Hispanic/Latinos, Tobacco and Chronic Diseases

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For further information contact the NLTCN at www.LatinoTobaccoControl.org
This Presentation Covers:

- Top Ten Leading Causes of Death
- A Synopsis of Chronic Diseases
- Leading Causes of Death by Percentage
- Link among chronic diseases and Tobacco
  - Cardiovascular Disease
  - Cerebrovascular Disease (Stroke)
  - Diabetes
  - Obesity
  - Cancer
  - Chronic Liver Disease and Cirrhosis
    - Substance Abuse
  - Chronic Lower Respiratory Disease
    - Asthma
  - HIV/AIDS
- Reducing the burden of chronic disease through smoking related policies
- Resources
- References
<table>
<thead>
<tr>
<th>Rank</th>
<th>Cause</th>
<th>United States</th>
<th>Latino Population</th>
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<tbody>
<tr>
<td>1</td>
<td>Heart Disease</td>
<td>616,067</td>
<td>28,921</td>
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<td>2</td>
<td>Malignant Neoplasms</td>
<td>562,875</td>
<td>26,633</td>
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<td>3</td>
<td>Cerebrovascular disease</td>
<td>135,952</td>
<td>12,052</td>
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<td>4</td>
<td>Chronic lower respiratory diseases</td>
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<td>7,005</td>
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<td>5</td>
<td>Unintentional injuries</td>
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<td>6</td>
<td>Alzheimer’s Disease</td>
<td>74,632</td>
<td>6,287</td>
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<td>7</td>
<td>Diabetes</td>
<td>71,382</td>
<td>Chronic liver disease &amp; cirrhosis 3,592</td>
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<td>8</td>
<td>Influenza and Pneumonia</td>
<td>52,717</td>
<td>Homicide 3,524</td>
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<td>9</td>
<td>Nephritis, nephrotic syndrome, and nephrosis</td>
<td>46,448</td>
<td>Chronic lower respiratory disease 3,310</td>
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<td>10</td>
<td>Septicemia</td>
<td>34,828</td>
<td>Certain conditions originating in the perinatal period 2,804</td>
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Leading Causes Of Death by Percentage

Chronic Diseases Accounted for ~78.0% of LCOD
Chronic Diseases

Who is at risk?
1. Cardiovascular Disease (CVD)

- Leading Cause of Death in both the general population and in the Latino population in the US.

- In 2002 heart disease killed more than 27,000 Hispanic/Latinos.

- Sixty two percent of non-Hispanic White women vs only 34% of Hispanic women were aware that heart disease is their greatest health threat.

- CVD/Heart disease
  - Several different types of heart conditions
  - Most common type is coronary artery/heart disease

- Some subgroups have death rates higher than the national average.

Source: [http://www.cdc.gov/dhdsp/library/fs_heart_disease.htm](http://www.cdc.gov/dhdsp/library/fs_heart_disease.htm)

It is estimated that as many as 30% of deaths from cardiovascular disease are the result of tobacco use.
CVD

- **Risk Factors**
  - High cholesterol, high blood pressure, diabetes, cigarette smoking, overweight and obesity, poor diet, physical inactivity, alcohol use
  
  Source: [http://www.cdc.gov/dhdsp/library/fs_heart_disease.htm](http://www.cdc.gov/dhdsp/library/fs_heart_disease.htm)

- **Decreasing Risk**
  - Stop smoking, eat a health diet, exercise regularly, reduce stress, control high BP, control cholesterol, control your weight
  
  Source: [http://www.cdc.gov/omhd/AMH/factsheets/cardio.htm](http://www.cdc.gov/omhd/AMH/factsheets/cardio.htm)

Barriers exist that prevent access to cardiovascular screening among Hispanics include:

- **Systemic barriers**
  - lack of health insurance
  - lack of bilingual personnel
  - lack of access to culturally sensitive information

- **Personal barriers**
  - lack of childcare
  - lack of transportation
  - lack of money

- **Socioeconomic status**
  - Immigration status

- **Cultural barriers**
  - language barriers
  - immigration status
Prevention measures

- Increase exercise
- Stop smoking!
- Reduce
- Eat a balanced healthy diet
  - Consume more fruits and vegetables
  - Check your blood pressure regularly
2. Cerebrovascular Disease (Stroke)

- Stroke, sometimes called a brain attack
  - A clot blocks the blood supply to part of the brain
  - A blood vessel in or around the brain bursts
- Parts of the brain become damaged or die.

