Improving Hypertension Outcomes in the Blacks: Current Concepts and Evidence-based Approaches

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Has disclosed the following affiliations. Any real or apparent COIs related to the presentation have been resolved.

**Speaker’s Bureau**
- None

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Introduction

• Health, life expectancy, and care improved dramatically for Americans over last century
• Distribution of benefits not occurred equitably
  – Current mortality gap between black & white persists since 1960\(^1\)
• Large portion of disparity due to CVD\(^2\)
• African Americans have a higher risk for HTN, DM, obesity, MI, stroke, CKD, and CV mortality, especially premature cardiac death

2. Wong et al. *NEJM* 2002;347(20)1585-92
Heart Disease & Stroke Mortality Disparities

Black men & women much more likely to die of heart disease & stroke vs. whites

- CHD & stroke not only leading U.S. causes of death, but also account for largest proportion of inequality in life expectancy between whites and blacks

- Despite existence of low-cost, highly effective preventive treatment

“Race” is a crude proxy.
HBP Awareness, Treatment, & Control by Race/Ethnicity (NHANES: 2007–2010)

Go A S et al. Circulation 2013;127:e6-e245
Hypertension in African Americans: Unique Aspects?
HTN in AAs: Potential Physiologic & Hemodynamic Determinants

- Obesity (>50% of women ≥ 40 BMI ≥ 30 kg/m²)¹
- Higher salt sensitivity²
- Low levels of plasma renin²
- Vascular function (sympathetic overactivity)²
- Attenuated nocturnal fall in BP³
- Greater comorbidity (especially DM)²
- Inactivity
- Family history

Addressing Cultural Contexts in Health Care

Educational Resources to Address Health Disparities

Delicious Heart Healthy Latino Recipes/Platillos latinos sabrosos y saludables (bilingual English, Spanish)

Provides recipes for 26 popular easy to prepare taste-tested Latino dishes created in a heart healthy style (lower in fat and sodium than traditional versions). Includes heart healthy food substitutions, food safety, a glossary of international terms for Latino cuisine, and nutrient analyses.

- Heart Healthy Latino Recipes (2.82 MB)
- Ordering Information

On the Move to Better Heart Health for African Americans

A culturally appropriate educational booklet for African Americans on

Your Choice for Change - Honoring the Gift of Heart Health for American Indians

A culturally appropriate educational booklet for American Indians on

Healthy Heart, Healthy Family - Keep the Beat. Aim for a Healthy Weight

This booklet is part of a series called “Healthy Heart, Healthy Family,” that

Healthy Hearts, Healthy Homes - Are You at Risk for Heart Disease?

This booklet is part of a series called “Healthy Hearts, Healthy Homes,” that

Prevent and Control High Blood Pressure: Mission Possible

What every African American should know

High blood pressure: A force to be reckoned with

Broad Policy Areas for Addressing Racial /ethnic Health Care Disparities

• Raising public and provider awareness of racial/ethnic disparities in care
• Expanding health insurance coverage
• Improving capacity and number of providers in underserved communities
• Increasing knowledge base on causes and interventions to reduce disparities
Conclusions

• Uncontrolled HTN a major burden to African Americans with adverse cardiac, renal and cerebral events

• Therapeutic lifestyle changes (low salt, DASH, physical activity, moderation alcohol, healthy weight) are the bedrock of care

• However, multi-drug therapy often needed.
Conclusions

• Laissez faire approaches lead to adverse outcomes
• Improvements in outcomes linking high quality care to minimizing disparities in treatment are essential
Thank You!