

INTRODUCTION

Understanding the social factors which might impact CV health and may be helpful to public health policy makers.

OBJECTIVES

To evaluate baseline:

- Lifestyle and CV health
- Social factors of lifestyle and CV health



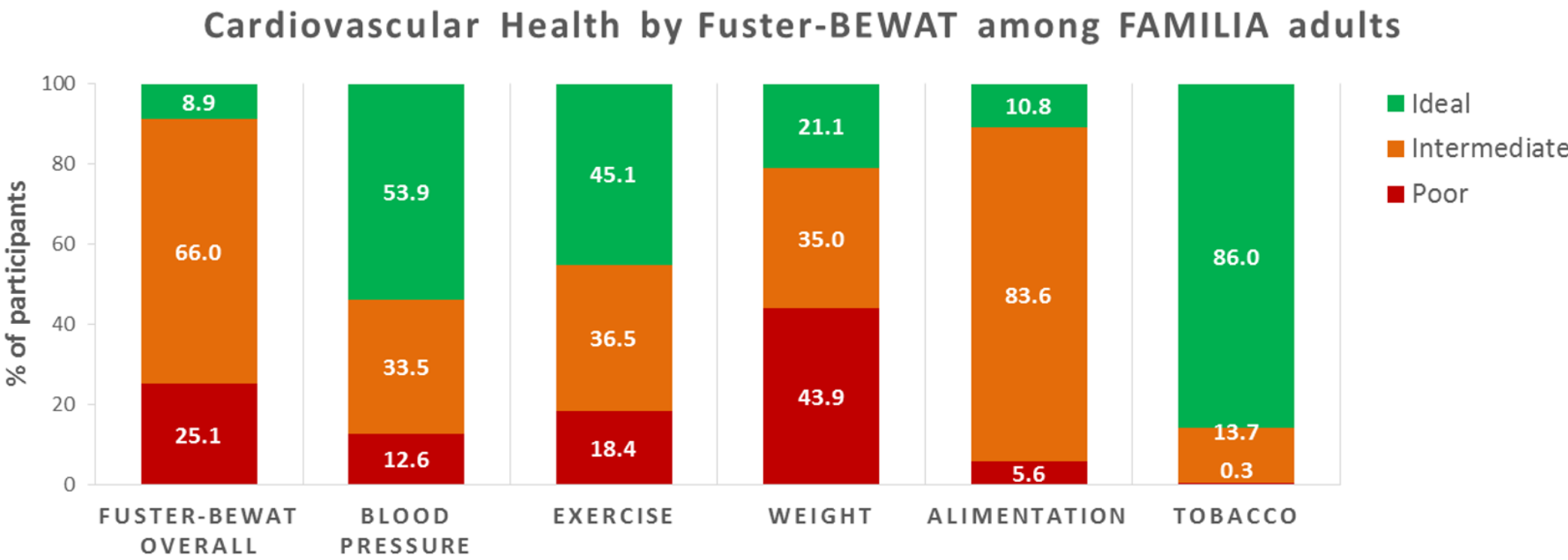
Am Heart J. 2017 ;187:170-181

METHODS

- 635 adults
  - 38.0 ± 11.5 yo; 83% females
  - January 2016- May 2017
  - Harlem: Head Start preschools
- Baseline assessment
  - Demographic/social questionnaires
  - FFQ, IPAQ
  - BMI, BP measurements
- Statistical analysis:
  - Pairwise univariate/multivariate linear regression
  - Fisher´s exact test

