



Hispanic Health Brief

“Important issues for Hispanic Hoosiers”

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Heart Disease

Heart disease is the leading cause of death in both Indiana and the U.S. and is a major cause of disability among the Hispanic population.

The broad term “heart disease” includes several more specific heart conditions including but not limited to, coronary heart disease, heart attack and heart failure. In the U.S., nearly 28.6% of Hispanics die each year or about 122,000 each year nation wide.

In 2006, Hispanics were 10% less likely to have heart disease as compared to non-Hispanic whites. Hispanic men were 30% less likely to die from heart disease as compared to non-Hispanic white men. Hispanic women are 1.2 times more likely than non-Hispanic women to be obese.

Certain conditions and lifestyle factors may put individuals at a higher risk for developing heart disease. These risk factors include diabetes, high blood cholesterol levels, high blood pressure, metabolic syndrome, obesity, tobacco use, excessive alcohol use, diet, physical inac-

tivity and heredity.

Make Heart Healthy Choices



Here are some tips to stay heart healthy:

1. *Eat a healthy diet daily. Choose foods that are low in saturated fats and cholesterol.*
2. *Get physically active at least 30 to 60 minutes three to four days a week.*
3. *Stop smoking*
4. *Stay away from second hand smoke.*
5. *Know the signs for heart attack and stroke.*

Cancer

Cancer is a group of diseases characterized by uncontrolled growth and spread of abnormal cells. It is caused by both external factors (tobacco, poor nutrition, chemicals and radiation) and internal factors (inherited mutations, hormones, immune conditions, and mutations that occur from metabolism) .

The American Cancer Society affirms cancer is the second leading cause of death, accounting for 20% of all deaths in Hispanics in the US.

Prostate cancer is expected to be the most commonly diagnosed cancer in men and breast cancer the most common in women. Cancers of the colon and rectum and lung will be the second and third most commonly diagnosed cancers in both Hispanic men and women.

In Indiana, studies show that testicular cancer incidence is 14% higher among Indiana's Hispanic men than among Hispanic men nationwide.

Breast cancer is diagnosed about 30% less often among women of Hispanic origin. *Continued on page 2.*

10 Leading Causes of Death for Hispanics

- *Heart Disease*
- *Cancer*
- *Stroke*
- *Respiratory Disease*
- *Accidents (motor, poisoning, falls)*
- *Diabetes*
- *Influenza*
- *Alzheimer's*
- *Kidney Disease*
- *Septicemia (Blood poisoning)*

Cancer

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It is more often diagnosed at a later stage (when the disease is more advanced) than when found in non-Hispanic women, even when access to health care is adequate. Access and lower rates of mammography among Hispanic/Latino women are thought to add to this later diagnosis.

Most cancers caused by external factors, such as tobacco and infectious organisms, are preventable.

Cancer of colon and rectum can be prevented by avoiding risk factors such as obesity and physical inactivity, and by early detection.

Cancer of cervix can be prevented by vaccination against human papillomavirus, (HPV) as well as early detection and removal of cervical abnormalities. Screening can detect cancers of the breast, colon and rectum, cervix, prostate, oral cavity, and skin at an early stage.

Cancer and children.

Although most common in adults, children are also victims of this illness.

Cancer is the second-leading cause of death among

Hispanic children and the fourth among adolescents.

Leukemia is the most common cancer in children and young adults followed by brain and other central nervous system cancers and Lymphoma.

These types of cancer are difficult to recognize but can be treated and in some cases prevented by following these basic steps:



Parents should make sure their children have regular medical checkups.

Be alert to any unusual signs or symptoms that persist such as:

- Unusual mass or swelling
- Unexplained paleness and energy loss
- Sudden tendency to bruise
- Persistent pain/ limping
- Frequent headaches
- Sudden eye/vision changes
- Excessive weight loss.

Behavioral Health

The following behavioral factors significantly impact the Indiana Hispanic:

SUBSTANCE ABUSE

U.S. born Hispanics tend to abuse drugs more than those born outside of the U.S. Although drug use is higher among males than females, adolescent drug abusers run a greater risk of serious drug abuse related problems and addictions in adulthood.

ALCOHOL ABUSE

The most common substance abuse problem for Hispanics is alcohol. While Hispanics living in poverty are more likely to abuse alcohol than others, Hispanic women often abuse alcohol to become supportive of their partners. Alcohol-related abuse in Hispanic families tends to be "secretive".

TOBACCO ABUSE

15% of all Hispanic Adults smoke. 19% of males smoke compared to 11% of females. Hispanic smokers are more likely to attempt cessation than others but less likely to get advice.

MENTAL HEALTH

The most common mental illness among Hispanics is major depression. Symptoms often start early in life with an onset prior to age 25. Hispanic youth have the highest percentage of suicide attempts, 18%, compared to white, 6%, and black youths, 8%.



“Parents should make sure their children have regular checkups.”

RESOURCES:

American Cancer Society, Report: *Facts and Figures for Hispanics/Latinos 2006-2008*, 2006.

CDC National Program of Cancer Registries and the Indiana State Cancer Registry, 2002-2004

Indiana State Department of Health, Office of Minority Health, June 2006.

Original data obtained from Indiana State Department of Health, Epidemiology Resource Center, Data Analysis Team.

National Center for Health Statistics (NCHS), <http://www.cdc.gov/nchs/>

U.S. Department of Health & Human Services, The Office of Minority Health, <http://www.omhrc.gov/templates/content.aspx>

The Indiana University Melvin and Bren Simon Cancer Center

Diabetes

Diabetes is a disease in which the body does not produce or properly use insulin. The cause of diabetes continues to be a mystery, although genetics and environmental factors such as obesity and lack of exercise appears to play a role.

In the state of Indiana, 4.1% of Hispanics have diabetes.

Hispanic women are more likely to develop diabetes than Hispanic males and Hispanic/Latino Americans more than any other minority are at high risk for type 2 diabetes and its complications.

Diabetes is the sixth (6) leading cause of death among Hispanics. Blacks and Hispanics are 1.6 times more likely to die from diabetes-related complications compared to non-Hispanic whites.

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