



# ¡Salud Sol!

## HCHS/SOL Newsletter

Volume 4, Issue 3

Hispanic Community Health Study (HCHS) / Study of Latinos (SOL)

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## Your Participation Counts!

You are part of the largest Hispanic/Latino health study in the United States. Your involvement can help millions of Hispanics/Latinos in the U.S. stay healthy and live longer. Findings from this study may help improve health services for your community and in other parts of the nation.

The success of HCHS/SOL study depends on you and your continued participation. For three years, we will continue to contact you once a year. Please stay in touch with us and answer our annual questionnaires about your health and nutrition. You are important to us! If you are planning to move or to change your phone number, let us know so that we can update your information in our files. Remember that the information you provide to us is confidential.

Thank you again for being part our study. Please contact us if you have any questions and...

Remember that **your participation counts!**

Sincerely,

The HCHS/SOL Team



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## HCHS/SOL Ancillary Studies

The HCHS/SOL network of participating institutions has received funding to conduct additional studies known as Ancillary Studies on a given topic of interest. This section will highlight a few of them.

### Diversity Supplement Study Completed Data Collection

The HCHS/SOL Network provides opportunities to train Latino investigators while assessing the psychometric properties of some of the questionnaires used in HCHS/SOL.



Participating doctoral fellows: Elena Navas-Nacher (Chicago), Dr. Patricia Gonzales (San Diego), and Dr. Orit Weitzman (Miami) have completed 300 interviews (100 per city) from participants of diverse Latin-American origin. Elena Navas-Nacher states: "SOL is a landmark study, and it is very important for our communities as Hispanic health-related data are very limited nationwide". If you have been invited to participate in any ancillary study, your participation is essential for the success of the HCHS/SOL and other future studies on Latino health.

More information at: [chicagohchssol.blogspot.com](http://chicagohchssol.blogspot.com)

### "Sueño" A Study Of Sleep Habits

Poor quality sleep has been associated with increased risk for hypertension, heart attack, diabetes, and stroke in the non-Hispanic white population. However, little research on this topic has been conducted in Hispanics/Latinos.



*Sueño* is a national ancillary study that assesses current sleep habits of Hispanics/Latinos, providing a comprehensive assessment of sleep patterns. *Sueño* is still enrolling HCHS/SOL participants.

The Project Coordinator for *Sueño* in the HCHS/SOL Chicago Field Center, Marcos Herbas, commented: "The Hispanic/Latino population in Chicago has responded positively to this study and we are pleased with the high level of interest and participation".

More information at: [chicagohchssol.blogspot.com](http://chicagohchssol.blogspot.com)

# Obesity is rising among Latinos

## What is Obesity?

Obesity means having too much body fat. Doctors measure body fat using a measurement called the Body Mass Index (BMI). BMI is calculated taken into consideration your weight and height. Everybody has a BMI value or score. For adults 18 years old and over, BMI value ranges as follows:

18 —24	Normal weight
25 — 29	Overweight (pre-obese)
BMI greater than 30	Obese

Health professionals encourage people to keep a BMI that is below 25.

You can use this web link to calculate your own BMI: [www.nhlbisupport.com/bmi/bmicalc.htm](http://www.nhlbisupport.com/bmi/bmicalc.htm)

## How serious is the problem of obesity in Latinos?

Obesity is a serious problem in the United States affecting many of our families, neighbors and close friends.

The problem appears to be worse for racial and ethnic minorities such as African Americans and Latinos, and among women and children.

Over 30% of Latinos (1 in 3) living in Texas, Arizona, Illinois, Michigan, Kansas and Tennessee, are obese.



## What risks do people with obesity have?

Having too much body fat increases your risk of heart attack, diabetes, high blood pressure, and some types of cancer.

## What can we do to overcome obesity?

Obesity is a condition that needs medical evaluation and care. Health professionals can evaluate and tell your risks and what you should do.

Following a healthy diet that includes fruits and vegetables and engaging in physical activity (30 minutes a day) are considered essentials in maintaining a healthy weight. Stay active and eat healthy!

There are many community resources available to help people to lower their weight and improve their health.

Find more information at:

[www.nlm.nih.gov/medlineplus/weightcontrol.html](http://www.nlm.nih.gov/medlineplus/weightcontrol.html)

## What can we do to prevent obesity?

- Eat balance meals with the right portions of fruits and vegetables
- Exercise 3 to 5 times a week following your doctor's recommendations

To see recommended portion sizes, visit:

[www.choosemyplate.gov/](http://www.choosemyplate.gov/)

## References

1. *Morbidity and Mortality Weekly Report*. CDC. Differences in Prevalence of Obesity Among Black, White, and Hispanic Adults--- US, 2006—2008. July 17, 2009/58(27); 740-744
2. *NHLBI Obesity Education Initiative*. The Practical Guide: Identification, Evaluation and Treatment of Overweight and Obesity in Adults. NIH publication No. 00-4084. Oct. 2000.

**As a SOL participant, you should update your address or phone number.**

**Also if you have questions or concerns...**

**Just call us at:**

**1-800-749-4765**

**Thank you.**

**Hispanic Community Health Study  
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