



Cardiovascular Risk Factors Prevalent Among Filipino-Americans: A Cross-Sectional Study



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Background/Problem

Filipino Americans are the 2nd largest Asian subgroup in the United States and their leading cause of death is cardiovascular disease (CVD). Despite this, little is known about their prevalence of CVD risk factors .

Purpose

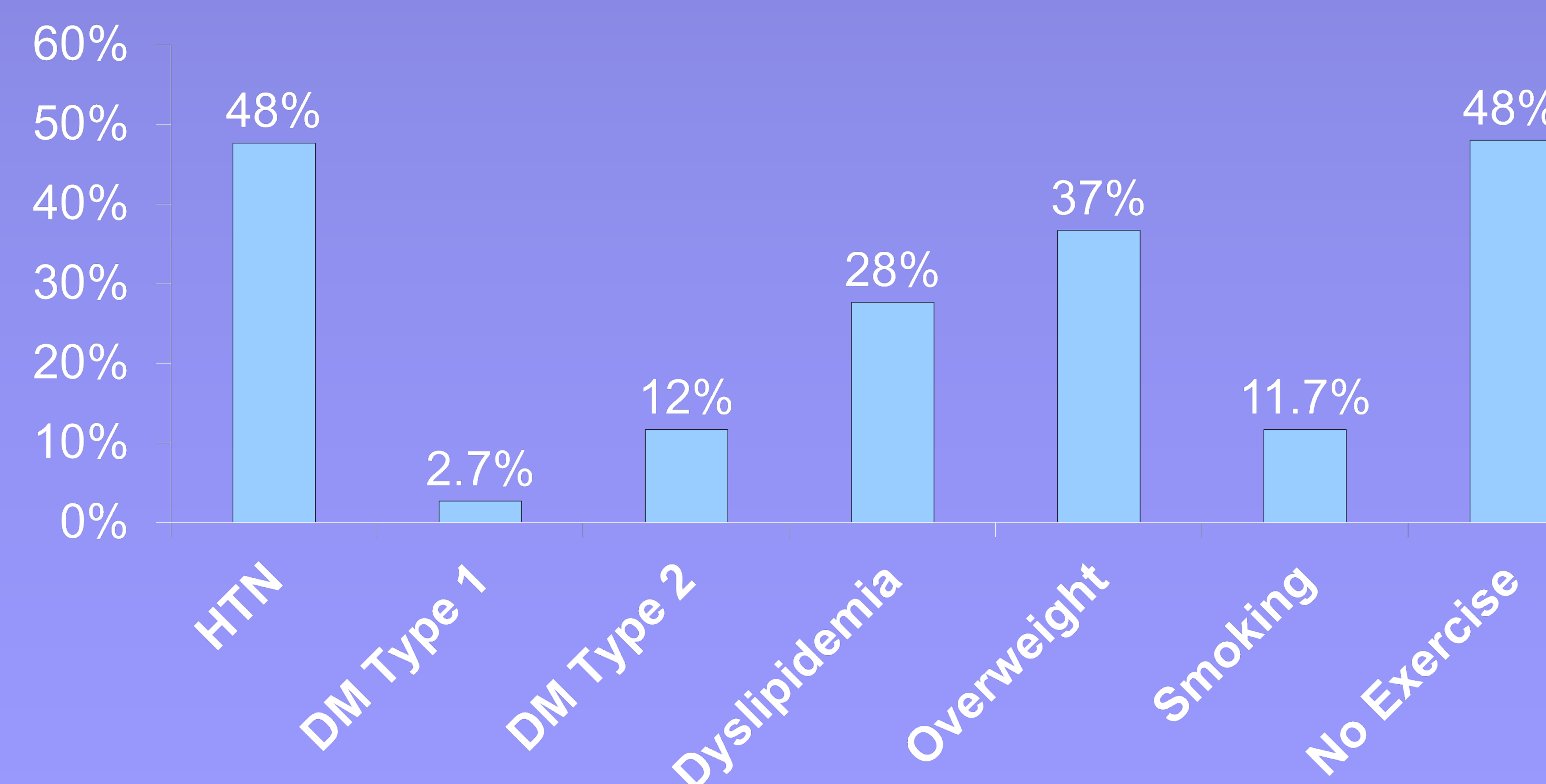
The aim of this feasibility study was to examine the CVD risk factors of Filipino American adults residing in Clark County, Nevada.

Methodology

This is a descriptive, cross-sectional survey research. The UNLV Institutional Review Board approved the study protocol. Data were collected from Sept. through Dec. 2011 in Clark County, Nevada. A convenience sample of 300 Filipino Americans participated in this study. Inclusion criteria were: 35-75 years old without history of heart attack, memory and/or neurological impairments that prevented them from reading or writing. A researcher developed questionnaire was used to collect data related to the presence of CVD risk factors. Participants were asked if they had hypertension (HTN), diabetes, dyslipidemia. They were also asked if they participated in regular exercise, if they were smokers, and if they were overweight. Data were analyzed using the IBM SPSS Version 19.

Findings

Mean age of sample was 50 years old (*SD*= 10.01). There were 153 women, 147 men (*N*= 300) and 95% were born in the Philippines. The average length of stay in the U.S. was 24 years. Mostly were educated and employed: 50% had college degree and 71% employed. Of those employed, 83% had 1 job. Seventy-nine percent were married, 64% were living in their own home, 36% were living in a rented home or apartment, 91% were living with their relatives (sisters, brothers, parents, cousins, or grown children). Sixty-nine percent had private health insurance, 13% were on government assistance programs (Medicare and/or Medicaid), and 18% had no insurance. There were 11.3% who had annual household income below the U.S. Federal Poverty Level of < \$20,000; 12% had an income between \$20,000-\$29,999, and 28.3% had a household annual income between \$30,000-\$39,999.



Conclusions

This study revealed that many Filipino Americans living in Clark County, Nevada are at risk of heart disease because of the presence of CVD risk factors. Intensive lifestyle modification and treatment are recommended to help decrease the prevalence of heart disease in this group and improve their overall health outcomes. Nurses and nurse practitioners are in excellent position to educate their Filipino American clients regarding heart disease. They should screen their clients for hypertension, diabetes, dyslipidemia and promote strategies to help prevent CVD risk factors. They should also advocate for more research to benefit the cardiovascular health of Filipino Americans.

Implications for Practice

Nurses and nurse practitioners are in an excellent position to educate their Filipino American patients and the Filipino community regarding heart disease. They should promote strategies and interventions that help prevent CVD. They should also advocate for more research to benefit the cardiovascular health of Filipino Americans.

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