



RAÍCES PARA EL CAMBIO

# FROM THEORY TO COMMUNITY BUILDING A DIFFERENT PARADIGM FOR WELL-BEING

ROOTS4CHANGE COOP & CENTRO HISPANO OF DANE COUNTY

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# THE ROAD THAT BROUGHT ROOTS4CHANGE TOGETHER: FROM LATINOAMERICA TO MADISON

This is a talk full of stories, but rest assure that we have an outline. Our talk is also full of intersections as the identities we carry within us. Our paths brought us together unexpectedly. Born in different countries, we met in Madison, WI. A place far away from the tropical heat of our countries.



# INTRODUCTIONS



BEFORE R4C THERE WAS (AND STILL IS) CENTRO HISPANO





An iceberg floating in the ocean. The tip of the iceberg is visible above the water surface, while the much larger, jagged base is submerged below. The sky is blue with scattered white clouds. The water is a deep blue, and the submerged part of the iceberg is a lighter, translucent blue.

## Trilogy of MCH

1. IMR
2. Low-birth weight
3. Pre-term births

“We are here to help everybody. We are community; we are here to hold hands all together.”

Maricela Martinez

LOCAL DATA

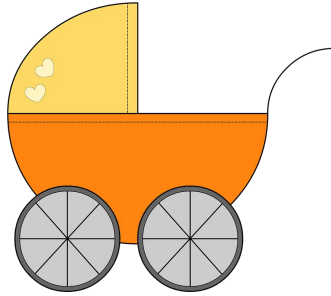
IN WI, 2017:

6.8 % OF TOTAL POPULATION

11.6% OF ALL CHILDREN 0-4 YRS OLD

38% OF LATINX POPULATION FROM 0-4 YEARS OLD

VS. 20% FOR NON-HISPANIC.



Of every 100 babies born from 2011-2017 in Dane County:  
**8 were Latinos**

Of every 100 Latinx babies from in same time period:  
**69 had Foreign-Born Mothers**

