

New York City College of Technology

100%

Department of Nursing

Rubrics for the Health Promotion (2020) Cultural Presentation

Puerto-Rican American - Nutrition and Weight Status

Students name Ingrid Fortune

Date of Presentation

Topic	Possible points	Grade Assigned	Comments
Format	20%	20%	
Synopsis of Culture (practices, beliefs, values, customs, meaning of health and illness)	25%	25%	Well done. Inclusive of all required categories
Leading Health Objective	10%	10%	Reason for choosing health objective well explained. Good visuals
Interview Considerations	15%	15%	Culturally specific.
Health Promotion Plan	20%	20%	Community Health center. Structure and organization well thought out and implemented
Summary	10%	10%	Excellent Summary

Ingrid Fortune

Health Promotion Plan for Nutrition and Weight status for Puerto Rican Americans



Practices, values and customs

- ▶ Puerto Rican Americans speak what they call "Spanglish" a mixture of both the Spanish and English language.
- ▶ El Dia de las Candelarias, or "candlemas," annually on the evening of February 2 where people build a massive bonfire around which they drink, dance and chant "long live the flames"
- ▶ December 27 is El Dia de los Inocentes or the "Day of the Children." On that day Puerto Rican men dress as women and women dress as men. The community then celebrates as one large group.
- ▶ An insult to turn down food or drink offered by a friend or stranger

Practices, values and customs

- ▶ Offer food to any guest who might enter the household. Failure to do so will bring hunger upon their children.
- ▶ It is taboo to eat in front of a pregnant woman without offering her food. Failure to offer her food might cause her to have a miscarriage.
- ▶ Dreams of water or tears is a sign of impending heartache or tragedy.

Practices, values and customs

- ▶ Marrying or starting a journey on a Tuesday is bad luck
- ▶ Touching is common. Kissing on both cheeks is common among family members, relatives, friends and acquaintances.
- ▶ Punctuality is not important to this culture. It is common for them to be tardy and have a last minute change of plans. They believe that things will eventually get done.



Family

- ▶ Family is the foundation of the Puerto Rican social structure. It is important and valued for their family members to visit and communicate with them regularly on the phone because this is a sign of caring.
- ▶ Three generations living under the same roof. Placing elderly relatives in nursing facilities is unusual.
- ▶ Women are expected to marry at a young age and have plenty of children.



Family

- ▶ Not just Parents and siblings are thought to be a part of the immediate family but also the aunt, uncles, godparents, grandparents, cousins
- ▶ Children are expected to show respect for their elders and girls are raised to be quiet while boys are raised to be aggressive.

Religious Beliefs

- ▶ Roman Catholicism is the dominant religion
- ▶ The household usually contains rosaries, a picture or statue of the Virgin Mary and the last supper.
- ▶ Believe in the miracle of saints, faith healing and witchcraft.
- ▶ Believe in espiritismo, the belief that the world is populated by spirits who can communicate with the living through dreams



Meaning of health and illness

- ▶ For minor ailments, they believe in the consumption of asopao which is chicken stew.
- ▶ Important to avoid acidic foods during menstruation
- ▶ It is difficult when seeking health care due to the language barrier many of them possess.
- ▶ Many do not have insurance and don't go to the doctor because of extended wait times.
- ▶ They prefer to get health information through their churches.
- ▶ They prefer to read about their conditions and problems and take care of it themselves. They often diagnose their own problems and only go to the doctor when absolute necessary.
- ▶ They believe that one's health involves the mind, body and spirit.