

HISPANIC COMMUNITY HEALTH STUDY/ STUDY OF LATINOS (HCHS/SOL)

NEW DATA BOOK OUTLINES HISPANIC/ LATINO HEALTH

Media Tool Kit

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--FOR IMMEDIATE RELEASE--

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New Data Book Outlines Hispanic/Latino Health

SDSU professor leads the National Institutes of Health's largest and most comprehensive study ever conducted on Hispanic and Latino health.

SAN DIEGO — (Monday, February 24, 2014) The National Heart, Lung, and Blood Institute (NHLBI), part of the National Institutes of Health (NIH), today released the largest and most comprehensive health and lifestyle analysis of people from a range of Hispanic/Latino origins. The data will enable individuals, communities, and policy makers to tailor better health intervention strategies.

“This study lays the foundation for future research on the possible causes of chronic diseases and ways to prevent them, and to help us understand the reasons why Hispanics and Latinos live longer than the general population,” said Dr. Gregory Talavera, a distinguished professor in San Diego State University’s Graduate School of Public Health and the principal investigator for the Hispanic Community Health Study/Study of Latinos (HCHS/SOL) Field Center in San Diego.

“[The Hispanic Community Health Study/Study of Latinos \(HCHS/SOL\) Data Book: A Report to the Communities](#)” includes data on more than 16,000 Hispanic/Latino adults living in San Diego, Chicago, Miami and the Bronx who self-identified as being of Central American, Cuban, Dominican, Mexican, Puerto Rican or South American heritage.

“Although Hispanics represent one out of every six people in the U.S., our knowledge about Hispanic health has been limited,” said Larissa Avilés-Santa, project officer for HCHS/SOL.

Using the data from HCHS/SOL, a report from the National Alliance for Hispanic Health was generated to highlight health areas that are having a positive impact in the Hispanic and Latino population.

In an effort to highlight health areas that are having a positive impact in Hispanic and Latino families and communities, the National Alliance for Hispanic Health today released a 40-page bilingual report, titled “[About Our Health: Results from the Hispanic Community Health Study/Study of Latinos \(SOL\)](#),” that underlines health trends for each of the communities involved in the study.

“The work will help illuminate aspects of health that are unique to Hispanic and Latino populations,” Talavera said.

Results

The research found that the Hispanic and Latino population in the United States is diverse, not only in terms of ancestry, culture and economic status, but also in the prevalence of certain risk factors for disease. Some examples of findings shown in this Data Book are:

- The percentage of people who reported having asthma ranged from 7.4 percent (Mexican) to 35.8 percent (Puerto Rican).
- The percentage of individuals with hypertension ranged from 20.3 percent (South American) to 32.2 percent (Cuban).
- The percentage of people eating five or more fruits/vegetables daily ranged from 19.2 percent (Puerto Rican) to 55 percent (Cuban). Also, men reported consuming more fruits and vegetables than women did.
- Women reported a much lower consumption of salt than did men among all Hispanic groups represented in the study.

While the study uncovered key differences among Hispanic and Latino adults, it also found some areas of more common importance for Hispanic health:

- About one in three individuals had pre-diabetes, independent of Hispanic group of origin.
- Only about half of individuals with diabetes among all Hispanic groups had it under control.
- About half of Hispanics had neither diabetes nor pre-diabetes.

Later this year, researchers expect to reassess certain health measurements among the study participants to better understand the relationships between the risk factors identified during the first visit and eventual health outcomes in Hispanic and Latino populations.

Data collection: interviews and examinations

In the first phase of HCHS/SOL, between the years 2008 and 2011, study participants underwent an extensive clinical evaluation to identify the incidence of diseases and risk factors, as well as other important characteristics such as lifestyle and health insurance status.

Cardiovascular and lung health tests, a dental exam, hearing tests and a glucose tolerance test were key components of the evaluation.

Most of the information presented in the data book was collected through interviews with participants. Researchers are further analyzing data collected from the clinical measurements performed during the baseline examinations.

Since the original exams, study participants have been contacted annually to check on how their health might have changed, particularly their cardiovascular health.

More information

The full NIH report “HCHS/SOL Data Book: A Report to the Communities” is available online in [English](#) and in [Spanish](#).

Copies of the National Alliance for Hispanic Health report and findings “About Our Health: Results from the Hispanic Community Health Study/Study of Latinos (SOL),” is also available [online](#).

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TALKING POINTS

HCHS/SOL Data Book: A report to the communities

(Take home messages)

- Some of the findings are **new and unexpected, even to Hispanic populations**, while other data confirms previous work in a larger and more diverse cohort. (*findings of sleep apnea, hypertension awareness, diet/lifestyle, and diabetes/prediabetes among new data*)
- Study identified some common denominators for disease or risk factors among Hispanic populations, but also many differences. **Both are crucial to developing targeted interventions.**
- **HCHS/SOL is continuing.** This baseline data has provided the tools needed to move forward.
- The data book can **both raise awareness and serve as a call to action** for the diverse Hispanic/Latino communities in the U.S.

(Key findings)

- U.S. Hispanic/Latinos display age, gender, and racial/ethnic differences in the prevalence of several risk factors or diseases. Large variances among the study populations seen for *self-reported* asthma, COPD, and heart disease. Obesity, hypertension and diabetes, which were *clinically measured*, also varied among populations.
- Differences in self-reported lifestyle, such as smoking and diet, seen across age, gender, and racial/ethnic groups.
- This study also identified several areas of interest to all the populations in this study. For example, diabetes was well-controlled in only about half of the study participants.
- Sleep disorders (apnea) was more common than anticipated. This opens up new areas of clinical and public health research and intervention.