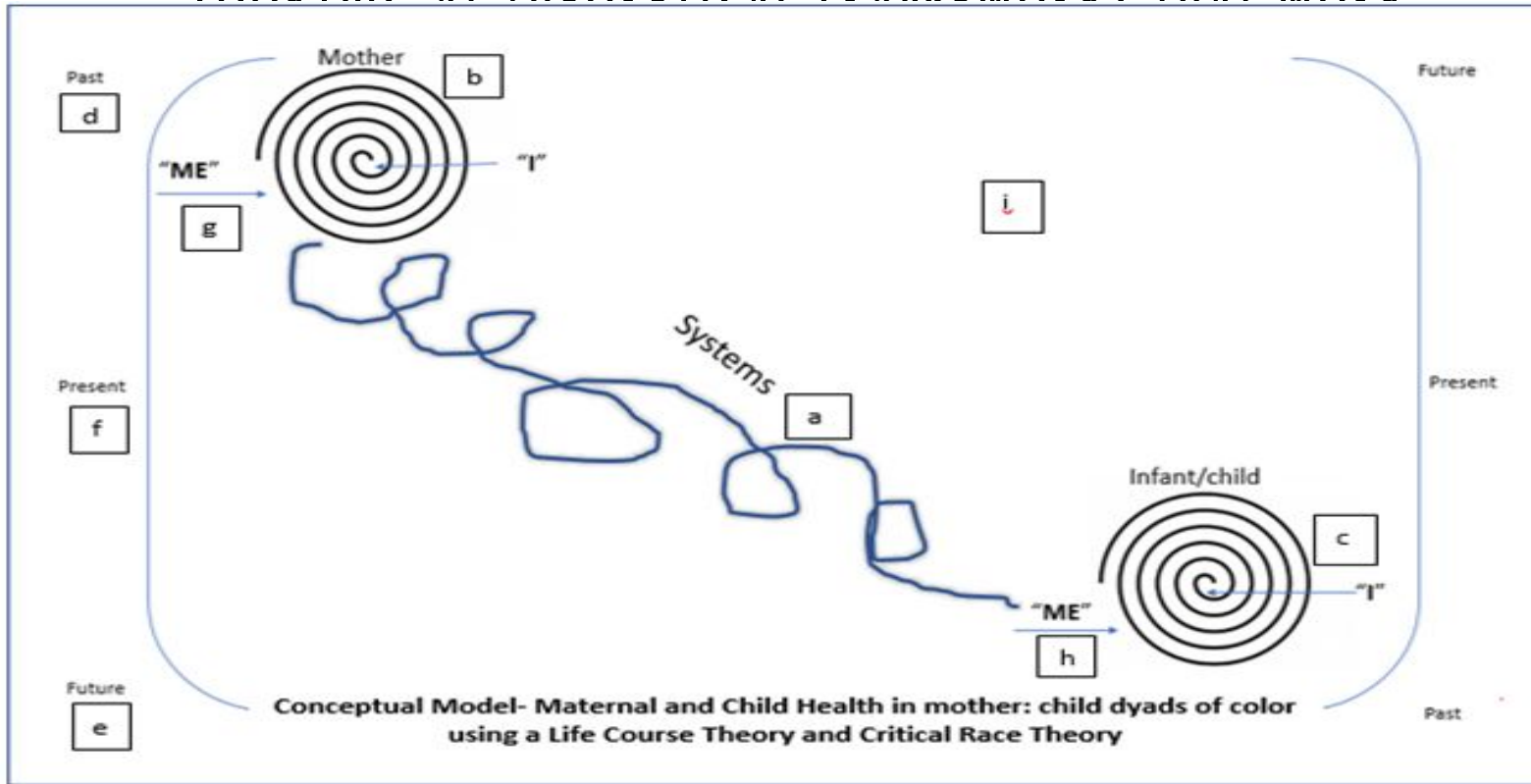
MHC INDICATORS		2011		2012		2013		2014		2015		2016	
		USB	FB	USB	FB	USB	FB	USB	FB	USB	FB	USB	FB
WISH, 2018													
Total Births	(n)	143	441	159	379	152	358	159	388	213	348	192	362
		%		%		%		%		%		%	
Prenatal Care	1	72.0	70.7	71.1	72.8	70.4	72.9	71.1	68.8	77.0	80.7	73.4	81.8
	2	14.0	20.9	12.6	14.5	13.2	13.7	16.4	20.1	15.5	15.5	18.2	14.1
	3	2.8	1.8	3.8	2.6	6.6	3.6	3.1	3.4	4.2	2.0	5.2	2.5
	None	0.7	0.2	0.6	0.3	0.0	0.0	0.0	0.3	1.4	0.0	1.0	0.0
Breast Feeding	Y	85.3	94.8	86.8	95.0	88.2	95.5	91.2	95.9	88.3	96.6	92.2	96.7
	N	11.9	3.6	11.9	2.4	9.9	3.1	8.8	3.9	10.8	3.2	7.8	3.3
Obesity	Obese	32.2	19.5	27.7	20.8	29.6	23.2	32.7	24.5	34.3	23.6	32.3	22.7
	Overweight	24.5	30.2	27.0	30.6	26.3	31.3	22.0	34.5	29.1	33.0	25.0	30.7
	Normal	41.3	42.9	41.5	41.4	40.8	42.5	40.3	34.8	33.8	38.2	39.6	41.4
Smoker	Y	10.5	2.3	9.4	1.3	11.2	0.6	7.5	0.3	5.6	0.3	7.3	0.6
	N	87.4	94.8	87.4	98.2	87.5	98.9	91.2	99.0	92.0	97.1	91.1	98.6
Lives w Smoker	Y	14.7	5.9	13.8	7.7	9.9	5.6	15.7	5.7	13.6	3.7	7.3	5.0