Risk Factors for Stroke

- Medical conditions such as
  - High blood pressure
  - High blood cholesterol
  - Heart disease
  - Diabetes
  - Overweight and obesity
  - Previous stroke or TIA
  - Sickle-cell disease
Risk Factors for Stroke

- **Behavior**
  - Tobacco use
  - Alcohol use
  - Physical inactivity

- **Heredity**
  - Latinos have higher chance of having a stroke
    [http://www.cdc.gov/stroke/heredity.htm](http://www.cdc.gov/stroke/heredity.htm)
  - Less likely to die from a stroke
Risk Factors for Stroke

- Cigarette smoking almost double a person’s risk for stroke
- Stroke is the fourth leading cause of death among Hispanics
- Studies indicate that Hispanics have a higher rate of strokes at a young age than non-Hispanic Whites.
3. Diabetes

- Born in the year 2000, face a 2 in 5 risk for diabetes
- Compared to whites, more than twice as likely to have diabetes
- Greater threat to a person’s health is the combination of diabetes with smoking. Smoking impacts heart disease among diabetics.
- Smoking combined with diabetes increases the risk of death by coronary artery disease.


- Increases chances of developing serious complications
  - chronic kidney disease, heart disease, and stroke

- Diabetes in Hispanic Americans
  - 90-95% Type II
  - ~5% Type I
Diabetes

- Tobacco exposure is associated with the development of glucose intolerance over a 15 year period, with a dose response effect being apparent.

- For those who smoke and have diabetes, there is an 11 fold increase in the risk for heart attacks or stroke.

- Diabetics are three times more likely to have kidney disease
Racial and Ethnic Differences in Prevalence of Diagnosed Diabetes

- In 2008
  - 5.3% of non-Hispanic whites
  - 6.3% of Asian Americans
  - 8.6% of non-Hispanic blacks
  - **8.0% of Hispanics**


- Among Hispanics rates were:
  - 5.6% for Cubans
  - 9.1% for Mexican Americans
  - 9.0% for Puerto Ricans.

Risk Factors for Diabetes

- Family History
- Being overweight
- Physical inactivity
- High blood glucose
- Metabolic (insulin resistance) syndrome
- Hypertension
- Abnormal cholesterol levels
4. Cancer

Cancer is the second leading cause of death in the US. Almost one in five Hispanic deaths are attributable to cancer.

**Cancer**

- Cigarette smoking is a major cause of cancer

- Cigarette smoking is the major cause of lung cancer

- Cessation can reduce morbidity and mortality from cancer
Incidences and Mortality Trends

Figure 5. Cancer Incidence and Death Rates in Hispanics* by Site, 1992-2006

*Persons of Hispanic/Latino origin may be of any race. Liver includes intransitional bile duct.

Source: Incidence – Surveillance, Epidemiology, and End Results (SEER) Program, SEER 13 areas, excluding the Alaska Native Registry, National Cancer Institute, 2009. Data for Hispanics are based on the NAIACR Hispanic Identification Algorithm (HIA). Mortality – National Center for Health Statistics, Centers for Disease Control and Prevention, 2009. Data were excluded from Connecticut, Maine, Maryland, Minnesota, New Hampshire, New York, North Dakota, Oklahoma, and Vermont due to a large number of individuals with unknown origin/ethnicity.
Selected Cancers

- Female Breast
  - Generally non-modifiable risks

- Colon & Rectum
  - Risk factors: family history, CIBD, inherited syndromes, obesity, diabetes, consumption of red and processed meat, alcohol consumption

- Lung & Bronchus
  - Risk factors: cigarette smoking accounts for 87% and 70% of cases in men and women respectively
  - Leading cause of cancer death in Latino men, 2nd in women

- Prostate
  - Generally non-modifiable risks

Disparities in Cancer Sites

- Cancer mortality rates are lower for Hispanic population compared to Non-Hispanic white pop.

