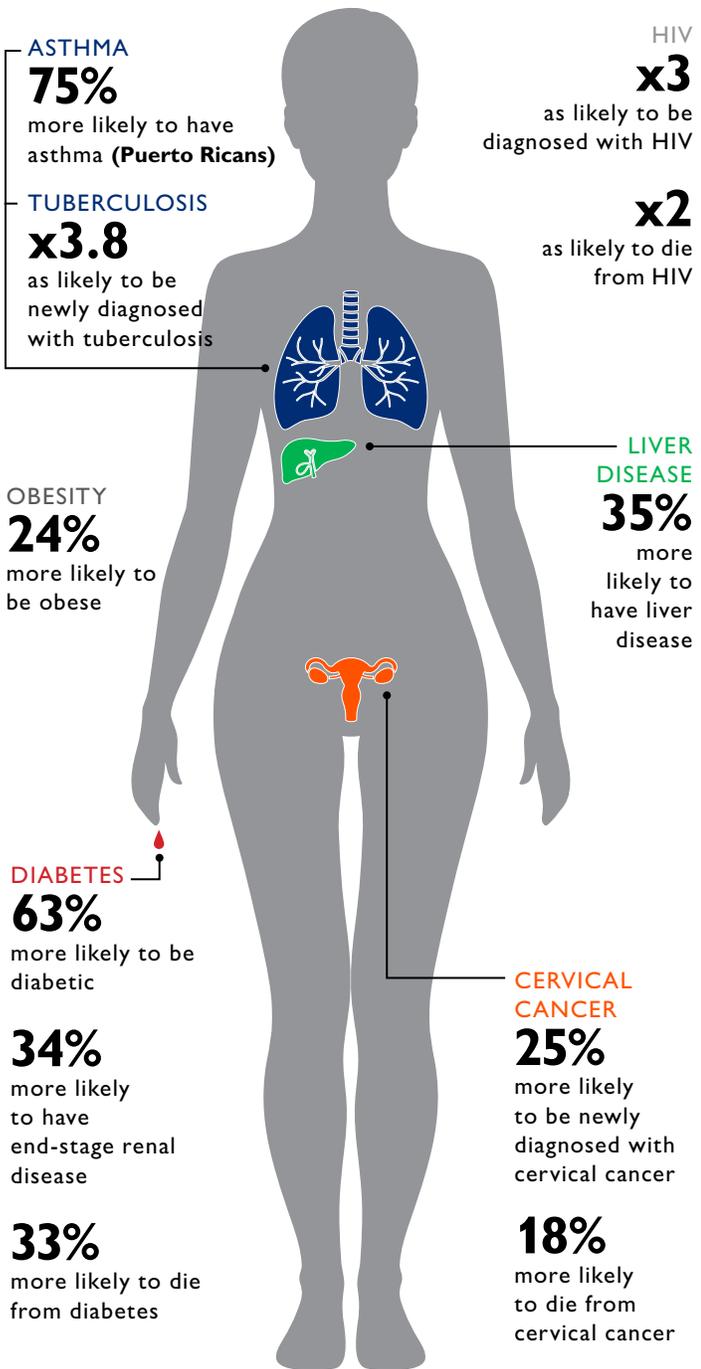
Latinos accounted for 51.1 percent of the country’s growth, rising to 18.7 percent of the U.S. population, according to numbers from the 2020 census. Latinos, or Hispanics, were 50.5 million and 16.3 percent of the national population in 2010. The Hispanic population grew by 23 percent from 2010 to 2020.



Hispanics/Latinxs are the largest and fastest growing minority in the U.S.

Latinx population according to the 2020 Census census. [gov/quickfacts/fact/table/US/RHI325219#RHI325219](https://www.census.gov/quickfacts/fact/table/US/RHI325219#RHI325219)

Figure 1—**Health Disparities: U.S. Hispanics/Latinxs Versus Non-Hispanic Whites**



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)

HIV Latino Outreach (main.ccghe.net/content/hiv-latino-outreach-program-baltimore-city-health-department)

MENTAL HEALTH SUPPORT GROUPS FOR ADULTS

Centro SOL Testimonios (jhcentrosol.org/)

Suicide Prevention Response (jhcentrosol.org/)

Johns Hopkins Hospital Hispanic Psychiatry Clinic (hopkinsmedicine.org/psychiatry/specialty_areas/community_psych/hispanic_clinic.html)

Latino Family Clinic

(hopkinsmedicine.org/psychiatry/patient_information/bayview/medical_services/child_adolescent/latino.html)

PHYSICAL ACTIVITY AND WELLNESS

Centro SOL Embajadores de Salud (jhcentrosol.org/)

Diabetes Prevention Program (jhcentrosol.org/)

JH LANGUAGE INTERPRETATION SERVICE

(hopkinsmedicine.org/patient_care/language-assistance.html)

EDUCATIONAL/PIPELINE

Summer Scholars Program Centro SOL (jhcentrosol.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/)

VOLUNTEER OPPORTUNITIES

Centro Sol (jhcentrosol.org/volunteer)

centrosol@jhmi.edu or 410-550-1129