PREHYPERTENSION AND ITS RELATIONSHIP TO OTHER RISK FACTORS FOR CARDIOVASCULAR DISEASE IN A SAMPLE OF NON MEXICAN HISPANICS IN MIAMI

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Introduction
Recent studies have documented a progression to hypertension and an increase risk of cardiovascular disease in persons with prehypertension as defined in JNC7. Here we evaluate the relationship between prehypertension and risk factors for CVD in a sample of non-Mexican Hispanics in Miami.

Methods
Data from Florida Heart Research Institute free cardiovascular screenings revealed 4764 non-Mexican Hispanics (2294 normotensive and 1400 prehypertensive). Hypertensives or those taking medication (1070) were excluded. To determine bivariate relationship to prehypertension, chi-square tests were performed using the following variables: age, sex, smoking status, alcohol consumption, exercise, health insurance status, family history of CHD, glucose, cholesterol, LDL, HDL, CRP (CRP of 10 or greater were excluded), and BMI. Variables significant at p<.05 or less were entered into a logistic regression. Odds ratios and 95% confidence intervals were calculated.

Results
Prevalence of prehypertension was 29.4%. Logistic regression model revealed the following associations with prehypertension: age (40 and older) p <0.001; male gender p<0.001; glucose of 100-125, (pre diabetes) p =0.006, diabetes or taking medication p=0.056; cholesterol ≥ 200 p<0.001; LDL ≤130 p<0.001; triglycerides ≥150 p=0.001; CRP > than 3 p=0.027; and a BMI ≥25 p<0.001.

Conclusions
Prehypertension is prevalent in this Miami population, and is associated with other CVD risk factors. Awareness of CVD risks in this population segment will assist in designing culturally appropriate prevention programs, including lifestyle modifications and public awareness campaigns.