



Volume 4, Issue 2

¡Salud SOL!

HCHS/SOL Newsletter

Hispanic Community Health Study/Study of Latinos (HCHS/SOL)

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Over 16,000 Participants!!!

Dear SOL participants,

It is a pleasure to share that our four HCHS/SOL cities exceeded their goal of 4,000 participants. Your participation has been of tremendous help to the Hispanic/Latino community and future generations. We will continue to contact you annually in order to complete your annual follow up phone interview. Remember that the brief interview will consist of various questions related to changes in your health. Please keep providing us with any changes in your address as we will continue to send our quarterly mailings to maintain you informed of HCHS/SOL progress.

All of the SOL staff, researchers, doctors, and nurses offer their deepest gratitude to the SOL participants!

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Albert Einstein College
of Medicine at
Yeshiva University
1-718-584-1563

Chicago, Illinois

Northwestern
University
University of Illinois at
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1-866-551-7882

Miami, Florida:

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San Diego, California

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1-619-205-1923

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University of
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1-919-962-3254

Sponsors

National Institute of
Health (NIH)
National Heart, Lung
and Blood Institute
(NHLBI)
1-301-435-0450

www.saludsol.net

7 Ways to Stay Healthy at Work

You can protect yourself and others by following these action steps:

1. **Wash your hands often** with soap and water for 20 seconds, if soap and water are not available use an alcohol-based hand rub
2. **Avoid touching your nose, mouth, and eyes.** Germs spread this way
3. **Cover your coughs and sneezes with a tissue**, or cough and sneeze into your elbow
4. **Keep frequently touched common surfaces clean**
5. Do not use other workers' work tools and equipment. If you need to use a coworker's equipment, clean it first
6. **Don't spread the flu! If you are sick with flu-like illness, stay home.** Symptoms of flu can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, tiredness, and sometimes vomiting and diarrhea
7. Maintain a healthy lifestyle through rest, diet, and exercise

HCHS/SOL STUDY OPPORTUNITIES



You may be invited to participate in other studies under HCHS/SOL known as "ancillary studies".

These studies take a closer look at many of the HCHS/SOL study areas and are important because they will help increase our understanding of Hispanic/Latino health. Your participation is strictly voluntary and separate from your initial commitment to HCHS/SOL.

The following are HCHS/SOL ancillary studies that are currently recruiting or coming soon:

Nutrition and Physical Activity Assessment Study (SOLNAS) - Will look at better ways to measure dietary intake of calories, protein, vitamins and minerals; will also look at better ways to measure physical activity such as walking and housework.

SUEÑO (Sleep) - Will try to better understand how Hispanic-Americans/Latinos sleep and how this might affect health.

Ocular Healthcare - Will examine the ocular health and healthcare utilization of Hispanics enrolled in the Miami Field Center.

ECHOSOL - Will look at how traditional and psychosocial/socioeconomic factors may determine cardiovascular structure and function among Hispanics/Latinos

SOL Youth Study - Will help us understand the factors that put children at risk of diabetes and heart disease.

If you are invited to participate in the Ancillary Studies, please accept it!

Occupational Health & Safety in the Workplace

HCHS/SOL takes occupational hazards to be an important matter and incorporated questions pertaining to occupational health in our study questionnaires.

Did you know that:

- Hispanic construction workers have higher risk of having fatal injuries while work than their non-Hispanic counterparts. High-risk workers have inadequate safety training, poor working conditions, inadequate safety equipment and protective gear such as goggles, ear covers and gloves. Language or income barriers may be also associated with poor training.
- The Occupational Health and Safety Act (OSHA) assures a safe and healthful work environment for all working men and women.¹ OSHA Standards provide protection against injuries, illness or death.³
- In 2006, there were about 19.6 million Hispanic workers in the U.S. Hispanics accounted for one out of every six fatal workplace injuries.²
- Hispanics/Latinos often work as day laborers in construction, agriculture and manufacturing areas. They often work for a different employer each day, receive low or unfair pay, lack fringe benefits and are exposed to unsafe working conditions. Latino immigrants make up the majority of the day laborer population:
 - 98% are male
 - 59% are born in Mexico, 29% are born in Central America
 - 75% are undocumented immigrants
- Day laborers represent an occupational group that is underserved and underreported. Few data are available on the health and safety experience of day laborers. Therefore, it is imperative for day laborers and workers to identify and report unsafe working conditions.

To maximize your chances of being safe on the job:

- Wear protective gear, appropriate clothes, shoes, and back support while working.
- Do not skip meals.
- Drink lots of water.
- Minimize exposure to chemicals and radioactive materials by wearing respiration masks while operating equipment.

Workers have the right to:

- Identify unsafe working conditions and bring any concerns to the employer's attention
- If no action from the employer is taken, file a confidential complaint with OSHA
- Ask for information and training about hazards and methods to prevent harm in easy-to-understand language
- Receive protection from retaliation or discrimination from employer



Workers advocacy centers can help employees with the following:

- Advising how to protect workplace rights
- Providing a place to search for work with dignity and respect
- Conducting worker outreach and education
- Conducting workshops on employment and labor rights, occupational safety and health
- Teaching English classes and other job related skills
- Serving as a support system where day labors can congregate and discuss issues of mutual concern.

For More Information:

Latin American Workers Project
<http://latinamericanworkers.tripod.com/lawp/>
 718-486-0800

Workplace Project
www.workplaceprojectny.org
 516-565-5377

References:

- ¹ Occupational Health and Safety Act Factsheet 2002. http://www.osha.gov/OshDoc_data_General_Facts/jobsafetyandhealth-factsheet.pdf
- ² Morbidity and Mortality Weekly Report 2008. <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5722a1.htm>
- ³ National Institute of Occupational Health (NIOSH) <http://www.cdc.gov/niosh/programs/ohd/risks.html>
- ⁴ United States General Accounting Office 9/2002: www.gao.gov/cgi-bin/getrpt?GAO-02-925

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For updates on

upcoming activities please visit our website

www.saludsol.net