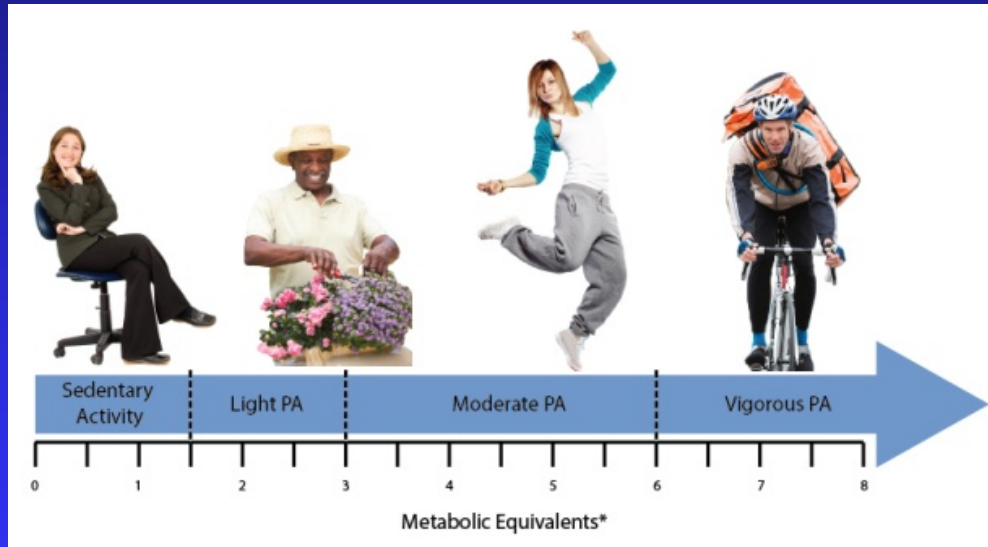


WHAT YOU SHOULD KNOW ABOUT SEDENTARY TIME AND CARDIOVASCULAR RISK CONTROL IN U.S. HISPANIC/LATINOS WITH DIABETES



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



Presentation Outline

- About the HCHS/SOL study
- HCHS/SOL results about sedentary behavior y 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.

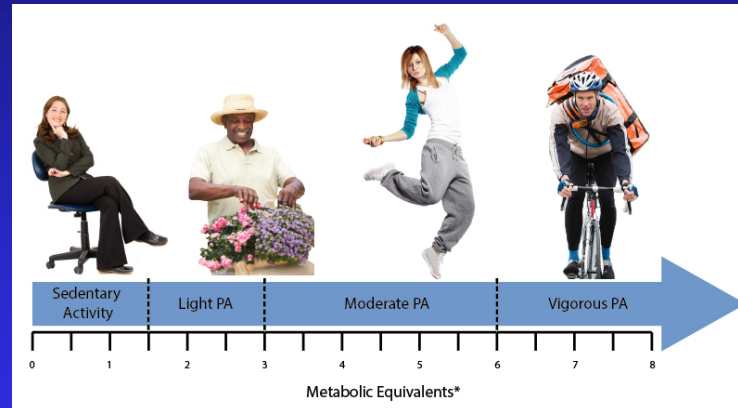
- ✓ People with diabetes have a higher risk for developing other serious conditions, especially heart disease and stroke.
- ✓ Almost half of Americans with diabetes do not maintain control of their sugar level, blood pressure, and low-density lipoprotein cholesterol according to the national cardiovascular disease risk factor control goals.
- ✓ Hispanic/Latinos are less likely to achieve sugar and blood lipid goals compared with non-Hispanic whites and blacks.

Sedentary time and physical activity impact on cardio-metabolic profiles

- 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.cdc.gov/features/diabetes-heart-disease/index.html>

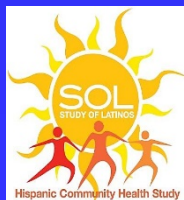
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5669141/>

<http://www.health.gov.au/internet/main/publishing.nsf/content/sbehaviour>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5651642/>

<https://my.clevelandclinic.org/health/articles/17385-cardiovascular-disease-prevention--reversal-risk-factor-goals>

<https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm>



HCHS/SOL Fact Sheet on Sedentary behavior among Hispanics with diabetes

WHAT YOU SHOULD KNOW ABOUT SEDENTARY TIME AND CARDIOVASCULAR RISK FACTOR CONTROL IN US HISPANIC/LATINOS WITH DIABETES
Results from the Hispanic Community Health Study/Study of Latinos
HCHS/SOL Fact Sheet # 7. Information in this fact sheet is based on data published in these research papers:
Nesir et al. Hispanicans' Baseline Sedentary Time and Cardiovascular Risk Factors. *Diabetes Care*. 2014;37(10):3385-3391.
Dominguez-Velez et al. Sedentary Time and Cardiovascular Risk Factors in US Hispanic/Latino Adults With Diabetes. *Diabetes Care*. 2014;37(10):3392-3398.