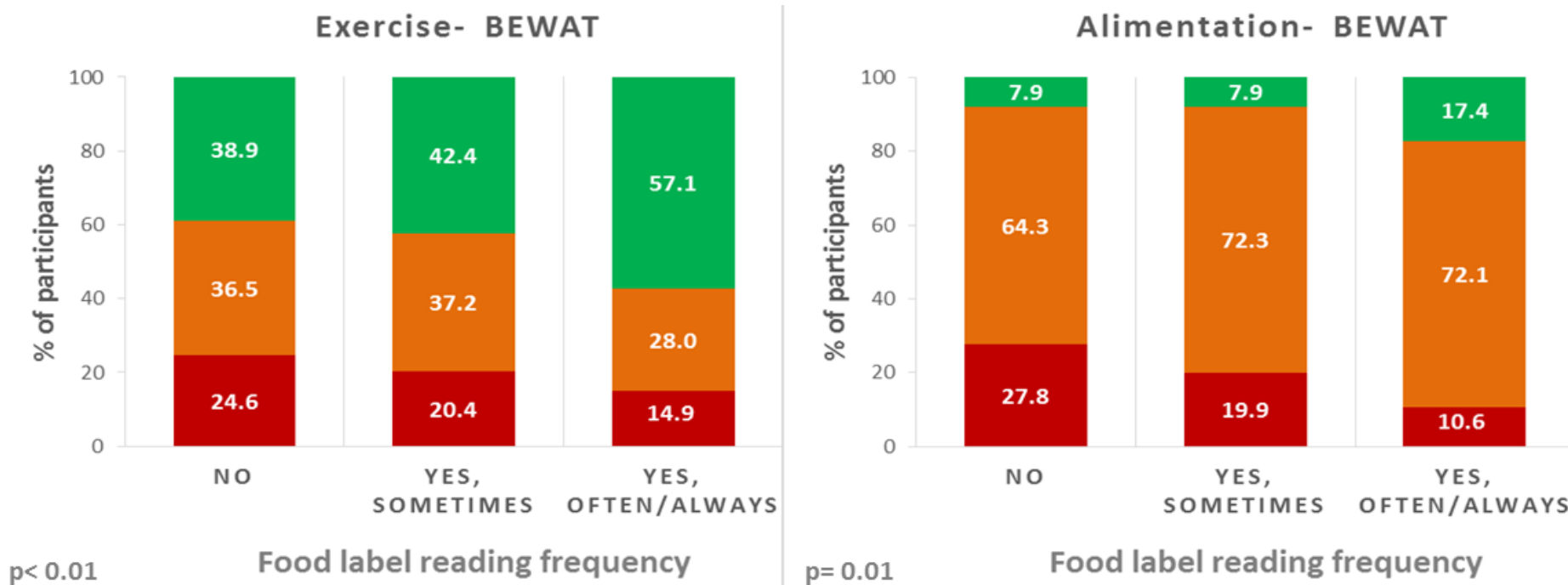
BEWAT

RESULTS



The 5 BEWAT components were categorized as being ideal (3), intermediate (1-2) or poor (0); and subjects classified as having poor, intermediate or ideal CV health [BEWAT overall] based on the total number of ideal components (0-1 poor, 2-3 intermediate, 4-5 ideal)

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Variable	%	Univariate			Multivariate		
		β Coeff.	95% CI	p-value	β Coeff.	95% CI	p-value
Age, per 1 y increase	-	-0.06	-0.08, -0.05	<0.01	-0.07	-0.08, -0.05	<0.01
Gender							
Male	16.9	Ref.					
Female	83.1	0.14	-0.40, 0.68	0.61			
Born in US							
No	46.7	Ref.			Ref.		
Yes	53.3	-0.54	-0.95, -0.14	0.01	-0.23	-0.77, 0.31	0.39
Race							
Black	32.2	Ref.			Ref.		
Hispanic/Latino	58.0	0.52	0.07, 0.97	0.02	0.14	-0.38, 0.65	0.61
Other	9.8	0.50	-0.25, 1.24	0.19	0.54	-0.23, 1.32	0.17
Education							
Low level	27.3	Ref.			Ref.		
Middle level	49.2	-0.22	-0.71, 0.26	0.37	0.21	-0.41, 0.83	0.51
High level	23.5	-0.39	-0.96, 0.18	0.18	0.09	-0.64, 0.83	0.80
Marital status							
Never married	39.2	Ref.					
Married/cohabitating	44.3	0.17	-0.28, 0.62	0.45			
Divorced/widowed	16.5	-0.05	-0.65, 0.55	0.87			
Work status							
Employed	67.9	Ref.			Ref.		
Unemployed/Retired	11.8	-0.50	-1.14, 0.14	0.12	-0.32	-1.02, 0.37	0.36
Student/Homemaker	20.4	0.38	-0.13, 0.89	0.14	-0.03	-0.61, 0.56	0.92
People household, n							
1 (live alone)	10.8	Ref.					
2 to 4	60.8	0.35	-0.31, 1.02	0.30			
>4	28.4	0.04	-0.68, 0.77	0.91			
Earning house, \$/year							
<25,000	38.5	Ref.			Ref.		
25,000-50,000	24.7	0.25	-0.27, 0.77	0.35	0.35	-0.23, 0.92	0.24
>50,000	9.5	-0.29	-1.02, 0.44	0.44	0.14	-0.67, 0.95	0.74
Not sure/Decline	27.4	0.51	0.00, 1.01	0.05	0.44	-0.10, 0.97	0.11
Eat out of house, per 1 time/week increase	-	-0.07	-0.12, -0.01	0.01	-0.06	-0.12, -0.01	0.03
Food label reading							
No	28.4	Ref.			Ref.		
Yes, sometimes	39.9	0.50	0.01, 1.00	0.05	0.54	0.03, 1.05	0.04
Yes, often/always	31.7	0.96	0.44, 1.48	<0.01	1.02	0.47, 1.57	<0.01

Multivariate analysis included variables showing any univariate association with a p-value <0.20

CONCLUSIONS

- Majority of FAMILIA participants show a **poor/intermediate cardiovascular health** BEWAT score.
- **Alimentation** and **weight** scored the lowest, implying obesity and poor diet are major challenges for this population, reflective of the trend nation and worldwide.
- Higher frequency of **food label reading** was associated with a better BEWAT score.