



The Center of Excellence for Latino Health

About Our Center

The Center is committed to improving the wellness and vitality of the Latino community through outreach, education and meaningful collaborations. Most importantly, this multi-faceted program is aimed at engaging and empowering individuals to live healthier.

The Center's Goals Include:

Listening and Learning: Our staff works closely with community leaders, residents and patients to better understand the specific health needs and challenges impacting Latino families.

Raising Awareness: The Latino population is disproportionately affected by certain conditions and illnesses, including hypertension, pregnancy-associated complications, breast cancer and diabetes. By sharing information, we take the first step in reducing health disparities.

Expanding Access to Health Care:

The Center facilitates access to primary and specialty care, outpatient services and wellness programs. At the same time, we partner with local schools, faith-based groups, civic leaders, government agencies and other organizations to help Latino families overcome barriers to health care and wellness, such as housing issues, food insecurity or unemployment.

A Better Hospital Experience:

As part of this endeavor, Clara Maass combines outstanding medical care with programs to optimize the hospital experience for Latino patients, including bilingual resources, translation services and assistance with navigating the health care system.

Enriching Health and Wellness:

Ultimately, The Center seeks to improve health outcomes for Latino families through health education, strategies for disease prevention, early detection and intervention, and chronic disease management.

Key Programs

The Center has introduced several major initiatives to benefit Latino families – with more on the way!

Current Programs Include:

- **Community-based health education and screenings:** Our staff and clinicians visit schools, congregations and other community venues to provide valuable health information and screenings, including free blood pressure readings and glucose tests. The effort is initially focused on diabetes, heart health and nutrition.

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■ **Free referral service:** The Center offers a complimentary referral service to connect residents with quality health care. We provide referrals to physicians, community resources and hospital programs, including nutrition counseling, physical rehabilitation, behavioral health care, parenting education, colon cancer screenings, mammography and other women's health services.

■ **Latino youth mentorship program:** In collaboration with local community organizations, the Center arranges for physicians, nurses, medical students and other health professionals to visit area middle schools. The program is designed to address health issues affecting young people while inspiring them to pursue future careers in health care.

■ **Community health ministries:** The Center works with faith-based organizations to create health ministries within their institutions. Once established, the ministries will serve as health advocates for their institutions with the support from the Center.

■ **Charitable projects:** The Center supports efforts in the Latino community, such as donation drives for local shelters, soup kitchens and Latino families affected by natural disasters. For example, items were recently collected and shipped to hurricane victims in Puerto Rico.



For more information about
**The Center of Excellence
for Latino Health**

at Clara Maass Medical Center,

or to learn more about upcoming programs
and health screenings, visit

rwjbh.org/claramaass
or call **973-450-2996**

Your Partner for Better Health

At RWJBarnabas Health, we believe that life is better healthy. That's why our mission is about far more than building a comprehensive network of exceptional medical care. We're also building stronger, healthier communities. The Center of Excellence for Latino Health ('The Center') at Clara Maass Medical Center was established with that change in mind.

Among the first of its kind in New Jersey, The Center is uniquely designed to promote and address the most pressing health issues facing the Latino population, such as higher rates of obesity and increased risks for developing diabetes and heart disease. In cooperation with Verizon, The Healthcare Foundation of New Jersey and other health-minded organizations, Clara Maass launched this grant-funded initiative in 2016 to serve as a trusted resource and advocate for Latino families in Essex, Hudson, Bergen and Passaic counties.



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