

New Webinar Prioritizes Latina Health

“Mi Hermana” covers chronic conditions, risk factors, intervention strategies and more.

March 8, 2024 By Laura Schmidt

To mark [International Women’s Day](#), Friday, March 8, the Healthy Americas Foundation (HAF) released the free two-hour webinar [Taking Control of Your Health—Caregiving Starts With You](#), which addresses the often overlooked health needs of Latinas.

Developed by HAF president and CEO Jane Delgado, PhD, along with Latina health professionals and community-based organizations, the webinar provides information on a variety of [chronic conditions](#) as well as strategies for Latinas to live a healthy life, according to an [HAF news release](#).

“For more than two decades, Hispanic women have been the largest group of women in the nation after non-Hispanic whites, yet our health needs have often been sidelined,” Delgado said in the release.

Delgado and collaborators found that Latina women wanted holistic, culturally sensitive health advice, while health care providers noted the need for effective strategies to communicate complex health information.

Accessible in both English and Spanish, Taking Control of Your Health explores the latest scientific advancements in and practical insights on body systems, mental well-being and environmental and biological factors that contribute to overall health. It also emphasizes knowledge sharing and practical life adjustments, such as crafting personal health plans. What’s more, for physicians, health care providers and other knowledge seekers, the series offers two continuing medical education credits.

To learn more about the program, [click here](#).

To read more, click [#Health Equity](#) or [#Women](#). There, you’ll find headlines such as “[Women and Minorities Bear the Brunt of Medical Misdiagnosis](#),” “[Improving Postpartum Outcomes in Latinas](#)” and “[Over \\$12M in Grants to Improve HIV Prevention and Care Among Black Women and Girls](#).”
