PREVALENCE OF CARDIOVASCULAR RISK FACTORS AMONG BLACK SUB-GROUPS IN MIAMI-DADE

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OBJECTIVES:
The Black population is the nation’s second largest minority (13%). It represents an ethnic group with diverse ancestry that may vary genetically, culturally and socially, yet little is known about the differences in the prevalence of cardiovascular risk factors among these Black subgroups. We therefore studied the cardiovascular risk profiles within a diverse sample of Miami Black subpopulations responsive to public health outreach.

METHODS:
Community health screening identified 3,000 Black participants, who were categorized into 4 subgroups: Haitian (H) 966, African American (AA) 1208, Hispanic (HB) 249 and Caribbean(C) 570. Cardiovascular risk data included Body Mass Index, Blood pressure, non-fasting total cholesterol, HDL, non-fasting glucose and calculated Framingham risk score.

RESULTS:
Differences amongst subgroups were noted in multiple parameters of cardiovascular risk: age (p<0.001), health insurance status (p<0.001), family history (p<0.001), smoking (p<0.001), body mass index (p<0.001), HDL (p<0.001), and blood pressure (p=0.001). Mean Framingham risk score was highest in HB and lowest in AA (p=0.031)

CONCLUSIONS:
Our study shows marked differences in cardiovascular risk factors amongst these Black subpopulations. These findings may have important public health implications, and include a heretofore understudied Haitian population. Further studies are needed to elucidate the causes of these differences, and to improve efforts to address cardiovascular disease in a multiethnic setting.