ASSOCIATION OF OVERWEIGHT/OBESITY AND SELF REPORTED HEALTH STATUS IN HISPANICS: A COMPARISON WITH NON HISPANIC WHITES

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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 2010, 64.0% of Miami-Dade residents were Hispanic, of those, 54% were Cuban, 32% South and Central American and 3% are Mexican.
• The growing prevalence of obesity is recognized as an important risk factor for cardiovascular disease. According to NHANES 2007-2010, overall 68% of US adults were overweight or obese (73% of men and 64% of women).
• Understanding self perception of weight as it pertains to health is critical to the success of weight reduction programs. The impact of ethnicity on this association has not been adequately examined.

METHODS

• Retrospective data from 927 Hispanic (H) and 72 Non- Hispanic White (NHW) participants age 18 and over collected during the course of free public cardiovascular screenings were analyzed.
• Screenings were publicized through radio and television 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.
• Counseling on healthy lifestyle habits and educational brochures on cardiovascular risk factors were provided by a bilingual nurse. 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.
• Demographics, medical history and current health status were self-reported. Overweight and obesity were measured by Body Mass Index (BMI). Self-perceived health status was characterized as excellent, very good, good, fair or poor health.
• Logistic regression was used to determine independent risk factors for perceived fair-poor health, as well as for excellent/very good health.

RESULTS

• Florida Heart Research Institute has been offering free cardiovascular screenings since 1998; more than 75% of those screened were Hispanics.

DEFINITION OF RISK FACTORS

• Reported health status: Excellent/very good/ good Fair/poor
• Body Mass Index (BMI): Normal=18.5 Overweight: 25-29.9 Obese: >30
• Hypertension: B/P ≥ 140/90 or DYBP 90 and/or use of antihypertensive medications
• Diabetes mellitus: Fasting glucose levels ≥ 126 mg/dL and/or use of diabetes medications

SELF-RATED CURRENT HEALTH STATUS IN STUDY SAMPLE

HISPANIC DISTRIBUTION IN MIAMI-DADE COUNTY

HISPANIC DISTRIBUTION IN STUDY SAMPLE

CHARACTERISTICS OF THE SAMPLE

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RISK FACTORS

• South American includes: Argentina, Bolivia, Chile, Colombia, Ecuador, Paraguay, Peru, Uruguay and Venezuela
• Central American includes: Costa Rica, El Salvador, Guatemala, Honduras, Nicaragua and Panama
• Caribbean includes: Cuba, Dominican Republic and Puerto Rico

LOGISTIC REGRESSION AND EXCELLENT/VERY GOOD/GOOD HEALTH

CONCLUSIONS

• Although it is not surprising that participation in regular exercise is associated with a better self-perception of health status, or that hypertension and obesity is correlated with a worse self-assessed health status, there are two striking findings that emerge from this data:
  √ The vast majority of both H and NHW subjects do not perceive either overweight or obesity to be a major health problem.
  √ Hispanics have a significantly worse self-perception of health status even after controlling for associated factors.
• This information provides a basic foundation for overcoming fundamental barriers to effective patient education - a critical first step in addressing the current epidemic of obesity in ethnically diverse populations.