

Commentary on “Perceptions of Health Among Immigrant Latino Adolescents From Mexico”

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Shattell, M. (2007). Commentary on Garcia, C., Duckett, L., Saewyc, E., & Bearinger, L. perceptions of health among immigrant Latino adolescents from Mexico. *Journal of Holistic Nursing*, 25(2), 92.

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*****Note: Figures may be missing from this format of the document**

Garcia, Duckett, Saewyc, and Bearinger’s (2007) study of perceptions of health by Latino adolescents from Mexico employs a method of data collection not often used—photography. Through it, the authors were able to capture aspects of their participants’ perceptions of health that would probably have gone unnoticed if only verbal data collection methods had been used. The authors are commended for their insight and vision into the possibilities that photography created. Photographs made accessible deeper meanings of health.

Photographs shared during the second interviews showed how the environment influences participants’ perceptions of health, both positively and negatively. This finding is consistent with disciplines such as ecopsychology and human geography (therapeutic landscapes) that nursing could draw on more frequently. In each arena, the environmental impact on health and our perception of health is meaningful and important in that it shows how our relationship with the environment immediately and directly affects health.

Findings from Garcia et al. (2007) illuminate the importance of family and relationships to Latino adolescents from Mexico that could be exploited. For example, because we know that Latino adolescents from Mexico highly regard information gained from parents and peers, more so than teachers (although teachers were present as knowledge disseminators), nurses can spend more time educating parents who can then educate their adolescent children. Alternatively, nurses can educate adolescents not only for their own personal knowledge but also to function as peer supporters or advisers. Because the family and peer influence are greater than teachers’ and health care providers’, educating family and peers could affect the health of adolescents.

Reference

Garcia, C. M., Duckett, L., Saewyc, E., & Bearinger, L. (2007). Perceptions of health among immigrant Latino adolescents from Mexico. *Journal of Holistic Nursing*, 25, 81-91.