



Potential impact of chronic stress on cardiovascular disease, obesity, and sleeping patterns in Hispanics/Latinos

HISPANIC COMMUNITY HEALTH STUDY/STUDY OF LATINOS (HCHS/SOL)



Presentation Outline

- About the HCHS/SOL study.
- What is Chronic Stress? Why is it important?
- Chronic Stress in Hispanic/Latinos.
- Findings from the HCHS/SOL studies on Chronic Stress.
- What can be done if you are experiencing chronic stress?



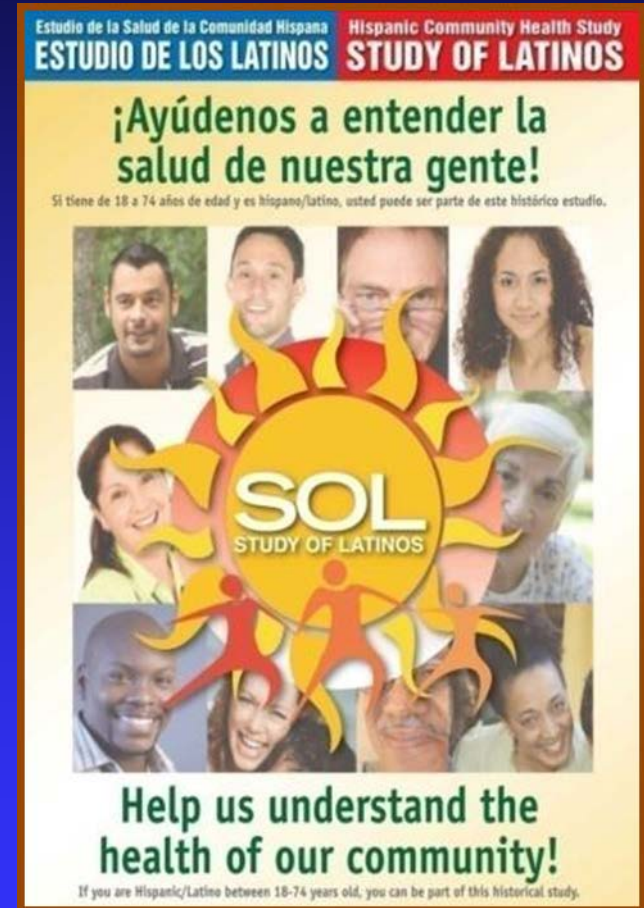
About the Hispanic Community Health Study/ Study of Latinos (HCHS/SOL)

- 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

- 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 Chronic Stress?

- Psychological stress is often described as feelings of being overwhelmed, worried, distressed, or generally run-down.
- Chronic psychological and social stresses are ongoing and occur over months or years in response to everyday situations (*stressors*).



What is Chronic Stress?

- Stressors may include:
 - Problems at work.
 - Problems at home.
 - Being involved in a difficult relationship.
- Chronic stress can frequently occur after a difficult or painful experience or event, such as a family death, severe accident, an illness, or losing a job.



Why is Chronic Stress Important?

- Over time, chronic stress can affect your physical and mental health.
- For example:
 - People have headaches.
 - Have feelings of anger and irritability.
 - Experience stomach problems.
 - Stress also interferes with getting a good night's sleep.



Why is Chronic Stress Important?

- Stress may lead people to engage in behaviors that can increase their risks of becoming ill.
- For example:
 - Individuals may start over-eating (particularly high fat or sugary foods).
 - They might use tobacco.
 - Drink alcohol.
 - Neglect their personal care including their exercise routine.
- Chronic stress tends to occur more often in women than in men and may also have a greater impact on the health of women.



Chronic Stress in Hispanic/Latinos

- We do know from other studies that Hispanics/Latinos, compared to non-Hispanic whites, have similar or higher rates of cardiovascular disease **risk factors** and have less control over these risk factors.
- In addition Hispanics/Latinos have lower rates of cardiovascular disease compared to non-Hispanic whites.
- More research is needed to understand how stress affects cardiovascular disease, obesity, and sleep in Hispanics/Latinos.



