Congressional Briefing

HHS Response to COVID-19: Efforts for Latinos with Heart and Lung Disease

July 29, 2020
1:00 PM – 2:00 PM
www.NHMAmd.org
Welcome Remarks

Senator Robert Menendez (D-NJ)

Congressman Mario Diaz-Balart (R-FL)
Welcome

Elena Rios, MD, MSPH, FACP
President & CEO
National Hispanic Medical Association

Thank You to Our Supporters

Aetna Foundation

AMGEN

Pfizer
The Pfizer Foundation
# COVID-19 Cases in CA, FL, and TX

Total U.S. Cases: 4,163,892  
Total Deaths: 145,982

## Number of cases & deaths by state

<table>
<thead>
<tr>
<th></th>
<th>California</th>
<th></th>
<th>Florida</th>
<th></th>
<th>Texas</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Cases</td>
<td>Death</td>
<td>Cases</td>
<td>Death</td>
<td>Cases</td>
<td>Death</td>
</tr>
<tr>
<td></td>
<td>445,400</td>
<td>8,337</td>
<td>409,585</td>
<td>5,777</td>
<td>375,846</td>
<td>4,885</td>
</tr>
</tbody>
</table>

## Percent of Hispanic/Latino cases & deaths by state

<table>
<thead>
<tr>
<th></th>
<th>California</th>
<th></th>
<th>Florida</th>
<th></th>
<th>Texas</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Cases</td>
<td>Deaths</td>
<td>Cases</td>
<td>Deaths</td>
<td>Cases</td>
<td>Deaths</td>
</tr>
<tr>
<td></td>
<td>56.1%</td>
<td>45.6%</td>
<td>25%</td>
<td>25%</td>
<td>40.3%</td>
<td>30.1%</td>
</tr>
</tbody>
</table>

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2. [https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Race-Ethnicity.aspx](https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Race-Ethnicity.aspx) (as of July 19, 2020)
The National Hispanic Health Foundation (NHHF) has partnered with the Aetna Foundation-affiliated with CVS-Health in this 2 year campaign. The purpose is to develop a national health communications campaign with Hispanic physician and health professional spokespersons to increase the awareness of severity of disease from vaping and reduce use among Hispanic middle and high school students.

https://www.nhmafoundation.org/stop-vaping-campaign/
Cardiovascular Disease Education for Latino Patients with High Cholesterol and who are Post-MI

- Health Communications Campaign
- Congressional Briefing today
- State Legislator Briefings with NHMA Chapter Leaders and Partners, September - October - CA, FL, NY, and TX
- Physician Spokespersons
- Partner: Amgen
VADM Jerome M. Adams, MD, MPH
Surgeon General of the United States
COVID-19 Impact on Latinos: A Case for the Vulnerable Heart

Gladys P. Velarde, MD, FACC, FAHA
Associate Professor of Medicine
Director Women’s Cardiovascular Health Program
Director Cardiovascular Fellowship Program
University of Florida College of Medicine-Jacksonville
World Wide

- > 16 million cases worldwide
- 650,000 deaths (confirmed)
- 150,000 deaths in the US
- Latinos make up ~32% of cases nationwide (much higher % of the share of the population ~18%)
COVID Burden in Latinos

- Hospitalization rates for Hispanic or Latino persons are approximately **4.6 times** the rate among non-Hispanic White persons.

- Compared with non-Hispanic white persons in the same age group, crude hospitalization rates are **7.5 times higher** among Hispanic or Latino persons aged 0-17 years.

- CDCs weighed population data show that **over 26%** of US COVID-19 deaths were among Latinos.
Latinos are disproportionately affected

<table>
<thead>
<tr>
<th>States</th>
<th>% Infected</th>
<th>% in the Population</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infection data</td>
<td></td>
<td></td>
</tr>
<tr>
<td>New Jersey</td>
<td>30%</td>
<td>19%</td>
</tr>
<tr>
<td>Utah</td>
<td>38%</td>
<td>14%</td>
</tr>
<tr>
<td>Washington</td>
<td>34%</td>
<td>13%</td>
</tr>
<tr>
<td>Partial Death disaggregated data</td>
<td></td>
<td></td>
</tr>
<tr>
<td>New York City</td>
<td>34% *</td>
<td>28%</td>
</tr>
<tr>
<td>Pennsylvania</td>
<td>11%</td>
<td>7%</td>
</tr>
</tbody>
</table>
Hospitalization rates per 100,000 population by age and race and ethnicity – COVID-NET
March 1, 2020 - July 18, 2020

<table>
<thead>
<tr>
<th>Age Category</th>
<th>Non-Hispanic American Indian or Alaska Native</th>
<th>Non-Hispanic Black</th>
<th>Hispanic or Latino</th>
<th>Non-Hispanic Asian or Pacific Islander</th>
<th>Non-Hispanic White</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Rate¹</td>
<td>Rate Ratio²</td>
<td>Rate¹</td>
<td>Rate Ratio²</td>
<td>Rate¹</td>
</tr>
<tr>
<td>0-17y</td>
<td>7.8</td>
<td>3.9</td>
<td>9.2</td>
<td>4.6</td>
<td>14.9</td>
</tr>
<tr>
<td>18-49y</td>
<td>205.8</td>
<td>9.8</td>
<td>120.0</td>
<td>5.7</td>
<td>190.8</td>
</tr>
<tr>
<td>50-64y</td>
<td>510.4</td>
<td>7.4</td>
<td>381.0</td>
<td>5.5</td>
<td>414.3</td>
</tr>
<tr>
<td>65+y</td>
<td>597.2</td>
<td>2.9</td>
<td>784.5</td>
<td>3.8</td>
<td>513.4</td>
</tr>
<tr>
<td>Overall rate³ (age-adjusted)</td>
<td>281.0</td>
<td>5.3</td>
<td>246.8</td>
<td>4.7</td>
<td>242.5</td>
</tr>
</tbody>
</table>
Why is COVID-19 unfavorable for Latinos?

