

National Latinx Psychological Association (NLPA)

Findings

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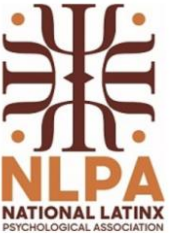
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Design & Methods

Sample for Final Report

- Latinx Youth: $N = 923$
- Latinx Adults: $N = 2,300$
- Latinx Adult Immigrants: $N = 536$

Research Design

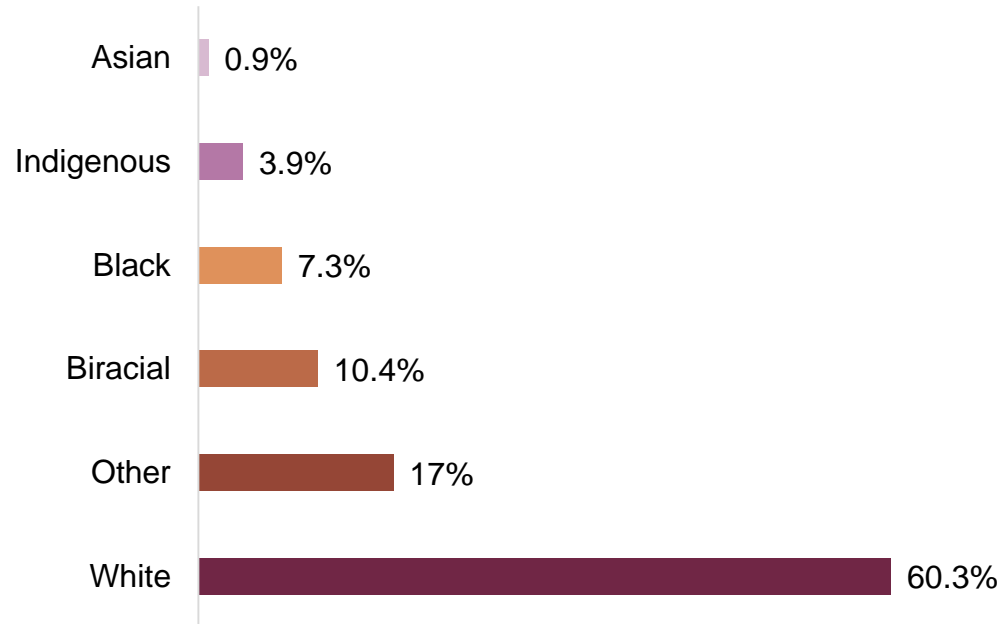
- Qualtrics Survey Panel
- Community Sample
- Structured Interviews

Languages Translated

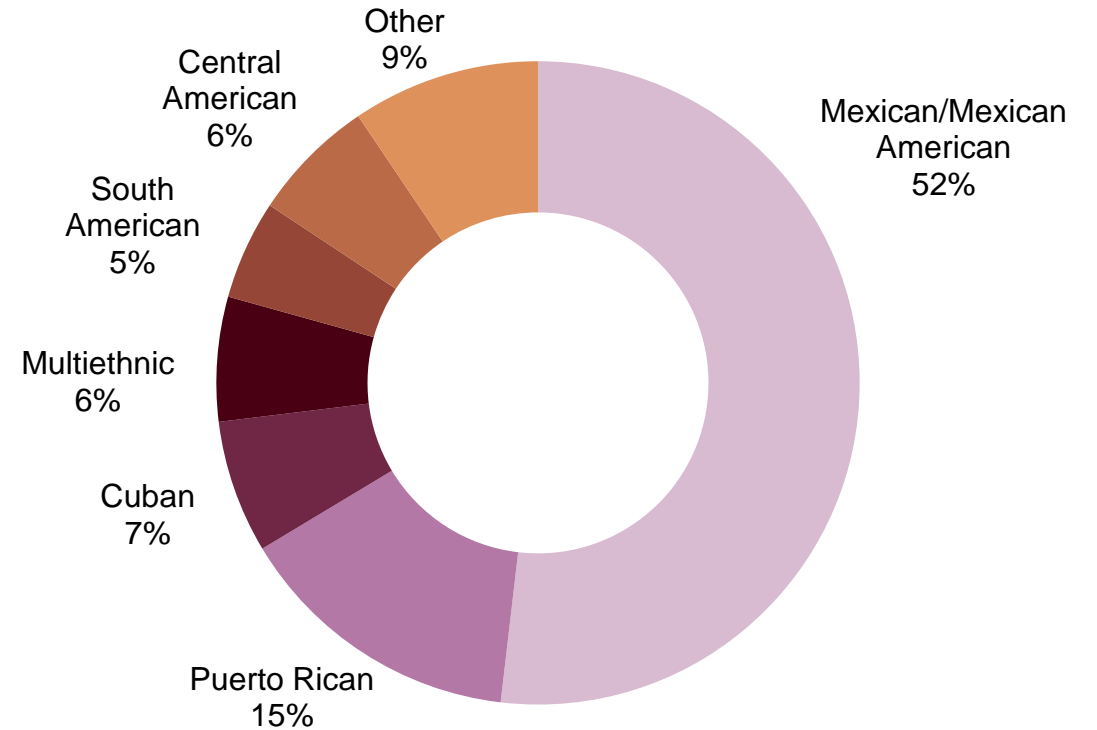
- Spanish
- English

Latinx Youth Sample Characteristics (N = 923)

Race

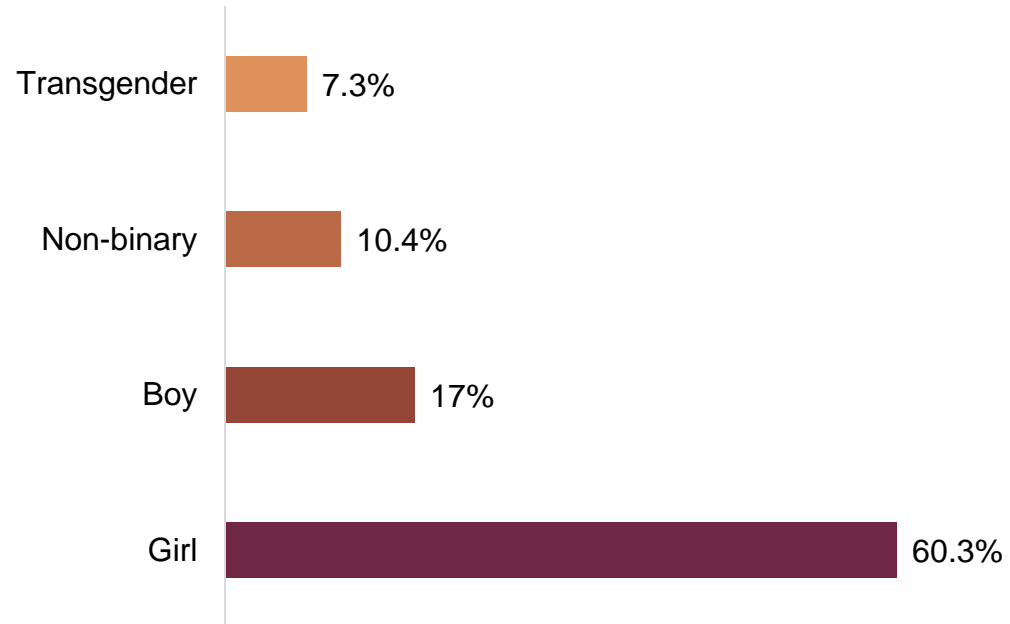


Ethnicity

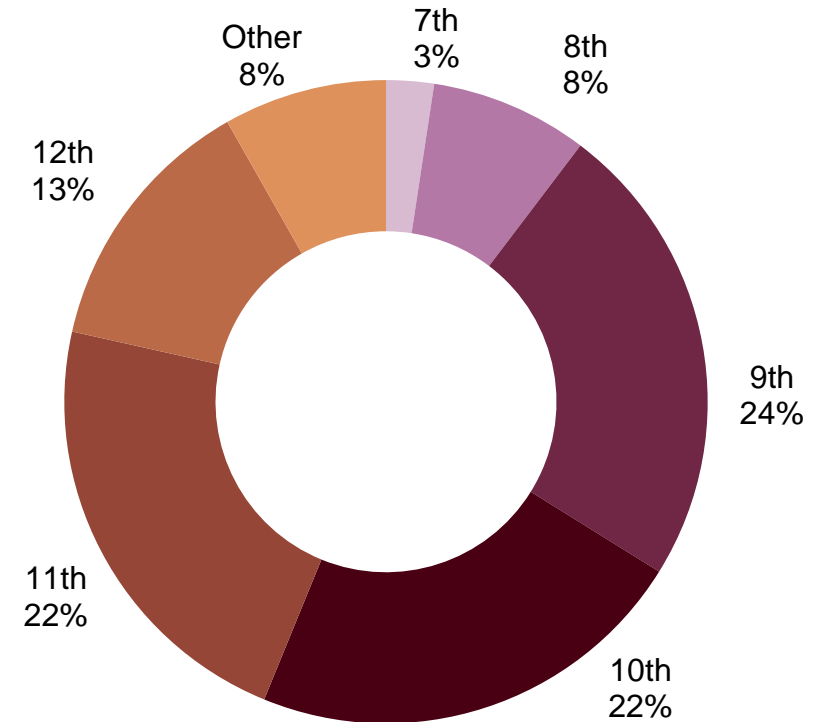


Latinx Youth Sample Characteristics (N = 923)

Gender

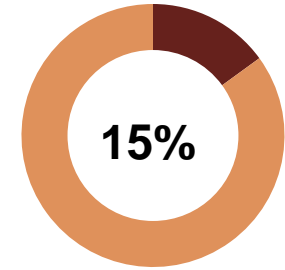
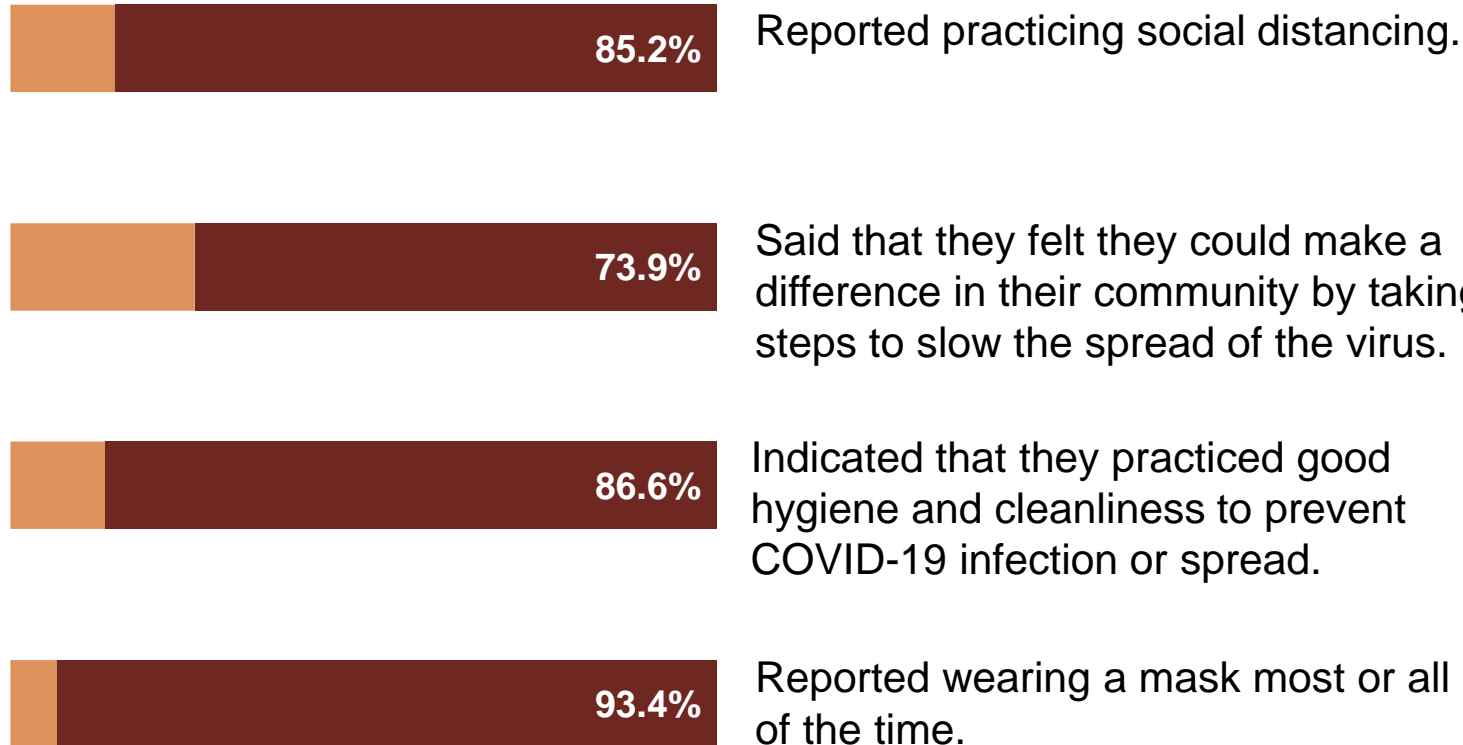


Grade in School

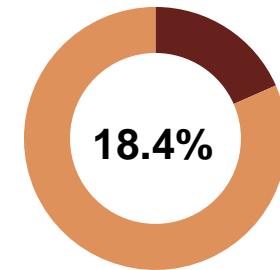


Latinx Youth (N = 923)

COVID-19 Infection Risk, Infection, and Mortality



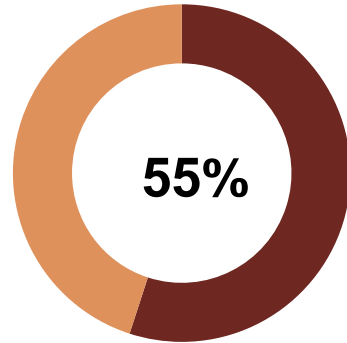
Said they had COVID-19.



