CSAAH Publication Community Brief

Awareness, Treatment and Control of Hypertension Among Filipino Immigrants

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WHAT IS THE PURPOSE OF THIS STUDY?

• To identify rates of hypertension awareness, treatment and control and to examine the factors associated with awareness, treatment and control in this first study of hypertensive Filipino Americans living in the New York metropolitan area.

WHAT IS THE PROBLEM?

• Hypertension is a changeable risk factor for heart disease, stroke and heart failure. Approximately 30% of hypertensive adults are unaware they are hypertensive and over 40% of hypertensive individuals are not on treatment. Increasing awareness, treatment, and control of hypertension can decrease diseases and death rates associated with hypertension.
• Filipino Americans have an unequally higher rate of hypertension compared with other Asian American groups and Whites (41%).
• Existing research examines awareness, treatment and control of hypertension among this group, but only focuses on the West Coast of the U.S. and Hawaii, which excludes the experiences of Filipino populations that live in the Northeast.

WHAT ARE THE FINDINGS?

• A majority of Filipino Americans who were diagnosed with hypertension were aware of their status, but had low rates of control and treatment.
  o The hypertension awareness rate (72.1%) among Filipino Americans was lower than the rate for NYC overall (83.0%), including other minority populations.
• The hypertension control rate (38.4%) in Filipino Americans was lower than those of African Americans, Mexican Americans and Whites.
  o Only 21.7% of hypertensive individuals exhibited control, which is nearly half that of hypertensive adults in NYC overall. HTN control among individuals on medication for HTN was very low, only 38.4% of treated individuals achieved blood pressure control and 23.1% had Stage 2 hypertension.
• The treatment rate among hypertensive Filipino Americans (56.5%) was much lower when compared to NYC overall (72.7%), but those individuals who have lived in the U.S. longer were more likely to be getting treatment for hypertension.
A large percentage of hypertensive individuals reported other factors that put them at risk for heart disease. 60.4% of individuals were overweight or obese and 28% were unaware that they had high blood pressure.

Insured individuals, compared to uninsured individuals, were twice as likely to exhibit hypertension control. They were also associated with greater blood pressure control while lower self-rated health and lower occurrence of more than one disease were associated with greater awareness of hypertension.

This study highlights the need for programs that can provide targeted solutions and information to encourage Filipino Americans who are at high risk of developing hypertension on how to change behaviors like incorporating healthier foods and exercise into their daily routine to reduce their risk.

Building partnerships between communities and researchers is vital in the understanding and documenting of differences in health outcomes for Filipino and other racial and ethnic minority populations, and to develop programs and strategies to link communities to needed healthcare resources for hypertension management.

WHO SHOULD CARE MOST?

• Researchers and policy-makers interested in developing culture-specific programs for disease prevention and management in minority communities.
• Healthcare facilities, community organizations, researchers, health care providers and policy workers working with Asian American communities in the United States and the New York metropolitan area.
• Health advocates working in Asian American communities.

CITATION


LINKS

• CSAAH Community Briefs: http://bit.ly/1kadOSM

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