



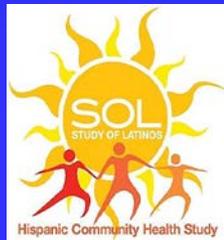
DIABETES AND HISPANIC/LATINOS

Hispanic Community Health Study/
Study of Latinos
(HCHS/SOL)



Presentation Outline

- About the HCHS/SOL study
- HCHS/SOL results about diabetes
- Prevalence of diabetes among Hispanics/Latinos of diverse backgrounds
- Public Health Implications



About the Hispanic Community Health Study/ Study of Latinos (HCHS/SOL)

- HCHS/SOL is a comprehensive, longitudinal (prospective), population based, multicenter, cohort study of Hispanic/Latino populations in the United States.
- The study is sponsored by the National Heart, Lung and Blood Institute; and six other Institutes, Centers and offices within of the National Institutes of Health.
- Four communities participating in this landmark study are:
 - Bronx, New York
 - Chicago, Illinois
 - Miami, Florida
 - San Diego, California



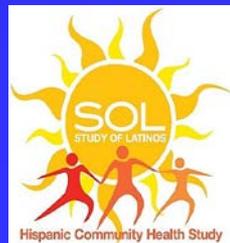
Purpose of the HCHS/SOL Study

- To identify prevalence of cardiovascular and pulmonary-related diseases (& other chronic diseases) in Hispanics/Latinos of diverse backgrounds.
- To identify the risk factors (social, cultural and psychological) that may have a **protective** or **harmful** role in the prevalence of cardiovascular and pulmonary-related diseases and other chronic diseases.
- To identify causes of death, and the rate of serious cardiovascular and pulmonary complications over time.



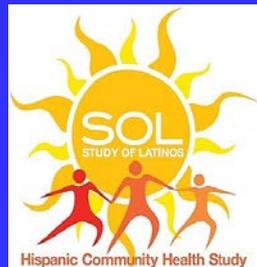
What Is Diabetes and Why Is It Important?

- Diabetes develops when the body is unable to properly use or produce insulin, causing sugar (glucose) to accumulate in the bloodstream and produce high blood glucose levels.
- Diabetes type 1 is largely due to genetic predisposition. Being overweight, poor eating habits and physical inactivity are risk factors for developing diabetes type 2. Other risk factors such as family history, ethnicity and age also play a role. Many people with type 2 diabetes are at a normal weight or only moderately overweight.
- Combined, the two types affect an estimated 26 million U.S. adults; of those, approximately 95% have type 2 diabetes (CDC, 2014).



What Is Diabetes and Why Is It Important?

- Treatment for type 2 diabetes will often involve a combination of regular glucose monitoring, prescribed medications, increases in physical activity, and healthier eating.
- Diabetes can lead to major complications such as blindness, kidney damage, foot problems, and amputations.
- Diabetes is a contributor to heart disease and stroke.



HCHS/SOL: Results about Diabetes

- The HCHS/SOL found a higher overall prevalence of diabetes in Hispanics (16.9%). Previous studies had reported that 12% of Hispanic/Latinos had diabetes (CDC, 2011).
- The prevalence of diabetes varies among individuals of diverse Hispanic/Latino background: South Americans (10.2%), Cubans (13.4%), Central Americans (17.7%), Dominicans & Puerto Ricans (18%), and Mexicans (18.3%).
- The rates of diabetes were similar for men and women between 18 to 74 years of age.
- Higher rates of diabetes were seen with increased age, body mass index (BMI) and length of time living in the United States (10 or more years).

Source: Diabetes Care. Journal of the American Diabetes Association. August 2014



Results about Diabetes

- Results of the HCHS/SOL study showed that many Hispanic/Latinos with diabetes were unaware of their diabetes (41.3%), had poor control of the disease (52%) and or lacked health insurance (47.9%).
- One of every 3 participants with diabetes did not know that they had the disease at the time of the HCHS/SOL exam.
- Awareness of having diabetes was reported by 58.7% of participants. Individuals who were aware of their diabetes showed greater diabetes control than those who were unaware. Participants that had health insurance were more likely to be aware of having diabetes that those who did not.
- The number of individuals who were aware of having diabetes and having it under control increased with age.

Source: Diabetes Care. Journal of the American Diabetes Association. August 2014



Results about Diabetes

- Participants who were 65 years of age and older were more likely to have health insurance, and had better control of their diabetes than those who were younger
- HCHS/SOL findings are consistent with previous reports that Hispanic/Latinos have a greater prevalence of diabetes than non-Hispanic whites.



