

OCULAR HEALTH UTILIZATION IN HISPANICS/LATINOS



**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

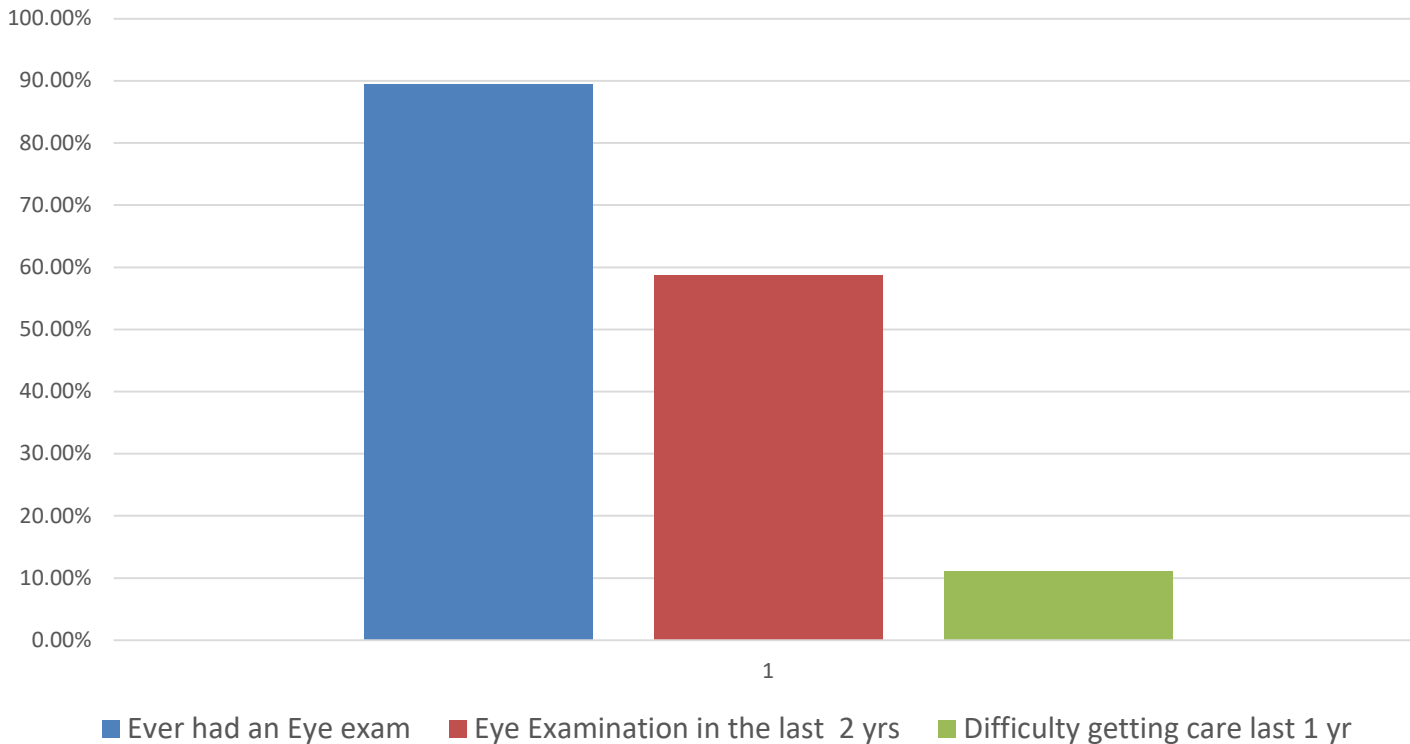
- The study looked for 3 outcomes:
 - Ever having an eye exam
 - Having an eye exam within the past 2 years
 - Difficulty obtaining needed eye care in the past year





