

Mujeres en la Transición

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Purpose

This community-based project proposes to adapt a self-care and health education intervention which is culturally and linguistically appropriate for **Hispanic/Latina women**. A community health care worker, several clinicians, and a linguist are actively guiding the adaptation, implementation, and dissemination of the program among Hispanic/Latina women.

Background

- By 2050, the United States is projected to be home to approximately **128 million Hispanic/Latino individuals**
- Latinas constitute a **quarter of the female population**.
- Research on healthcare access disparities highlights Hispanic/Latinx communities as **among the most marginalized**.
- Latinas experience an **earlier onset of menopause** and endure **more protracted symptoms** compared to their white counterparts.
- Latinas also report a higher prevalence of **urinary incontinence, vaginal dryness, increased heart rate, and heightened perceived stress**.
- Cardiovascular diseases (CVDs) remain the leading cause of mortality among American women, responsible for one in five female deaths.
- Hispanic women typically **develop CVD a decade earlier** than non-Hispanic women.
- During the menopausal transition (MT), **CVD risk escalates**, coinciding with an increased prevalence of metabolic syndrome.
- Despite substantial evidence of heightened CVD risk during MT, midlife **Hispanic women remain underrepresented in CVD intervention studies**.

Our team has developed a promising intervention, MENOGAP, which involves healthcare provider-led "doc talks" addressing symptoms, self-care, CVD prevention and education on women's risk factors, and evidence-based non/pharmacological interventions, including acupuncture therapy.



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Methods

This project involves adapting the MENOGAP intervention into Mujeres en la Transición for delivery by CHWs, emphasizing cultural relevance and translating content into Spanish. Feasibility, acceptability, and health outcomes among Hispanic/Latinx women participating in Mujeres en la Transición will be assessed. Three groups, each consisting of N=12 Latinas, will receive Mujeres en la Transición, and metrics will include feasibility, acceptability, perceived stress (primary outcome), vasomotor severity, quality of life, and self-efficacy (secondary outcomes).

Results

We are currently in the process of adapting the MENOGAP manual, expecting results by Fall 2024.

Implications for future research

The expected outcomes will yield preliminary data for a subsequent randomized controlled feasibility trial, assessing the capacity to deliver Mujeres en la Transición with fidelity in the broader Hispanic/Latinx community. Upon establishing the feasibility and acceptability of this intervention, multisite efficacy, effectiveness, and implementation trials can follow. The successful accomplishment of the scientific objectives outlined will position our team to develop and test a pioneering CHW-delivered intervention addressing health disparities among midlife Hispanic/Latinx women.