INTRODUCTION

• Hispanics are the largest and fastest growing minority in the US, increasing from 12.5% to 14.5% between 2000-2005.
• Hispanics as a whole have the lowest rate of educational attainment and the highest rate of poverty which may translate into a greater risk of disease.
• Nationally, 66.9% of Hispanics are Mexican, 14.3% Central or South American, 8.6% Puerto Rican, 3.7% Cuban, and 6.5% of other origin. While the health and mortality risks of Mexican Americans have been systematically studied, those of other groups have been largely overlooked.
• 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.

STUDY OBJECTIVES

To examine the prevalence of hypertension, control of hypertension, and insurance status among a sample of Hispanics in Miami, FL.

HISPANIC DISTRIBUTION IN MIAMI DADE COUNTY


HISPANIC DISTRIBUTION IN STUDY SAMPLE

METHODS

An analysis was done of retrospective data from 2804 participants age 18 and over collected during the course of free public cardiovascular screenings.

• Screenings were publicized through radio public service announcements, brochures and flyers distributed at public health fairs and, increasingly, by word of mouth.

RESULTS

• Among participants, only 226 (8.1%) had medical insurance. Although the prevalence of hypertension was similar between insured and uninsured (29.4% vs. 31.4%), the adequacy of control was dramatically different between groups.

CONCLUSIONS

• Hypertension is prevalent in the Miami Hispanic population.
• Blood pressure control in this population is far from adequate.
• Lack of health insurance appears to exacerbate the problem.
• Any health initiatives in this population must take into account both the prevalence of disease and the social milieu in which it occurs.

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