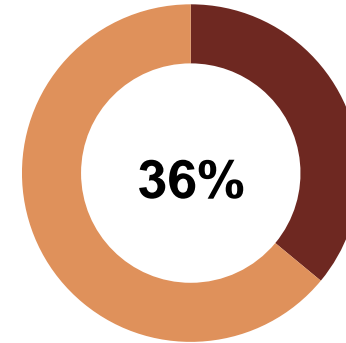
Said that a family member in their home had COVID-19.

Latinx Youth (N = 923)

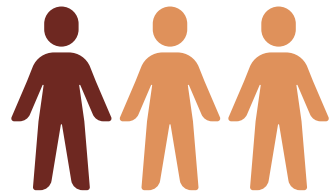
Economic Impact



Said that their family had financial difficulties during the pandemic.



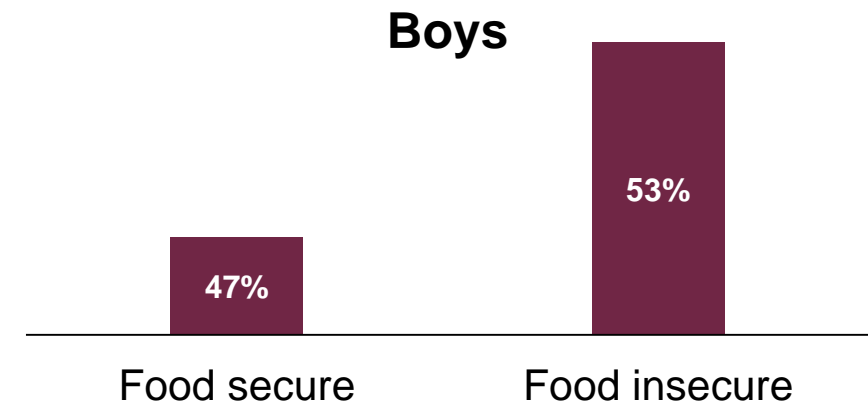
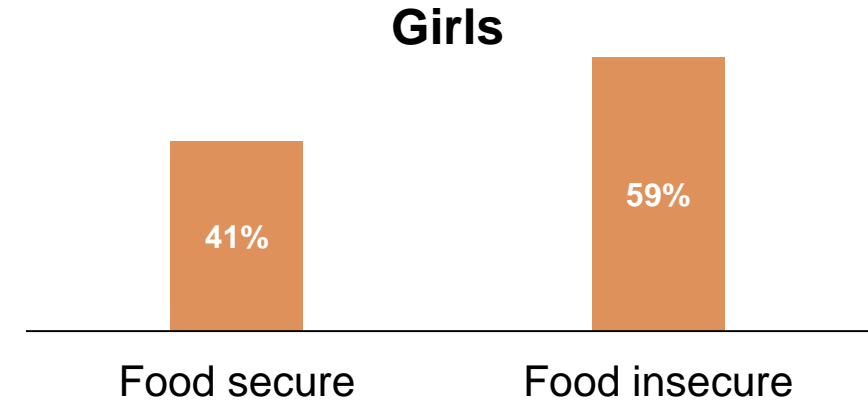
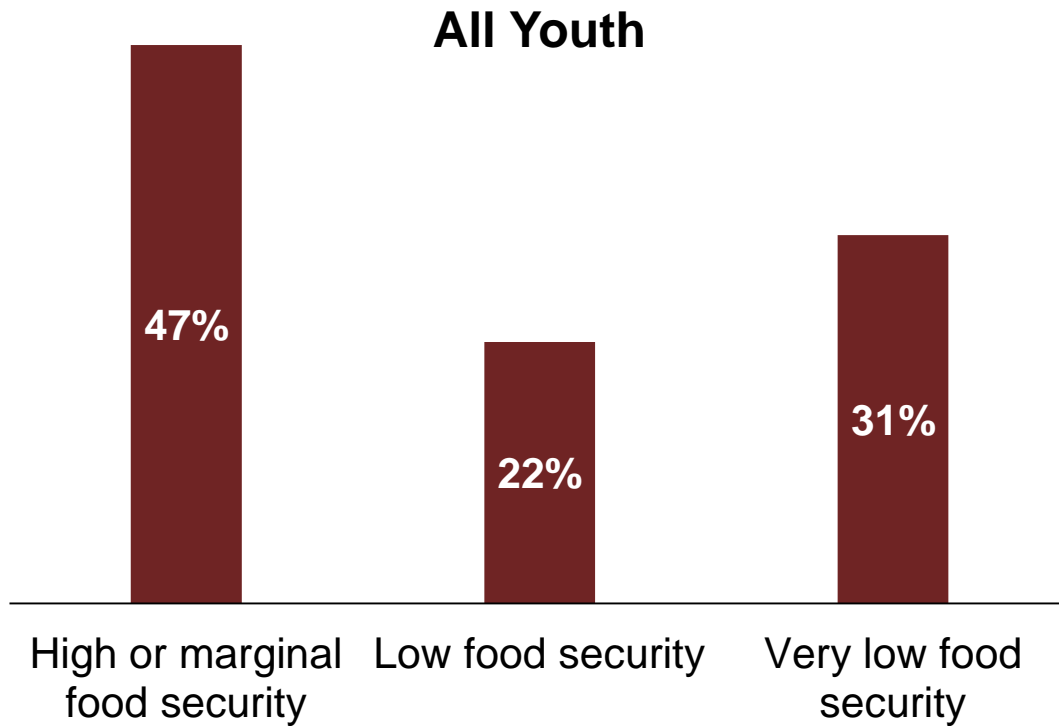
Were concerned about a parent/guardian losing their job.



One in 3 believed that their family would be unable to pay important bills (e.g., rent) in the next 3 months.

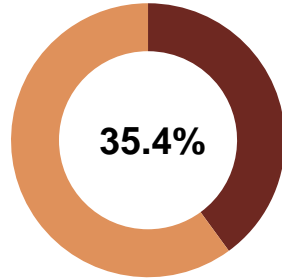
Latinx Youth (N = 923)

Food Insecurity

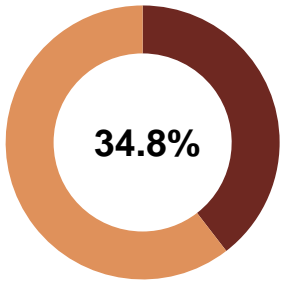


Latinx Youth (N = 923)

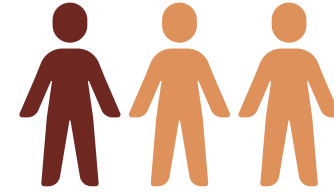
Mental Health Impact



Felt nervous all or most of the time.

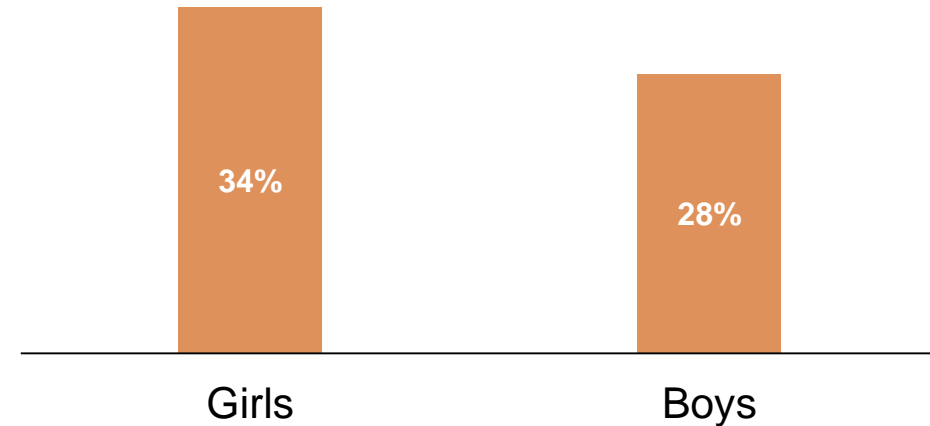


Felt they had nothing to look forward to.



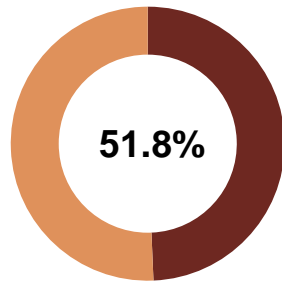
About one-third of youth reported feeling sad and depressed most or all of the time with young girls reporting significantly higher rates than boys.

Depression Symptoms

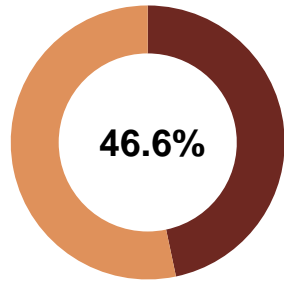


Latinx Youth (N = 923)

Mental Health Impact

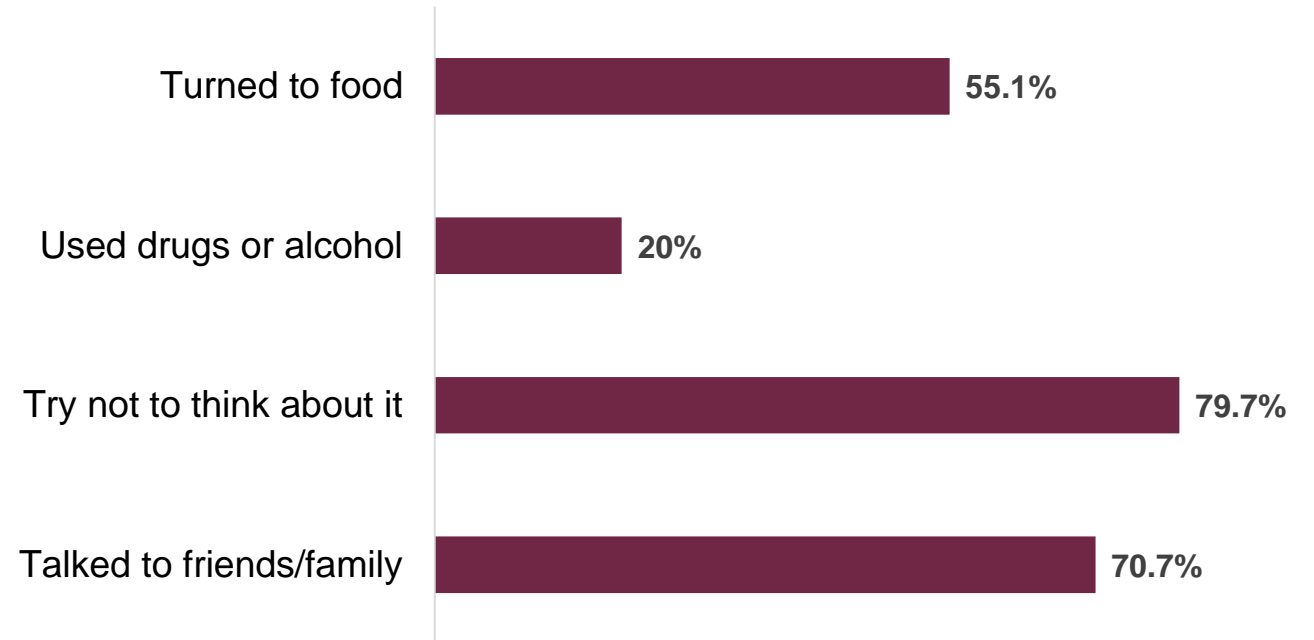


Reported feeling more irritable.



