



THE OFFICIAL NEWSMAGAZINE OF THE AMERICAN ACADEMY OF PEDIATRICS

# AAP News

Volume 34 • Number 6  
June 2013  
[www.aapnews.org](http://www.aapnews.org)

## ***HealthyChildren en Español* offers AAP-backed information for families**

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Spanish is the first household language of about 34.5 million people in the United States, with 10 million speaking limited or no English, according to the U.S. Census Bureau. These data often are reflected in daily experiences of pediatricians working to ensure all families receive health information that they can understand.

Helping to meet the need for Spanish patient health information, the AAP website for parents, [HealthyChildren.org](http://HealthyChildren.org), launches *HealthyChildren en Español*, [www.healthychildren.org/espanol](http://www.healthychildren.org/espanol), on May 29. The decision to provide quality Spanish pediatric health information emerged as data continue to support the need for better access to health information on the Internet for families with limited English proficiency and education.

The new resource will help equip pediatricians to meet the needs of a demographic that is projected to constitute 30% of the U.S. population by 2050.

Providing culturally effective health care is considered “vital and a critical social value,” according to the AAP policy, *Ensuring Culturally Effective Pediatric Care: Implications for Education and Health Policy* (*Pediatrics*. 2004;114:1677-1685). Improving the health literacy of the U.S. population also is cited as a top objective of Healthy People 2020.

Many Hispanic people living in the United States struggle to read and understand the information and medication instructions their doctors provide, according to the Commonwealth Fund. Information on the Spanish website was tailored to a sixth- to eighth-grade reading level. This is below the standard 11th to 12th grade level of most patient information. Nearly all of the [HealthyChildren.org](http://HealthyChildren.org) content



is available in Spanish.

Those visiting the website can toggle between English and Spanish information with a single click, which enables pediatricians who are not fluent in Spanish to preview information they share with patients.

Where needed, the information is culturally adapted, including interventions on the most relevant topics to Hispanic patients, including obesity, diabetes, cardiovascular disease and depression. Translations also are sensitive to specific health needs of the Latino population. For example, culturally specific nutrition and food information, values, beliefs, behaviors and other important details are considered.

Other highlights include immunization information, developmental milestones, safety checklists and pediatric health care news. A pediatrician finder enables families to search for local pediatricians based on languages spoken.

Like the English version, *HealthyChildren en Español* is supported by an advisory board of AAP members.

### RESOURCE

To help patients locate you based on language spoken, update your record under the Find a Pediatrician or Pediatric Specialist section of [HealthyChildren.org](http://www.healthychildren.org) at <http://www.healthychildren.org/English/tips-tools/find-pediatrician/Pages/Pediatrician-Referral-Service.aspx>.