WHAT YOU SHOULD KNOW ABOUT SEDENTARY TIME AND CARDIOVASCULAR RISK CONTROL IN U.S. HISPANIC/LATINOS WITH DIABETES
Presentation Outline

- About the HCHS/SOL study
- HCHS/SOL results about sedentary behavior and cardiovascular risk management
- 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.
Sedentary behavior may impact your health

- People who spend more time in sedentary behaviors have an increased risk of developing health issues such as type 2 diabetes, cardiovascular risk (CVR), cancer and death.

- Examples of sedentary behavior include:
  - Sitting or lying down while watching television or playing electronic games
  - Sitting while driving a vehicle
  - Sitting or lying down to study or work at a desk or computer

- There is a difference between a person who is sedentary and a person who is physically inactive. Being ‘physically inactive’ means not doing the recommended amount of physical activity (not meeting the physical activity guidelines). Therefore, a person can do enough physical activity to meet the healthy guidelines and still be considered sedentary if they spend a significant amount of their day sitting or lying down.

- Even for people who meet healthy physical activity guidelines the time spent on sedentary activities can compromise metabolic health and is associated with poorer health outcomes and increase premature mortality risk.
Cardiovascular Disease is one of the leading causes of death in U.S. Latinos, especially among those with Diabetes.

- People with diabetes have a higher risk for developing other serious conditions, especially heart disease and stroke.
- Almost half of Americans with diabetes do not maintain control of their sugar level, blood pressure, and low-density lipoprotein cholesterol according to the national cardiovascular disease risk factor control goals.
- Hispanic/Latinos are less likely to achieve sugar and blood lipid goals compared with non-Hispanic whites and blacks.
Physical activity has shown to have beneficial effects on cardio-metabolic profiles and mortality among adults with diabetes and those who are at high risk for developing diabetes.

Proof from the National Health Interview Survey shows that walking for 3-4 hours per week was associated with a 54% decrease in cardiovascular disease deaths in people with diabetes.

Reducing sedentary time might be beneficial for controlling cardiovascular disease factors.
Sedentary behavior: Results from the HCHS/SOL

- People of Dominican, Cuban or Puerto Rican background had the higher levels of sedentary time compared to other groups.

- Among people with diabetes older female, unemployed, overweight or obese were most likely to be sedentary.

- U.S. Hispanic/Latino adults with diabetes who spend less time being inactive were more likely to control a greater number of cardiovascular risk factors.

- Less sedentary time, was associated with a better control of blood sugar and triglycerides in among people with diabetes.
Public Health Implications

- HCHS/SOL findings might have important public health implications as they suggest that reducing sedentary behavior can improve diabetes mellitus management, and can be beneficial to control major CVD risk factors regardless of the amount of engagement in physical activity.

- This findings are consistent with the recommendations by the American Diabetes Association to increase overall physical activity to reduce diabetes risk.

- Individuals with diabetes might have difficulty in completing vigorous-intensity physical activity; however, replacing sedentary time even with light physical activity such as walking may help people with diabetes to prevent CVD.
What can you do to Improve Your cardiovascular risk control?

- Consult your doctor before starting any exercise program.
- Ask for support from your family and friends.
- Reduce sedentary time by sitting less and breaking up sedentary periods by moving as often as possible.
- Engage in moderate exercise, 30 minutes a day on most days. Vigorous activities are associated with more benefits. Adults aged 18–64 years should get at least 150 min of moderate physical activity or 75 min of vigorous exercise, or an equivalent combination each week.
- If you have diabetes and have difficulty engaging in vigorous exercise try to have light-to-moderate activity such as walking or standing to reduce sedentary time.

What’s important is that you avoid being sedentary!

Sources
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3650141/
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5651642/
https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm
HCHS/SOL Fact Sheet on Sedentary behavior among Hispanics with diabetes

Take one and bring it home! It highlights HCHS/SOL results on sedentary behavior and cardiovascular risk factor control and provides you links with resources to find out more.

For more health information:

Local Community Resources (FC specific)
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.

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.nhlbi.nih.gov/research/resources/obesity/population/hchs.htm

To download report:

http://www.sol-study.org

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