Findings from the Ocular Study of Latinos, Ocular SOL

Overall Results

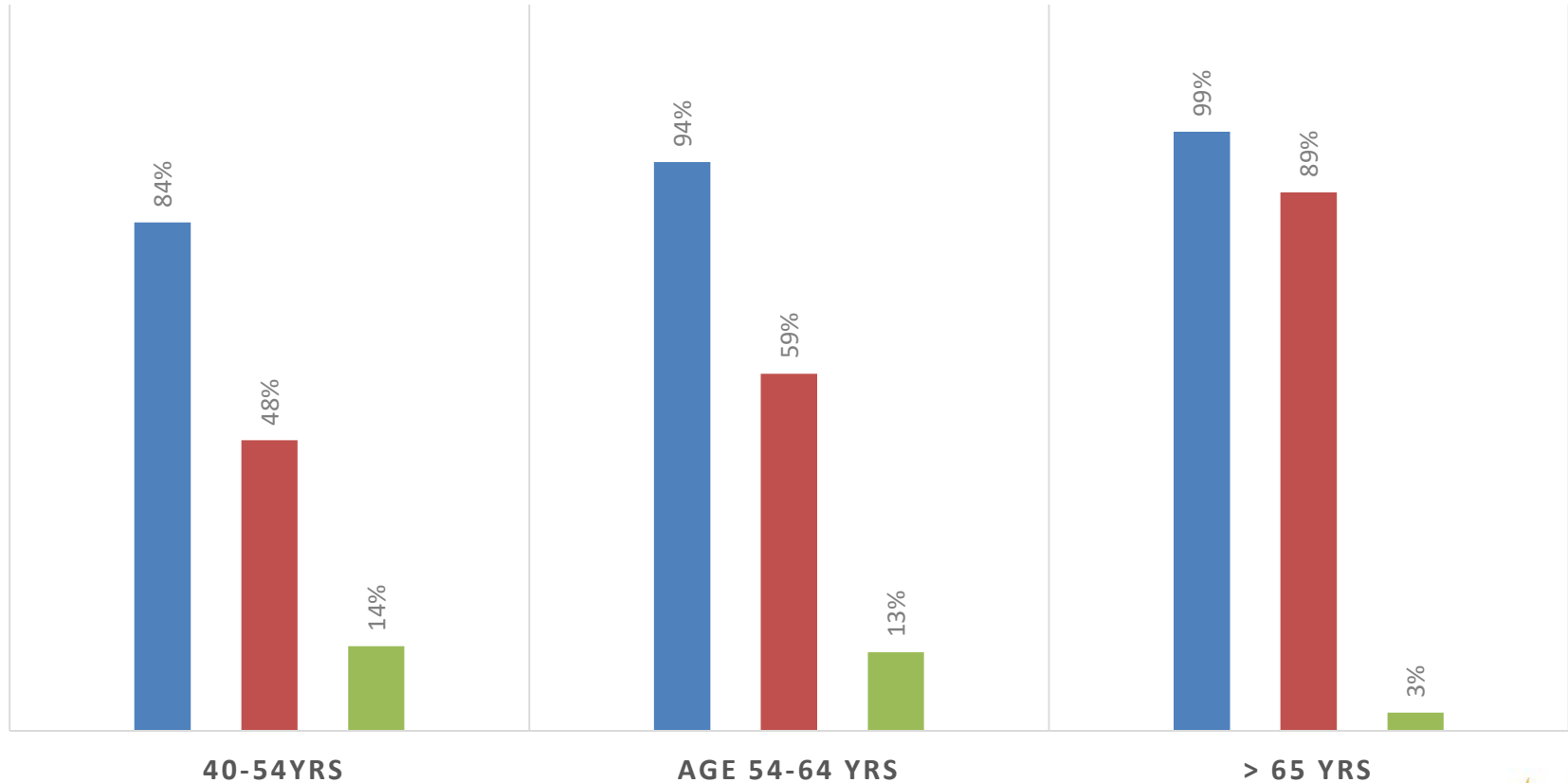


Among all participants

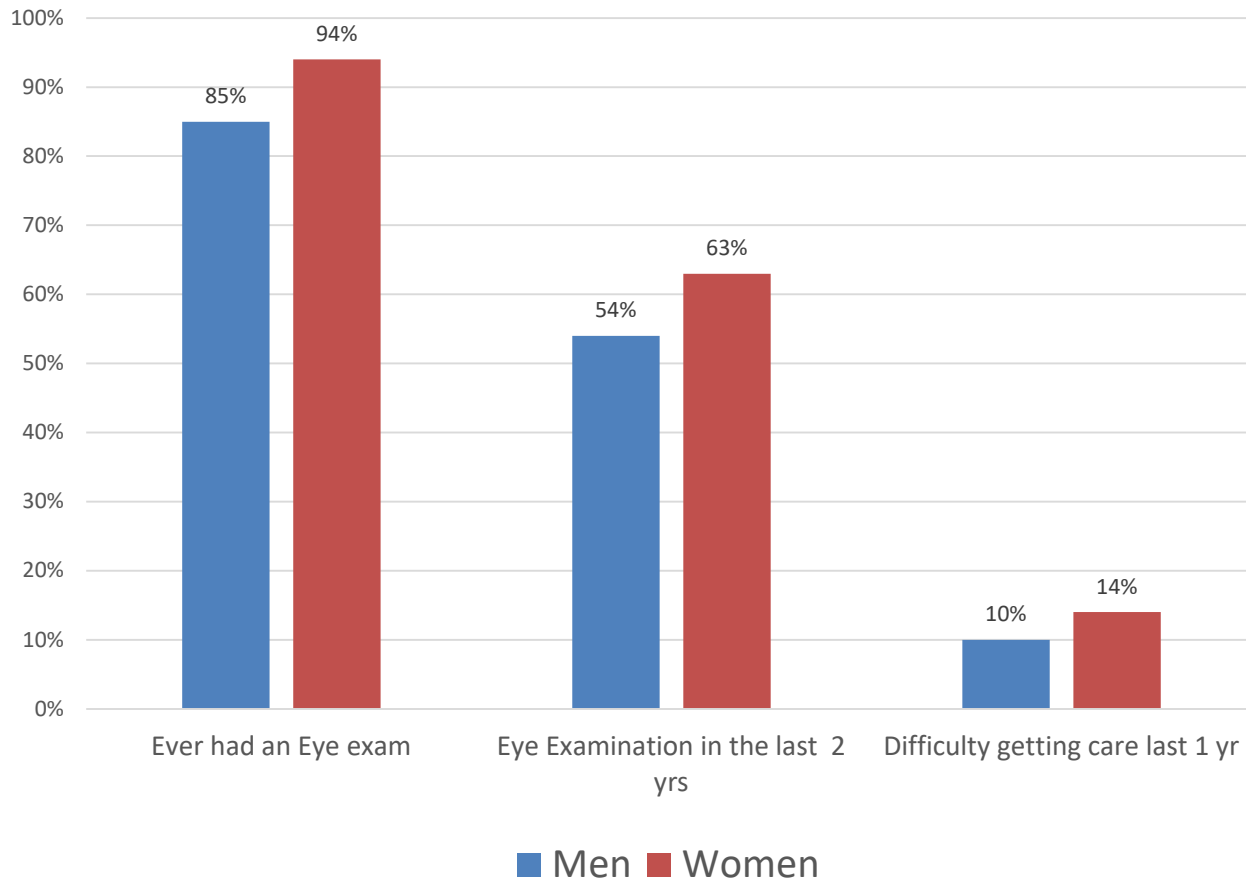
- 89.5% reported ever having an eye examination
- 58.8% reported having an eye examination in the past 2 years
- 11.7% reported having difficulty getting eye care in the past year

