

SLEEP PROBLEMS IN HISPANICS/LATINOS
**Hispanic Community Health Study/
Study of Latinos**
(HCHS/SOL)



Presentation Outline

- About the HCHS/SOL study
- HCHS/SOL results about Sleep Apnea
- Prevalence of Sleep Apnea among Hispanics/Latinos of diverse backgrounds
- 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.



What is Sleep Apnea ?

- Sleep apnea is a common sleep disorder characterized by brief interruption of breathing during sleep. This often results in lower oxygen levels in the blood and increased stress of the heart. You may have sleep apnea if you snore loudly and you feel tired even after a full night's sleep.

Types of Sleep apnea:

- **Obstructive sleep apnea (OSA)** is caused by relaxation of soft tissue in the back of the throat that blocks the passage of air.
- **Central sleep apnea (CSA)** occurs when your brain doesn't send proper signals to the muscles that control breathing.
- **Complex sleep apnea syndrome** occurs when someone has both obstructive sleep apnea and central sleep apnea.



Why is it important to know about Sleep Apnea ?

- Sleep apnea affects at least 25 million adults in the United States.
- Previously there was no specific data on sleep apnea among the Hispanic/Latino population living in the U.S.
- Untreated, sleep apnea can be life threatening. Excessive daytime sleepiness can cause people to fall asleep at inappropriate times such as while driving.
- Sleep apnea is associated with numerous health problems, including cardiovascular disease, diabetes and stroke.
- Hispanic/Latino populations have a high prevalence of cardiovascular risk factors and may be at risk for Sleep Apnea. An understanding of sleep apnea symptoms among these populations is needed given evidence that sleep apnea increases cardiovascular risk

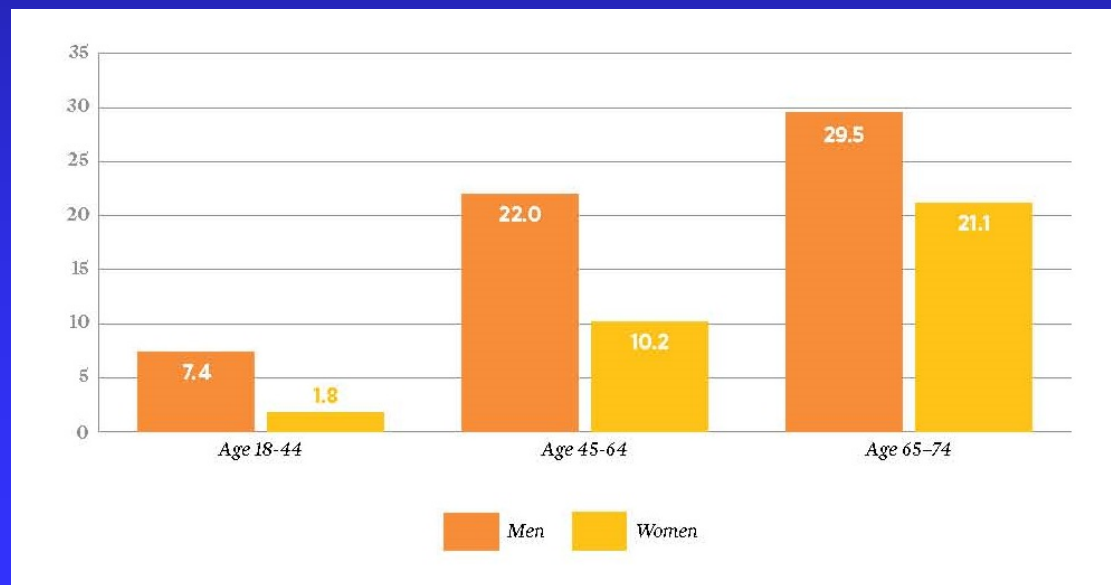


Sleep Apnea: Results from the HCHS/SOL

	Prevalence
Mild Sleep Apnea	25.8%
Moderate Sleep Apnea	9.8%
Severe Sleep Apnea	3.9%

Only a small percentage (less than 2 out of 100) of HCHS/SOL participants reported receiving a physician diagnosis of sleep apnea.

Percent with Sleep Apnea by Age and Sex



The percentage of participants with sleep apnea increased with age and was higher in men than in women at all ages.

* Source HCHS/SOL Data Book



Prevalence of Sleep Apnea Symptoms among U.S. Hispanics/Latinos

Symptom	Males	Females
Habitual Snoring	39.9%	31.1 %
“Stopped breathing”	7.6%	5.4 %
Daytime sleepiness	18.2 %	18.5 %
Weekday/ Weekend sleep duration	7.7 /8.3	7.9 / 8.5

- Sleep apnea symptoms vary by sex and background.
 - More common among men than in women.
 - Among women, the percentage of participants reporting “stopped breathing” prevalence was highest among Puerto Ricans (7.9%) and lowest among Mexicans (3.9%).
 - Among men, the percentage of participants reporting “stopped breathing” was highest among Cuban and Puerto Rican men and lowest among South American and Mexican men.

