

As the U.S. undergoes an unusually acute seasonal surge in respiratory illnesses, it's important to remember that there are ways of staying healthy and avoiding life-threatening complications, which become more common among older individuals and those with already poor health. So let's look at the vaccination disparities and what they reveal about us.¹

Who's Not Getting Vaccinated?

Uninsured individuals are having a tougher time getting vaccines. Also, older adults in urban and suburban areas seem to be on top of their vaccination game compared to those in rural areas. Interestingly, non-Hispanic White and non-Hispanic Asian adults are leading the way in influenza vaccination.

Who's at Risk?

COVID-19, Flu, and RSV are causing concern, especially for Hispanic American adults at higher risk. They're 20% less likely than others to have received the pneumococcal vaccine. And in rural areas, around 20.5% of adults are still not vaccinated against COVID-19.²

Latinos and Vaccines

Latinos in the U.S. have consistently low vaccination rates, covering diseases like flu, polio, HPV, hepatitis, and, of course, COVID-19. This not only increases disease risks but also strains healthcare systems.³

Fighting Misinformation

There's a lot of confusing info out there, especially targeting Spanish-speaking Hispanics. We need to be aware of false stories, like the vaccine-autism link or microchip conspiracy theories. Let's stick to the facts!

Taking Action

We need to address healthcare access problems, especially in rural areas. Telehealth programs, like UC Davis Health's ACTIVATE, are stepping up to the plate, making healthcare more accessible.⁴

Join the Movement

Initiatives like #VaccinateForAllCampaign and NHMA Influenza & RSV Immunization Campaign are working hard to provide accurate vaccine info, especially in Spanish. It's about making sure everyone gets the right details.⁵

What Should I do?

It's simple. Visit your local vaccination center, schedule your appointment, and protect yourself, your loved ones, and your community. Let's stand together and #GetVaccinated for a healthier, safer future.

¹ [Racial and Ethnic Disparities in Adult Vaccination: A Review of the State of Evidence - PMC](#)

² [Immunizations and Hispanic Americans | Office of Minority Health](#)

³ [Vaccine Hesitancy: Contemporary Issues and Historical Background - PMC](#)

⁴ [The ACTIVATE Digital Health Pilot Program for Diabetes and Hypertension in an Underserved and Rural Community - PMC](#)

⁵ <https://www.vaccinateforall.org/>