Said they noticed changes in appetite.

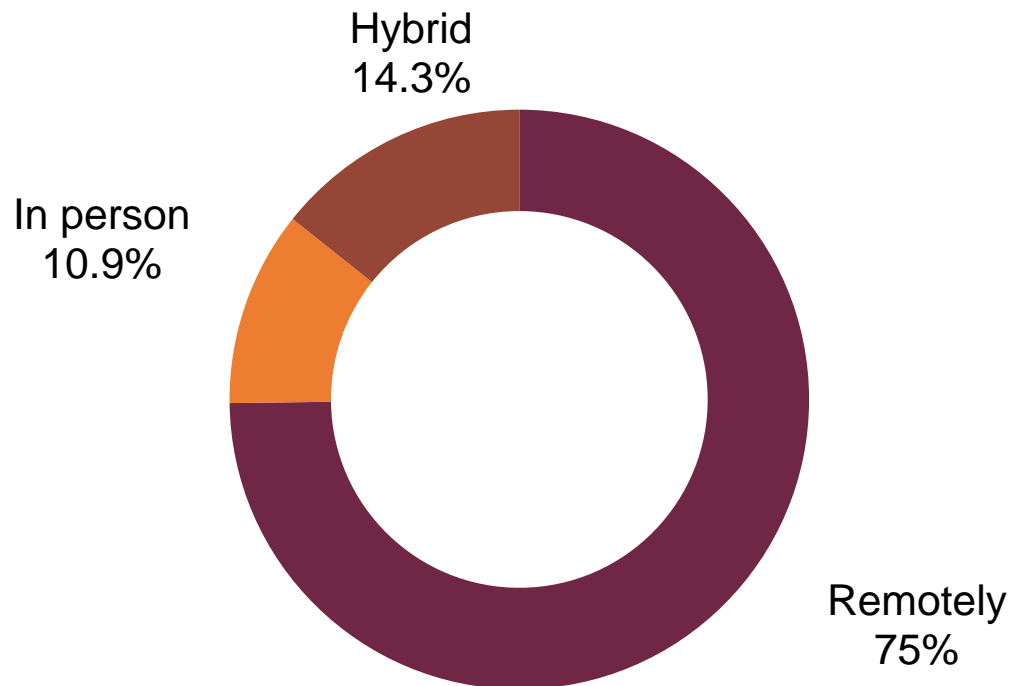
Coping Strategies to Deal with Covid-19 related Stress



Latinx Youth (N = 923)

Education Impact

School Attendance



73.6%



Reported that it was easier to connect with teachers virtually than in-person.

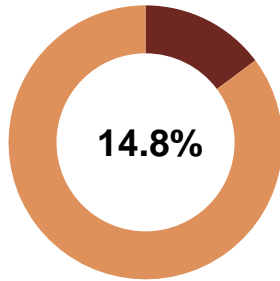
24.7%



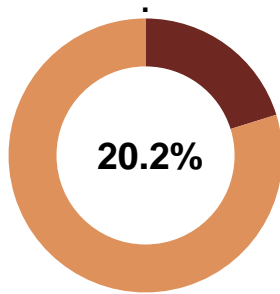
Less than a quarter of youth were able to receive necessary supportive services they needed (e.g., tutoring, counseling, and speech therapy) from home.

Latinx Youth (N = 923)

Education Impact

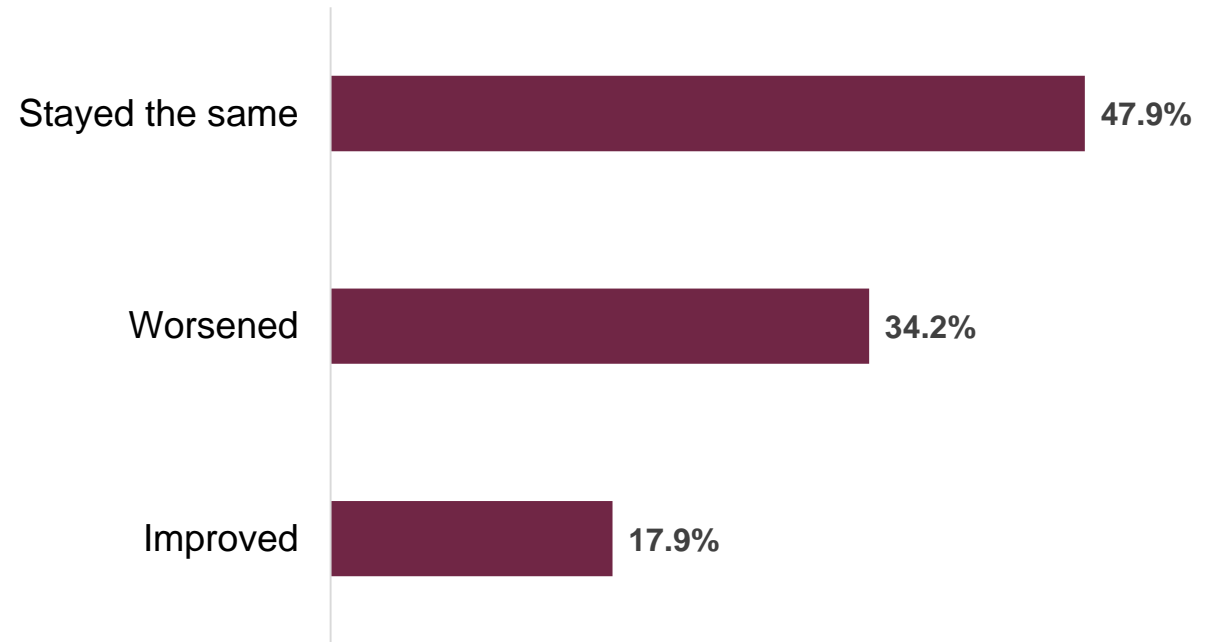


Said it was likely they would not be able to finish school.



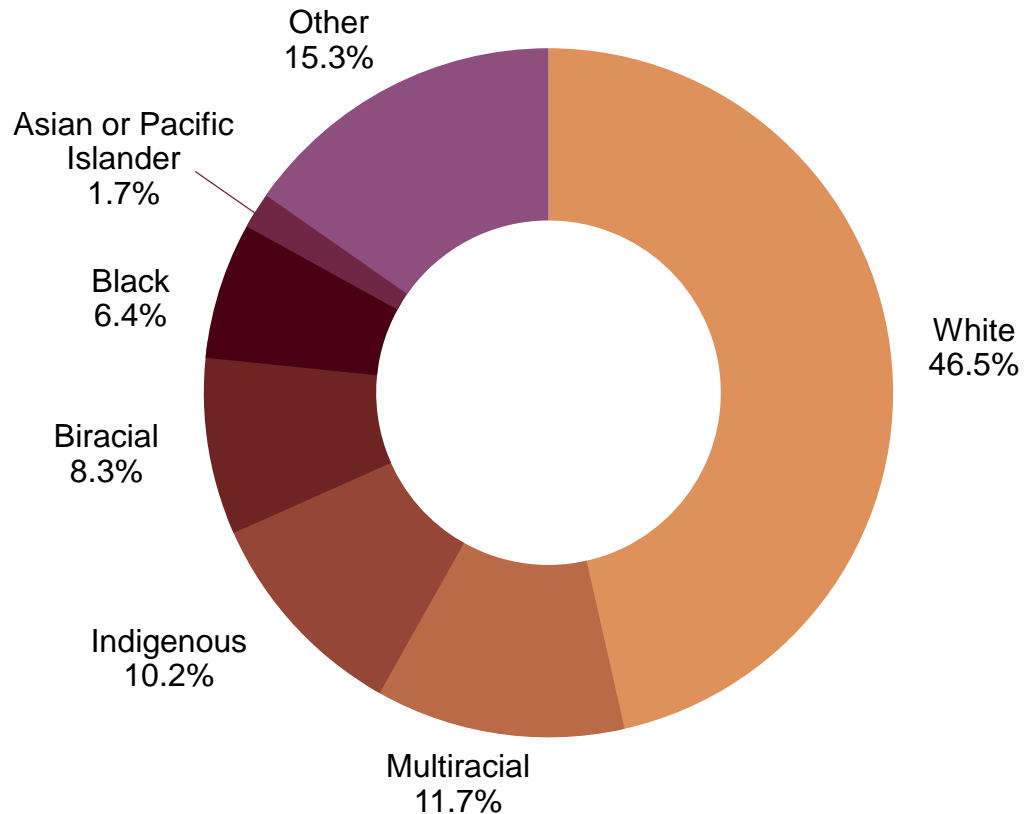
Said it was very likely they would not be able to finish school.

Changes in Grades

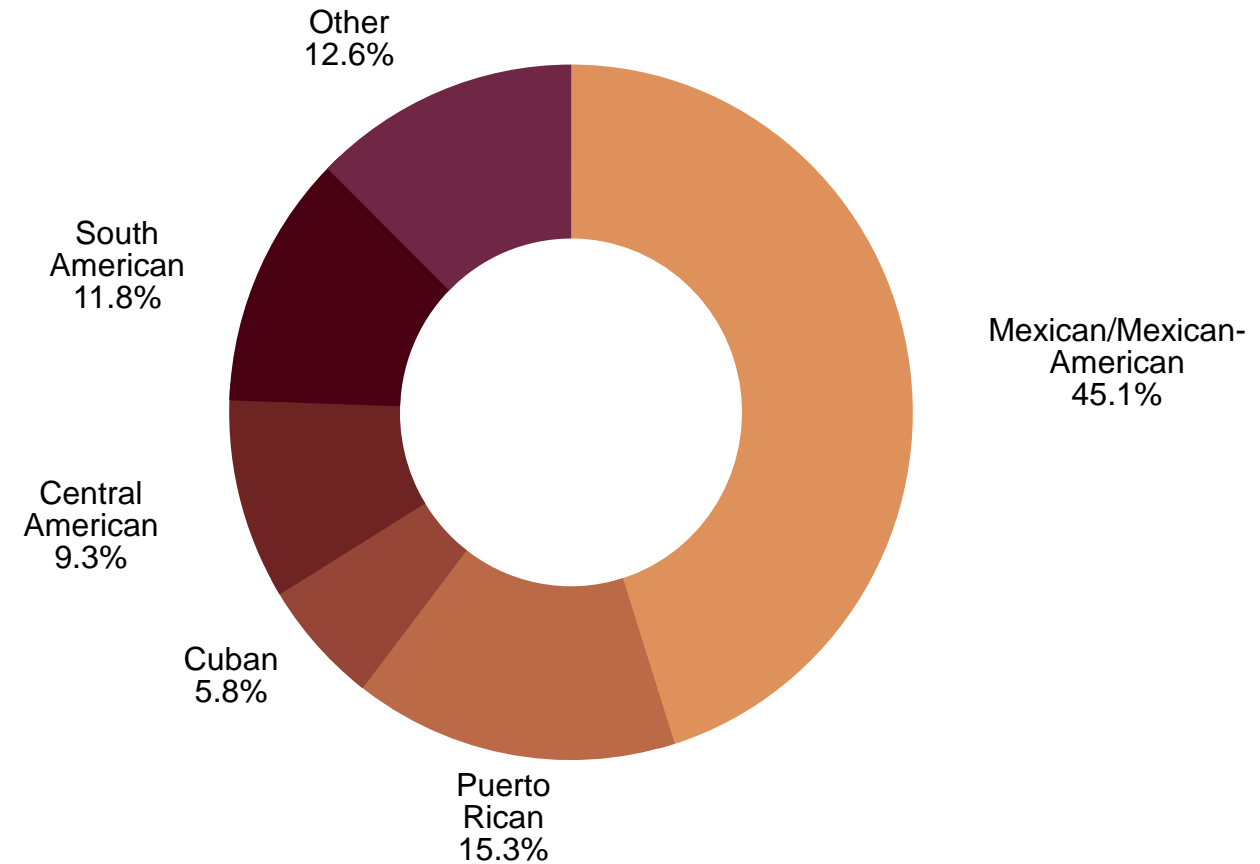


Latinx Adults Sample Characteristics (N = 2,300)

