Carnaval de Salud
2008 Survey Results

Tarrant County Public Health
Safeguarding our community’s health

The Center for Community Health
at UNT Health Science Center
Empowering the community to reduce health disparities
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I. INTRODUCTION

Binational Health Week (BHW) is one of the largest mobilization efforts in the Americas to improve the health and well-being of underserved immigrants and migrants of Mexican and Latin American origin living in the United States, Canada, and Mexico. In April 2006, Tarrant County Public Health (TCPH) received a request from the Mexican General Consultant’s office in Dallas, Texas to participate in the BHW Steering Committee meeting in Dallas, Texas. The BHW committee was looking to partner with Tarrant County to conduct BHW activities during the week-long campaign held every year in October. Planning for this event was initiated at the local level in Tarrant County, and Carnaval De Salud was established as an event to be held as part of BHW activities. Carnaval de Salud has been held at TCPH each October since 2006. Numerous organizations have collaborated with TCPH in this effort such as the Casa Del Inmigrante/Community Development Corporation (CDI/CDC), Instituto De Los Mexicanos En El Exterior, Albert Galvan Health Center, Fort Worth Public Library, UT Arlington School of Nursing, and Texas Cooperative Extension. Since the inception of Carnaval De Salud, CDI/CDC has been the fiscal agent for this event along with TCPH. Health services provided during this event have included diabetes screenings, glucose/cholesterol screenings, HIV/STD screenings, vision screenings, dental screenings, immunizations, and nutritional education.

During the 2008 Carnaval de Salud held on October 4 at TCPH, a survey was administered to participants with the purpose of identifying potential barriers to receiving health care in Tarrant County among Mexican-origin and other Latino migrant and immigrant populations and also to assess the prevalence of selected chronic diseases in these growing populations. This report summarizes the results from the survey.
II. METHODOLOGY

A 15 item survey was created and distributed to attendees of the 2008 Carnaval de Salud event who were age 18 and over. The survey was in written form and provided in both English and Spanish. Participation was voluntary and respondents chose which language they preferred. The survey included questions regarding demographic information (gender, age group, race/ethnicity, household ZIP code, and Mexican state of origin), promotion and quality of the event, health screening utilization, primary health care source, obstacles to receiving health care, selected chronic disease prevalence, and insurance coverage. A total of 59 surveys were completed by participants and analyzed.

III. DEMOGRAPHIC CHARACTERISTICS OF RESPONDENTS

Of the 59 respondents, most were female (76%) (Figure 1). Ninety-four percent of the survey participants were Hispanic, while four percent were Caucasian and two percent were classified as Other (Figure 2). Twenty-four percent of the surveys were completed in English and 76 percent were completed in Spanish.

![Figure 1. Gender, Tarrant County Carnaval de Salud, 2008](image1)

![Figure 2. Race/Ethnicity, Tarrant County Carnaval de Salud, 2008](image2)
The highest percentage of respondents were in the 25-34 year age group (32%), closely followed by the 35-44 year age group (30%) (Figure 3). Eighteen percent of respondents were 45-54 years of age and the 18-24 and 55-64 age groups each comprised ten percent. None of the survey participants were age 65 or older.

**Figure 3. Age Group (in years), Tarrant County Carnaval de Salud, 2008**

Overall, 22 different household ZIP codes were reported in Tarrant County. The five most frequently reported ZIP codes were 76104 (13%), 76106 (12%), 76108 (10%), 76111 (10%), and 76164 (8%). A geographic distribution of respondents is shown in Figure 4.

Thirty-four respondents (58%) indicated a Mexican state of origin (Figure 5). Of those reporting a Mexican state of origin, Zacatecas was the most frequent (18%). This was followed by Guanajuato and the Mexico Federal District both with 12 percent; Chihuahua, Michoacán, and Nuevo León with nine percent each; Jalisco, Mexico State, and San Luis Potosí all with six percent; and finally Campeche, Hidalgo, Puebla, Tamaulipas and Veracruz each with three percent. Overall, 14 Mexican states were represented in this population.
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**Percent**

- Light yellow: < 5%
- Maroon: > 10%
- Orange: 5 - 10%
- White: No respondents

County Boundary
Figure 5. Mexican state of origin of respondents, Tarrant County Carnaval de Salud, 2008

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Percent

- < 5%
- 5 - 10%
- > 10%
- Tarrant County
IV. PROMOTION AND QUALITY OF CARNAVAL DE SALUD

As shown in Figure 6, slightly less than half of those who completed the survey (44%) heard about Carnaval de Salud by means other than a flyer (31%), radio (14%) or at a health fair (12%). Fourteen percent heard about the event from family or friends, eight percent from television, seven percent from the Zacatecan Federation and five percent from their physician. The remaining sources included Chicano Luncheon (3%), Tarrant County Public Health (3%), the Fort Worth Star-Telegram (2%) and an unknown source (2%).

