



National Hispanic Medical Association

## 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](http://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



**AMGEN**



The Pfizer Foundation

# COVID-19 Cases in CA, FL, and TX

Total U.S. Cases<sup>1</sup>: 4,163,892

Total Deaths<sup>1</sup>: 145,982

## Number of cases & deaths by state<sup>1</sup>

California		Florida		Texas	
Cases	Death	Cases	Death	Cases	Death
445,400	8,337	409,585	5,777	375,846	4,885

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

California <sup>2</sup>		Florida <sup>3</sup>		Texas <sup>4</sup>	
Cases	Deaths	Cases	Deaths	Cases	Deaths
56.1%	45.6%	25%	25%	40.3%	30.1%

- <https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/cases-in-us.html> (as of July 26, 2020)
- <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Race-Ethnicity.aspx> (as of July 19, 2020)
- [http://www1.doh.state.fl.us/comm/ \\_partners/covid19\\_report\\_archive/state\\_reports\\_latest.pdf](http://www1.doh.state.fl.us/comm/ _partners/covid19_report_archive/state_reports_latest.pdf) (as of July 27, 2020)
- <https://txdshs.maps.arcgis.com/apps/opsdashboard/index.html#/ed483ecd702b4298ab01e8b9cafc8b83> (as of July 20, 2020)

# NHHF Stop Vaping Campaign

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/>

Sponsored by:  
The Aetna logo consists of a purple heart shape to the left of the word 'aetna' in a bold, lowercase, purple sans-serif font. A small 'TM' trademark symbol is located at the top right of the 'a' in 'aetna'. Below this, the word 'FOUNDATION' is written in a smaller, uppercase, grey sans-serif font.

FOUNDATION 5

# 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

A vertical blue bar with a gradient and decorative white circular patterns is located on the left side of the slide.

# **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

States	% Infected	% in the Population
<b>Infection data</b>		
New Jersey	<b>30%</b>	19%
Utah	<b>38%</b>	14%
Washington	<b>34%</b>	13%
<b>Partial Death disaggregated data</b>		
New York City	<b>34% *</b>	28%
Pennsylvania	<b>11%</b>	7%

# Hospitalization rates per 100,000 population by age and race and ethnicity – COVID-NET

## March 1, 2020- July 18, 2020

Age Category	Non-Hispanic American Indian or Alaska Native		Non-Hispanic Black		Hispanic or Latino		Non-Hispanic Asian or Pacific Islander		Non-Hispanic White	
	Rate <sup>1</sup>	Rate Ratio <sup>2</sup>	Rate <sup>1</sup>	Rate Ratio <sup>2</sup>	Rate <sup>1</sup>	Rate Ratio <sup>2</sup>	Rate <sup>1</sup>	Rate Ratio <sup>2</sup>	Rate <sup>1</sup>	Rate Ratio <sup>2</sup>
0-17y	7.8	3.9	9.2	4.6	14.9	7.5	3.6	1.8	2.0	1.0
18-49y	205.8	9.8	120.0	5.7	190.8	9.1	34.8	1.7	20.9	1.0
50-64y	510.4	7.4	381.0	5.5	414.3	6.0	107.0	1.5	69.3	1.0
65+y	597.2	2.9	784.5	3.8	513.4	2.5	204.5	1.0	206.9	1.0
Overall rate <sup>3</sup> (age-adjusted)	281.0	5.3	246.8	4.7	242.5	4.6	66.7	1.3	53.0	1.0