This comprehensive data book provides the most up-to-date information about the health and lifestyle of the diverse U.S. Hispanic/ Latino population. The data will enable individuals, communities, and policy makers to tailor better health intervention strategies.

(Why develop this study)

- U.S. Hispanic/Latino population is a diverse mix of ancestry, sociocultural and socioeconomic status, acculturation, age, and languages spoken. **These can lead to differences in risk and outcomes of many diseases.**
- Hispanics/Latinos are a fast-growing segment of the U.S. population, and represent a sizeable portion of many urban/suburban communities.
- Previous population studies on Hispanic populations (NHANES, MESA) have been more homogenous, primarily focusing on Hispanics of Mexican origin in the U.S. Southwest.

(HCHS/SOL study is diverse and offers many strengths)

- **This study offers a unique, national representation of urban Hispanics/Latinos** –This reflects a vast majority of the U.S. Hispanic/Latino population.
- About half of the participants in the study have lived in the U.S. for 20 years or more. Another 25% have lived in the U.S. for at least 10 years.
- This ongoing study provides a unique opportunity to assess how the health of immigrants changes over time.
- While not every geographic region was included here, this comprehensive work adds to an existing body of knowledge of Hispanic/Latino health with many new perspectives.

--WEBSITE BLURB FOR COMMUNITY PARTNERS--

The National Heart, Lung, and Blood Institute (NHLBI), part of the National Institutes of Health (NIH), released on February 24, 2014 the largest and most comprehensive health and lifestyle analysis of people from a range of Hispanic/Latino origins. The data will enable individuals, communities, and policy makers to tailor better health intervention strategies. “The Hispanic Community Health Study/Study of Latinos (HCHS/SOL) Data Book: A Report to the Communities” includes data on more than 16,000 Hispanic/Latino adults living in San Diego, Chicago, Miami and the Bronx who self-identified as being of Central American, Cuban, Dominican, Mexican, Puerto Rican or South American heritage.

“This study lays the foundation for future research on the possible causes of chronic diseases and ways to prevent them, and to help us understand the reasons why Hispanics and Latinos live longer than the general population,” said Dr. Gregory Talavera, a distinguished professor in San Diego State University’s Graduate School of Public Health and the principal investigator for the Hispanic Community Health Study/Study of Latinos (HCHS/SOL) Field Center in San Diego.

More information

The full NIH report “HCHS/SOL Data Book: A Report to the Communities” is available online in [English](#) and in [Spanish](#).

Press Release: http://newscenter.sdsu.edu/sdsu_newscenter/news.aspx?s=74776



--LETTER TO COMMUNITY PARTNERS--

Dear Colleague,

We are very pleased to present a summary of medical research results of the Hispanic Community Health Study/Study of Latinos (HCHS/SOL) to the communities and participants from the largest health study of Hispanic/Latino populations in the United States. This report to the communities highlights health areas that are having a positive impact in these communities and those that need greater attention to improve lives.

The HCHS/SOL is a multi-center, prospective, population-based study that included more than 16,000 Hispanic/Latino adults of different backgrounds—including Cuban, Dominican, Mexican, Puerto Rican, Central American, and South American—between the ages of 18 and 74. The participants were recruited from families that were selected by chance in four U.S. communities: Bronx, N.Y., Chicago, Miami, and San Diego. Participants underwent an extensive baseline examination and also answered questionnaires about their personal and family medical history, diet, physical activity, tobacco and alcohol use, education and annual income, and acculturation (including years of residence in the United States, immigration generational status, and language preference). Data was collected from participants between March 2008 and June 2011 and then analyzed. The participants in this study have understood the value of health research studies, like HCHS/SOL, to improve the lives of Hispanics/Latinos.

The success of this study is due to the dedication, time, effort and contribution of many individuals and organizations. They include the sponsoring organizations at the National Institutes of Health, universities, researchers and local community advisory committees, and study participants. We thank all of them for their commitment.

Sincerely,

Dr. Gregory A. Talavera
Principal Investigator, San Diego Field Center
Hispanic Community Health Study/Study of Latinos San Diego (HCHS/SOL)



--SOCIAL MEDIA BLURB--

Day of Launch

TWITTER

#SDSU professor led the largest and most comprehensive study ever conducted on #Hispanic and #Latino health San Diego <http://bit.ly/1ljJ2sw>

News: NIH releases comprehensive new data outlining Hispanic/Latino health and habits
<http://1.usa.gov/1bGxiNt>

FACEBOOK

a) ENGLISH

The National Alliance for Hispanic Health released today the report, About Our Health: Results from the Hispanic Community Health Study/Study of Latinos (SOL),

This report highlights health areas that are having a positive impact in our families and communities.

<http://www.hispanichealth.org/study-of-latinos-sol.html>.

b) SPANISH

La Alianza Nacional para la Salud Hispana (National Alliance for Hispanic Health) publicó el día de hoy el reporte, Sobre Nuestra Salud: Resultados del Estudio de Salud de la Comunidad Hispana/ Estudio de los Latinos (HCHS/SOL).

Este reporte resalta las áreas de salud en las que se está teniendo un impacto positivo en nuestras familias y las comunidades.

<http://www.hispanichealth.org/study-of-latinos-sol.html>.

--HCHS/SOL SPOKESPERSONS DIRECTORY--

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