Sleep Apnea: Results from the HCHS/SOL

- Sleep apnea and sleep apnea symptoms commonly vary by background and sex in US Hispanics/ Latinos.
- The fact that Puerto Rican women have the highest sleep apnea prevalence while Puerto Rican men have the lowest prevalence indicates a need to examine biological and environmental risk factors that may influence men and women differently.
- Sleep apnea was associated with an increased prevalence of diabetes and hypertension, although the strength of hypertension and sleepiness varied significantly by Hispanic/Latino group.



Sleep apnea and Peripheral Arterial Disease in Hispanics/Latinos

- The presence of moderate-to-severe sleep apnea was associated with 67% increase in the odds of peripheral arterial disease.
- The magnitude of this association was the same among men and women.
- The odds of having the association between sleep apnea and peripheral arterial disease were stronger in Mexican and Puerto Rican Americans than in other backgrounds.



Sleep Apnea Treatments

- ❑ 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 mouthpieces, breathing devices and surgery can successfully treat sleep apnea



Do you think you might have Sleep Apnea?



- Not everyone who has these symptoms will have sleep apnea but it is recommended that people who are experiencing even a few of these symptoms visit their doctor for evaluation.
- Although there is no cure for sleep apnea, successful treatment can reduce the risk of heart and blood pressure problems.

Only a sleep study in a sleep laboratory or a home sleep study can show definitively that sleep apnea is present. **If you think you might have any form of sleep apnea, see your doctor!**

What does this mean for Hispanic/Latino communities?

- The high prevalence of obesity in the HCHS/ SOL and its strong association with sleep apnea underscores **the importance of efforts to achieve healthy weight in this population.**
- Less than 2 out of 100 of study participants reported a physician diagnosis of sleep apnea. The high prevalence of Sleep apnea and low prevalence of diagnosed sleep apnea suggests **a large burden of disease may be attributed to untreated sleep disordered breathing in this population.**
- The association of sleep apnea with hypertension and diabetes supports the potential importance of sleep apnea as a target for cardiovascular disease reduction and **a need for further development of culturally relevant detection and treatment approaches.**



HCHS/SOL Fact Sheet on Sleep Apnea

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:
Pfeifer et al. Sleep-disordered breathing and cardiovascular risk in older Hispanics. *Am J Respir Crit Care Med*. 2014;189:1275-84.
HCHS/SOL. Sleep apnea is independently associated with hypertension among Latinos in the Hispanic Community Health Study/Study of Latinos. *Respiratory Therapy*. 2014; 5(2):100-114.

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 20 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: abrupt, 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 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 Hispanics/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 Type 2 Diabetes 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 support 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 mouthpieces, breathing devices and surgery can successfully treat sleep apnea. Ask your doctor!

For more information on HCHS/SOL results

- Visit our website: www.hchsol.net
- Download our data booklet for study participants: <http://www.hispanichealthstudyoflatinos.org/data-booklet>
- Or our report to the community: <http://www.hchsol.net/publications/resources/communityreport/hchs.htm>
- For more resources visit: <http://www.hchsol.net/blogand.com/> your local blog address here

The Bronx - HCHS/SOL Center | Fortham Plaza Room 1005
Bronx, NY 10458 | M, T, W, T, F, S, S, U, P, A, S, A, S

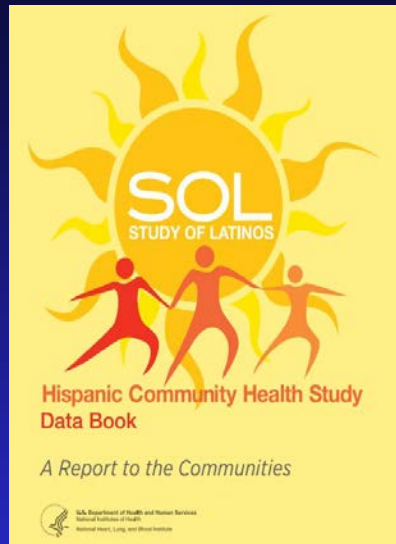
Take one and bring it home! It highlights HCHS/SOL results on sleep apnea and provides you links with resources to find out more.

For more health information on sleep apnea visit:

Local Community Resources (FC specific)



Learn More about Latino Health



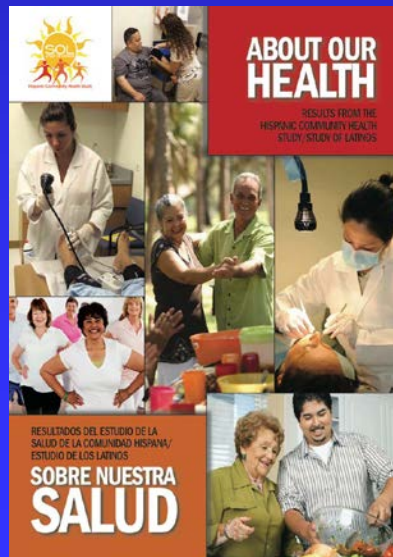
This report is the most comprehensive health and lifestyle analysis of people from a range of Hispanic/Latino background.

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>

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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.



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THANK YOU!