Results from the Ocular Study of Latinos, Ocular SOL
Ancillary Study to the Miami Site
Hispanic Community Health Study/
Study of Latinos
(HCHS/SOL)
Presentation Outline

- About the HCHS/SOL study
- About the Ocular Study of Latinos, Ocular-SOL
- Findings from the Ocular study
- What does it mean for the Hispanic/Latino Community?
- What can you do?
- Resources
About the Hispanic Community Health Study/Study of Latinos (HCHS/SOL)

- HCHS/SOL is a comprehensive, longitudinal (prospective), population based, multicenter, cohort study of 16,000 Hispanic/Latino individuals 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.
Ocular SOL
An Ancillary Study to HCHS/SOL

Used a sub-sample of HCHS/SOL ages 40 years and older to document healthcare utilization and barriers to care, knowledge of ocular healthcare visit recommendations and risk factors, and prevalence of reported ocular conditions and risk factors.

It was conducted at the HCHS/SOL Miami field center and funded by the Centers for Disease Control and Prevention (CDC).
Ocular Healthcare Utilization & Risk Ancillary Study

- 1,235 HCHS/SOL participants: 478 men and 757 women
- Median age of 53.6(8.1) years
- Contacted by phone between 2011 and 2013
- 73% Cuban, 19% Central American and 47% South American
Ocular Study of Latinos, Ocular SOL

The study looked for 3 outcomes:

- Ever having an eye exam
- Having an eye exam within the past 2 years
- Difficulty obtaining needed eye care in the past year
Findings from the Ocular Study of Latinos, Ocular SOL
Among all participants

- 89.5% reported ever having an eye examination
- 58.8% reported having an eye examination in the past 2 years
- 11.7% reported having difficulty getting eye care in the past year
Access to Ocular Health Care by Age

- Ever had an Eye exam
- Eye Examination in the last 2 yrs
- Difficulty getting care last 1 yr

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Ever had an Eye exam</th>
<th>Eye Examination in the last 2 yrs</th>
<th>Difficulty getting care last 1 yr</th>
</tr>
</thead>
<tbody>
<tr>
<td>40-54 YRS</td>
<td>84%</td>
<td>48%</td>
<td>14%</td>
</tr>
<tr>
<td>AGE 54-64 YRS</td>
<td>94%</td>
<td>59%</td>
<td>13%</td>
</tr>
<tr>
<td>&gt; 65 YRS</td>
<td>99%</td>
<td>89%</td>
<td>3%</td>
</tr>
</tbody>
</table>
Access to Ocular Health Care by Gender

- **Ever had an Eye exam**: 85% (Men) vs 94% (Women)
- **Eye Examination in the last 2 yrs**: 54% (Men) vs 63% (Women)
- **Difficulty getting care last 1 yr**: 10% (Men) vs 14% (Women)

Legend: Blue = Men, Red = Women
Access to Ocular Health Care by Health Insurance

- **Currently Insured**
  - Difficulty getting Ocular care in past 12 months: 6%
  - Eye Exam within the past 2 years: 79%
  - Ever had an Eye Exam: 96%

- **No Insurance past 3 yrs**
  - Difficulty getting Ocular care in past 12 months: 19%
  - Eye Exam within the past 2 years: 50%
  - Ever had an Eye Exam: 82%

- **No insurance >3 yrs**
  - Difficulty getting Ocular care in past 12 months: 16%
  - Eye Exam within the past 2 years: 38%
  - Ever had an Eye Exam: 87%

- **Never Insured**
  - Difficulty getting Ocular care in past 12 months: 16%
  - Eye Exam within the past 2 years: 40%
  - Ever had an Eye Exam: 80%

Legend:
- Green: Difficulty getting Ocular care in past 12 months
- Red: Eye Exam within the past 2 years
- Blue: Ever had an Eye Exam
Access to Ocular Health Care by Vision Insurance

- **Ever had an Eye exam**: 94% with Vision Insurance, 89% without.
- **Eye Examination in the last 2 yrs**: 81% with Vision Insurance, 57% without.
- **Difficulty getting care last 1 yr**: 6% with Vision Insurance, 12% without.

Legend:
- **Blue**: Vision Insurance
- **Red**: No Vision Insurance
Some groups were more likely to have ever received an eye exam:

- Women when compared to men
- Individuals living in the US more than 15 years
- Individuals ages 65 and older
- Individuals with higher levels of education.
Ocular SOL Findings

• Participants who never had an eye exam reported cost most often as the reason for not obtaining care.

• Those who stopped their insurance coverage reported doing so because of the cost or because the insurance company refused coverage.
Ocular SOL Findings

• Young participants and those with lower education levels were groups less likely to have an eye exam.

• Participants with poor or very poor eyesight had difficulty getting needed eye care

• In the Ocular SOL study, less than half of the participants had insurance and only 8% of those had separate vision insurance.
What does it mean for Hispanic/Latino Communities?

Important factors that affect eye care among Hispanic/Latinos have been identified. The following strategies are suggested:

- Lowering the cost of eye care.
- Improving access to eye care facilities
- Facilitating access to healthcare professionals
- Increasing eye and healthcare coverage
- Increasing awareness among Hispanics about the importance of preventive ocular care
Lower cost of Eye care

• Cost was cited as the most important barrier to get an eye exam and to buy insurance.
• In turn, the lack of health insurance was a predictor of all 3 outcomes
• Health insurance coverage allows access to eye screening services for early identification and treatment of disease
• Health insurance coverage is key to prevention and treatment of eye disease and its complications.
Preventive Eye Care

Educating about the importance of preventive eye care and facilitating access is needed among Hispanic/Latinos from the:

- Younger age group
- Lower socioeconomic level
- Living in the US less than 15 years
- Group with existing vision problems
What can you do?

• Keep your eyes healthy: eat well, maintain a healthy weight, quit smoking, wear sunglasses, wear protective eye wear, and give your eyes a rest, every 20 min for 20 seconds from your phone, computer or tablet.

• Healthy individuals should get a baseline eye exam at 40 years of age. If you are 65 or older, diabetic or have an eye condition, get an eye exam every year.

• See your eye doctor as soon as possible if you experience: Decreased vision, draining or redness of the eye, eye pain, double vision, diabetes, floaters or floating specks in your vision, halos around lights or flashes of light.
Resources

• To learn about eye health visit https://nei.nih.gov/

• For sources of assistance for eye exams, eye surgery, eyeglasses and prescription drugs visit https://nei.nih.gov/healthyeyes/financialaid or contact a social worker at your local hospital or community clinic.
HCHS/SOL Fact Sheet highlights Ocular SOL findings

Take one and bring it home!

It highlights Ocular SOL findings and provides resources on eye health and care.

Local Community Resources (FC specific)
Learn More about HCHS/SOL Study

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 HCHS/SOL study.

To download report: http://www.sol-study.org
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