Findings from the HCHS/SOL studies on Chronic Stress

- HCHS/SOL is among the first studies to examine the association of stress and with different aspects of health, such as cardiovascular disease, obesity and sleep in Hispanics/Latinos in the United States.
- Results from HCHS/SOL studies show that:
 - Chronic stress is associated with the presence of cardiovascular disease risk factors, such as diabetes, hypertension and smoking, obesity, and sleep problems.



Findings from the HCHS/SOL studies on Chronic Stress

- Results from HCHS/SOL studies show that:
 - Chronic stress is associated with coronary heart disease and stroke.
 - HCHS/SOL participants who were found to have 3 or more chronic stressors were more likely to be obese compared to those who did not report stressors.
 - Chronic stress and specifically, sociocultural stressors (*ethnic discrimination and acculturation-the process of adaptation to the United States environment*) were associated with reports of sleep complaints.



Findings from the HCHS/SOL studies on Chronic Stress

- Results from HCHS/SOL studies show that:
 - Higher chronic stress was associated with more insomnia or sleep problems, while higher ethnic/social discrimination and acculturation stress (stress from *adapting to the United States culture*), were associated with more reported experiences of feeling sleepy during the daytime, and having either short or long (*instead of average*) sleep duration.



What can be done if you are experiencing chronic stress?

- Signs of stress that may indicate that you need help are:
 - Feeling nervous, anxious, sad, crying often.
 - Feeling angry.
 - Having difficulty sleeping.



What can be done if you are experiencing chronic stress?

- To help manage your stress consider the following:
 - Do daily exercise (like walking or Zumba).
 - Talk with a friend or family member about what is bothering you.
 - Engage in activities that may reduce stress such like prayer, yoga, meditation, or breathing exercises. It's best to engage in some of these activities every day as part of your routine to avoid or reduce feelings of stress.
 - Talk to your doctor or a professional counselor if you feel overwhelmed, unable to cope or have suicidal thoughts.



What can be done if you are experiencing chronic stress?

- If you or a love one is very depressed and/or is experiencing suicidal thoughts, please call the **National Suicide Prevention Lifeline** telephone hotline that is available 24 hours a day, 7 days a week.
- Please call for help at:
 - **1-800-273-TALK (8255)**
 - Visit suicidepreventionlifeline.org



Public Health Implications

- Implementing stress reduction activities may be useful in programs designed to prevent or reduce obesity, cardiovascular disease, and to improve sleep.



Future Steps

- Incorporate suggestions for improving the HCHS/SOL experience.
- Continue with elements of the study to ensure participant satisfaction as a retention tool.
- Dissemination of results of this study to inform future research.



ABOUT OUR HEALTH

RESULTS FROM THE
HISPANIC COMMUNITY HEALTH
STUDY/STUDY OF LATINOS

RESULTADOS DEL ESTUDIO DE LA
SALUD DE LA COMUNIDAD HISPANA/
ESTUDIO DE LOS LATINOS

**SOBRE NUESTRA
SALUD**

Be informed and share!

Get the Bilingual HCHS/SOL Participant Book: About Our Health - Results from HCHS/SOL :

<http://www2.csc.unc.edu/hchsnews/sites/default/files/ParticipantBooklet2014.pdf>

For more Information about Sol/HCHS and access the participant and community news and get free educational materials:

<http://www2.csc.unc.edu/hchsnews/participation-results>.

For more resources visit: List your local blog address here



To download this report visit: <http://www.sol-study.org/>



THANK YOU !



More about the study

- Assessments were conducted in either English or Spanish based on the participant's language preference.
- Participants are contacted annually by telephone/in-person to track important changes in their health and to update contact information.
- Study results are being disseminated through scientific journals, at national and local presentations to highlight areas needing greater attention to improve health of the community.
- Learn more about the on-going study:
 - <http://www2.csc.unc.edu/hchs>
 - Saludsol.net {link to FC page}
 - YouTube link
 - [Field Center facebook page]