Access to Ocular Health Care by Age

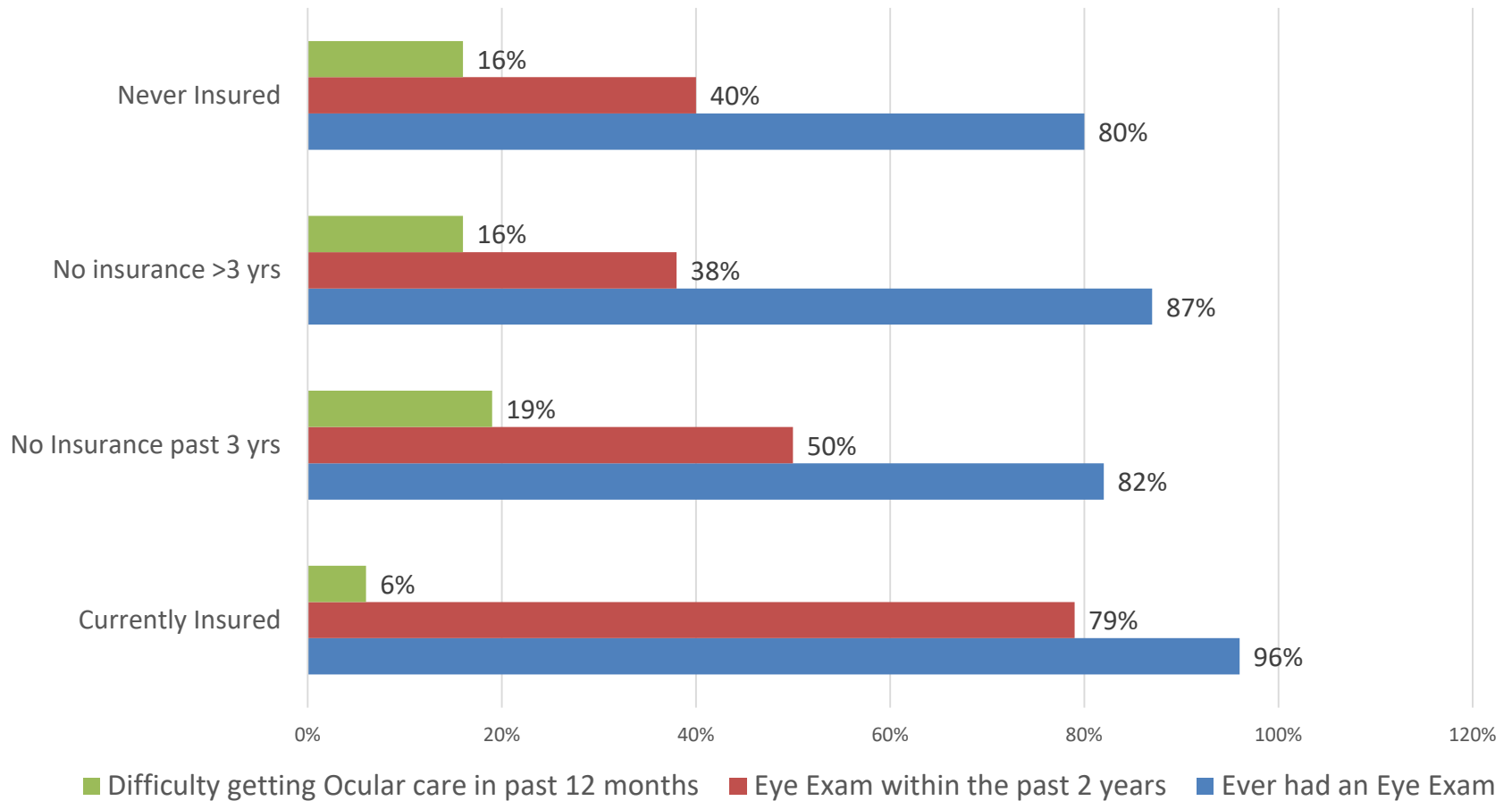
■ Ever had an Eye exam ■ Eye Examination in the last 2 yrs ■ Difficulty getting care last 1 yr



