

Puerto Rico

TN Health Disparities Task Force
October 5th, 2023
Dr. Katherine Diaz, DrPH, MPH





About me

- I'm Latina
- **Country of Origin:** Guayama, Puerto Rico
- **Education: I'm Epidemiologist**
 - Bachelor in Natural Sciences
 - MPH in Epidemiology
 - DrPH in Epidemiology
- **Current city:** Clarksville, TN
 - Moved on February 6, 2021
- **Community Outreach Worker at OFBCE**
- **Army Wife**
- **Fun fact:** I love to travel and I'm a foodie person



Fast Facts of Puerto Rico

TN



- **Nicknames:** Isla del Encanto(The Island of Enchantment), Borinquen
- **Capital:** San Juan
- **Population:**3,221,789
- **Location:** on the continent of North America, in between the Caribbean Sea and the North Atlantic Ocean
 - Archipelago formed by the main island of Puerto Rico and several smaller islands: Vieques, Culebra, Mona and numerous islets.
- **Languages:** Spanish, English

People of Puerto Rico

- Puerto Ricans are racially characterized by a mix of three races (**Spaniard, Taíno, and African**).
- Caribbean island people
- United States Citizens
- Hispanics



- Puerto Rico is currently a Commonwealth of the United States.
 - The Spanish name for the status of Puerto Rico, Estado Libre y Asociado (hes-TA-do LEE-bray ee ah-so-SEE-ah-do), meaning “free and associated state,” represents the relationship with the United States.
- That means it has its own government
 - Puerto Ricans elect their own governor and members of their Senate and House of Representatives to make laws. But it also means that that not all of the U.S. Constitution automatically applies to Puerto Rico residents. (In 1950 Puerto Rico became a commonwealth, meaning it has its own constitution.)
 - They can’t vote for the president of the United States, but they do vote for a representative called the Resident Commissioner. This person can’t vote on U.S. laws, but instead speaks on behalf of Puerto Rican interests, sponsor bills, and participates in congressional committees.



Culture/Traditions

- Puerto Rican culture is a mix of Taino, Spanish, African, and American influences, which have fused to create a unique and vibrant culture. Through traditions, music and food, Puerto Ricans celebrate a variety of festivities throughout the year, such as:
 - The longest Christmas in the world
 - Christmas lasts around 45 days.
 - Three Kings Day
 - San Sebastián Street Festivals
 - Patronal Festivals
 - Applause when a plane lands on the island
 - Parrandas Navideñas
 - Mask Festival
- Puerto Rican culture is vibrant, diverse, and valuable in its rich multicultural heritage.