Race

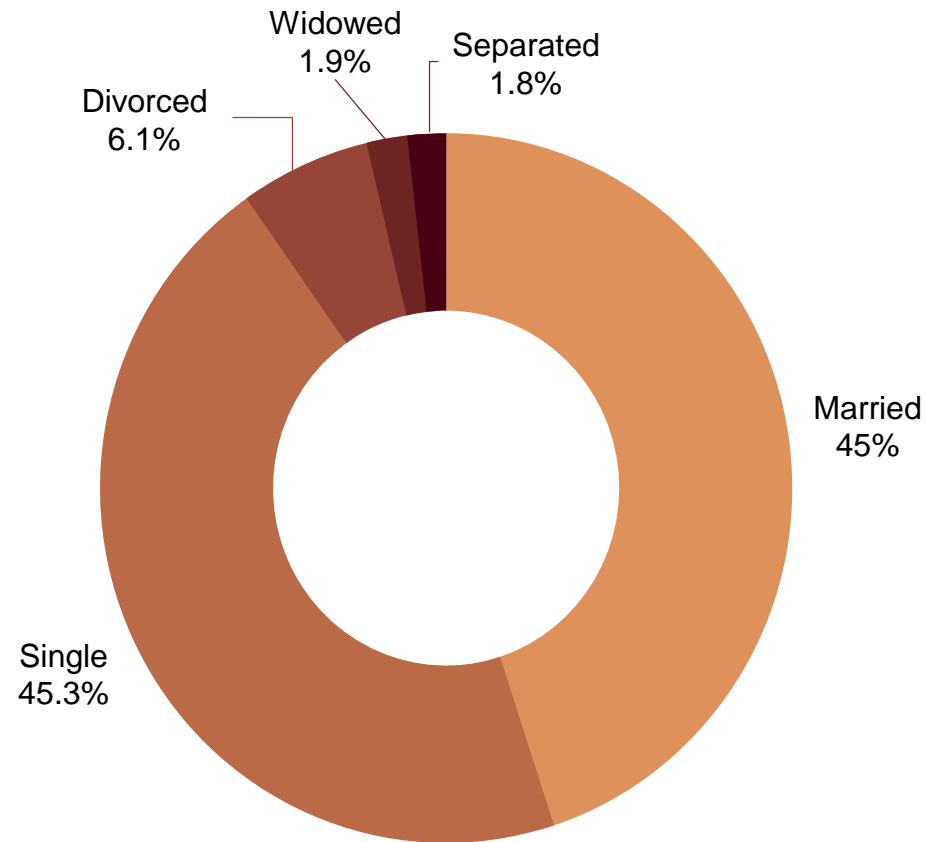


Ethnicity

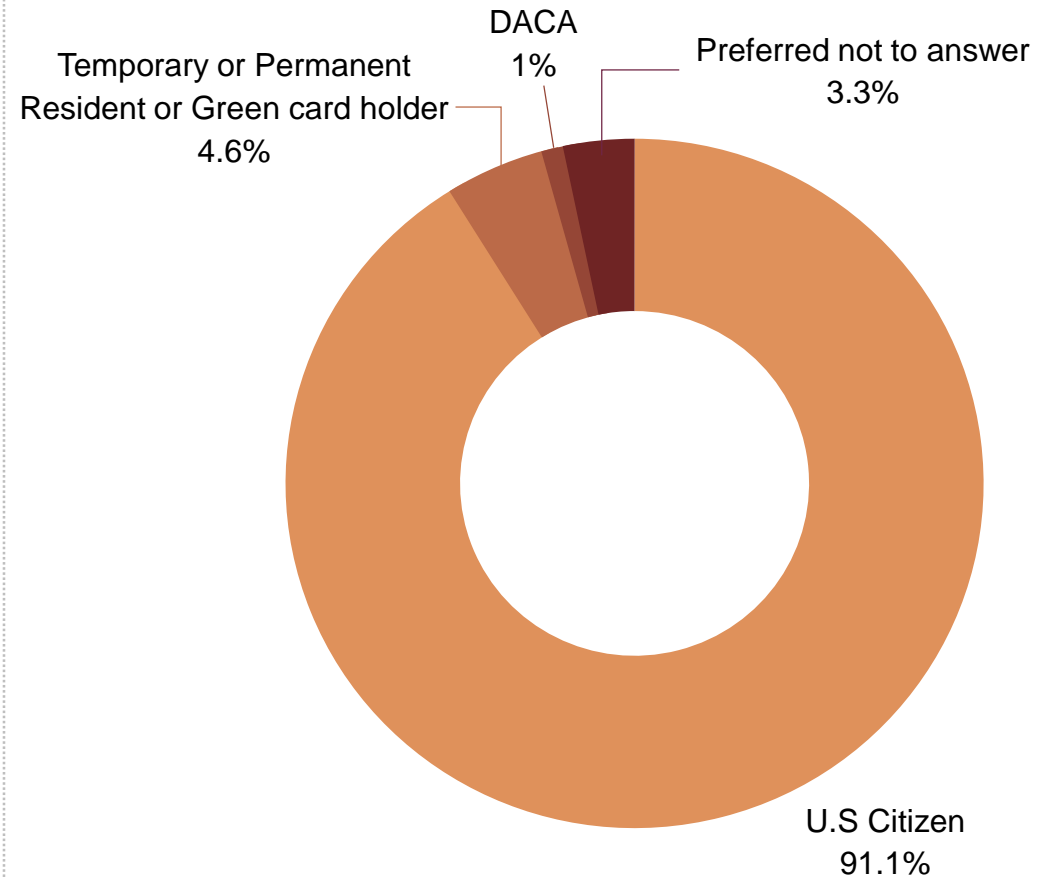


Latinx Adults Sample Characteristics (N = 2,300)

Marital Status

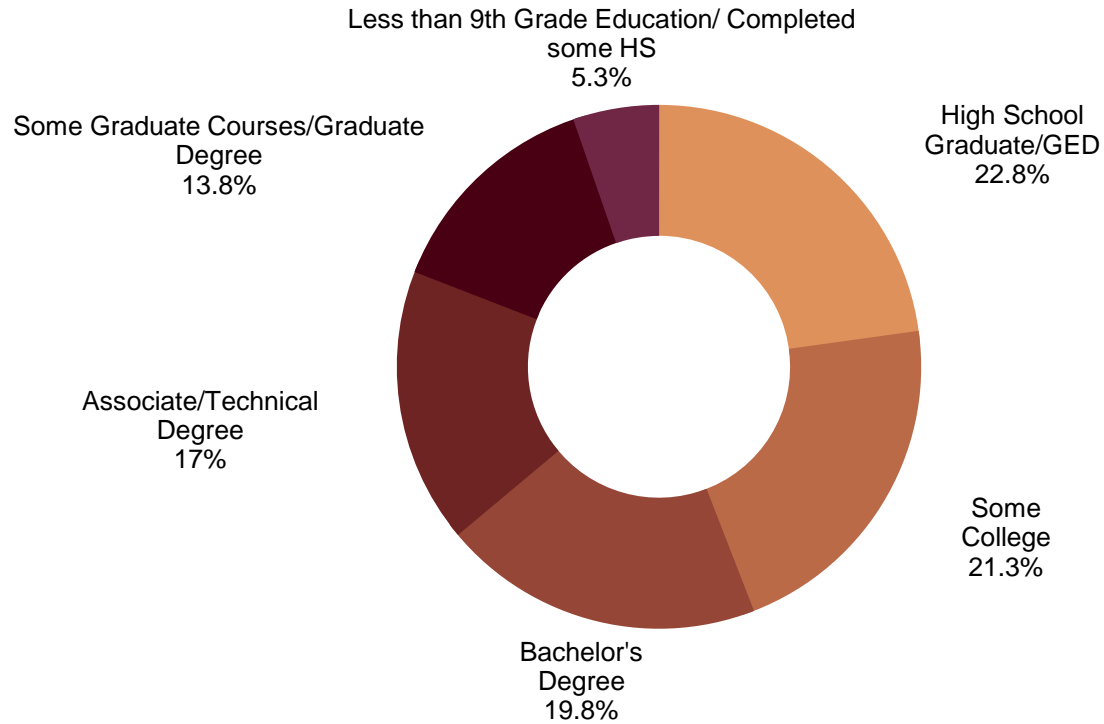


Documentation Status

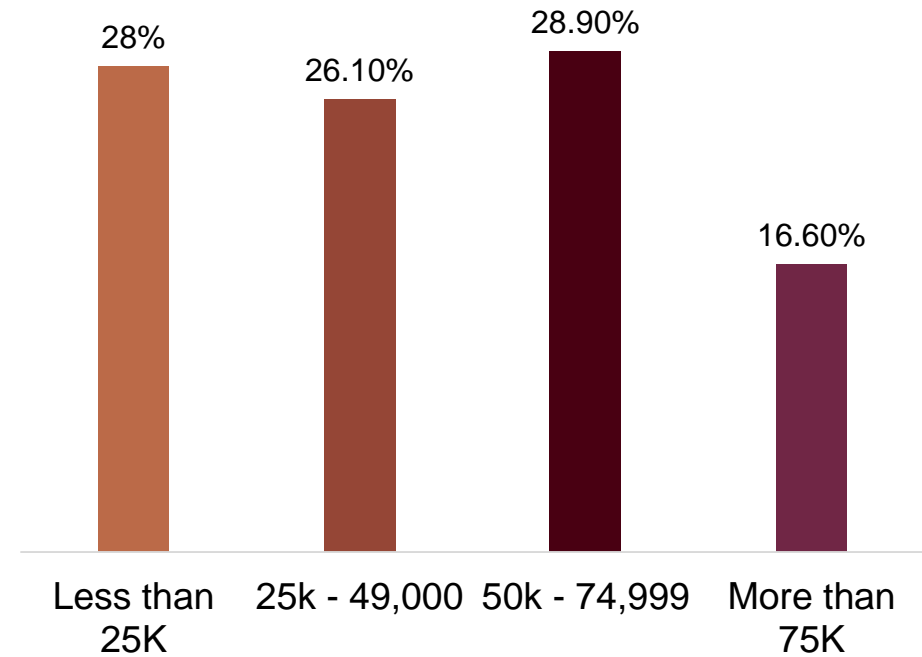


Latinx Adults Sample Characteristics (N = 2,300)

Education

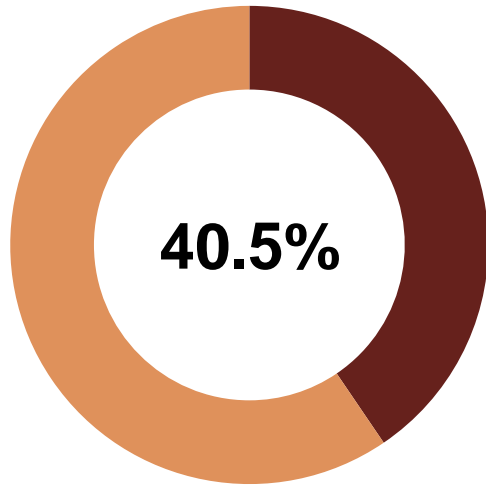


Income

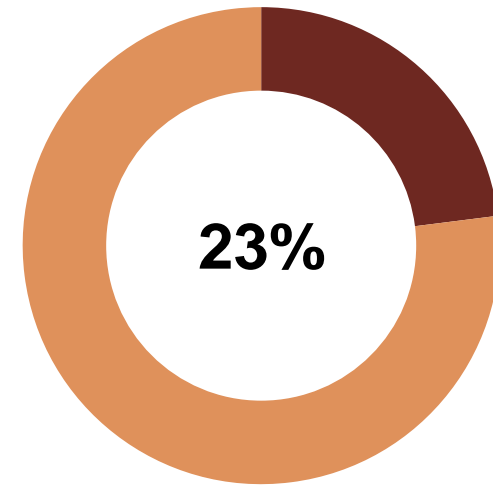


Latinx Adults Sample Characteristics (N = 2,300)

Other Characteristics



Were essential workers



Regularly cared for a child, sick person, elderly, or person with a disability

Latinx Adults (N = 2,300)

COVID-19 Infection Risk, Infection, and Mortality



Reported that they and/or someone at home had been or was currently in the hospital due to this disease.



Said that they and/or someone at home had to receive medical treatment due to severe symptoms of this disease.



Indicated that they had tested positive for COVID-19 but no longer had symptoms.



Reported that they and/or someone in their home had to continue to work even though they were in close contact with people who might be infected with the COVID-19 virus.

