

The Latino Epidemiological Paradox in Cardiovascular Disease: The All of Us Research Program

Raul Montanez-Valverde^{1*}, Stephan Zucher¹, Rosario Isasi¹, Jacob McCauley¹, Olveen Carrasquillo¹

¹University of Miami, Miami, FL
*Corresponding author: ram405@Miami.edu



BACKGROUND

- Despite multiple social and economic disadvantages, on many measures of population health, including cardiovascular disease (CVD), Latinos seem to have similar health outcomes as White non-Latinos (WNL).
- The reasons for this “Latino Paradox” are unclear with some questioning whether it exists.
- The All of Us Research Program (AoURP), created under the NIH’s Precision Medicine Initiative, is one of the nation’s largest and most diverse cohorts and includes over 40,000 Latinos.
- We aim to determine whether there is evidence of this paradox in the AoUR cohort.

METHODS

- We included adults older than 18 years old.
- The primary outcome was CVD defined as having heart failure, myocardium infarction, coronary arteriosclerosis or heart disease, per electronic medical records.
- We stratified by age categories and gender. Age-adjusted CVD rates were calculated in male and female using the AoURP cohort as the standard population. We report 95% confidence intervals (CI).

RESULTS

- We included 202,013 subjects with a mean age 51 years old (\pm 16.7) and 37.7% males.
- WNL, Black non-Latinos (BNL) and Latinos represented 57.1%, 22.2% and 20.7%, respectively.
- Within each group, crude CVD rate increased with age and was higher in males compared to females.
- In males, age-adjusted CVD rate was significantly higher in Latinos with 9.2% (95%CI [9.0, 9.4]) compared to BNL with 8.1% (95%CI [7.9, 8.2]) and WNL with 7.6% (95%CI [7.4, 7.8]).
- In females, age-adjusted CVD rate was significantly higher in BNL with 7.7% (95%CI [7.5, 7.8]) compared to Latinos with 6.1% (95%CI [6.0, 6.2]) and WNL with 3.9% (95%CI [3.8, 4.0]).

CONCLUSION

Among both genders, Latinos had significantly higher age-adjusted CVD rates than WNL.

