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A Review and Possible Interventions of Hypertension Prevalence in the Filipino American Population

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A Review and Possible Interventions of Hypertension Prevalence in the Filipino American Population

What is this all about?

- Hypertension (HTN) is a leading cause of coronary heart disease and this condition is the third leading cause of death in the United States.
- HTN is prevalent in low and middle-income countries such as Southeast Asia and HTN is less prevalent in high-income countries.
- In the Filipino American (FA) population, hypertension is the highest compared with other Asian American subgroups and this may be due to social, cultural, and environmental variables.
 - Social:** Acculturation to the host country is stressful for Filipino immigrants who don't speak English and can't read English or fill out forms at a health clinic.
 - Cultural:** As in many ethnic cultures, food carries social and symbolic meanings and significance. However, Filipino food is high in sodium and increases the risk of HTN.
 - Enviromental:** FAs behaviors such as lack of physical activity and lack of access to healthcare affect the treatment of HTN.
- The purpose is to shed light on these unique risk factors and advocate for targeted research and healthcare practices.**

What were the findings all about?

- Although there is a high prevalence of hypertension within the Filipino American population, there is a lack of targeted variables that influence and mitigate hypertension within this community.
- After assimilation to the United States, Filipino Americans who chose larger numbers of food items in the Western diet had a higher intake of sugar and fats.
- FA's perceptions of stress come from working jobs, childrearing, and maintaining relationships with church and friends.



Scan QR code for more information about hypertension in the FA population!

How did I find research articles?

- Databases Used:**
 - Research articles were discovered using Google Scholar and EBSCOhost.
- Keywords:**
 - Through these search engines, I used keywords such as "hypertension Filipino American (FA)", "acculturation FA)", "salt sensitivity", "Filipino immigrants and hypertension",
- The choice of choosing one article over the other involved delineating Filipinos from other Asian American Subgroups.

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Table 2.

Age-adjusted hypertension prevalence, treatment, and control by race/ethnicity with 99% confidence intervals

Hypertension	Non-Hispanic White	Asian Indian	Chinese	Filipino	Japanese	Korean	Vietnamese	Mexican	Non-Hispanic Black
Women									
Prevalence (%) (N = 112,379)	39.6 (39.2, 40.0)	37.8 (36.3, 39.3)	30.0 (29.2, 30.8)	53.2 (51.5, 54.8)	37.3 (35.2, 39.5)	30.9 (26.9, 34.9)	32.4 (29.7, 35.1)	46.5 (44.7, 48.3)	59.1 (56.7, 61.5)
Treatment (%) (N = 33,847)	64.6 (63.8, 65.3)	71.8 (69.0, 74.5)	68.9 (67.1, 70.8)	77.8 (75.2, 80.4)	69.7 (65.5, 74.0)	66.3 (58.0, 74.6)	65.5 (58.6, 72.4)	67.1 (63.2, 71.1)	77.5 (74.1, 80.9)
Control (%) (N = 22,602)	60.3 (59.1, 61.4)	59.2 (54.4, 64.0)	64.1 (61.4, 66.7)	50.2 (45.0, 55.4)	59.2 (53.3, 65.2)	62.8 (51.3, 74.2)	62.0 (51.8, 72.2)	52.1 (45.9, 58.3)	50.4 (42.8, 58.0)
Men									
Prevalence (%) (N = 96,606)	46.0 (45.5, 46.5)	42.9 (41.7, 44.2)	35.9 (34.9, 37.0)	59.9 (57.8, 62.0)	47.1 (43.9, 50.3)	42.7 (37.8, 47.6)	37.4 (34.3, 40.6)	54.1 (51.8, 56.4)	59.3 (56.3, 62.3)
Treatment (%) (N = 37,553)	57.0 (56.2, 57.7)	64.3 (62.1, 66.5)	61.4 (59.5, 63.3)	70.9 (68.2, 73.6)	62.9 (58.1, 67.7)	58.2 (50.1, 66.2)	59.6 (53.4, 65.8)	60.0 (56.5, 63.6)	70.6 (66.8, 74.3)
Control (%) (N = 21,597)	60.5 (59.4, 61.6)	60.4 (56.9, 63.9)	64.4 (61.8, 67.0)	53.2 (49.0, 57.4)	61.1 (55.3, 66.9)	60.8 (48.7, 72.9)	65.6 (57.2, 74.1)	51.3 (46.0, 56.6)	49.7 (43.8, 55.6)

Data are percent. Values of N represent sizes of underlying population.

What is this figure?

- In Table 2 we see that HTN is more prevalent among Filipinos (59.9%), Mexicans (54.1 %), and Non-Hispanic Blacks (59.3%), compared with Non-Hispanic Whites (46.0%) and other Asian subgroups

What does the data say?

Hypertension (HTN):

- Also known as high blood pressure, is a condition in which blood pressure in the arteries is persistently elevated.
- Accounts for 45% of all cardiovascular disease deaths in the United States.
- HTN is a risk factor for developing various cardiovascular conditions such as coronary artery disease, heart failure, stroke, and peripheral artery disease (1).

Filipino American (FA) population:

- FAs are the third-largest Asian-American group with the highest prevalence of hypertension (4).
- Consumption of traditional Filipino foods is high in sodium and may increase the risk for hypertension.
- Due to acculturation, Filipino immigrants tend to consume more high-fat foods such as beef, pork, and eggs since arriving in this country because these foods are affordable and easier to access in the US than in the PH.
- The most common behavior factor according to one study was physical inactivity.
- FAs face barriers to receiving adequate health education to mitigate HTN. Low health literacy is high in this population. For example, FAs struggle to understand forms written in English which reduces their likely hood of getting effective care.
- Long-term immigrants (>15 years) are more likely to have hypertension than recent immigrants (0-14 years). Second-generation immigrants are the least likely to have HTN and diabetes (3).

What can we do?

- Dietary Approaches to Stop Hypertension (DASH) diet has shown a significant reduction in systolic blood pressure compared with people with non-hypertensive counterparts (3).
- Implement forms with Tagalog for FAs to understand.
- Culturally tailored public health interventions to reduce the risk of Cardiovascular Disease by educating the community about reducing the amount of salt consumed and promoting physical activity.

Citations

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