Biodiversity



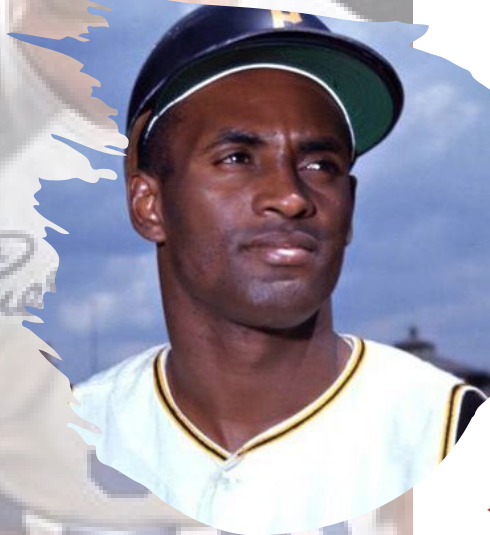
Traditional Dishes



Traditional Dishes

Tembleque
Pina Colada
Coquito
Arroz con Dulce





TN Sports



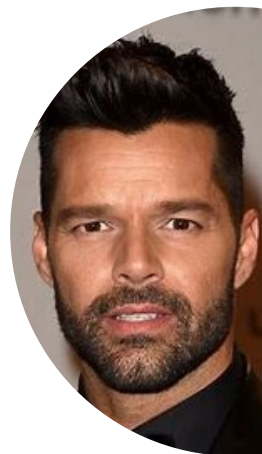
Traditional Music



- Bomba
- Plena
- Salsa



Famous Puerto Rican Musicians



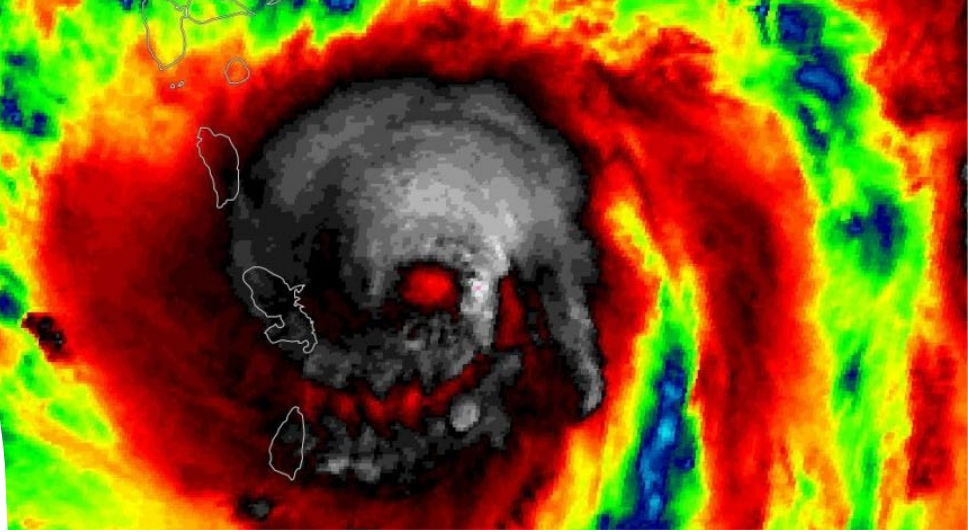


Landmarks

El Morro
Flamenco Beach
Black Sand Beach
El Yunque National Forest
Toro Verde Eco Adventure Park

Puerto Ricans Diaspora

- Puerto Rican population in the United States reached 5.8 million, according to the U.S. Census Bureau.
