

# Intersectionality: Inclusion of Older Participants of Color

**David X. Marquez, PhD**

**Professor**

**Department of Kinesiology and Nutrition**

**Center for Research on Health and Aging**

**University of Illinois at Chicago**

**Rush Alzheimer's Disease Center, Rush University**

- No conflicts to disclose

# Overview

- Background info
- Cultural considerations
- NGAGEDD model
- Strategies



# Intersectionality

- A lens, a prism, for seeing the way in which various forms of inequality often operate together and exacerbate each other.
  - Race/ethnicity
  - Age
  - Gender
  - Class
  - Sexuality
  - Immigration status

Kimberlé Crenshaw

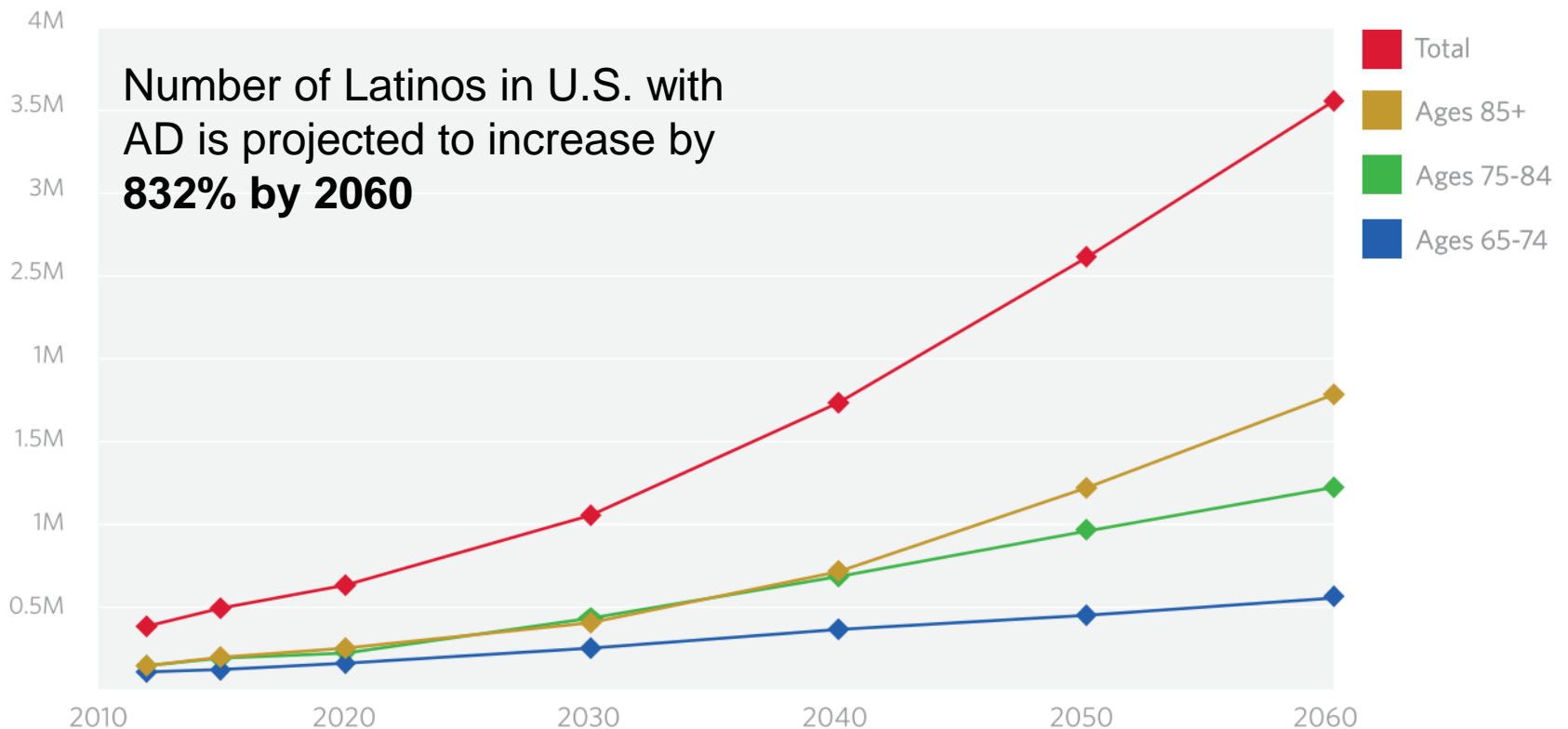
# Older Latinos in the US

- Older non-Latino Whites
  - From 2000 to 2009
  - 65+: 10% increase
- Older Latinos
  - From 2000 to 2009
  - 65+: 59% increase (up to 2.7 million)
- The people are there; it is on us to create welcoming environments



# ADRD in Latinos

FIGURE 2. PROJECTION OF LATINOS WITH AD THROUGH 2060, BY AGE (IN MILLIONS)



(Wu, Vega, Resendez, Jin, & Scholar, 2016)

# In working with People of Color (or any new group)...

- Having technical knowledge about diverse groups helps give us a framework
- Still need to be careful of stereotyping
- Better to understand individual (values, education, etc.)
