

Assessment to Inform Wellness House Support Services for Spanish Speakers

Wellness House | Fred Hutch Cancer Center OCOE



Background

Health care access is not equal, particularly for Spanish-speaking populations in rural communities.

- Yakima County: 53% Hispanic/Latino
- ~43% speak a non-English language at home
- Disparities in cancer outcomes and access to care
- 38% of Wellness House clients prefer Spanish
- Limited data on local Spanish-speaking cancer support needs

Purpose:

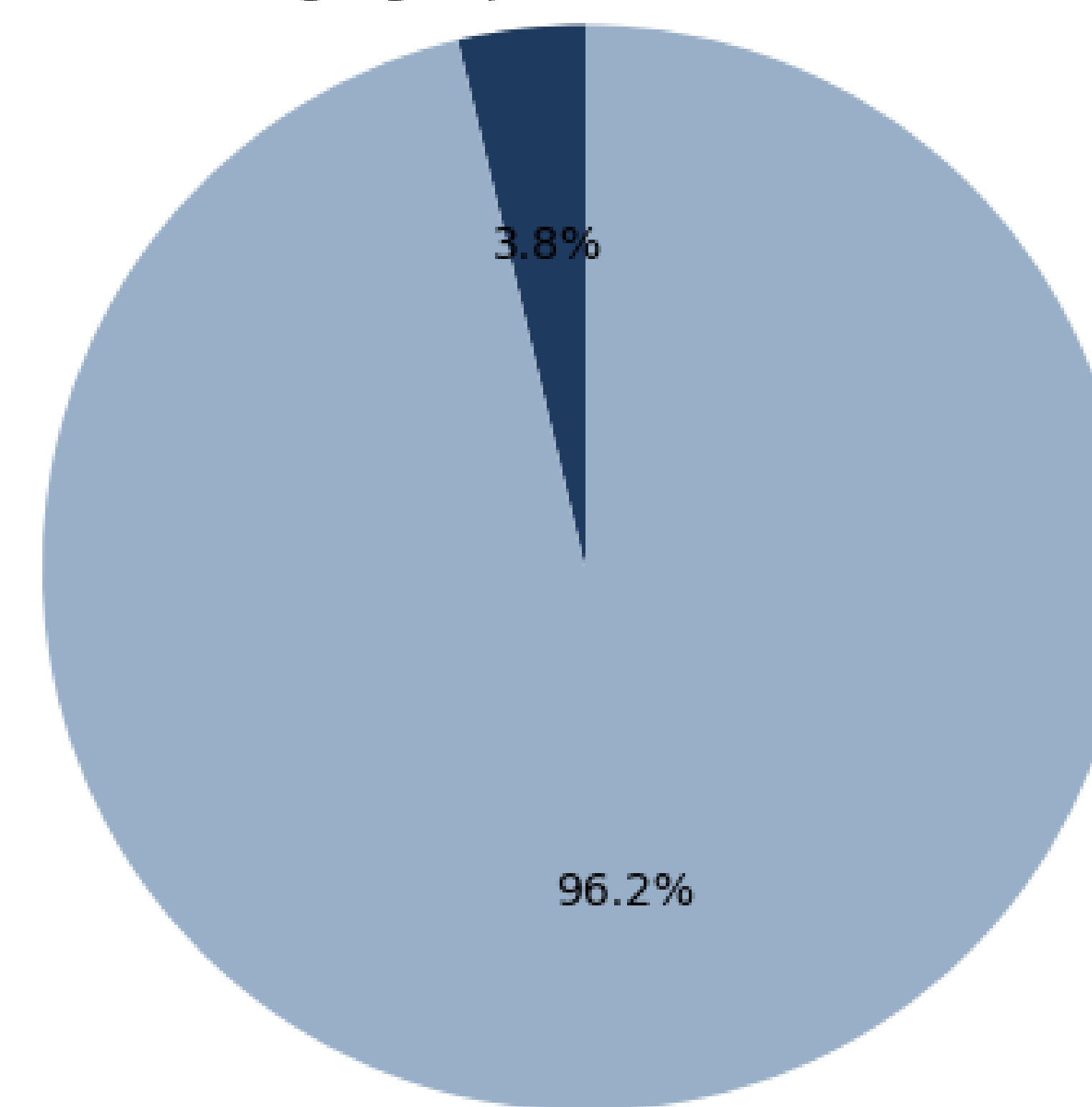
To assess the needs of Spanish-speaking individuals impacted by cancer in Yakima County.