PRE-R4C



# LOOKING AT THEORETICAL FOUNDATIONS THAT WORK



alternative economies

Do not copy/use model

# MY/OUR WORK ON THE GROUND



**SAMAY PACHA**

*Connect your body and mind to  
create balance*



# Latina health cooperative offers maternal health care and more to Madison Spanish-speakers

By [Lisa Speckhard Pasque](#) Jul 10, 2019 3 min to read



# POSTPARTUM SESSIONS: LA HISTORIA DE YANELI



<https://youtu.be/GIXOubQHdYc>

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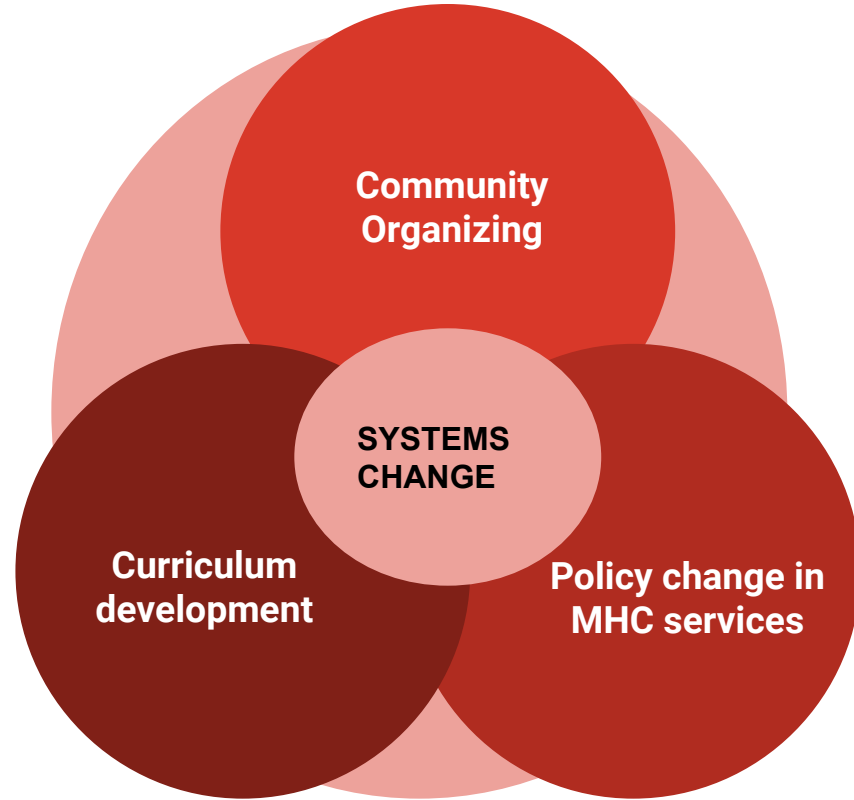
# DISMANTLING PRECONCEIVED BELIEFS IN THE HEALTH CARE SYSTEM AND OUR FAMILIES



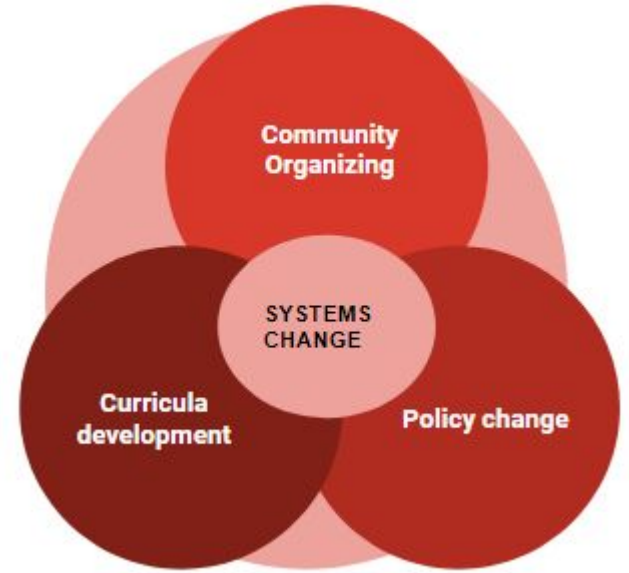


FUTURE PLANS

# MULTI LAYERED APPROACH



COMMUNITY-BASED PARTICIPATORY RESEARCH AND COMMUNITY ADVOCACY



**SYSTEMS ROOTED IN MULTIPLE REALITIES & CONTEXTS**



OUR STRENGTHS





# OUR CHALLENGES:



WE WANT US TO REFLECT ON THESE TAKEAWAYS AS HEALTH CARE PROVIDERS, HEALTH ADVOCATES, & RESEARCHERS

WHAT IS THE FIRST EMOTION THAT COMES TO YOUR HEART WHEN YOU BECOME AWARE OF THE WORD PARTICIPATORY?

WHAT IS THE FIRST WORD THAT COMES TO YOUR MIND WHEN YOU THINK PARTICIPATORY?

NOW, LOOK UNDERNEATH YOUR SEATS TO FIND A PIECE OF PAPER. IF YOU FIND ONE, PLEASE STAND-UP AND READ IT OUT LOUD.





¡GRACIAS!