

The background features a complex abstract design. A diagonal line runs from the top-left to the bottom-right. To the left of this line, there are several geometric elements: a white circle at the top-left corner, a grey semi-circle, a pattern of concentric blue circles, a pink square with a white grid pattern, and a grey triangle. The right side of the image is a solid blue background with the main text.

# IMPROVING MEDICAL COMPLIANCE IN THE NAVAJO CULTURE



# MEDICAL COMPLIANCE

Patient compliance – in the general meaning of the term – is important in healthcare because of the human and financial costs of non-compliance. In the US, [it has been estimated](#) that 125,000 preventable deaths, 40% of nursing home admissions, and 10% of older patient hospitalizations each year are attributable to non-compliance – costing the healthcare system approximately \$290 billion.(1)

# MULTIPLE FACTORS INFLUENCING MEDICAL COMPLIANCE





# CULTURAL COMPETENCE

Cultural competence involves healthcare providers understanding and respecting patients' cultural backgrounds, beliefs, and practices to provide culturally sensitive care.

# CULTURAL COMPETENCE CONT

- **Improved Health Outcomes:** Cultural competence can lead to better health outcomes by addressing potential disparities and improving patient satisfaction.
- **Enhanced Adherence:** Understanding cultural factors can help healthcare providers tailor interventions and improve medication adherence.
- **Reduced Disparities:** Cultural competence can help eliminate racial and ethnic health disparities.
- **Better Communication:** Recognizing cultural differences can improve communication and build trust between providers and patients.



# CHALLENGES

## SOCIAL DETERMINANTS OF HEALTH



# SDOH

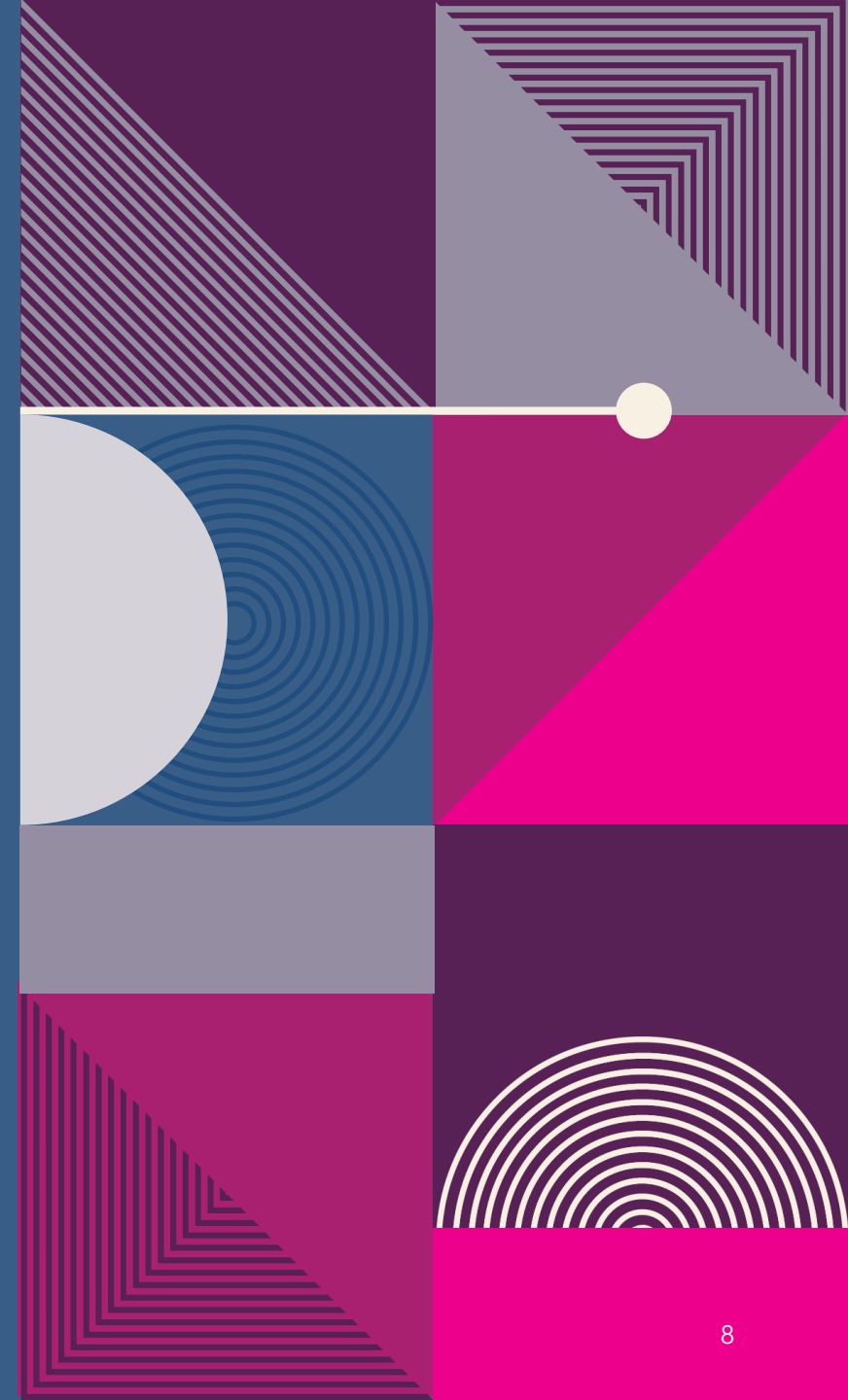
1. Socioeconomic Status: income, education level, and employment status.
2. Education: Access to quality education and Early childhood experiences.
3. Healthcare Access and Quality: Health insurance coverage and Access to healthcare providers.

# SDOH CONT

4. Neighborhood and Built Environment: Housing affordability and quality, Access to safe and affordable transportation, Availability of healthy food options, and Crime rates.

5. Social Support: Family and community relationships and Social networks.

6. Policy and Governance: Government programs and regulations, Social welfare policies, and Access to resources and services.





# NAVAJO LANGUAGE

- Visual spatial language
- Navajo / English speakers



# POVERTY RATE BY RACE AND ETHNICITY IN THE US, 2023

- **White Americans:** 7.7% lived below the poverty line in 2023.
- **Asian Americans:** 10.1% lived below the poverty line in 2023.
- **Hispanic Americans:** 17.0% lived below the poverty line in 2023.
- **Black Americans:** 17.9% lived below the poverty line in 2023.
- **Native American and Alaska Native:** 23.0% lived below the poverty line in 2023.

# WHAT ARE SOME NAVAJO BELIEFS THAT IMPEDE MEDICAL COMPLIANCE?

- 1. verbosity
- 2. Direct eye contact
- 3. Animals
- 4. witchcraft
- 5. others



# THANK YOU

Vada Smiley

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