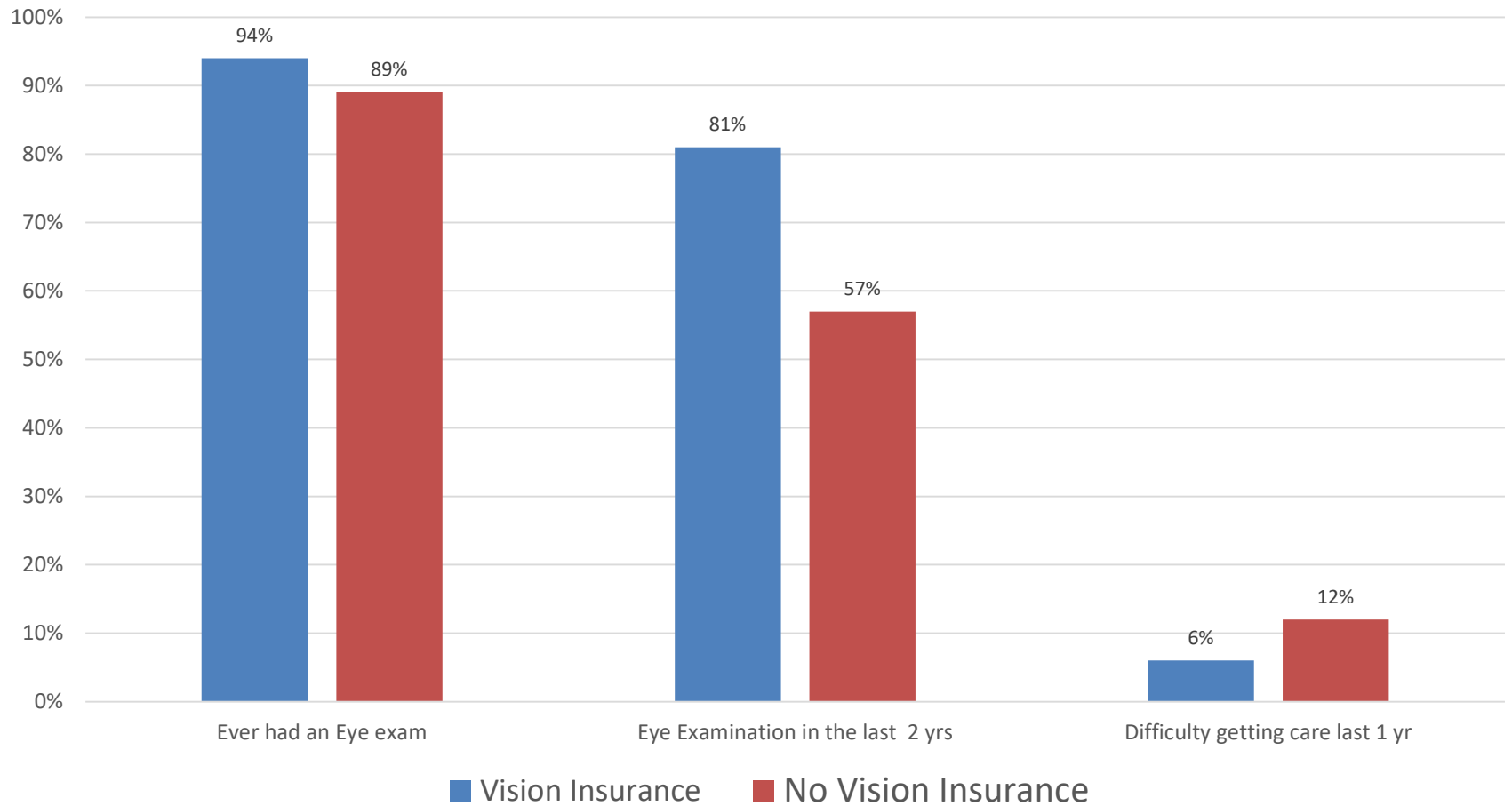
Access to Ocular Health Care by Gender



Access to Ocular Health Care by Health Insurance



Access to Ocular Health Care by Vision Insurance



Ocular SOL Findings

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

FACTS ABOUT SLEEP APNEA IN HISPANIC/LATINOS:
Results from the Hispanic Community Health Study/Study of Latinos
HCHS/SOL Fact Sheet # 6: Information in this fact sheet is based on data published in these research papers:
Reardon et al. Sleep-disordered breathing in Hispanic/Latino individuals of diverse backgrounds: The Hispanic Community Health Study/Study of Latinos (HCHS/SOL). *Chest* 2014;145:1002-1014.
Sleep apnea is independently associated with peripheral arterial disease in the Hispanic Community Health Study/Study of Latinos. *Stroke* 2014;45:1763-1768.

What is Sleep Apnea?
Sleep apnea is an involuntary cessation of breathing that occurs while the patient is asleep. Sleep apnea is very common but often goes undiagnosed. Most people who have sleep apnea don't know they have it because it only occurs during sleep. A family member or bed partner might be the first to notice signs of sleep apnea. It affects more than 25 million people in the United States.
The most common type of sleep apnea is obstructive sleep apnea. It's more common in people who are overweight but it can affect anyone. A major symptom is extremely loud snoring. Other indications are obesity, persistent daytime sleepiness, bouts of awakening out of breath during the night, and frequently waking in the morning with a dry mouth or a headache. However, none of these symptoms is always present. Doctors usually can't detect the condition during routine office visits and there is no blood test that can help diagnose the condition. Only a sleep study in a sleep laboratory or a home sleep study can show definitively that sleep apnea is present.