Figure 6. Source which respondents heard about Carnaval de Salud, Tarrant County Carnaval de Salud, 2008
More than half of the respondents were attending Carnaval de Salud for the first time (65%). Thirty-one percent were attending for a second time, while four percent have attended each Carnaval since 2006 (Figure 7).

![Figure 7. Number of Carnaval de Salud events attended, Tarrant County Carnaval de Salud, 2008](image)

Respondents cited free health screenings as the main reason for attending the Carnaval de Salud this year (84%) (Figure 8). Other reasons for attending included the ability to talk directly with health educators (11%) and free giveaways (5%).

The majority of survey respondents indicated that the Carnaval de Salud event met their needs (83%), while 12 percent indicated that their needs were somewhat met and six percent felt their needs were not met at all (Figure 9).
Figure 8. Reasons for attending Tarrant County Carnaval de Salud, 2008

- Free Health Screening: 84%
- Free Giveaways: 5%
- Ability to talk directly with Health Educators: 11%

Data Source: Tarrant County Public Health

Figure 9. Opinion of the Tarrant County Carnaval de Salud, 2008

- Needs were met: 83%
- Needs were somewhat met: 12%
- Needs were not met at all: 6%

Data Source: Tarrant County Public Health
V. Health Care and Insurance Coverage

Thirty-one percent of the respondents indicated John Peter Smith (JPS) health care facilities as the site where they normally received medical treatment (Figure 10). Twenty-five percent indicated that they normally went to none of the listed health facilities for treatment, 18 percent went to Tarrant County clinics, 12 percent to the Albert Galvan Health Center, eight percent to Baylor facilities and six percent used Veterans Affairs medical centers (VA).

![Figure 10. Health facility normally used for treatment, Tarrant County Carnaval de Salud, 2008](image)

Survey participants were asked if their physician and/or health professional advised them on health issues such as obesity/overweight, diabetes, and high blood pressure within the last 12 months. Forty-nine percent responded that they had received no advice regarding those selected chronic diseases (Figure 11). Thirty-two percent of respondents reported receiving advice on managing high blood pressure and 23 percent of respondents indicated receiving advice on both obesity/overweight and diabetes.
As shown in Figure 12, the biggest obstacle to receiving health care services for this population was health care costs (56%). This was followed by wait time (23%), language barriers (9%), and transportation (7%). Five percent of respondents reported having no obstacles to receiving health care services.
Sixty-three percent of the survey participants reported having no insurance coverage (Figure 13). Twenty percent of respondents had private insurance, ten percent had insurance coverage other than the types listed and eight percent had Medicaid. No one reported having Medicare coverage.
VI. Health Screenings

Twenty-two percent of respondents indicated that they received the blood pressure screening during the Carnaval de Salud event (Figure 14). Eighteen percent had their cholesterol screened and 15 percent had their glucose levels checked. Five percent indicated receiving a flu shot at the event. Of the 59 survey respondents, 22 (37%) reported having at least one health screening at the Carnaval de Salud event this year.

**Figure 14. Screenings utilized at Carnaval de Salud, Tarrant County, 2008**

Of the 13 participants who indicated receipt of a blood pressure screening, only four reported the results: 101/58 mmHg, 116/75 mmHg, 130/83 mmHg, and 170/111 mmHg. Of the 11 participants who received a cholesterol screening, only three included their results: 123 mg/dL, 188 mg/dL, and 225 mg/dL. Nine people reported having their glucose screened with three of them providing results: 61 mg/dL, 63 mg/dL, and 67 mg/dL.
Thirty-eight percent of survey participants reported wanting Pap smear screenings for next year's Carnaval de Salud event (Figure 15). This was followed by mammograms (19%), vision and osteoporosis screenings each with 13 percent and dental, hearing and skin cancer screenings were each wanted by six percent of respondents.

Figure 15. Other screenings wanted for future events, Tarrant County Carnaval de Salud, 2008

VII. RECOMMENDATIONS FOR NEXT YEAR'S SURVEY

The following are recommendations to be taken into consideration for next year’s survey development and dissemination.

- Allow multiple responses for “Where did you hear about this event?” in order to see the variety of promotion sources that reached attendees.

- Most people who had not attended previous events still answered the question “If you attended in the past, what influenced you to return this year?” Reword this question in order to distinguish whether respondents are providing information on why they are attending this year’s event versus the reason why respondents may have returned for a subsequent year.

- For the question regarding the health facility at which one normally receives treatment, include “Other” so respondents may indicate facilities other than those listed.

- Most screening information was not reported. The next survey may ask participants if they had the screening (mark yes or no) and if yes, what were the results? More emphasis could be placed on documenting the results when the surveys are distributed.