- The increased migratory flow of Puerto Ricans to the United States during those decades was caused by various events and socio-economic conditions that affected the population of the island and the United States.
- The considerable increase in the migratory flow to the United States has also left Puerto Rico with a high percentage of the population over 60 years of age, because the migrants tended to be young and that led to a reduction in fertility rates and births on the Island.



Puerto Ricans in the U.S.



U.S Hispanics are
the 2nd largest
Spanish speaking country in
the world

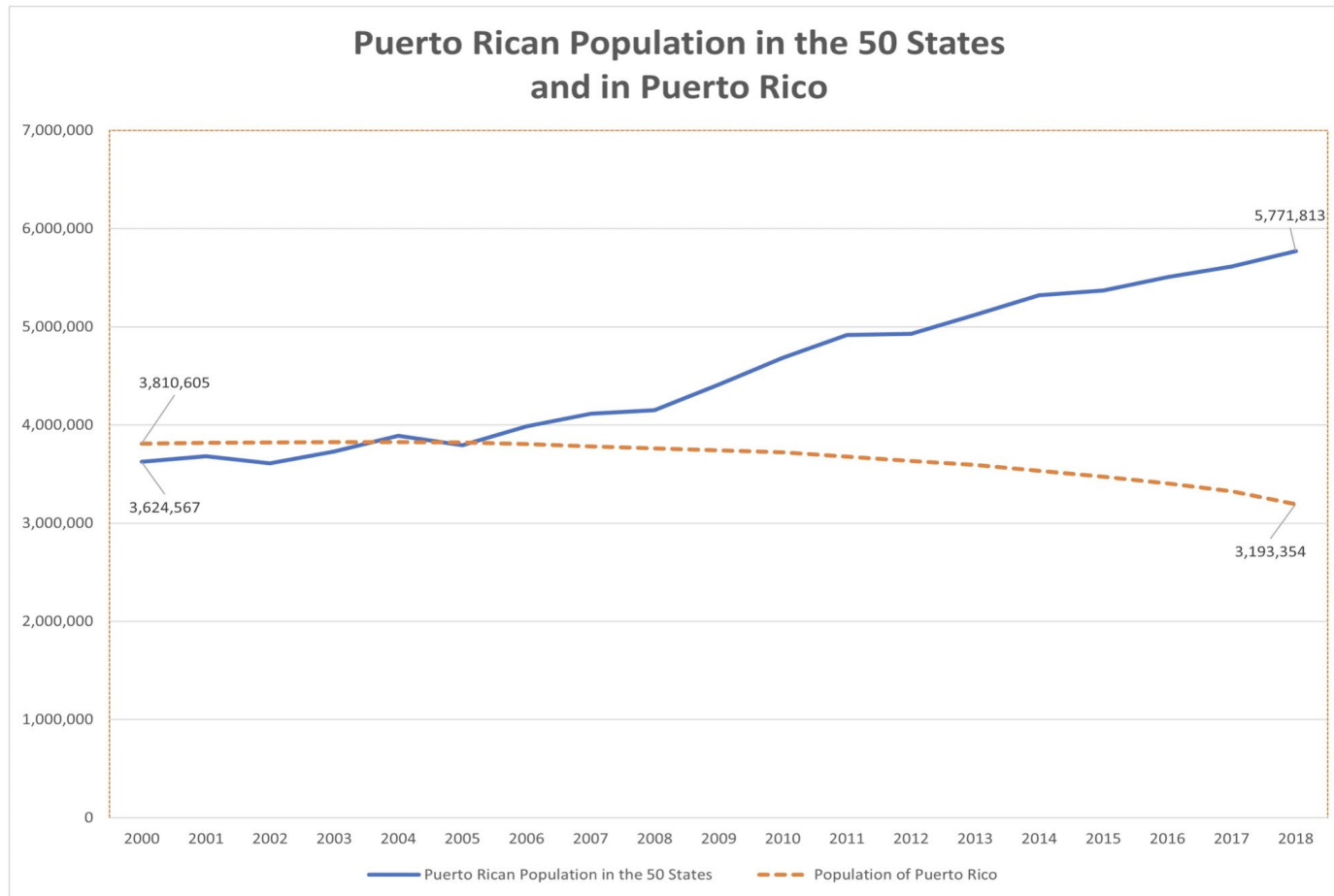
U.S. Hispanic
Buying Power reached
1.9 trillion
in 2022. 5th largest globally.