Latinx Adults (N = 2,300)

COVID-19 Infection Risk, Infection, and Mortality



Reported that they had tested positive for COVID-19 and were experiencing symptoms.



Said they had symptoms of this disease but never tested.



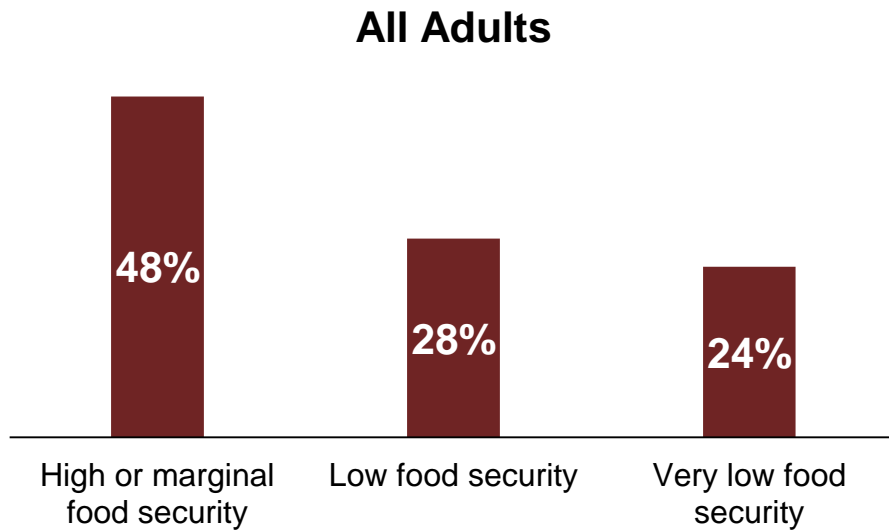
Reported that they knew of the death of a close friend or family member from this disease.



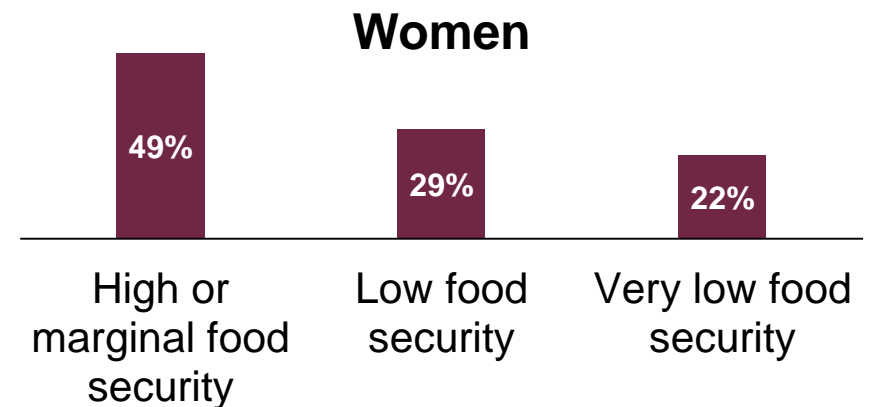
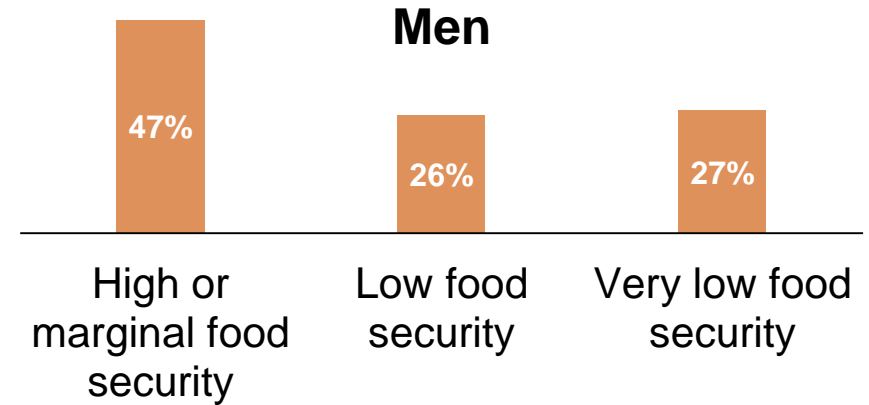
Indicated reported that someone died of this disease while in their home.

Latinx Adults (N = 2,300)

Food Insecurity

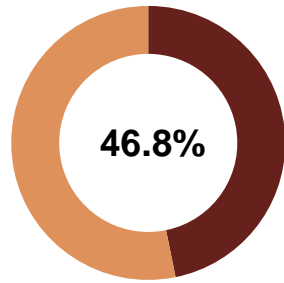


52% of Latinx adults were food insecure.

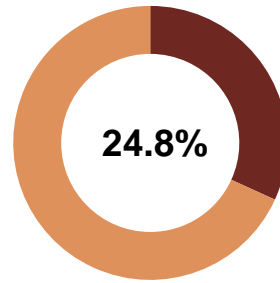


Latinx Adults (N = 2,300)

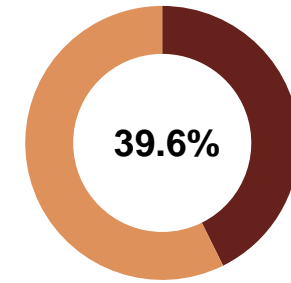
Economic Impact



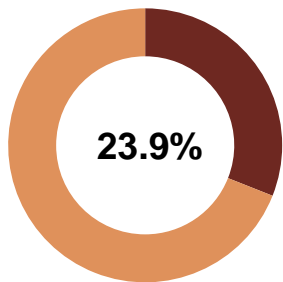
Said they and/or someone in the home had a reduction in hours or were furloughed.



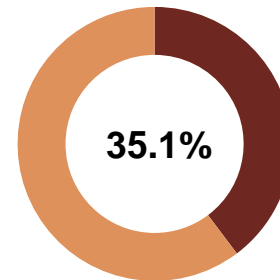
Said they and/or someone in the home had to lay-off or furlough employees or someone they supervised.



Reported they and/or someone in the home was laid off or had to close a business.



Reported that they had difficulty paying for medications.



Experienced difficulties paying for bills such as rent or a mortgage.

Latinx Adults (N = 2,300)

Physical Health Impact

32.8%



Said that they and/or someone in their home experienced an increase in health problems not related to this disease.

23.6%



Said they and/or someone in their household had an important medical procedure cancelled.

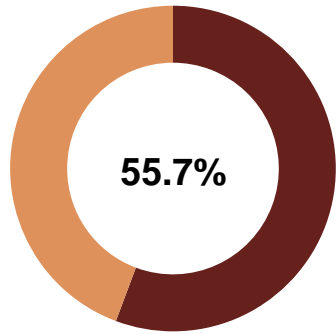
35%



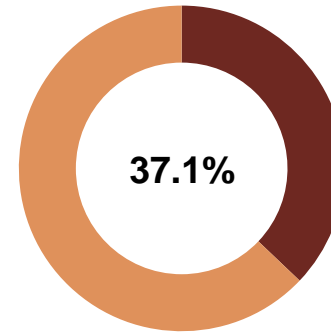
Reported they and/or someone in their household received less medical care during the COVID-19 pandemic.

Latinx Adults (N = 2,300)

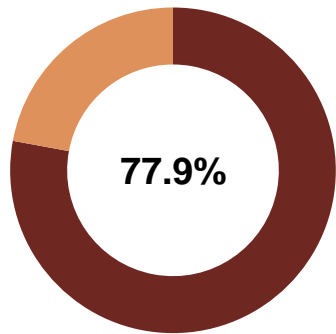
Mental Health Impact



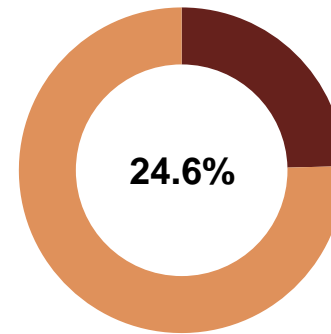
Said they and/or someone in the home were having more emotional and mental health symptoms during the pandemic.



Were experiencing moderate or severe symptoms of depression and anxiety.



Reported noticing emotional and mental health problems in their child/dren.



Appeared to be experiencing moderate to severe problems associated with drug use.

Latinx Adults (N = 2,300)

Mental Health Impact: Caregivers



Reported feeling high levels of stress because of financial difficulties associated with caregiving.



Said they were feeling highly stressed due to changes in their social life and over a third

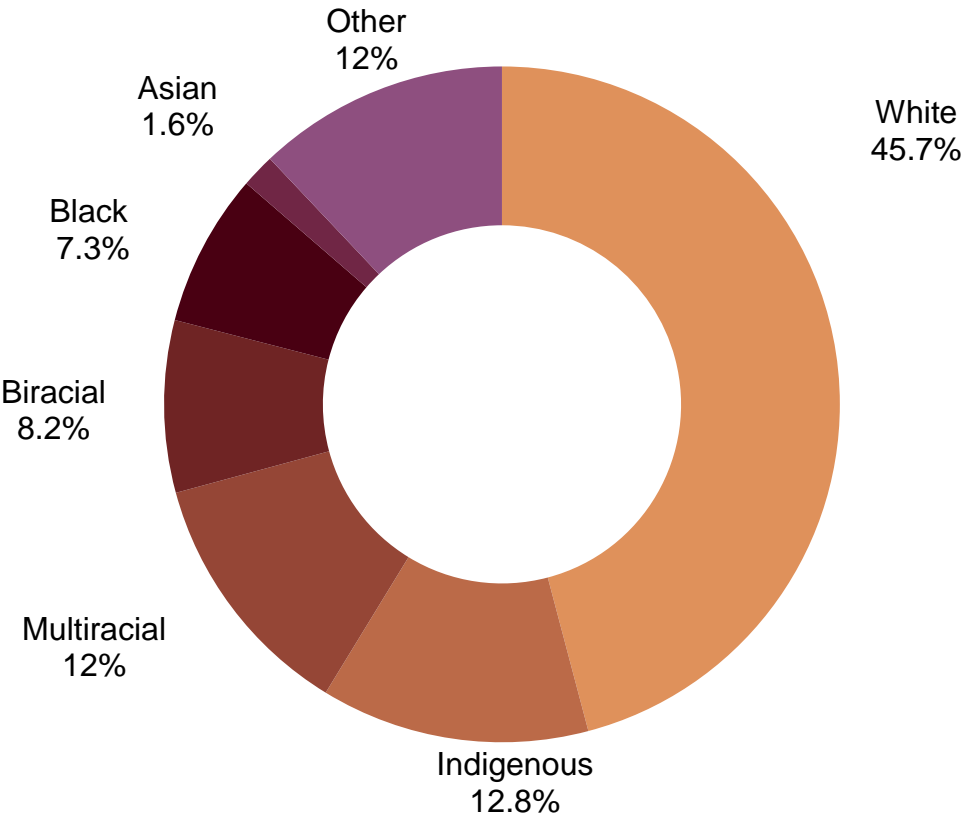


Reported feeling overwhelmed, overworked, and overburdened by their caregiving responsibilities

