



iSalud SOL!

HCHS/SOL Newsletter

Vol. 1 Issue 3

Hispanic Community Health Study/Study of Latinos

HCHS/SOL UPDATES

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at Chicago

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The Hispanic Community Health Study/Study of Latinos (HCHS/SOL) is the largest health study ever conducted on Hispanics/Latinos in the United States. It studies the health of Mexican-Americans, Cubans, Dominicans, Puerto Ricans, and Central and South Americans. Despite the fact that the Hispanic/Latino population is growing faster than any other group in the U.S., there is very limited information about their health needs, access to care, and other factors that place them at risk for certain health conditions. The study represents an effort to increase our knowledge about heart disease and stroke, asthma, diabetes and other health

problems that commonly affect Hispanics/Latinos. Since its inception, the study has been recruiting Hispanics/Latinos from selected geographical areas in **Chicago, Miami, Bronx, and San Diego** with the goal to recruit a total of 16,000 persons between the ages of 18-74 years. Persons that qualify for the study undergo a series of health-related tests and interviews at no cost. This issue of the newsletter describes HCHS/SOL, as it relates to one of its sites, the Chicago Field Center.

CHICAGO FIELD CENTER

The Chicago Field Center is one of four participating HCHS/SOL centers. Chicago was chosen as it has the third largest Hispanic/Latino population in the U.S. and has the second largest Mexican origin population (Los Angeles being # 1). Latinos make up about 28% (700,000) of the estimated 2.7 million persons in the City of Chicago. The Chicago Hispanic/Latino population is unique in its diverse representation of various Hispanic/Latino groups: Mexicans/Mexican Americans (73%), Puerto Ricans (14%); Central and South Americans (11%), and Cubans (1%).

The Chicago Field Center is directed by Martha L. Daviglus, MD,

Ph.D., professor of Medicine at the Feinberg School of Medicine, Northwestern University. Dr. Daviglus, native of Bolivia, South America, is an expert on cardiovascular diseases and has been conducting research in this field for more than 15 years. Other HCHS/SOL Co-Directors or Co-Principal Investigators include Kiang Liu, MD, also from Northwestern University's Department of Preventive Medicine, and Aida L. Giachello, Ph.D., from the University of Illinois at Chicago's Midwest Latino Health Research, Training, and Policy Center.



Martha L. Daviglus, MD, Ph.D.

KEYS TO HCHS/SOL SUCCESS

Four components are keys to the HCHS/SOL local success. These are the community advisory committee, community relations, the recruitment, and the clinical examination.

Community Advisory Committee and Community Relations

HCHS/SOL is committed to stimulate and welcome the participation of the different communities and calls for active community representation throughout the study. Each field center has a community advisory board that meets on a regular basis to provide advice on a wide range of community issues related to the study. Members of this committee have provided comments on the study's Participant Consent Form and questionnaires, Spanish translations and study promotion efforts, and have assisted in responding to cultural issues.

The Chicago HCHS/SOL Community Advisory Committee (CAC) is co-chaired by Patricia Canessa, PhD, Executive Director of *Salud Latina* and Esther Sciamarella, Executive Director of the *Chicago Hispanic Health Coalition*. The CAC is made up of community leaders and professional health and human organizations and businesses.

Working with HCHS/SOL project staff, the CAC plans and conducts community events such as health fairs, town hall meetings, and workshops. They also promote HCHS/SOL in radio and television programs. The CAC often partners with organizations to provide other services to study participants.



Community Advisory Committee

For more information about the Chicago Field Center contact us at: chicago.hchs@gmail.com or 1-800-749-4765.



Recruitment Team

The Recruitment and Exam Center Teams

The Chicago Field Site has 15 recruiters and three field coordinators/supervisors. Recruiter Manager, Dr. Catalina Ramos, ensures that all recruiters are trained and certified. Each one of our recruiters is trained in study interviews, communication techniques and how to conduct home visits and follow up.

For the convenience of our study participants, the Chicago Field Center has two exam centers: *CommunityHealth* located at 2611 W. Chicago Avenue and the Northwestern University Preventive Medicine Clinic located at 680 N. Lake Shore, Suite 800. All team members do a series of clinical exams and must be certified to work in the study. The exam center team is made up of eight health interviewers, all of whom are trained to give several of the eight exams. There are four dental hygienists who do the dental evaluation and three nutritionists who do the nutritional evaluation. The study has two professionals who draw blood and manage the samples. To ensure that all participants receive the treatment they deserve and are seen in a timely manner, the exam centers have a project coordinator, Karen Mancera-Cuevas, and 3 assistant coordinators who supervise all exams performed at the centers.



Exam Center Team

All study staff are Hispanic/Latino of diverse nationalities and bilingual.

Diabetes and the Community

Type 2 diabetes is a serious condition that affects Hispanics/Latinos in the US. It occurs when the body does not make enough insulin or cannot use the insulin it makes effectively. People with higher risk of developing Type 2 diabetes tend to have the following characteristics: have a family history of diabetes; are overweight or obese; have limited physical activity; had diabetes while pregnant (gestational diabetes); and have high blood pressure and/or abnormal cholesterol (lipid) levels.

HCHS/SOL will help us understand how serious type 2 diabetes is among Hispanics/Latinos; what the lifestyle practices associated with developing this is, what conditions and other factors can lead to complications and

premature deaths among people living with diabetes. SOL will also be able to describe what Latinos can do to prevent diabetes. We also want to better understand how this condition affects Latinos of different nationalities and origins and how the process of acculturation/adaptation to this country affects its development. About 68% of people with diabetes die of heart disease or stroke. Tobacco use also doubles the risk for heart disease in people with diabetes.

If a HCHS/SOL participant is found to have high sugar levels during the course of the SOL examination, it is important that they follow-up with a health professional. If they do not have one, the HCHS/SOL exam center staff will provide them with appropriate referral information in their community.