WORSE HEALTH OUTCOMES

HIGH PREVALENCES OF RISK FACTORS
DIABETES, OBESITY, HTN, METABOLIC SYNDROME

HEALTH CARE ACCESS AND UTILIZATION,

OCCUPATION, EDUCATION, INCOME, WEALTH GAPS,

HOUSING, POOR NUTRITION

ANXIETY STRESS

DISCRIMINATION, RACISM,

LANGUAGE BARRIERS, MISSTRUST,
Why is COVID-19 unfavorable for Latinos?

• More exposed
  • Front line/essential workers
  • Can’t afford to isolate
  • Multigenerational households

• More co-morbidities
Most common underlying medical conditions in COVID-19

HTN
Obesity
Metabolic Disease
Cardiovascular Disease

www.CDC.org
High prevalence of co-morbidities according to Ethnicity

**HYPERTENSION**
Non-Hispanic black adults aged 20 and over were most likely to have hypertension in 2015-2016.

<table>
<thead>
<tr>
<th>Ethnicity</th>
<th>Percentage (age-adjusted)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hispanic</td>
<td>29.4</td>
</tr>
<tr>
<td>White, not Hispanic</td>
<td>28.7</td>
</tr>
<tr>
<td>Black, not Hispanic</td>
<td>42.1</td>
</tr>
<tr>
<td>Asian, not Hispanic</td>
<td>27.2</td>
</tr>
</tbody>
</table>

**OBESITY**
Hispanic and non-Hispanic black adults aged 20 and over were most likely to have obesity in 2015-2016.

<table>
<thead>
<tr>
<th>Ethnicity</th>
<th>Percentage (age-adjusted)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hispanic</td>
<td>46.9</td>
</tr>
<tr>
<td>White, not Hispanic</td>
<td>38.2</td>
</tr>
<tr>
<td>Black, not Hispanic</td>
<td>47.5</td>
</tr>
<tr>
<td>Asian, not Hispanic</td>
<td>12.4</td>
</tr>
</tbody>
</table>

**DIABETES**
Hispanic and non-Hispanic black adults aged 20 and over were most likely to have diabetes in 2015-2016.

<table>
<thead>
<tr>
<th>Ethnicity</th>
<th>Percentage (age-adjusted)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hispanic</td>
<td>21.5</td>
</tr>
<tr>
<td>White, not Hispanic</td>
<td>13.0</td>
</tr>
<tr>
<td>Black, not Hispanic</td>
<td>19.6</td>
</tr>
<tr>
<td>Asian, not Hispanic</td>
<td>14.5</td>
</tr>
</tbody>
</table>

**SOURCE**
NHIS, National Health and Nutrition Examination Survey (NHANES).

**NOTES**
- Hypertension is measured high blood pressure (systolic pressure ≥ 140 mm Hg or diastolic pressure ≥ 90 mm Hg) or taking medication to lower high blood pressure. Estimates may differ from others based on the same data due to different analytic methodology.

- Obesity among adults is measured body mass index (BMI) ≥ 30.0. BMI is measured weight (kg) divided by measured height, squared (m²). Estimate may differ from others based on the same data due to different analytic methodology.

- Estimates of diabetes prevalence include both physician-diagnosed and undiagnosed diabetes. They may differ from other estimates based on the same data due to different analytic methodology.

[www.CDC.org](http://www.CDC.org)
High prevalence of MS in Hispanics in N FL

Differences in cardio metabolic risk profiles and functional capacity in a contemporary multi-ethnic community in North East Florida - the VIDASANA project. Velarde, GP et al – unpublished data
COVID and the Heart

• Those with CVD or Risk factors associate with more severe COVID-19

• Increases mortality in patients with underlying cardiac conditions

• Cardiovascular complications are common with severe COVID-19, irrespective of RFs

• Not known if presence of comorbidities pose an independent risk or whether this is mediated by other factors (age). Latinos are overall younger
COVID and the Heart

- COVID-19 Interacts with the Cardiovascular system on multiple levels
- ACE 2 (Angiotensin Converting Enzyme 2) receptor is the link
COVID and the Heart

Patterns of
Two patterns :
1. Acute
2. Develops as illness severity intensifies

The exact mechanism of cardiac involvement in COVID-19 remains under investigation
- Direct myocardial involvement mediated by ACE2
- Indirect; Through Cytokine storm, mediated by an imbalanced response among subtypes of T helper cells and hypoxia-induced excessive intracellular calcium leading to a cardiac myocyte apoptosis.
Spectrum of Acute COVID-19 Cardiovascular Syndrome

Myocardial injury is present in >25% of critical cases
Treatment – Specific for the Heart?

- Supportive Care
  - Pulmonary Support
  - Immunomodulation
  - Anticoagulation
Challenge Ahead

• COVID 19 has highlighted existing health disparities and risks for Latinos and communities of color and those living in poverty.

• We currently have an opportunity to refocus and act on addressing health inequities that have only been worsened by this pandemic.

• Emphasis on data, data, data from cellular to public health level is desperately needed.
"Knowing is not enough; we must apply. Willing is not enough; we must do”

JW von Goethe
Questions

Please use the chat box to submit your questions.