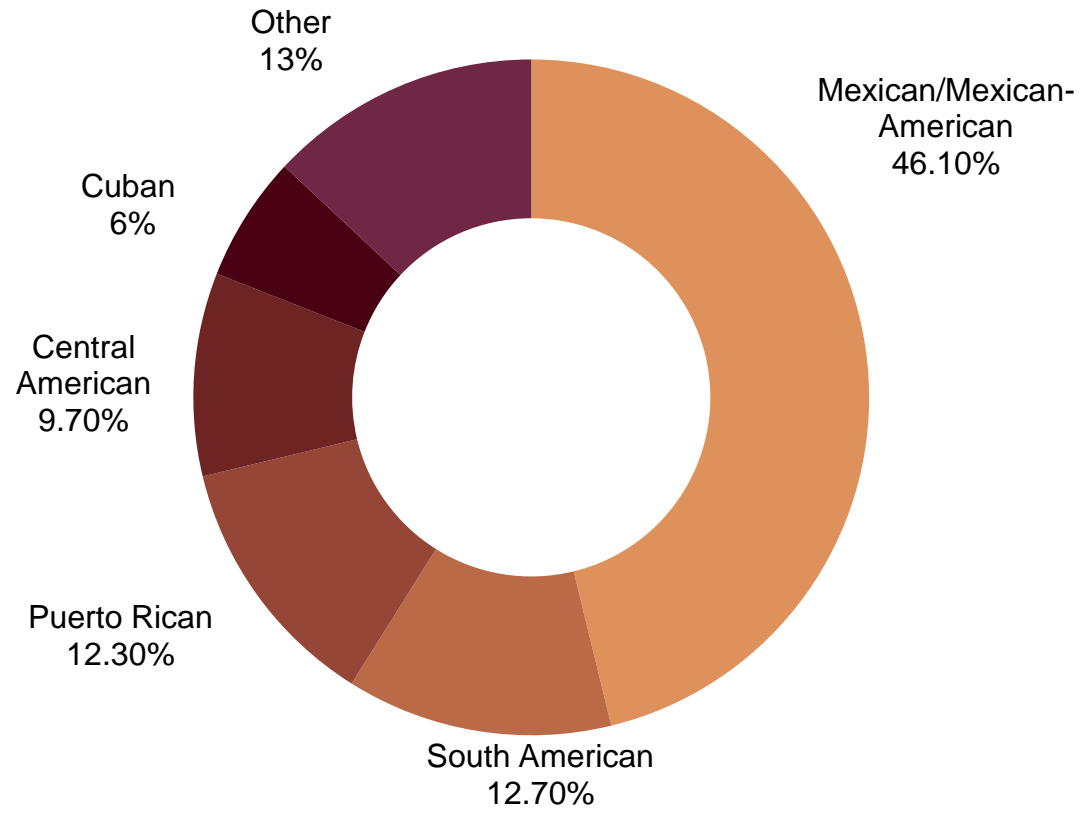
Latinx Adult Essential Workers Sample Characteristics (n = 932)



Race

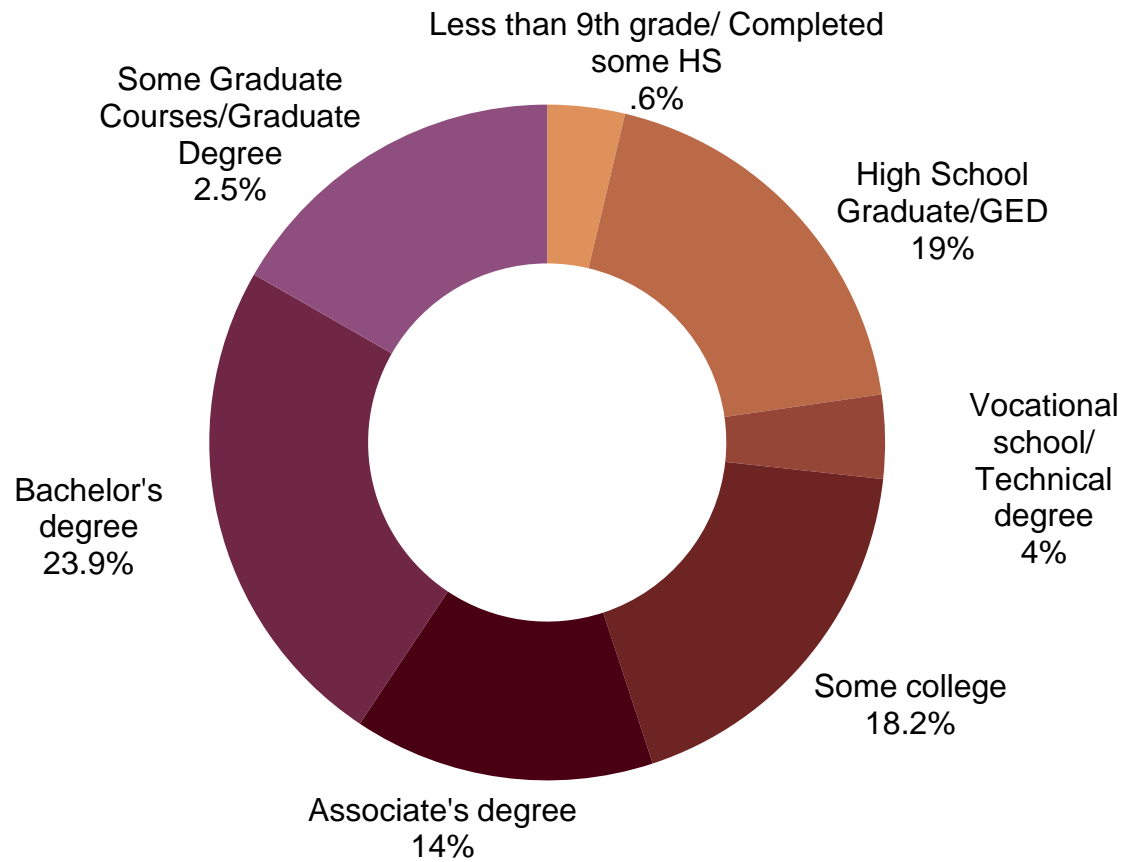


Ethnicity

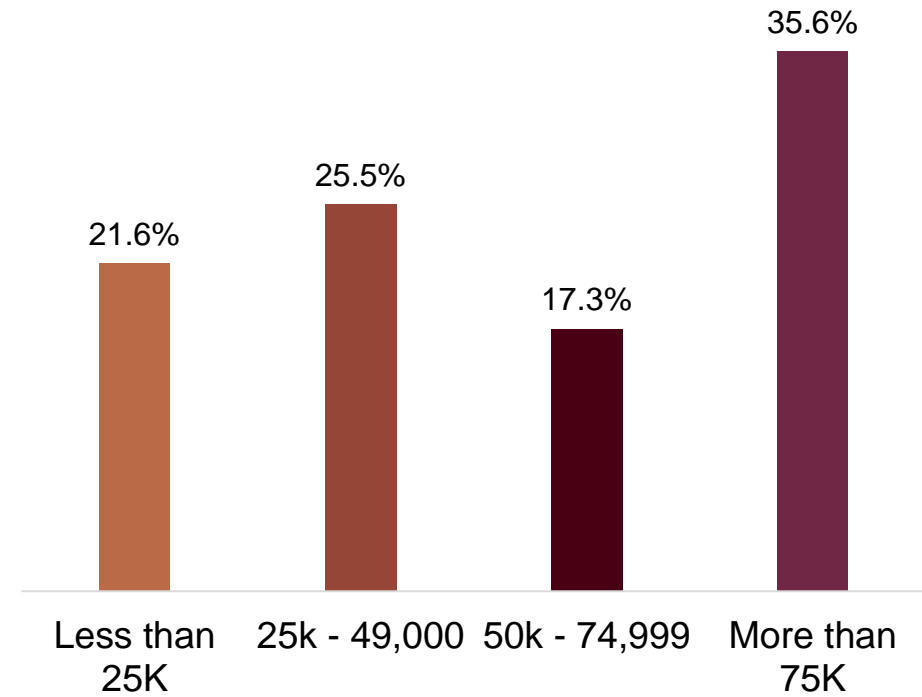


Latinx Adult Essential Workers Sample Characteristics ($n = 932$)

Education

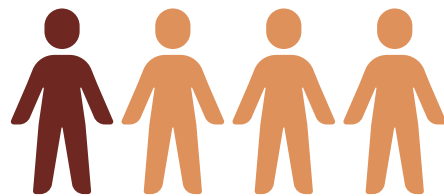


Income

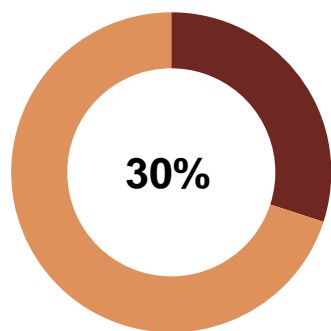


Latinx Adult Essential Workers ($n = 932$)

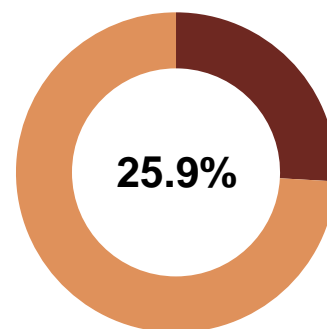
COVID-19 Infection Risk, Infection, and Mortality



1 in 4 said they and/or someone in their home had to receive medical treatment due to severe symptoms of this disease, including hospitalization.



Said they and/or someone at home tested positive for COVID-19 but no longer had symptoms.



Indicated that they and/or someone at home had tested positive for COVID-19 and had symptoms at the time of this assessment.

Latinx Adult Essential Workers ($n = 932$)

COVID-19 Infection Risk, Infection, and Mortality

67.1%



Said they and/or someone in their home had to continue to work even though they were in close contact with people who might be infected with the COVID-19 virus.

30%



Said they and/or someone in their household had experienced symptoms of COVID-19 but were never tested.

35.3%

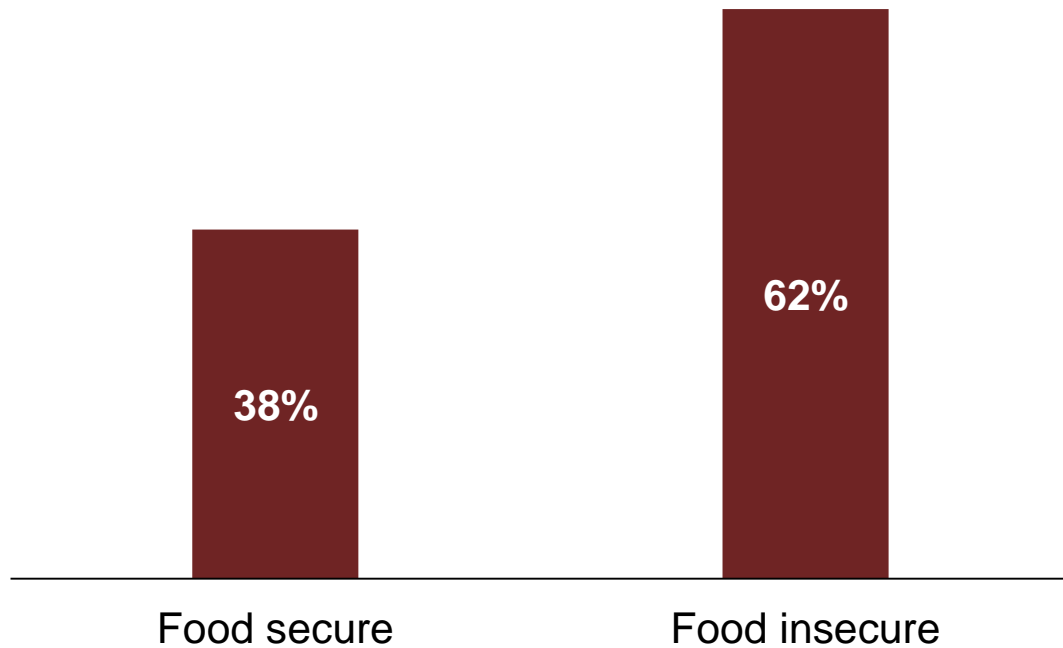


Said that they knew of the death of a close friend or family member from this disease.

