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).

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.

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 that 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

- Overall prevalence of diabetes was 16.9%

<table>
<thead>
<tr>
<th>Sub-Groups</th>
<th>Males (%)</th>
<th>Females (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mexican</td>
<td>18.7%</td>
<td>17.9%</td>
</tr>
<tr>
<td>Dominican</td>
<td>18.0%</td>
<td>18.2%</td>
</tr>
<tr>
<td>Central American</td>
<td>16.9%</td>
<td>18.5%</td>
</tr>
<tr>
<td>Puerto Rican</td>
<td>16.6%</td>
<td>19.5%</td>
</tr>
<tr>
<td>Cuban</td>
<td>13.2%</td>
<td>13.5%</td>
</tr>
<tr>
<td>South American</td>
<td>10.6%</td>
<td>9.8%</td>
</tr>
</tbody>
</table>

- The percent of participants with diabetes was lowest in those with South American background.
More about prevalence of diabetes

- 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
HCHS/SOL Fact Sheet on Diabetes

Take one and bring it home! It highlights HCHS/SOL results on diabetes and provides you links with resources to find out more about diabetes.

For more information visit: www.diabetes.org
For information on medication prescription assistance visit https://www.pparx.org

Local Community Resources (FC specific)
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:

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