EXAMINATION OF OVERWEIGHT, OBESITY AND OTHER CARDIOVASCULAR RISK FACTORS IN A SAMPLE OF MIAMI HISPANICS

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INTRODUCTION

• Nationally, 65.9% of Hispanics are Mexican, 9.6% Puerto Rican, 3.5% Cuban, and 21.8% of other origin.
  While the cardiovascular risk factor profile of Mexican-Americans have been systematically studied, those of other groups have been largely overlooked.

• The Hispanic population has been projected to comprise 24.4% of the US population by 2050.

• 70.3% of Hispanics in the US are overweight and 21.3% are obese.

• In 2005, 67.4% of Miami residents were Hispanic; 53.2% Cuban; 39.2% South or Central American; only 3.8% were Mexican.

• Florida Heart Research Institute (FHR) has been offering free cardiovascular screenings since 1998; 71.5% of those screened were Hispanics.

LEARNING OUTCOME

To identify the association of overweight and obesity and other cardiovascular risk factors among a sample of Hispanics living in Miami, FL in order to define a target population for focused intervention.

METHODS

• Analysis was performed of retrospective data from 3360 non-Mexican Hispanic participants age 18 and over collected during the course of free public cardiovascular screenings.

• 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, educational brochures and counseling to seek further medical attention when needed.

• A self-reported medical history was used to determine presence of coronary heart disease and medication use. Demographics were similarly gathered.

• Two sitting blood pressure measurements performed with a mercury sphygmomanometer were averaged.

• Weight and height were measured and used to calculate body mass index (BMI).

• Chi-square tests and non-linear regression were used to determine relationships between categorical variables. Continuous variables were analyzed using Students t-test. P-values are presented with no correction for multiple tests.

DEFINITION OF RISK FACTORS

• Hypertension: Normal: SBP < 120 and DP < 80
  Prehypertension: SBP 120-139 or DBP 80-89
  Hypertension: SBP ≥140 or DBP ≥90 and/or use of antihypertensive medications

• Dyslipidemia: Total cholesterol ≥200mg/dl
  LDL cholesterol ≥150mg/dl
  HDL cholesterol <40mg/dl
  Triglycerides ≥250mg/dl
  or on lipid-lowering medications

• Diabetes mellitus: Impaired glucose = levels 100mg/dl – 125mg/dl
  Diabetes = glucose levels ≥ 126 mg/dl
  or self-report of use diabetes medications

• Body Mass Index (BMI):
  Male: 25.2
  Overweight: 25.2
  Obese: ≥30

RESULTS

PERCENT WITH RISK FACTORS BY GENDER BY BMI LEVEL

CONCLUSIONS

• Miami Hispanic men were at significantly greater cardiovascular risk at each level of BMI than Miami Hispanic women.

• Miami Hispanic men develop cardiovascular risk at each level of BMI at a younger age than women.

• This study highlights the importance of primary preventive strategies, in this Hispanic population, to adopt healthier lifestyle habits at an early age.

• Cardiovascular risk intervention should target weight reduction in both groups, but at an even earlier age in men than in women.

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