Why is this important?
Left untreated, sleep apnea can have serious and life-shortening consequences: high blood pressure, heart disease, stroke, diabetes, depression and headaches. In addition, untreated sleep apnea may be responsible for poor performance in everyday activities, such as at work and school, motor vehicle crashes, and academic underachievement in children and adolescents.

What does the results of HCHS/SOL tell us about sleep apnea among Hispanic/Latinos?
Sleep Apnea symptoms vary by background and sex in U.S. Latinos. Sleep apnea is 2-3 times more common among men than among women. In men, it was most prevalent in men of Cuban background and least common in Puerto Ricans.
The distribution of sleep symptoms and sleep duration also varied across groups, with the lowest prevalence of "stop breathing" found in individuals of Mexican background. Longer sleep duration and less sleepiness were reported more frequently in individuals of Cuban background, whereas men and women of South American background reported shorter sleep durations and more sleepiness.
Sleep apnea also was associated with an increased prevalence of diabetes and hypertension, although the strength of associations of sleep apnea with hypertension, as well as sleepiness, varied significantly by Hispanic/Latino group. Sleep apnea is associated with Peripheral Arterial Disease particularly among Mexicans and Puerto Ricans. In the HCHS/SOL, Puerto Ricans have the highest prevalence of obesity which may partially explain these results. The association of sleep apnea with other diseases suggest the potential importance of sleep disordered breathing a target for Reduction of Cardiovascular disease.

Are you experiencing the symptoms of sleep apnea?
Symptoms of sleep apnea can pose serious health complications should be taken seriously. Sleep apnea is a chronic condition that requires long-term management. Lifestyle changes, such as losing weight or quitting smoking may relieve mild sleep apnea. If these measures don't improve your signs and symptoms or if your apnea is moderate to severe, a number of other treatments are available. Certain medications, breathing devices and surgery can successfully treat sleep apnea. **Ask your doctor!**

For more information on HCHS/SOL results

- Visit our website: www.solstudy.net
- Download our data booklets for study participants: <http://www.hispanichealth.org/study-of-latino-sol.html>
- Or our report to the community: <http://www.hhs.gov/healthresearch/hsa/hispaniccommunityhealthstudyoflatinos/>
- For more resources visit: <http://hchhsolstudy.blogspot.com/> your local blog address here

The Bronx HCHS/SOL Center | Feather Plaza Room 1005
Bronx NY 10458 | www.solstudy.net

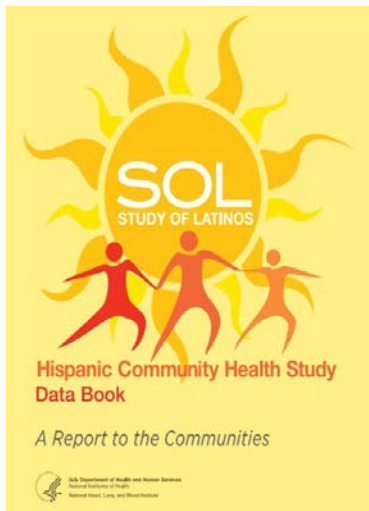
Take one and bring it home!

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.

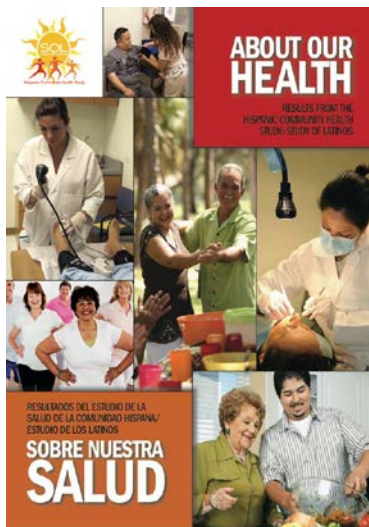
HCHS/SOL findings will enable individuals, communities, and policy makers to tailor health intervention strategies.



National Heart, Lung,
and Blood Institute

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>

Follow us! [Field Center Specific]



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

SOL San Diego
@HCHSSOL

16,000+ Hispanics/Latinos across the nation continue to participate in HCHS/SOL! Please stay in touch: (619) 205-1926. Visit us at saludsol.net

San Diego

facebook.com/solsandiego

Joined February 2012

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 consume 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!