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. Studies also show that long periods spent on sedentary behaviors increase the risk of type 2 diabetes, cardiovascular disease, cancer, and death. In addition, physical activity has shown to have beneficial effects on cardio-metabolic profiles and mortality among adults with diabetes mellitus and those who are at high risk for developing diabetes.

How low physical activity and sedentary behavior may impact your health
Regular physical activity is one of the most important things you can do for your health. Physical activity has been well established as an important lifestyle behavior for preventing and managing many health problems. For example, it can help control your weight, strengthen your bones and muscles, reduce your risk for cardiovascular disease, type 2 diabetes, metabolic syndrome, and reduce your risk of some cancers. If you're able it can also improve your ability to do daily activities and prevent falls. In other words, physical activity increases your chances of being a longer and healthier life!

However, not being physically active is not the same as being sedentary. You can do enough physical activity to meet healthy guidelines and still be considered sedentary if you spend a significant amount of your day sitting or lying down. Examples of sedentary behavior include sitting or lying down while watching television or playing electronic games, sitting while driving a vehicle and sitting to study or work at a desk or computer. Even for people who meet healthy physical activity guidelines, too time they spend on sedentary behavior can affect their cardiovascular health.

What does the results of HCHS/SOL tell us about sedentary behavior and cardiovascular risk factor control
During HCHS/SOL baseline examination, participants were asked to wear a device around their waist known as an actical for seven days. This allowed HCHS/SOL investigators to measure the level of physical activity and sedentary behavior of the study participants. The results showed:

- People of Dominican, Cuban or Puerto Rican background had the higher levels of sedentary time compared to other groups.
- Among people with diabetes older females, unemployed, overweight or obese, were most likely to be sedentary.
- U.S.-born Hispanic/Latino adults with diabetes with less sedentary time 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.

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 minutes of moderate physical activity or 75 minutes 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.

For more information on HCHS/SOL results
Visit our website: www.hchssol.org
Download our fact sheets and research papers: www.hchssol.org/research
For more information on HCHS/SOL results, visit our website: www.hchssol.org/research
For more information on HCHS/SOL results, visit our website: www.hchssol.org/research

The Bronx HCHS/SOL Center | Fortham Plaza Room 105

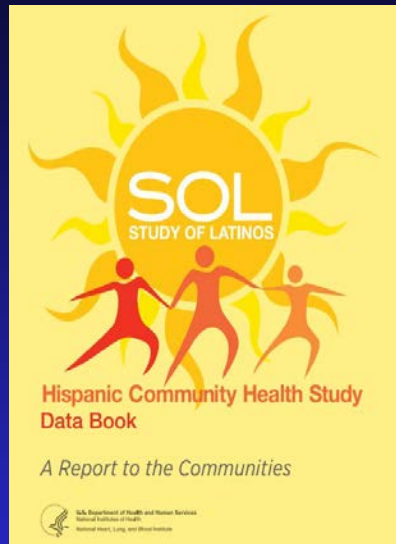
Take one and bring it home! It highlights HCHS/SOL results on sedentary behavior and cardiovascular risk factor control and provides you links with resources to find out more.

For more health information:

Local Community Resources (FC specific)



Learn More about Latino Health



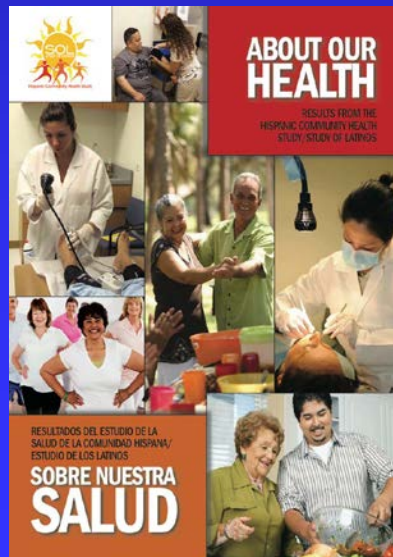
This report is the most comprehensive health and lifestyle analysis of people from a range of Hispanic/Latino background.

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



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 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.



Hispanic Community Health Study

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 consumes muchos a la vez, los niveles de azúcar 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.



“Like” us on **Facebook**: www.facebook.com/fieldcenter



Follow us on **Twitter**: www.twitter.com/fieldcenter



Watch us on **YouTube**: www.youtube.com/fieldcenter



Check out our **Blogspot**: www.fieldcenter.blogspot.com

Check Out our **Website**: www.SaludSol.net





THANK YOU!