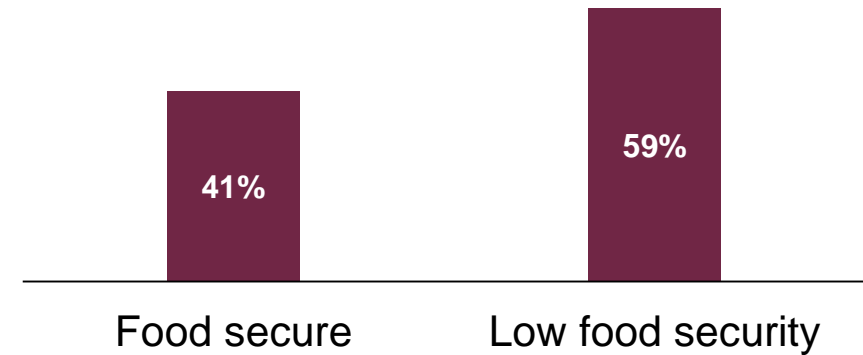
Latinx Adult Essential Workers ($n = 932$)

Food Insecurity

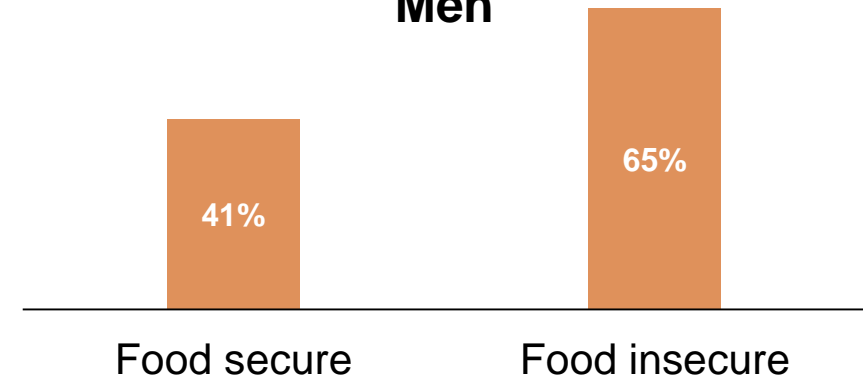
All Essential Workers



Women

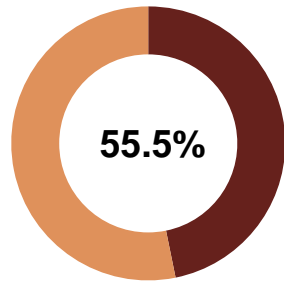


Men

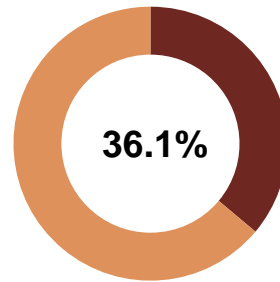


Latinx Adult Essential Workers ($n = 932$)

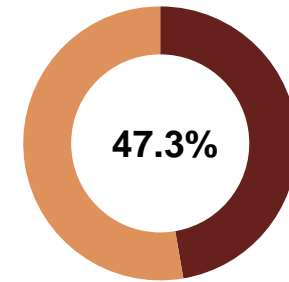
Economic Impact



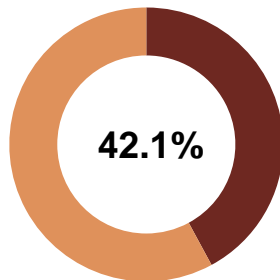
Said they and/or someone in the home had a reduction in hours or were furloughed.



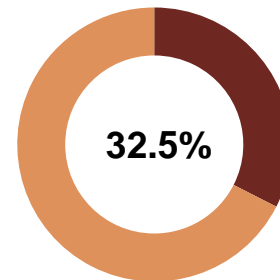
Said they and/or someone in the home had to lay-off or furlough employees or someone they supervised.



Reported they and/or someone in the home was laid off or had to close a business.



Reported that they had difficulty paying for medications.



Experienced difficulties paying for bills such as rent or a mortgage.

Latinx Adult Essential Workers ($n = 932$)

Physical Health Impact

42.1%



Said that they and/or someone in their home experienced an increase in health problems not related to this disease.

32.6%



Reported they and/or someone in their household had an important medical procedure cancelled.

28.3%



Reported they and/or someone in their home could not access medical care for a serious condition.

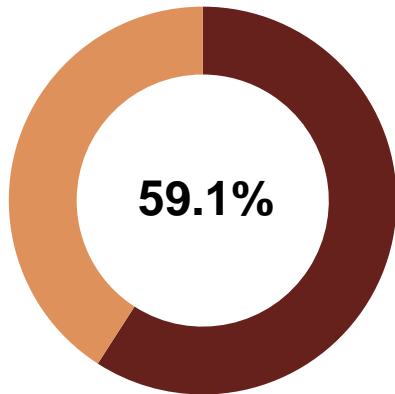
40.3%



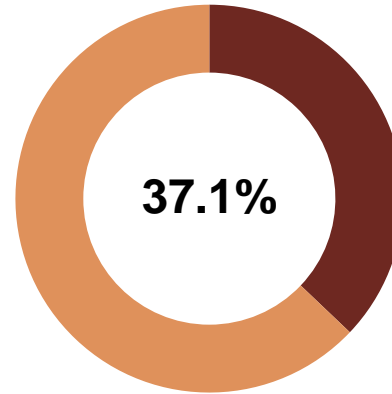
Said they and/or someone in their household received less medical care during the COVID-19 pandemic.

Latinx Adult Essential Workers ($n = 932$)

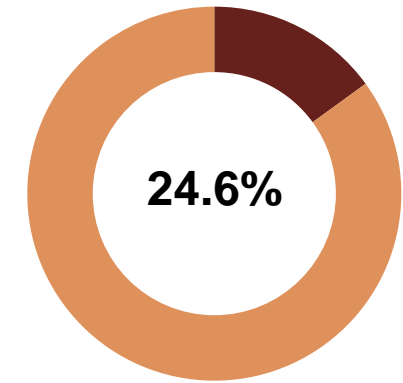
Mental Health Impact



Said they and/or someone in the home were having more emotional and mental health symptoms during the pandemic.



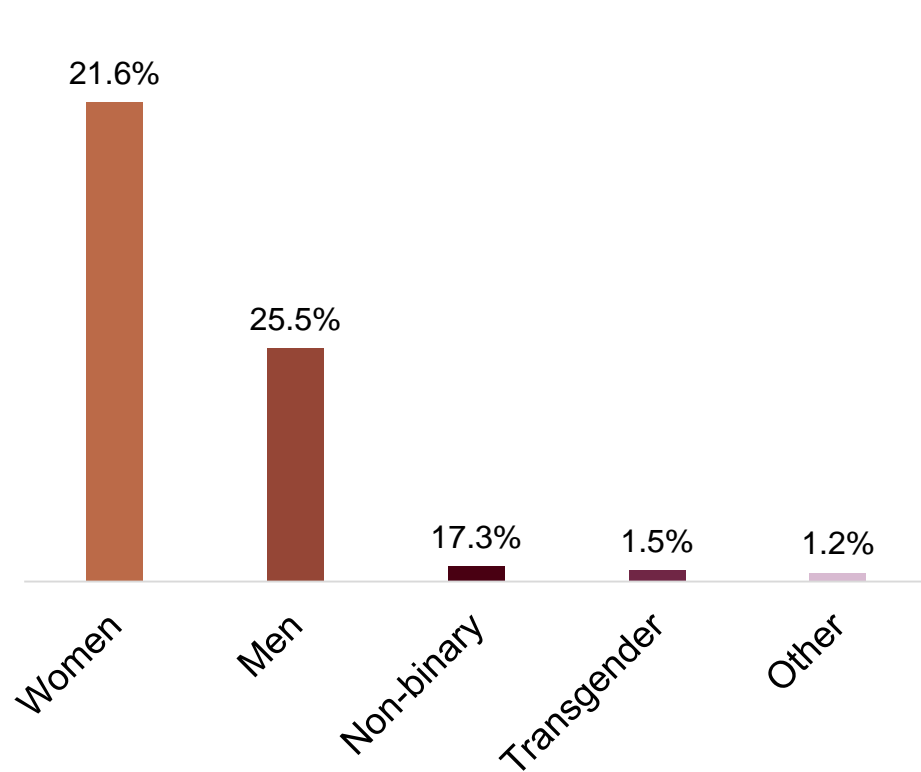
Were experiencing moderate symptoms of depression and anxiety.



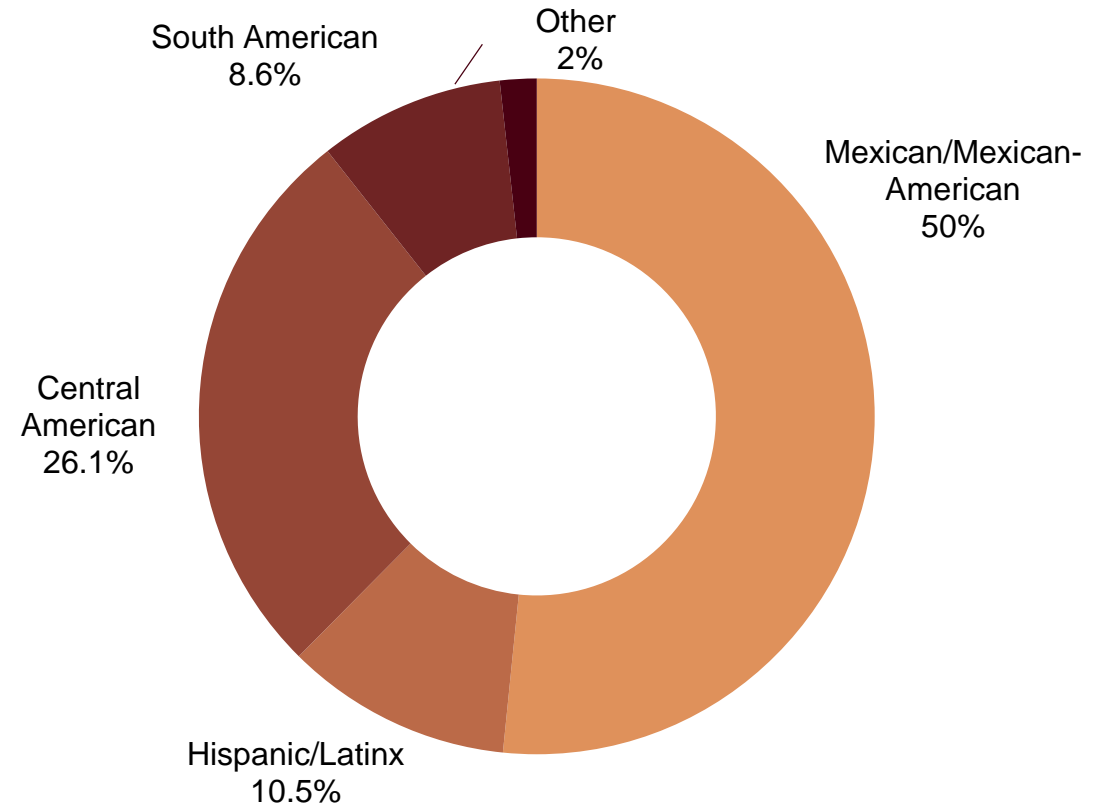
Appeared to be experiencing severe symptoms of depression and anxiety.

Latinx Adult Immigrants Sample Characteristics (N = 536)