- Better to develop cultural sensitivity by LEARNING more about the person's "experience" (e.g., immigration experience) to better appreciate the current circumstances, problems, etc. of ethnic minority clients
- Shared/Common values are important, but keep in mind that other factors will influence your work

# Shared cultural beliefs of Latinos

- **Familismo**
  - Strong identification and attachment of individuals with their families (nuclear and extended)
- **Personalismo**
  - Emphasis on politeness and courtesy
  - Personal connection before “business”
  - Trust based largely on rapport (Confianza)
- **Machismo**
  - Strong sense of masculine pride
  - Male (“Varon”) expectations: Caring, Responsible, Decisive,
  - Protector



# Challenge

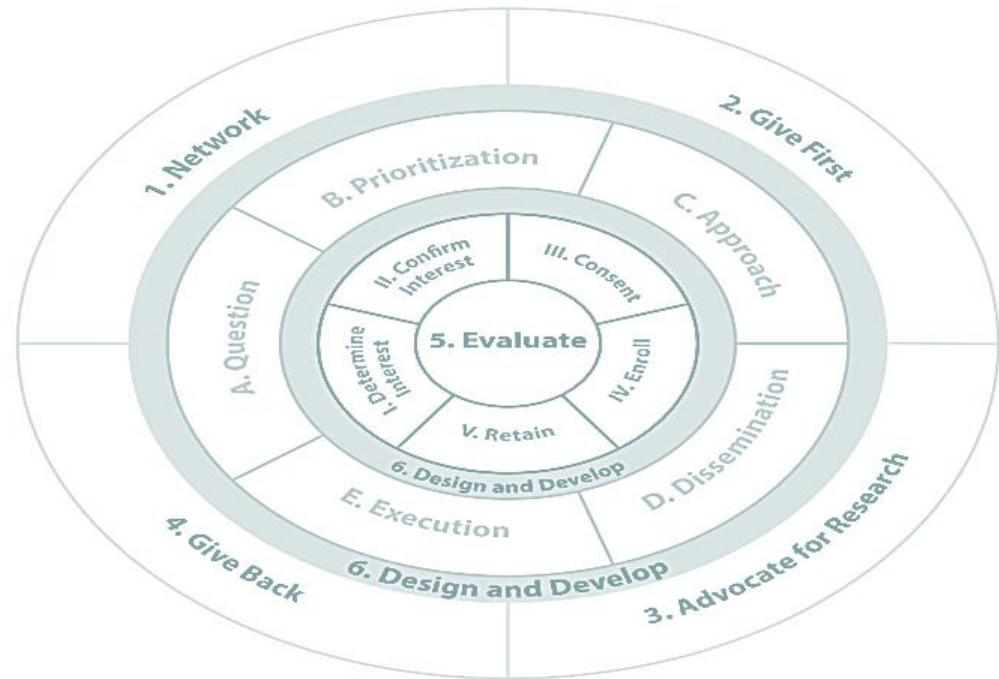
- Distrust
  - Older POC are skeptical of the research process, especially undocumented: I feel like a guinea pig
  - Current social climate
    - Fear of providing information
- Need to make it/keep it personal



# NGAGEDD Model

## The NGAGEDD Model

**N**etwork  
**G**ive First  
**A**dvocate for Research  
**G**ive Back  
**E**valuate  
**D**esign  
**D**evelop



Outer circle represents community activities, middle circle represents participant input on research, and inner circle represents individual study activities.

