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

Author(s) Claudia Correa, Connie Ingram, Maria A. Cano-Terra, Mary Comerford*, Paul A. Kurlansky
Florida Heart Research Institute, Miami, Florida
*University of Miami Miller School of Medicine, Miami, Florida

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.

Introduction:
According to the US Census Bureau, there were over 16 million non-Mexican Hispanics in the US in 2008, constituting 5.3% of US residents. The cardiovascular risk profile of this population has not been well defined.

Methods:
Analyses were performed on retrospective data from 3360 non-Mexican Hispanic aged 18 and over who participated in free Florida Heart Research cardiovascular screenings. Data gathered included insurance status, measurements of height and weight, blood pressure, fasting glucose and lipid profile. Participants were stratified by body mass index (BMI) (<25, “normal”; 25-29, “overweight”; ≥30, “obese”) and by gender to compare their cardiovascular risk.

Results:
Women accounted for 63.7% of the sample; 92% of the participants were uninsured; the average age was 48.9. While men and women with normal BMIs did not differ significantly in age, overweight and obese women participants were significantly older (p=0.001) than men in comparable BMI groups. Men in each BMI level were significantly more likely than women to exhibit prehypertension and hypertension, lower HDL levels, and higher triglyceride (p <0.001). Obese men were significantly more likely than obese women (p <0.001) to exhibit prediabetic glucose levels.

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. Therefore cardiovascular risk intervention should target weight reduction in both groups but at an earlier age in men than in women.