Project Description/Methods

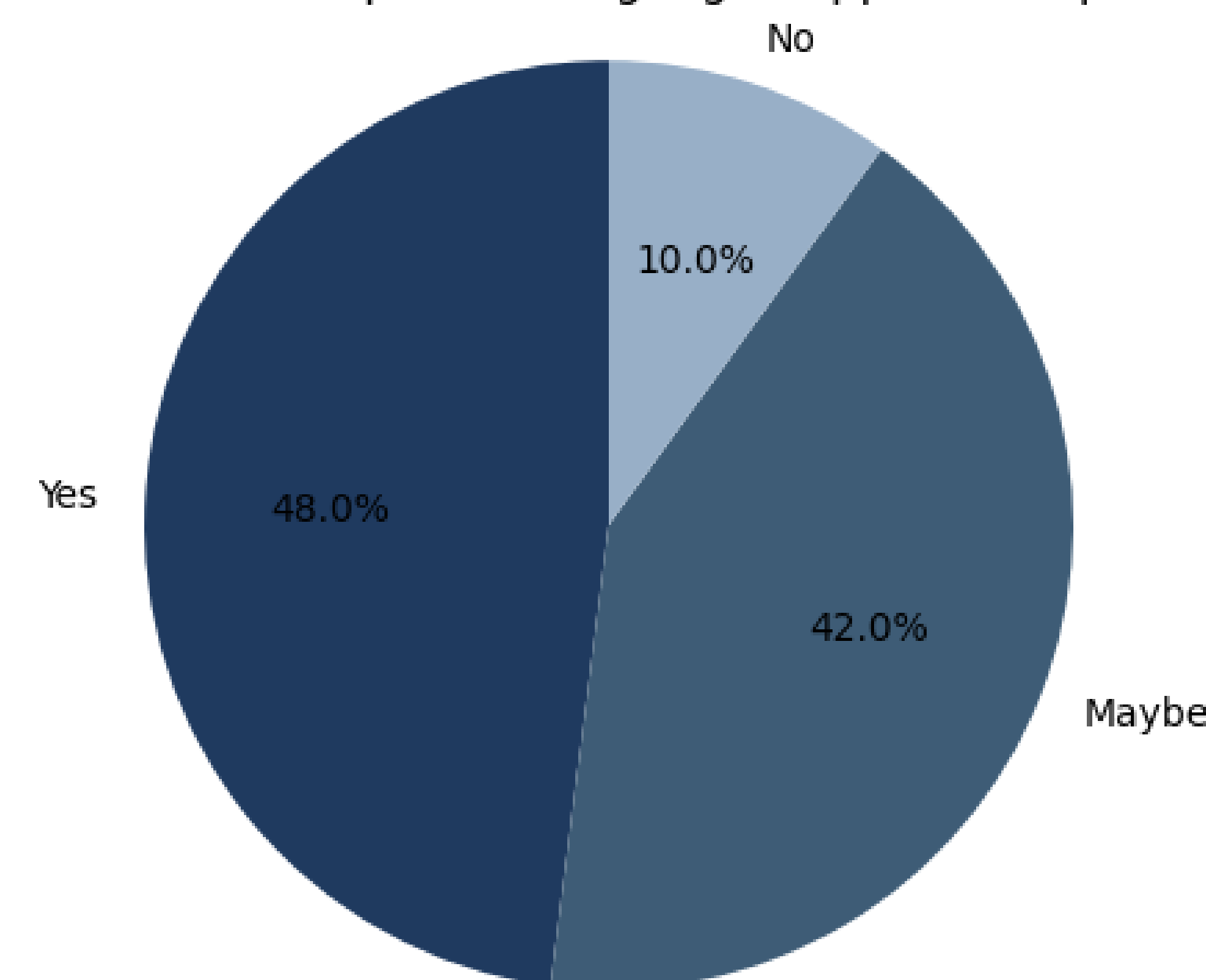
- Community-based needs assessment conducted in collaboration with Fred Hutch Cancer Center OCOE
 - Phone outreach
- Participants included Cancer patients, Cancer survivors, Caregivers and Community members impacted by cancer
- Survey available in English and Spanish
- Distributed via:
 - Online link and QR code
 - Paper surveys
 - In-person data collection conducted at: MultiCare Cancer Institute, Wellness House and health fairs
- Data collection period: June–August 2025
- n = 53 completed surveys
- Survey assessed: Interest in Spanish-language cancer support groups
- Preferred topics (mental health, nutrition, survivorship, etc.) Preferred locations and format (in-person vs virtual)
- Barriers to participation (transportation, distance, health concerns) Access to technology and internet
- Need for Spanish-language resources and services
- Data entered and managed using REDCap

Results

Current Access to Cancer Support Groups



Interest in Spanish-Language Support Groups



KEY FINDINGS

- High interest in Spanish language support groups (90%)
- High interest in mental health (77%), wellbeing (70%), and nutrition (66%)
- Strong need for practical support (62%) and family support (57%)
- In-person participation preferred (71% drive themselves)
- Online option also desired (20% virtual-only; 73% have internet access)
- Yakima (56%) and Sunnyside (42%) preferred locations
- Minimal interest in Tri-Cities (2%)

Program Impact/Accomplishments

- Data validated a significant unmet need for Spanish-language cancer support services
- Identified priority topics: mental health, wellbeing, nutrition, and practical support
- Established preferred locations (Yakima, Sunnyside) and formats (in-person and online)
- Generated community-specific data to support future grant applications and program development
- Developed Spanish-language resources to support client navigation and education
- Expanded support for monolingual Spanish-speaking clients
- Strengthened ability to deliver culturally and linguistically appropriate services
- Increased service utilization:
 - Wig & Hat Boutique, Cancer Care Boutique, and Client Navigation (+25%)
 - Translated counseling services (+15%)

REAL IMPACT

- Supported a family facing advanced cancer and complex medical and financial challenges
- Provided client navigation and counseling to address gaps in care and access to resources
- Connected the family to community support, resulting in a \$5,700 fundraiser to assist with essential expenses

Conclusion/Implications

- Spanish-speaking individuals in Yakima County face barriers to accessing cancer support services
- Strong interest exists for culturally and linguistically appropriate support, particularly groups
- Findings are guiding expansion of Spanish-language programs, resources, and outreach at Wellness House
- Results provide a strong foundation for future funding and sustainable program development

Acknowledgements:

This project was funded by the Fred Hutch/University of Washington/Seattle Children's Cancer Consortium Office of Community Outreach & Engagement 2025 Community Grants Program.