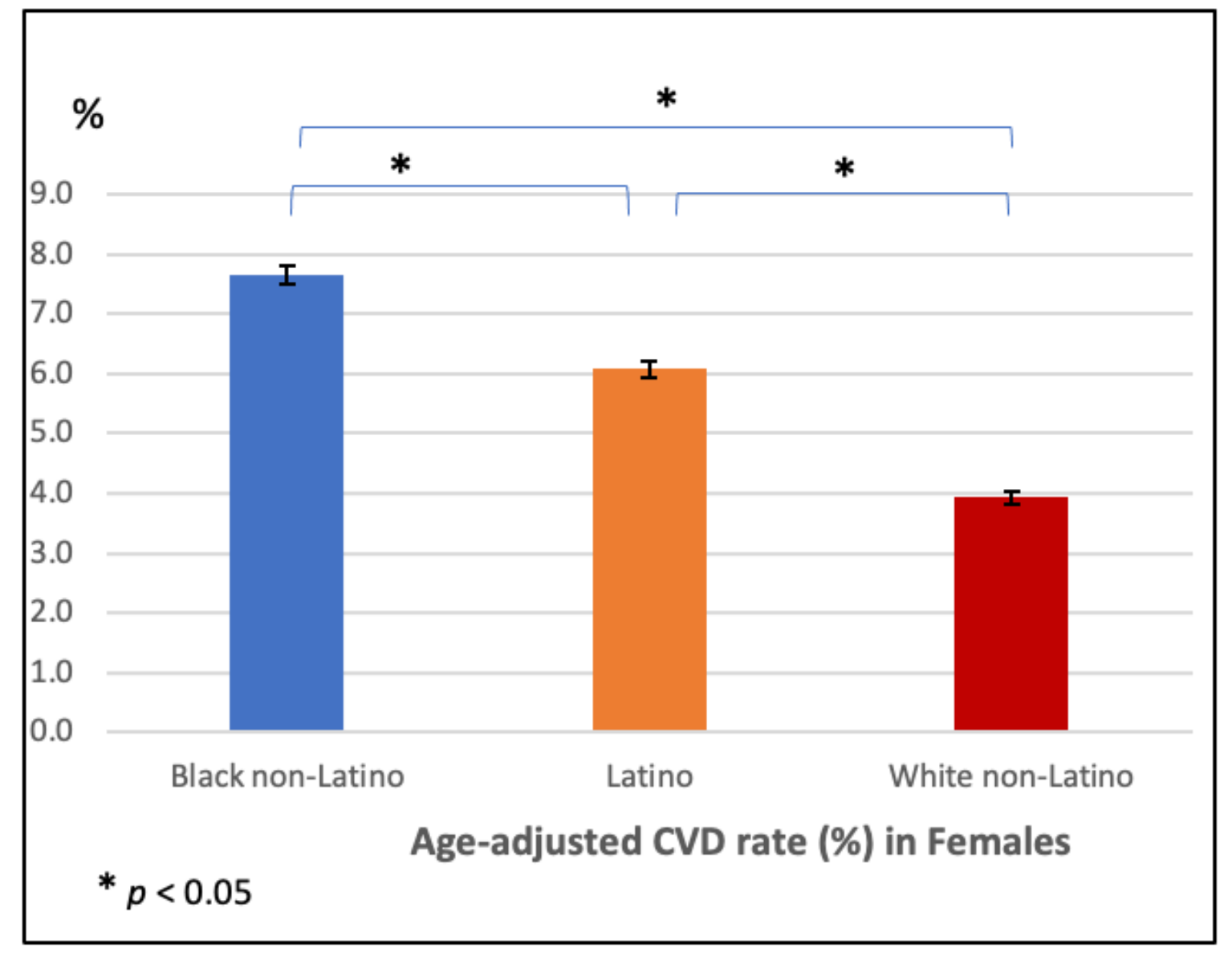
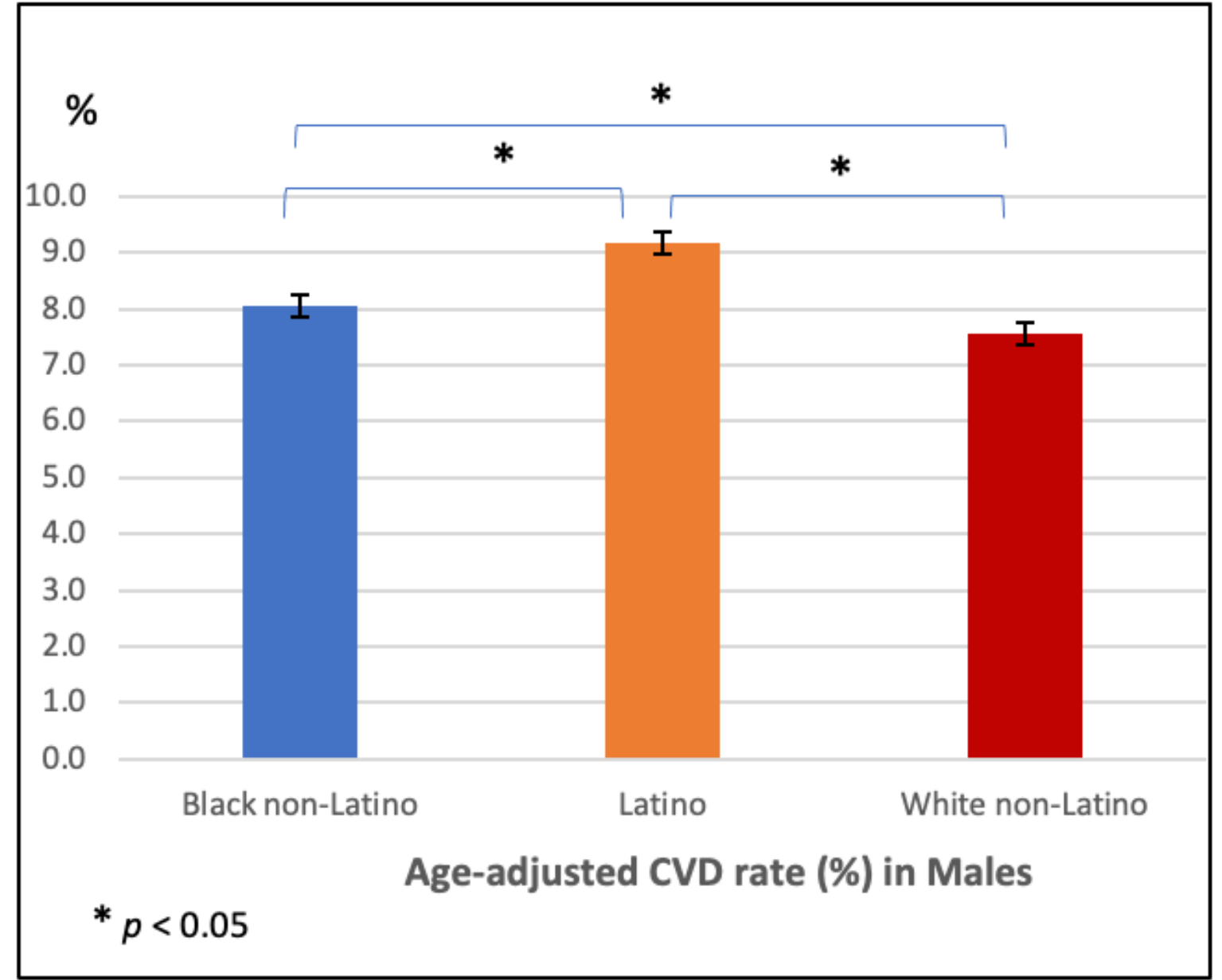
- In fact, among men, Latinos had higher rates of CVD than BNL.
- Our analysis of CVD data in the AoURP cohort do not support the Latino epidemiological paradox.

AKNOWLEDGMENTS

The All of Us Research Program is supported by the National Institutes of Health, Office of the Director:
 Regional Medical Centers: 1 OT2 OD026549; 1 OT2 OD026554; 1 OT2 OD026557; 1 OT2 OD026556; 1 OT2 OD026550; 1 OT2 OD 026552; 1 OT2 OD026553; 1 OT2 OD026548; 1 OT2 OD026551; 1 OT2 OD026555; IAA #: AOD 16037; Federally Qualified Health Centers: HHSN 263201600085U; Data and Research Center: 5 U2C OD023196; Biobank: 1 U24 OD023121; The Participant Center: U24 OD023176; Participant Technology Systems Center: 1 U24 OD023163; Communications and Engagement: 3 OT2 OD023205; 3 OT2 OD023206; and Community Partners: 1 OT2 OD025277; 3 OT2 OD025315; 1 OT2 OD025337; 1 OT2 OD025276. In addition, the All of Us Research Program would not be possible without the partnership of its participants.

DISCUSSION

- Our study will help enable cardiovascular clinicians to support tailored initiatives to control CVD risk factors in this high-risk group.
- Our findings also highlight the use of the AoURP cohort as an important, highly diverse, nation-wide research tool for examining minority health and health disparities.



DISCLOSURE INFORMATION

Raul Montanez-Valverde does not have any financial or non-financial conflict of interest