Top 5 by Country of Origin

| Hispanic Origin | Population | % among Hispanics |
|--|------------|-------------------|
| Mexican  | 37.2M | 61% |
| Puerto Rican  | 5.83M | 10% |
| Cuban  | 2.38M | 4% |
| Salvadoran  | 2.31M | 4% |
| Dominican  | 2.09M | 3% |



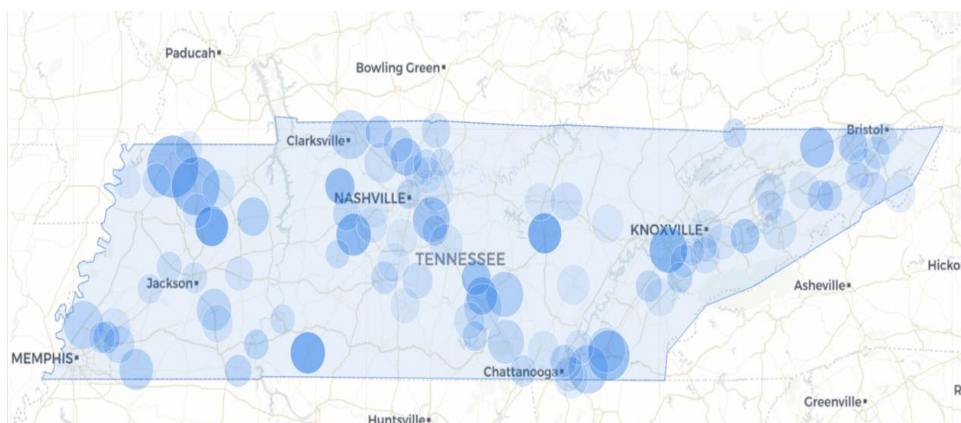


Puerto Ricans in Tennessee

Table: Puerto Rican Population in the 50 States, 2018

| State | Puerto Rican Population | Hispanic Population | State Population | % Hispanic |
|----------------------|-------------------------|---------------------|------------------|------------|
| Alabama | 23,954 | 211,522 | 4,887,871 | 4.33% |
| Alaska | 8,941 | 53,129 | 737,438 | 7.20% |
| Arizona | 64,738 | 2,266,801 | 7,171,646 | 31.61% |
| Arkansas | 8,942 | 230,516 | 3,013,825 | 7.65% |
| California | 227,730 | 15,540,503 | 39,557,045 | 39.29% |
| Colorado | 36,864 | 1,234,409 | 5,695,564 | 21.67% |
| Connecticut | 296,363 | 590,265 | 3,572,665 | 16.52% |
| Delaware | 24,370 | 92,034 | 967,171 | 9.52% |
| District of Columbia | 6,160 | 79,112 | 702,455 | 11.26% |
| Florida | 1,171,437 | 5,562,411 | 21,299,325 | 26.12% |
| Georgia | 100,923 | 1,020,035 | 10,519,475 | 9.70% |
| Hawaii | 48,045 | 152,174 | 1,420,491 | 10.71% |
| Idaho | 8,037 | 222,788 | 1,754,208 | 12.70% |
| Illinois | 205,838 | 2,209,442 | 12,741,080 | 17.34% |
| Indiana | 36,824 | 472,523 | 6,691,878 | 7.06% |
| Iowa | 5,969 | 191,295 | 3,156,145 | 6.06% |
| Kansas | 15,850 | 348,487 | 2,911,510 | 11.97% |
| Kentucky | 16,372 | 162,862 | 4,468,402 | 3.64% |
| Louisiana | 15,618 | 239,522 | 4,659,978 | 5.14% |
| Maine | 4,970 | 21,981 | 1,338,404 | 1.64% |
| Maryland | 63,765 | 628,771 | 6,042,718 | 10.41% |
| Massachusetts | 329,532 | 846,965 | 6,902,197 | 12.27% |
| Michigan | 43,381 | 514,572 | 9,995,915 | 5.15% |
| Minnesota | 14,090 | 303,033 | 5,611,179 | 5.40% |
| Mississippi | 9,964 | 86,846 | 2,986,530 | 2.91% |
| Missouri | 15,417 | 250,823 | 6,126,452 | 4.09% |
| Montana | 1,801 | 41,861 | 1,062,305 | 3.94% |
| Nebraska | 4,466 | 215,117 | 1,929,268 | 11.15% |
| Nevada | 27,230 | 880,946 | 3,034,392 | 29.03% |
| New Hampshire | 17,612 | 52,730 | 1,356,410 | 3.89% |
| New Jersey | 480,950 | 1,839,293 | 8,908,520 | 20.65% |
| New Mexico | 11,206 | 1,028,967 | 2,095,428 | 49.11% |
| New York | 1,082,631 | 3,751,124 | 19,542,209 | 19.19% |
| North Carolina | 115,449 | 994,267 | 10,383,620 | 9.58% |
| North Dakota | 3,710 | 26,902 | 760,077 | 3.54% |
| Ohio | 139,068 | 451,625 | 11,689,442 | 3.86% |
| Oklahoma | 17,057 | 429,376 | 3,943,079 | 10.89% |
| Oregon | 14,230 | 556,075 | 4,190,713 | 13.27% |
| Pennsylvania | 472,213 | 971,762 | 12,807,060 | 7.59% |
| Rhode Island | 54,363 | 168,741 | 1,057,315 | 15.96% |
| South Carolina | 43,183 | 294,312 | 5,084,127 | 5.79% |
| South Dakota | 3,682 | 34,274 | 882,235 | 3.88% |
| Tennessee | 41,182 | 1,136,730 | 6,770,010 | 5.51% |
| Texas | 213,809 | 37,366,730 | 28,701,845 | 39.60% |
| Utah | 14,782 | 449,757 | 3,161,105 | 14.23% |
| Vermont | 1,666 | 12,094 | 626,299 | 1.93% |
| Virginia | 105,770 | 813,560 | 8,517,685 | 9.55% |
| Washington | 36,776 | 969,851 | 7,535,591 | 12.87% |
| West Virginia | 3,083 | 24,536 | 1,805,832 | 1.36% |
| Wisconsin | 61,437 | 403,183 | 5,813,568 | 6.94% |
| Wyoming | 793 | 57,553 | 577,737 | 9.96% |
| USA | 5,771,813 | 59,740,273 | 327,167,439 | 18.26% |

Total Puerto Rican Population in Tennessee is
41,182.



Source: U.S. Census Bureau.

<https://zipatlas.com/us/tn/city-comparison/percentage-puerto-rican-population.htm>

Health Disparities/Needs

- Mental Health
- Chronic Diseases
 - Hypertension
 - Diabetes
 - Asthma
- Cancer
- Autism
- Language-Barrier
- High-cost of prescriptions drugs

Organizations in TN that serves this community:

Non-profit organization

Mission: Encourage a positive awareness of Puerto Ricans, culture, values and traditions for the benefit of the local Puerto Rican community. In turn, support Puerto Ricans living in TN, training them to achieve their goals by providing services that encourage personal improvement in the areas of emotional management, business, financial education and entrepreneurship.



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THANK YOU