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 2009.1
- 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.2
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- Uncontrolled hypertension among adults is associated with increase incidence of heart attack, stroke and mortality. Studies of prevalence and control of hypertension among non-Mexican Hispanics has been limited.3
- Florida Heart Research Institute (FHRI) has been offering free cardiovascular screenings since 1998; 71.5% of those screened were Hispanics.4

STUDY OBJECTIVES

To examine awareness and treatment in a ethnically diverse population of non-Mexican Hispanics in Miami Dade with uncontrolled hypertension.

AWARENESS AND TREATMENT OF UNCONTROLLED HYPERTENSION AMONG ETHNICALLY DIVERSE POPULATION OF NON-MEXICAN HISPANICS IN MIAMI

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METHODS

- Analysis was performed of retrospective data from 5081 non-Mexican men and women.
- Screening 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 on cardiovascular risk factors were provided. Participants with abnormal results were advised to seek medical attention. A list of federally funded clinics was made available to those with no health insurance.
- JNCT guidelines were used to identify hypertension and hypertension control.
- Standard epidemiological techniques were employed to estimate prevalence.

RESULTS

AWARENESS STATUS AMONG THOSE WITH UNCONTROLLED HYPERTENSION

- The prevalence of being unaware was highest among those aged 40-64 yrs and those without health insurance.
- The prevalence of being aware and treated was highest among women, those age 40-64 yrs and those without health insurance.
- The prevalence of being aware yet untreated for hypertension was highest among females, those age 40-64yrs and those without health insurance.

CONCLUSIONS

- Miami Hispanics with hypertension display a very low rate of control. This problem appears to be amplified by a lack of insurance and the access to care that insurance provides.
- Nearly two thirds of this largely uninsured Hispanic population were either unaware of their HTN, or aware but not receiving any treatment.
- Other issues, such as linguistic and cultural barriers, education, poor patient compliance with medications and unhealthy lifestyles may contribute to this lack of control and require further study.

DEFINITIONS

- Hypertension: SBP ≥140 or DBP ≥90 and/or use of antihypertensive medications
- Unaware of hypertension: If answered to “no” to hypertension in medical history
- Aware and Untreated: If answered “yes” to hypertension and “no” to taking medications
- Aware and Treated: If answered “yes” to hypertension and “yes” to taking medications
- Uncontrolled (among treated): SBP ≥140 and/or DBP ≥90

PREVALENCE OF AWARENESS AND TREATMENT STATUS AMONG THOSE WITH UNCONTROLLED HYPERTENSION

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