Glover, Shah, et al. Under Review

# BAILAMOS™

(Balance & Activity In Latinos,  
Addressing Mobility in Older adultS)



- Age-appropriate PA for older Latinos
- Challenge physically ***and*** cognitively

- Enjoyable
- Not hard, boring, & tedious



Recruitment challenge	Recruitment solution/strategy
Lack of trust of the researchers and the research process	<p>Promotora/CHW to assist with recruit, identify and screen potential participants, schedule appointments, and support data collection</p> <p>Bilingual, bicultural staff working on the program</p> <p>Use established community connections to disseminate study materials (e.g., churches to invite congregations)</p> <p>Do not ask for social security numbers</p>
Lack of insurance	<p>Do not use lack of insurance as an exclusion criteria</p> <p>Use the EASY tool, so that only participants who have new or uncontrolled conditions need to get medical clearance</p>
Working late into life	<p>Conduct data collection in the community</p> <p>Flexible testing times and class times (e.g., early evenings and weekends as possibilities)</p>
Acute and chronic illnesses	<p>Flexible testing times (e.g., to make up missed classes due to appointments)</p>
Reliable phone contact	<p>Get the name and phone number of three other people who could be contacted</p>
Low literacy makes consent and data collection a lengthy process	<p>Adapt consent forms to a lower reading level (e.g., sixth grade level) and have a data collector administer questionnaires interview style</p> <p>Break up data collection appointments to avoid overwhelming participants in one sitting</p>
Lack of safety (e.g., potential participants who would rely on walking to the intervention site)	<p>Advise participants to walk with someone (e.g., another participant)</p> <p>Use phone app to share real-time location with others/research staff</p>

Retention challenge	Retention solution/strategy
Travel to home country (e.g., Mexico)	Flexible class times (e.g., to make up missed classes)
Work responsibilities (e.g., changes in work schedules for participants during the study)	Flexible class times, including early evening (e.g., to make up missed classes)
Caring for family members (e.g., child care)	Involve family members in classes
Acute and chronic illnesses	Flexible class times (e.g., to make up missed classes due to appointments)
Transportation problems (e.g., car trouble, too expensive, rely on another participant who can no longer attend)	Reimburse travel expenses; provide bus passes Create a carpool among participants
Religious holidays (e.g., Day of the Virgin of Guadalupe, Christmas days in December)	Flexible class times (e.g., to make up missed classes) Add classes to the end of the program
Lack of safety (e.g., potential participants who would rely on walking to the intervention site)	Advise participants to walk with someone (e.g., another participant) Use phone app to share real-time location with others/research staff
Spanish speakers and bilinguals in the same class	Have a bilingual instructor and maintain a comfortable emotional climate for all to feel received Have classes in Spanish only
Weather	Host PA interventions during warmer months
Caregiving	Offer childcare during PA interventions Create intergenerational PA interventions

# Acknowledgments

- Participants in all studies
- Past and present BS, MS, PhD student research assistants
- UIC Department of Kinesiology and Nutrition
- Rush Alzheimer's Disease Center
- CDC Healthy Aging Research Network (HAN) (<http://www.prc-han.org/>)
- Alzheimer's Association, New Investigator Research Grant to Promote Diversity (Proposal ID: 205469)
- Grant Number P30AG022849 from the National Institute on Aging (UIC Roybal Center on Aging)
- National Institute of Nursing Research of the NIH under Award Number R01NR013151
- National Institute of Aging of NIH under Award Number 3P30AG010161-25S1

# Thank You