Gender

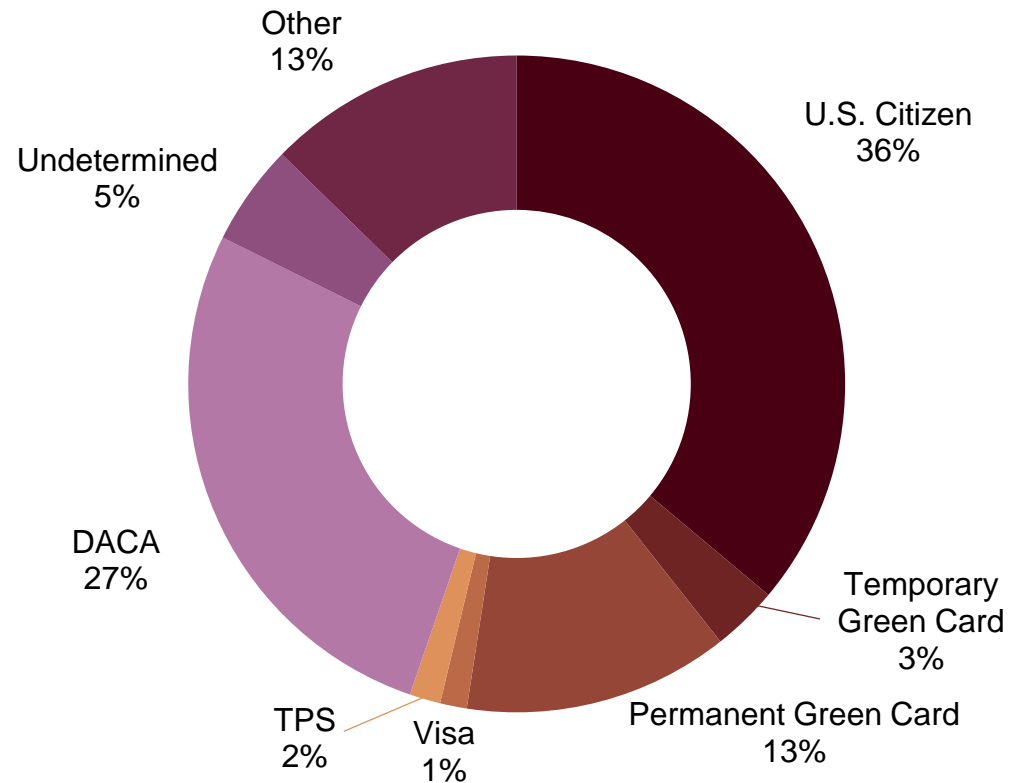


Ethnicity

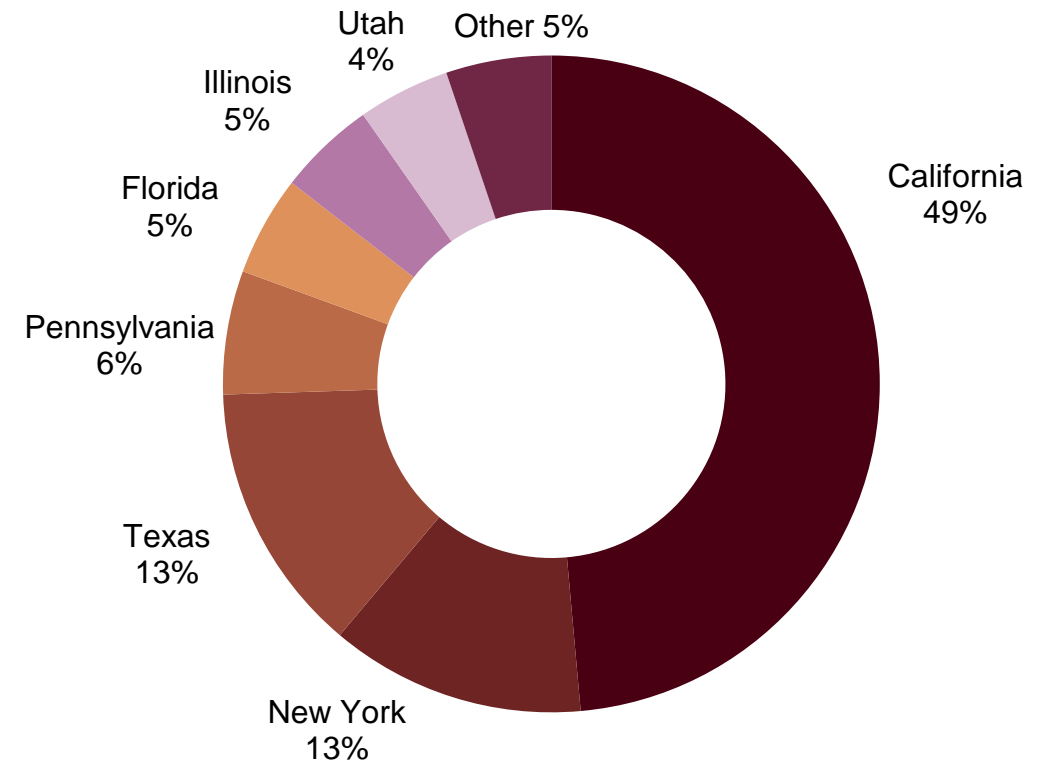


Latinx Adult Immigrants Sample Characteristics (N = 536)

Documentation Status



Location



Latinx Adult Immigrants (N = 536)

COVID-19 Infection Risk, Infection, and Mortality



Had to continue to work even though they were in close contact with people who were infected by the virus.



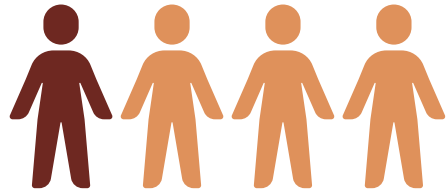
Had a family member that had to continue working while in close contact to someone infected.



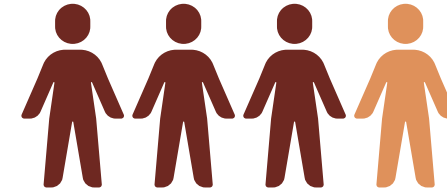
Had a family member or close member die due to COVID-19.

Latinx Adult Immigrants (N = 536)

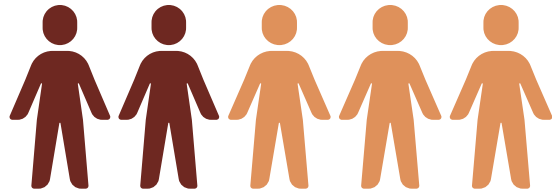
U.S. Citizenship Shield



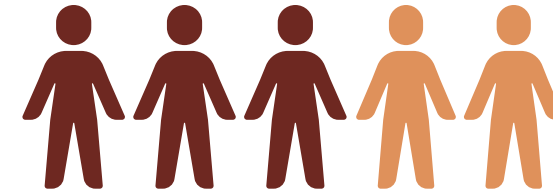
1 in 4 immigrants with U.S. citizenship had COVID-19 symptoms but was never tested.



3 in 4 immigrants without U.S. citizenship had COVID-19 symptoms but was never tested.



2 in 3 immigrants with U.S. citizenship tested positive for COVID-19.



3 in 5 immigrants without U.S. citizenship tested positive for COVID-19.

Latinx Adult Immigrants (N = 536)

Food Insecurity



Of all Latinx immigrant adults had difficulty getting enough food or healthy food.

1 in 3 immigrants with U.S. citizenship were food insecure.



2 in 3 immigrants without U.S. citizenship reported food insecurity.



Latinx Adult Immigrants (N = 536)

Economic Impact



Employed full-time before the COVID-19 pandemic (March 1, 2020).



Employed full-time during the COVID-19 pandemic.



Was laid-off or had to close a business during the pandemic.



Had to lay off others.



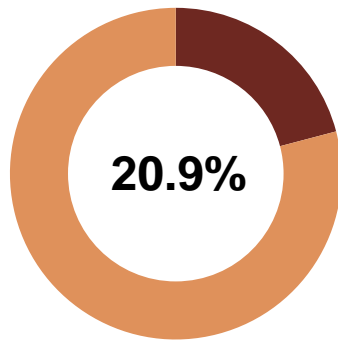
Unable to pay important bills like rent, mortgage, or utilities



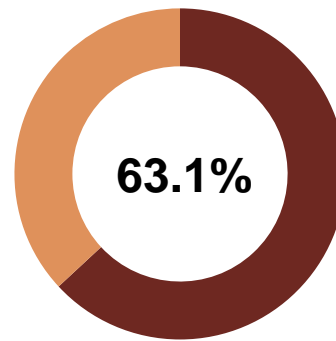
Difficult or unable to find enough food or healthy food.

Latinx Adult Immigrants (N = 536)

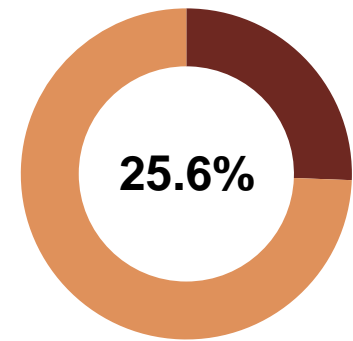
Mental Health Impact



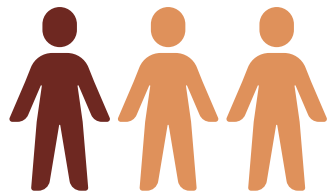
Said they noticed an increase in their child/dren behavioral or emotional problems.



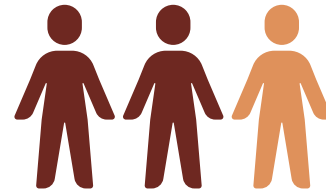
Said they were having more emotional and mental health problems.



Were unable to get mental health care or support.

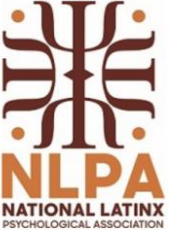


1 out of 3 immigrants with U.S. citizenship were experiencing severe symptoms of depression and anxiety.



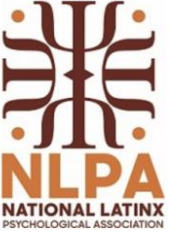
2 out of 3 immigrants without U.S. citizenship were experiencing severe symptoms of depression and anxiety.

Summary and Recommendations for Federal Policy for U.S. Latinx Youth



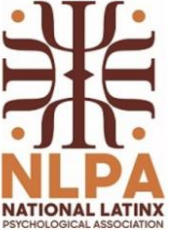
1. Based on key demographic indicators, this sample of participants seems representative of the broader Latinx youth community living in the U.S.
2. In terms of financial difficulties, **53% of Latinx youth reported being food insecure.** Specifically, youth reported that their meals consisted of cheap foods void of nutrition due to dwindling financial resources due to COVID. It is recommended that stimulus and financial aid packages account for both parents and minors living in the same household. Healthy eating initiatives such as school lunch/dinner boxes program should be maintained - or initiated in schools currently lacking food programs - to help youth to supplement their missed meals and complement the lack of nutritious foods. Free webinars that center on school-parent conversations to address risks of food insecurity in the household.
3. In terms of academic performance during COVID-19, **34.2%** reported that their grades worsened and **20.2%** of all youth indicated there was **more than a 50%** that they would not be able to finish the school year.

Summary and Recommendations for Federal Policy for U.S. Latinx Youth



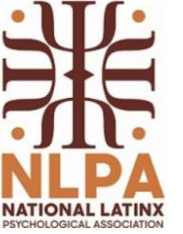
4. A **third of Latinx youth reported poor mental health outcomes**. Specifically, the most endorsed symptoms of distress reported by youth were depression, anxiety, and irritability. It is recommended that there be a focus on greater and easier access to psychological services at schools as well as tele health options.
5. Given that **approximately 20% of the sample reported using drugs or alcohol to deal with stress related to the pandemic** we suggest to prepare substance use interventions through the use of an app that youth can use of their phones (ex: IFeel App).

Summary and Recommendations for Federal Policy for U.S. Latinx Adults



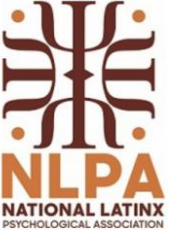
1. Based on key demographic indicators, this sample of participants seems representative of the broader Latinx community living in the U.S.
2. In terms of financial difficulties, approximately 2 in 5 Latinx adults reported losing their job and close to half saw a reduction in work hours or was furloughed. Over a third had difficulty paying bills such as rent and utilities. Expand stimulus funds to help struggling families pay for rent/mortgage and other utilities. Extend housing eviction moratoriums. Create a loan modification plan like the 2009 plan to help borrowers reduce monthly mortgage loan payments.
3. Extend unemployment benefits. Eliminate the work requirement for Medicaid benefits. Re-implement cost-sharing reduction subsidies to insurers under the Affordable Care Act and provide additional funds to facilitate enrollment into the public exchange insurance program.
4. The significant amount of food insecurity across adult Latinxs warrants an increase in funds provided through The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) and expansion the list of foods that can be purchased with SNAP benefits.
5. With 21% of Latinx adults reporting an infection history but not being tested, it is recommended that continued information campaigns be conducted that emphasize the importance of COVID-19 testing and detail the procedures of how to do so. It is also important to identify barriers to testing access (e.g., long distance to testing site, lack of transportation, inability to take time off from work).

Summary and Recommendations for Federal Policy for U.S. Latinx Adults



6. With 21% of Latinx adults reporting an infection history but not being tested, it is recommended that continued information campaigns be conducted that emphasize the importance of COVID-19 testing and detail the procedures of how to do so. Given the high rate of economic stress, it is also important to identify economic barriers to testing access (e.g., insurance loss, loss of wages associated with taking time off from work to get tested).
7. Given that approximately 1 in 3 Latinx adults have lost a close family member or friend, it is recommended that support and funds be provided for grief counseling in trusted community sites, such as churches, community centers, etc.
8. More than half of Latinx adults reported an increase in mental health problems, with more than 1 in 3 Latinx adults experiencing significant psychological distress. Therefore, it is recommended that there be a focus on greater and easier access to psychological services, including face-to-face and tele health options. Further, because severe symptoms of depression and anxiety experienced by a considerable number of participants can lead to lost working days, it is important to assess how increase in mental health problems may also be associated with more financial stress.

Summary and Recommendations for Federal Policy for U.S. Latinx Adults



9. An overwhelming majority (77.9%) of Latinx participants reported increased behavioral and emotional problems in their children. It is recommended that targeted resources and funds be directed to primarily Latinx-serving schools to provide general support services and professional psychological services, when needed, to students and families.
10. Our data showcases how documentation, specifically U.S. citizenship, buffered the economic and health impact of COVID-19 on Latinx adult communities. Therefore, we call on an expedited path to citizenship which can help increase access to health and economic resources are available. This can improve the public health of the larger U.S. population.
11. Ensure that efforts to test and vaccinate are readily available for immigrant communities, given the high infection rates.
12. Allow for immigrants of all statuses, including those who are undocumented, to receive stimulus checks, given the high rates of economic hardship, difficulties paying rent and bills, and difficulties securing healthy food.