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

MARIA A. CANOSSA-TERRIS, Mary Comerford, Connie Ingram, Paul Kurlansky, Florida Heart Research Institute, Miami, FL

Introduction
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. We therefore studied the hypertension control in a diverse population of non-Mexican Hispanics in Miami.

Methods
The sample consists of 5081 non-Mexican Hispanics participating in cardiovascular screening. Hypertension and hypertension control were defined using JNC7 guidelines. Age, marital and insurance status, family, 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.

Results
Prevalence of hypertension was 25.1% (1277/5081); males 28.5% (529/1854), females 23.1% (748/3227). Prevalence of treatment was 50.9% (651/1277); males 44.2% (234/529), females 55.7 % (417/748). Among those treated prevalence of control was 46.5% (303/651); males 37.6 % (88/234), females 51.5% (215/417).

Among women, age <65 (p < .001) and positive health insurance status (p=0.008) were independent predictors of hypertension control, whereas in men only a positive family history of heart disease was predictive of control (p=0.009).

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 to be closely correlated with other cardiovascular risk factors. Future study of the determinants of control will need to address gender difference in this population.