

Title – Planning for the Future: A Basic Needs Assessment of the Mixtec Population Near

Richmond, Virginia

Program of Study – Master of Public Health

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Category – Theoretical Proposal

Abstract: The purpose of this study is collect information on the Mixtec population in Richmond, Virginia by administering a needs assessment in order to gain insight into the Mixtec community to properly plan future health interventions and programs. In Richmond, Virginia there is an estimated 5,000 indigenous Mixtec community. This group originates from Oaxaca, a providence in Mexico. Through the partnership of Liberty University students in the Master of Public Health (MPH) program, Nuevo Amancer, and New Hope, the health fair was performed on December 6, 2016 and a basic needs assessment was given.

The needs assessment was administered through a questionnaire and was analyzed by the participants' demographics, nutritional status, physical activity and food habits, tobacco and substance use, use of healthcare services, not limited to preventative services, vaccination status. In addition, maternal health questions were asked to assess the women's breastfeeding habits, current health behaviors, and any barriers related to a lack of breastfeeding. To gather data on an individual's physical health, body mass index (BMI) and blood pressure were administered by the MPH students. Utilizing the SPSS statistical software, the results of the

needs assessment showed that 53% of the participants were between the age of 18-35, 54% of participants recorded 0 hours of exercise, 78% reported eating 1-2 portions of fruits and vegetables per day, and 60% reported 1-3 days a week of eating fast food. In addition, 34% reported multiple existing medical conditions including vision problems, recurring headaches, and high blood pressure. Participants with medical insurance was very low, and 97% stated to have no medical insurance. Average blood pressure for men and women were 132.7/83 and 128.6/77.9, respectively. BMI averages for men and women were 30.6 and 28.8, respectively.

After analyzing the data, it is evident that many basic needs among the Mixtec community in Richmond are lacking. Particularly, with the responses about nutrition, physical activity, medical insurance access, and family planning. Our findings will help provide a baseline for future health programs to overcome inequities faced by the Mixtec community.

Christian Worldview Integration: The Mixtec Health Fair was created to assess the needs of the Mixtec community in Richmond, Virginia. The purpose to gain insight on the health status in order to plan accordingly for future health interventions and programs is based on our desire to help the Mixtec people both physically and spiritually. 1 Corinthians 3:16 says, “Don’t you know that you yourselves are God’s temple and that God’s Spirit dwells in your midst?” We see the value in partnering with the local church that is associated with the Mixtec community in order to help them understand the value of spiritual health as it coincides with the need to take care of their physical health. In addition to partnering with the church that serves the Mixtec people, we can help in aiding the church leaders and other stakeholders in the community to lead the Mixtec community implementing healthier lifestyles among themselves. As public health workers among this group of people, we are tasked with not only the opportunity to be health

advocates but also encouraging them in their spiritual health to incorporate the two. 1

Corinthians 12:27 says, "All of you together are Christ's body, and each of you is a part of it."

This health fair also served as a means to allow the Mixtec community receive medical recourses and care that they are lacking. The research that is done among the Mixtec community will continue to raise awareness them as well as other indigenous groups in the United States that may not have the medical resources available.