- Higher rates in other sites
  - Stomach
    - H. pylori infection, high salt consumption, grilled meat and fish, starch
  - Liver and Intrahepatic Bile Duct
    - HBV or HCV infections, alcohol intake
  - Uterine Cervix
    - HPV infection
  - Gallbladder
    - history of gallstones, obesity, chronic inflammation/infection of biliary tract

Early Detection – a Preventive Measure

- Improve early cancer detection
  - Routine mammography, Pap tests, and colorectal screening

- Individual measures
  - Health lifestyle, avoiding tobacco use, increasing physical activity, achieving optimal weight, improving nutrition, avoiding sun exposure

- Cessation – Quit Smoking TODAY!

5. Chronic Liver Disease and Cirrhosis

- Chronic Liver Disease – destruction of liver tissue over time
  - Viral causes – HepB, HepC, CMV, EBV
  - Toxic/drugs – alcohol liver disease, amiodarone, methotrexate
  - Metabolic – non-alcoholic fatty liver disease, haemochromatosis, Wilson’s Disease
    - Latinos have a greater genetic predisposition toward developing fatty liver
  - Etc

Source: pictures printed here are for educational purposes only, not for sale
Cirrhosis

- Cirrhosis – scar tissue replaces normal liver tissue, hardening of liver
  - ALD – Alcohol
  - Hep B and C
  - NASH

Risk Factors

- Health care professionals who are exposed to body fluids and infected blood
- Individuals who get multiple tattoos and body piercing
- Certain prescription medications
- Excessive alcohol use
- Having high levels of fat in the blood
- Sharing infected needle and syringes
- Obesity
- Having unprotected sex and multiple sex partners
- Working with toxic chemicals without wearing safety clothes
6. Chronic Lower Respiratory Disease

- Examples
  - COPD - emphysema, chronic bronchitis
  - Cystic fibrosis

Source: http://swissmedicalresearch.org/ClinicalTrials.aspx
Risk Factors

- **Major**
  - Tobacco smoke, Second hand smoke
  - Outdoor and indoor air pollutants
  - Allergens
  - Occupational exposure

- **Possible**
  - Diet and nutrition
  - Obesity and overweight intake
  - Physical inactivity
  - Post infectious chronic respiratory disease

7. Asthma

- Ethnic differences in asthma are highly correlated with poverty, urban quality, indoor allergens and lack of patient education and inadequate medical care.

- 80% of Hispanics tend to live in areas that fail to meet at least one air quality standard for air pollutants.

- Puerto Ricans have higher asthma rates than other Hispanic subgroups and non-Hispanic Whites.

- Puerto Ricans have a current asthma prevalence rate of 125%, higher than non-Hispanic Whites, and 80% higher than non Hispanic Blacks.
Asthma

- Asthma is closely linked to the effects of secondhand smoke
- Secondhand smoke can cause serious harm to children, worsening already pre-existing conditions and creating new ones
- Secondhand smoke is a major trigger for asthma
8. HIV/AIDS

- Hispanics comprise approximately 18% of new HIV/AIDS cases in 34 states with long term confidential name based HIV reporting.

- Hispanics account for 17% of individuals living with HIV/AIDS.

- The rate of new infections among Hispanic men is three times that of White men.

- The rate of new infections among Hispanic women is five times that of White women.
HIV/AIDS

- Smoking increases the risk of developing AIDS in HIV infected persons and non-AIDS related conditions such as Asthma

- The smoking prevalence rate for HIV positive populations is considered to be very high, with estimates ranging between 47% and 70%

- Older Hispanics with HIV are less likely to be nicotine dependent than other same aged racial/ethnic groups

- Hispanics and African Americans in one study were more likely than non-Hispanic Whites to perceive the risks of continuing to smoke and understand the benefits of quitting
Chronic Diseases and Life Style Issues

Life Style Factors Severely Impact Chronic Diseases
Link Among Chronic Diseases and Tobacco Use

- In 2004 the U.S. Surgeon General’s report found that smoking harms nearly every major organ of the body, causing many disease and diminishing the health of smokers in general.

