Background

- **Ventanillas de Salud** is a program offering free health screenings at the Mexican Consulate in El Paso, TX
- The objective of this study was to assess cardiovascular risk factors accordingly to current ACC/AHA guidelines for blood pressure and NCEP ATP III guidelines for lipids and waist circumference.

Methods

- From 2015-17, 676 uninsured Hispanics were screened
- The following data were collected:
  - Socio-demographic information (e.g. age, sex, income)
  - Biometric (BMI, waistline, and blood pressure)
  - Biochemical measurements (total cholesterol, HDL, LDL, and triglycerides)
- Regression analyses were used to investigate associations of age, sex, income, education, marital status, recent medical checkup, perceived health, and years in the US with overweight/obesity and other risk factors

Results

![Prevalence of cardiovascular risk factors (overall and by sex)](image)

- Mean age (SD) was 49(13) and BMI was 29.9(5.5)
- Logistic regression after adjusting for socio-demographics showed:
  - Age was associated with all risk factors (OR=0.02-0.03 p<0.01)
  - Being overweight/obese was associated with (p<0.001)
  - High blood pressure was associated with (p<0.001)
  - Large waistline was associated with (p=0.001)
  - High total cholesterol was associated with (p=0.001)
  - High triglycerides were associated with (p<0.001)

CONCLUSIONS

- In this uninsured, Hispanic population, we found higher rates for overweight/obesity (83%), total cholesterol (44%), and high blood pressure (46%) compared to county, state, and national rates of adult populations.
- People without health insurance should be a priority group for interventions focused on preventing the development and the mitigation of risk factors.
- Results from this study could be used to make resource allocation decisions for health programs as part of the **Ventanillas de Salud**

References


Acknowledgements

![Data collection team at the Mexican Consulate at El Paso, TX](image)