HYPERTENSION CONTROL IN AN ETHNICALLY DIVERSE POPULATION OF NON-MEXICAN HISPANICS IN MIAMI

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INTRODUCTION

- Hispanics are the largest and fastest growing minority in the US, increasing from 12.5% of the US population in 2000 to 15% in 2009.
- In 2005, 61.4% of Miami Dade residents were Hispanic. Of these, 51.6% were Cuban; 31.1% South American or Central American; only 3.4% were Mexican.
- Despite improvements in the treatment of hypertension, blood pressure control remains far from adequate. Hispanics comprise the nation’s largest minority group, with increasingly recognized differences amongst various subgroups. However, previous studies of the prevalence and control of hypertension in Hispanics have focused primarily on Mexican-Americans.
- Florida Heart Research Institute (FHR) has been offering free cardiovascular screenings since 1998; 71.5% of those screened were Hispanics.

STUDY OBJECTIVES

To study possible determinants of hypertension control in a diverse population of non-Mexican Hispanics in Miami Dade.

RESULTS

PREVALENCE, AWARENESS, TREATMENT AND CONTROL

- Analysis was performed of retrospective data from 5081 non-Mexican Hispanics.
- Screenings were publicized through radio public service announcements, radio interviews, brochures and flyers distributed at public health fairs and, increasingly, by word of mouth.
- No incentives were provided to participants other than a report of their cardiovascular risk factor profile and educational brochures.
- Age, marital and insurance status, family history, exercise and smoking history, BMI, fasting glucose and lipid profile, and hsCRP were collected.
- Logistic regression was used to determine independent factors associated with control of hypertension. Variables with a p-value of >0.20 or less were entered into the regression.

DEFINITIONS

- Hypertension: SBP ≥140 or DBP ≥90 and/or taking medications
- Awareness of hypertension: Yes to hypertension on medical history
- Treatment of hypertension: Yes to taking antihypertensive medications
- Hypertension control (among treated): Treated SBP <140 and/or DBP <90

CONCLUSIONS

- Hypertension is prevalent in this Miami Hispanic population and its control is far from optimal.
- Both the prevalence and predictors of control seem to differ between men and women, and do not seem closely correlated with other cardiovascular risk factors.
- Future studies of the determinants of control will need to address gender difference in this population.