- Diseases caused by smoking include:
  - Heart disease
  - Cancer
    - Cervical cancer
    - Lung cancer
    - Kidney cancer
    - Pancreatic cancer
    - Stomach cancer
Link among Chronic Diseases and Tobacco Use

- Tobacco use exacerbates health complications associated with:
  - Diabetes
  - Heart disease
  - Asthma
  - Obesity
  - HIV/AIDS
  - Alcohol consumption
Link among Chronic Diseases and Secondhand Smoke

- Estimates show that 7 out of 10 deaths among Americans each year are from chronic disease with approximately 50 of these caused by heart disease, cancer and stroke.

- Secondhand smoke also plays a major role in causing serious disease and death including:
  - asthma attacks in children
  - Heart disease
  - Lung cancer
  - Respiratory infections
  - Sudden infant death syndrome
Link Between Alcohol and Tobacco Use

- Alcohol and tobacco consumption tend to go together
- People who smoke are much more likely to drink
- People who drink are much more likely to smoke
- Statistics state that more alcoholics die from tobacco related diseases than alcohol related problems
Link Among Alcohol, Other Drugs and Tobacco Use

- Cirrhosis is often linked to Alcohol
- The rates of alcohol are similar among Hispanics and non-Hispanic Whites
- Hispanic men have high rates of alcohol abuse
- Adolescents ages 14-18 usually start using tobacco as a gateway drug (before they go on to other drugs)
- Children 12-17 years of age who smoke are 11 times as likely to use illicit drugs and 16 times as likely to drink heavily as youth who do not smoke
**Link Between Obesity and Tobacco Use**

- African American, American Indians and Hispanics have higher rates of obesity than other population groups.
- Minorities with low socioeconomic status are considered to be disproportionately overweight or obese.
- 67.8% of Hispanics aged 18 and older are considered overweight.
- 27.5% of Hispanics are considered to be obese.
- Immigrant Latinos have diets higher in fiber and lower in saturated fat than their more acculturated counterparts.
Link Between Obesity and Tobacco Use

- People who smoke and are also overweight or obese tend to have a higher risk for a variety of disease, including diabetes, cardiovascular disease, stroke, among other.

- The U.S. is undergoing an obesity epidemic
  - African American and Hispanic children are at highest risk
Link Between Exercise and Tobacco Use

- It has been shown that people who exercise are more health conscious and tend to use less tobacco products.

- Exercise is beneficial for reducing risk to a variety of chronic conditions including heart disease, stroke, and cancer.

- Exercise also reduces obesity and complications related to being overweight or obese.

- Smokers who are overweight or obese and do not exercise have higher morbidity rates and suffer more from concomitant conditions (ie diabetes and heart disease combined). If they also smoke their health is further deteriorated.
Tobacco is still the number one cause of death and disease in the United States
What can we do together to support Hispanic Families?

Support the development of policies

Advocate on behalf of your community
Support Social Norm Change Through Policies

- Support increases in state and federal taxes on tobacco products.

- Utilize tax income from these tax hikes to increase tobacco prevention, cessation and control efforts in Latino communities.

- Eliminate the sale of cigarettes in all Tax Free stores, the DOD’s PXs and in border communities in order to reduce access to cheap cigarettes.

- Support strict regulation of all tobacco products by the FDA including cigars, cigarillos, menthol cigarettes, and all new tobacco products.

- Eliminate vending machines from all settings.
Protect Communities from Secondhand Smoke Exposure

- Support comprehensive state and local Clean Indoor Air legislation and ordinances that include casinos, bars, restaurants and all indoor work places.

- Support local and state policies to achieve that all workplaces become smoke-free including construction sites, agricultural sites, landscaping sites, mining and other outdoor-based activities.

- Support local and/or state ordinances that create smoke-free parks, beaches, bus stops, cars, vehicles used for work purposes, fairgrounds, amusement parks, entertainment venues, stadiums, ballparks, rodeos, prisons, juvenile detention centers, immigration centers, homeless shelters, and all places where people congregate.

- Support smoke-free multiunit housing construction and regulation of apartments built with state or federal funds.
Protect Communities from Secondhand Smoke Exposure

- Support smoke-free multi-unit apartment dwellings and rental properties.

- Promote model advocacy campaigns such as “Regale Salud” to help community organizations or community groups address secondhand smoke issues in multi-unit housing. The Regale Salud Toolkit is available at [www.tecc.org](http://www.tecc.org).