Prevalence of Diabetes Among Hispanics/Latinos From Diverse Backgrounds: HCHS/SOL Results

Sub-Groups	Males	Females
Mexican	18.7 %	17.9%
Dominican	18.0%	18.2%
Central American	16.9%	18.5%
Puerto Rican	16.6%	19.5%
Cuban	13.2%	13.5%
South American	10.6%	9.8%

- Overall prevalence of diabetes was 16.9%
- The percent of participants with diabetes was lowest in those with South American background



More about prevalence of diabetes

Age Group	Males	Females
18-44	6.0%	6.1%
45-64	25.2%	26.0%
65-74	45.8%	46.6%

- Almost one out of two participants in the oldest age group had diabetes; and one in four in the middle age group had diabetes
- Women with more than a High School (HS) education had lower prevalence of diabetes than those with a HS education or less
- Men with at least a HS education had lower prevalence of diabetes than those with less than a HS education



Prediabetes and diabetes

- ~1/3 of participants had pre-diabetes (high risk of having diabetes),
 - independent of Hispanic/Latino background
- ~1/2 of participants with diabetes among **all**
 - Hispanic /Latino background had it under control



Public Health Implications

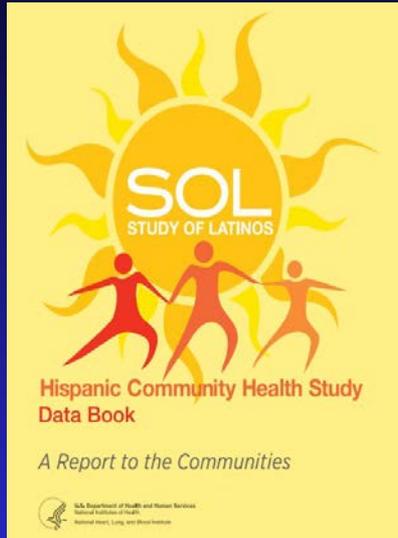
- For those without health insurance, promote access to medical care for example through the **Patient Protection and Affordable Care Act (PPACA)** Affordable Care Act (ACA).
- Since many participants did not know they had diabetes, promote the early detection and control of early stage diabetes for those under 65 years old.
- Continue research of background group differences and cultural factors that influence health.
- Improve our knowledge of causes of health conditions to improve the health of Hispanics/Latinos and the community at large.
- Work with your national and local health policy makers to promote and support best health messages and intervention strategies.

What can you do?

- For the prevention of diabetes,
 - follow the advice of a doctor or health provider
 - increase physical activity
 - follow a healthy diet to prevent diabetes
- If you have diabetes seek regular medical treatment, learn about the disease and maintain healthy habits.
 - know your blood glucose numbers
 - have greater self–awareness of your overall health status (e.g. cholesterol, blood pressure)
- Seek and follow advise from your doctor on the best way to treat for diabetes



Learn More about Latino Health



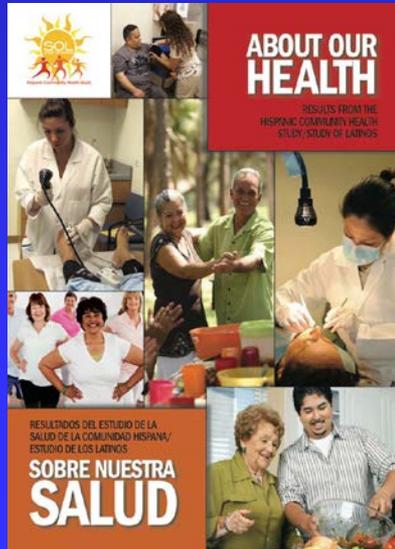
This report is the most comprehensive health and lifestyle analysis of people from a range of Hispanic/Latino background.

HCHS/SOL findings will enable individuals, communities, and policy makers to tailor health intervention strategies.



To download report:

<http://www.nhlbi.nih.gov/research/resources/obesity/population/hchs.htm>



Highlights health areas that are having a positive impact in Hispanic and Latino families and communities.

Underlines health trends for each of the communities involved in the study.



To download report:

<http://www.sol-study.org>

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RESULTADOS DEL ESTUDIO DE LA SALUD DE LA COMUNIDAD HISPANA/ ESTUDIO DE LOS LATINOS

SOBRE NUESTRA SALUD

Study of Latinos San Diego
Educational Research

Hispanic Community Health Study

Timeline About Reviews Likes More ▾

PEOPLE >

★★★★★
137 likes
20 visits

Status Photo / Video Offer, Event +

What have you been up to?

Study of Latinos San Diego shared The Heart Truth's photo.



SOL STUDY OF LATINOS

Hispanic Community Health Study

TWEETS 82 PHOTOS/VIDEOS 7 FOLLOWING 101 FOLLOWERS 34 More ▾

Tweets Tweets and replies

Retweeted by SOL San Diego

The Heart Truth @TheHeartTruth · Jul 2
Un 14% de hispanas de mediana edad padecen de la diabetes y están en riesgo de padecer de la enfermedad del corazón.

DIABETES Y PREDIABETES

Los carbohidratos son una gran fuente de energía para nuestro cuerpo, pero si consumes muchos a la vez, los niveles de su glucosa en la sangre pueden subir mucho. Si los niveles de glucosa en la sangre se mantienen muy altos por mucho tiempo, puede provocar problemas serios de salud.

10 - 15 Libras
SI TIENE SOBREPESO, LA PÉRDIDA DE PESO MODERADA Y REALIZAR ACTIVIDAD FÍSICA CON REGULARIDAD PUEDE REDUCIR MUCHO SU RIESGO DE TENER DIABETES



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THANK YOU!