

TITLE: Perceived effects of the COVID-19 pandemic on healthy aging among Hispanic and Latino/x older adults: Results from a qualitative and community-engaged study

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STUDENT SUBMISSION: Yes

TOPIC/TARGET AUDIENCE: Program developers, community interventionists, cognitive aging health disparities, COVID-19 and equitable public health efforts

ABSTRACT: In Washington County, Hispanic/Latino/x communities are disproportionately affected by COVID-19 in terms of infections and hospitalizations. With a sample of Hispanic/Latino/x community-dwelling adults following a community-engaged research approach, interviews were conducted assessing the impact of the COVID-19 pandemic on their ability to age in a healthy manner. Using content analyses for each interview question, qualitative themes were extracted for each area of inquiry. Themes emerged that highlight both the resilience and challenges faced by the community. Spirituality was discussed in the context of being a protective factor as well as potentially limiting in light of fatalistic outlooks. Furthermore, participants shared a number of ways they are protecting themselves from COVID-19 and taking public health recommendations seriously. Aging is a dynamic process that has been affected by the pandemic in several ways, including ageism and discrimination, social isolation, and changes in routines. These findings shed some light on the ways intersecting marginalized communities have been affected by the pandemic in Oregon beyond infection rates.

OBJECTIVE(S): Discuss the intersectionality of systemic/structural marginalization in the context of the COVID-19 pandemic
Explain Latino/x perspectives on the ways in which COVID-19 has impacted brain health and daily life
Describe the role of cultural concepts on Latino/x perspectives on the impact of the pandemic