- Support policies to assure that all substance abuse treatment settings are smoke-free and

- incorporate smoking cessation as integral to their substance abuse addiction protocols
Support Prevention Policies in the Latino Community

- Create, identify, disseminate and fund the implementation of prevention programs and materials geared toward serving Latino families as units, in various settings: schools, day care centers, after-care programs, colleges and universities, vocational schools, and all educational settings and institutions.

- Assure that there are effective tobacco prevention curricula integrated into the school curriculums, so as to assure that this topic will not be cut, and institutionalize prevention especially in middle schools.
Support Prevention Policies in the Latino Community

- Fund leadership training and capacity building for tobacco prevention and control at the local level so that communities can effectively engage in supporting tobacco policies such as higher and smoke-free air ordinances.

- Incorporate tobacco addiction and cessation curriculum in all medical, dental, nursing and all allied health professions schools, making it a requirement for certification and quality.

- Fund culturally and linguistically appropriate multimedia campaigns, materials and messages to inform about industry tactics and the dangers associated with tobacco use, including “harm reduction” options offered by the tobacco industry and secondhand smoke.

- Fund “Promotora” programs (community health workers) to take the tobacco prevention,

- Provide cessation, and control messages and programs to the Latino community and advocate for change.
Support Cessation Related Policies

- Support the incorporation of cultural and linguistically appropriate services in all QUITLINE services.

- Support inclusion of counseling and comprehensive cessation services in all private and public health insurance plans.

- Provide free and/or reduced NRT and/or medications to all of those who wish to use them to quit smoking.

- Review the Public Health Guidelines in light of the high rate of Hispanic/Latinos who are low and intermittent smokers.
Support Cessation Related Policies

- Include tobacco education and cessation interventions as part of the “quality-control” measures for all health care professionals and health care services.

- Include tobacco questions in the Electronic Medical Records and/or Health Records of all patients.

- Fund multi-media campaigns in Spanish and English, including TV ads to promote cessation and the value of quitting.

- Fund locally based cessation services at community-based organizations, community health clinics and Hispanic/Latino and minority and/or all providers who serve Latino communities.
RESOURCES
Resources

Cancer

- Centers for Disease Control and Prevention
  - http://www.cdc.gov

- American Cancer Society

- National Cancer Institute (NCI)
  - http://www.nci.gov

- Informate
  - http://www.informatehpv.org/

Redes en Accion – Cancer Network

http://www.redesenaccion.org
Resources

Cardiovascular Disease
Centers for Disease Control and Prevention

- http://www.cdc.gov/heartdisease

Stroke
Centers for Disease Control and Prevention

- http://www.cdc.gov/stroke/about.htm

Stroke (Hispanic)

Selected Programs

Diabetes

- **National Alliance for Hispanic Health**
  - **Juntos Contra la Diabetes (JCD II)**
    - [http://www.hispanichealth.org](http://www.hispanichealth.org)

- **Federally based programs:**

- **American Diabetes Association**
  - [http://www.diabetes.org/espanol](http://www.diabetes.org/espanol)
Resources

- **Chronic Liver Disease and Cirrhosis**
  - Latino Organization for Liver Awareness
  - [http://www.umm.edu/liver/chronic.htm](http://www.umm.edu/liver/chronic.htm)

- **Chronic Lower Respiratory Disease**
  - Pulmones Libres – COPD awareness and education program
Resources

- **Minority Health**
- **U.S. Department of Health and Human Services**


- **National Alliance for Hispanic Health**
Resources

Cessation

You can obtain cessation services and/or information by calling the National Quit-line: **1-800-Quit-Now**

Other places to obtain telephone assistance are:

- National Cancer Institute – 1-800-4-Cancer

- California Smokers Helpline – 1-800-No-Butts (English), 1-800-45-No Fume (Spanish). For Spanish information go to: [http://www.californiasmokershelpline.org/Spanishhomepage_000.shtml](http://www.californiasmokershelpline.org/Spanishhomepage_000.shtml)
References


References


National Latino Tobacco Control Network (NLTCN)

Indiana Latino Institute, Inc., Address: 445 N. Pennsylvania Street, Suite 800 - Indianapolis, IN 46204, Tel: 317.472.1055 | Fax: 317.472.1056 | Toll free: 1-888-794-4291

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