Detecting Hypertension and Improving Healthy Lifestyle in African American Women Attending Community Screening Program

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Introduction

• Hypertension (HTN) is an important modifiable risk factor for cardiovascular disease (CVD).
• Eleven million patients in the United States have undiagnosed HTN and a large population of those diagnosed remain untreated or inadequately treated per guideline recommendations.
• African American (AA) women specifically have the highest prevalence of HTN compared to women from other ethnicities and are at increased risk for CVD.

Objectives

• To demonstrate the impact of community HTN screening programs on cardiovascular preventive risk factors in AA women.

Methods

Emory 10,000 Women Community Screening Project (2015-2019)

Table 1. Baseline Characteristics

<table>
<thead>
<tr>
<th>Variables</th>
<th>Total (N=206)</th>
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</thead>
<tbody>
<tr>
<td>Age in years (mean)</td>
<td>50.9 ± 14.0</td>
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<tr>
<td>Body mass index (mean)</td>
<td>32.2 ± 7.9</td>
</tr>
<tr>
<td>History of hypertension %</td>
<td>34.0</td>
</tr>
<tr>
<td>History of diabetes %</td>
<td>9.2</td>
</tr>
<tr>
<td>Current smoker %</td>
<td>5.3</td>
</tr>
<tr>
<td>Exercise less than 3 times a week %</td>
<td>57.3</td>
</tr>
<tr>
<td>Eating fast food &gt; 3 times a week %</td>
<td>22.3</td>
</tr>
</tbody>
</table>

Results

• N=136 had no prior history of diagnosed HTN. 66.2% of these participants had blood pressure of >130/80.
• 15.5% of those with elevated blood pressure were started on at least 1 blood pressure medication within 6 months after following up with a physician.

Conclusion

• Information from community health CVD screening event prompted previously undiagnosed AA participants to seek care for treatment of HTN within 6 months.
• Community-based screening programs are effective at screening and educating large populations of patients leading to early diagnosis and treatment of HTN.
• Education of healthy lifestyle recommendations may be beneficial to reduce CVD risk in high risk communities.

Limitations

• These were data collected in a metro-Atlanta area and thus may not be applicable to rural populations
• Susceptible to errors due to using self-report surveys.

References