- Add a section for comments at the end of the survey.
APPENDIX A

Carnaval de Salud Survey 2008

Tarrant County Public Health is committed to understanding the health disparities of our community. With this information we are better prepared to put into action the necessary services and education to ensure a healthier Tarrant County. You are being invited to voluntarily participate in this survey. Choosing not to participate will not affect your access to any products/services that you are entitled to. Also, you can quit anytime you choose to without any reservations. Your answers will help us plan for better health services in the future.

1. Where did you hear about this event?
   □ Health Fair
   □ Flyer □ Radio
   □ Other Source (please specify) _______________

2. How many Carnaval de Salud had you attended?
   (Please Circle) 1 2 3

3. If you’ve attended in the past, what influenced you to return this year?
   □ Free Health Screenings
   □ Ability to talk directly with Health Educators
   □ Free give a ways

4. What is the name of your health facility where you normally receive treatment?
   □ JPS health care facilities □ Baylor health care facilities
   □ VA health care facilities □ Tarrant County Clinics
   □ Albert Galvan health center □ none

5. Within the last 12 months, has your physician and/or health professional advised you on the following health issues (check all that apply)?
   □ Obesity/Overweight □ High blood pressure
   □ Diabetes □ None of the above
6. Please select from the options below. What is your biggest obstacle when trying to receive health care services?

- Transportation
- Language barriers
- Other (specify)_______
- Wait Time
- Health care costs

7. What type of insurance do you currently have?

- Medicaid
- Medicare
- Private
- None
- Other_____________

8. Are there any other health screenings you would like to see at next year’s event?_____________________

9. What is your opinion of this event?  

- needs met
- needs somewhat met
- needs were not met at all.

10. Please take a moment to write down all test results taken here today next to the screening below:

- Blood pressure______  Glucose/Cholesterol_____/_______
- Other (please specify)_________________

11. Race/Ethnicity:  

- Hispanic
- Caucasian
- African American
- Other

12. Gender:  

- Female
- Male

13. Age Group:  

- 18-24
- 25-34
- 35-44
- 45-54
- 55-64
- 65+

14. Please print household ZIP code:

15. If from Mexico, which state did you come from? _______________

Thank you for your time!
El Departamento de Salud del Condado de Tarrant está comprometido a una comprensión de las disparidades de salud de nuestra comunidad. Con esta información estamos mejores preparados a poner en acción los servicios y la educación necesarios para asegurar un condado más sano de Tarrant. Le invitamos a usted a participar voluntariamente en esta encuesta. Si usted elige de no participar, no afectará su acceso a ninguno de los productos/servicios a que usted tiene derecho. También, usted puede dejar en cualquier momento que quiere usted sin reservaciones. Sus respuestas nos ayudarán a planear para mejores servicios de salud en el futuro.

1. ¿Adonde aprendió de este evento?
   □ Feria de Salud         □ El radio
   □ Volante              □ Otro recurso (especifique) ______________

2. ¿Cuántos de los Carnavales de Salud ha asistido usted?
   (Pon un círculo) 1 2 3

3. ¿Si ha asistido en el pasado, para que cosas regresó este año?
   □ Chequeos de salud gratis
   □ La habilidad de hablar directamente con los promotores de salud
   □ Premios

4. ¿Cómo se llama la facilidad adonde recibe tratamiento usualmente?
   □ JPS facilidades        □ Baylor facilidades
   □ VA facilidades         □ Clínicas de Tarrant County
   □ Albert Galván Centro de salud □ ninguno

5. ¿Dentro los últimos 12 meses, su médico y/o su proveedor de servicios de salud le había avisado de los siguientes asuntos (chequea todos que aplican)?
   □ Obesidad/Sobrepeso     □ Alta presión de la sangre
   □ Diabetes               □ Ninguno de estos
6. Por favor, elige de las opciones de abajo. ¿Cuál es su mayor obstáculo cuando trata de recibir servicios de salud?

□ Transporte □ Barreras del idioma □ Otro (especifique)________
□ Tiempo de esperar □ Los costos de servicios de salud

7. ¿Cuál tipo de seguro tiene usted actualmente?

□ Medicaid □ Medicare
□ Privado □ Ninguno □ Otro________

8. ¿Hay otros chequeos de salud que le gustaría ver en el Carnaval de Salud el próximo año? ______________________________

9. ¿Cuál es su opinión de este evento?

□ sus necesidades fueron satisfaceros completamente
□ sus necesidades fueron satisfaceros algo
□ sus necesidades no fueron satisfaceros

10. Por favor, tome un momento a escribir todos los resultados de hoy al lado al chequeo abajo:

Presión de Sangre ___/___ Glucosa (Azúcar) _________
Colesterol _______ Otro (especifique) _________

11. Raza/Etnicidad: □ Hispano □ Caucasiano
□ Afro-Americano □ Otro

12. Género: □ Mujer □ Hombre

□ 45-54 □55-64 □65+

14. Por favor, anote el código postal de su casa: _______________

15. ¿Si usted es de México, de cual estado viene? _______________

Gracias por su tiempo!
2008 Carnaval de Salud
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