# Why is COVID-19 unfavorable for Latinos?



**WORSE HEALTH  
OUTCOMES**

**HIGH PREVALENCE 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

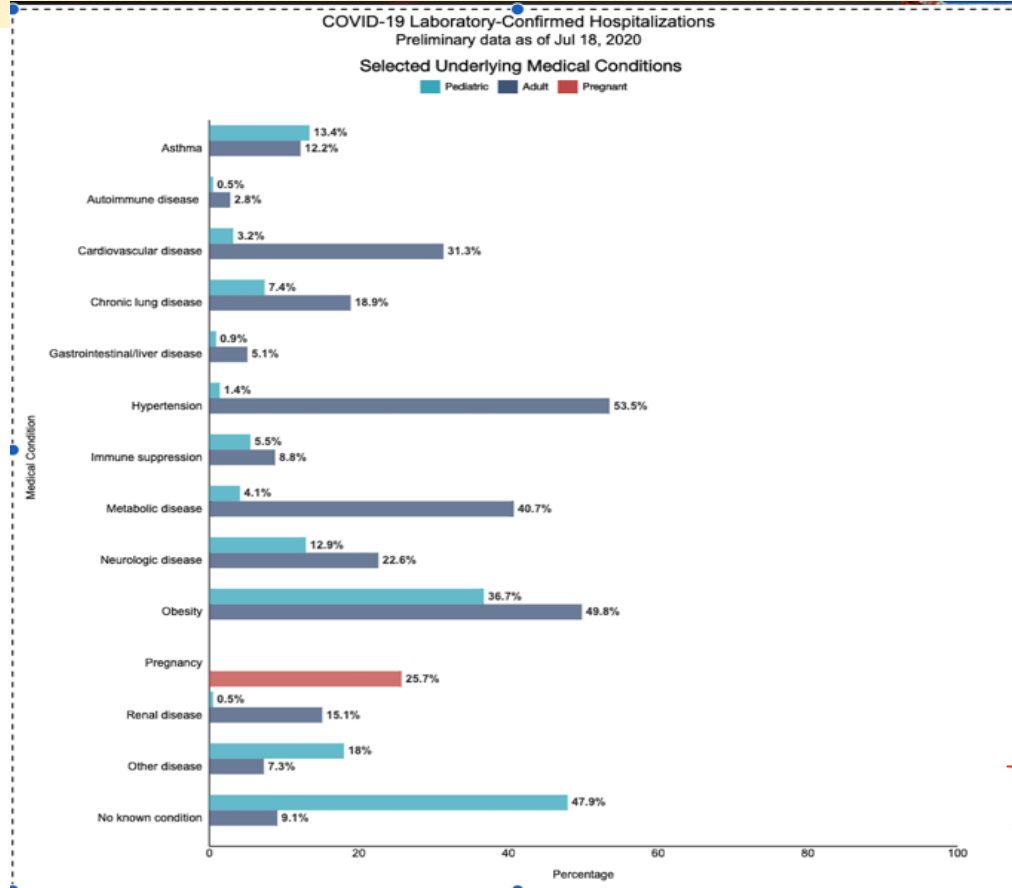
HTN

Obesity

Metabolic  
Disease

Cardiovascular  
Disease

[www.CDC.org](http://www.CDC.org)

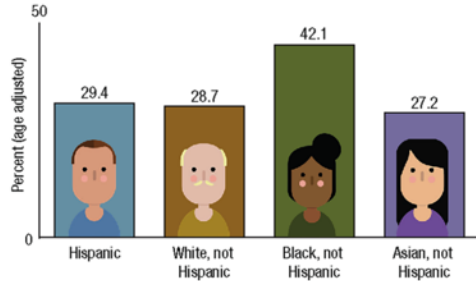


# High prevalence of co-morbidities according to Ethnicity



## HYPERTENSION

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



### SOURCE

NCHS, National Health and Nutrition Examination Survey (NHANES).

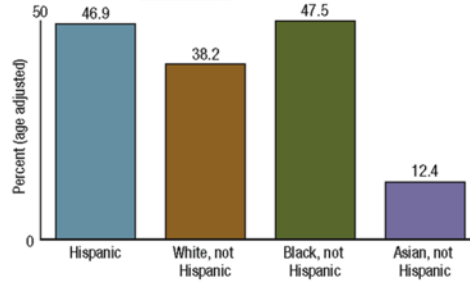
### NOTES

**Hypertension** is measured high blood pressure (systolic pressure  $\geq 140$  mm Hg or diastolic pressure  $\geq 90$  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

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



### SOURCE

NCHS, National Health and Nutrition Examination Survey (NHANES).

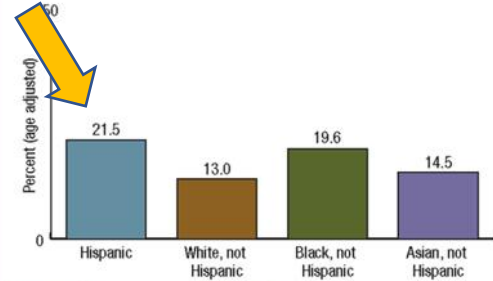
### NOTES

**Obesity among adults** is measured body mass index (BMI)  $\geq 30.0$ . BMI is measured weight (kg) divided by measured height, squared ( $m^2$ ). Estimate may differ from others based on the same data due to different analytic methodology.



## DIABETES

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



### SOURCE

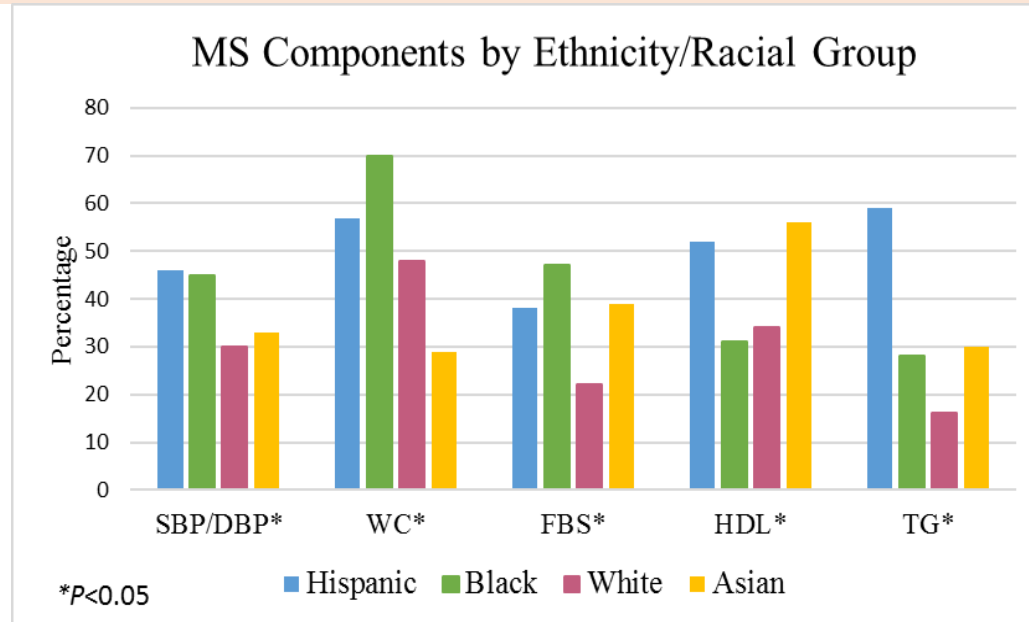
NCHS, National Health and Nutrition Examination Survey (NHANES).

### NOTES

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.



# 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*

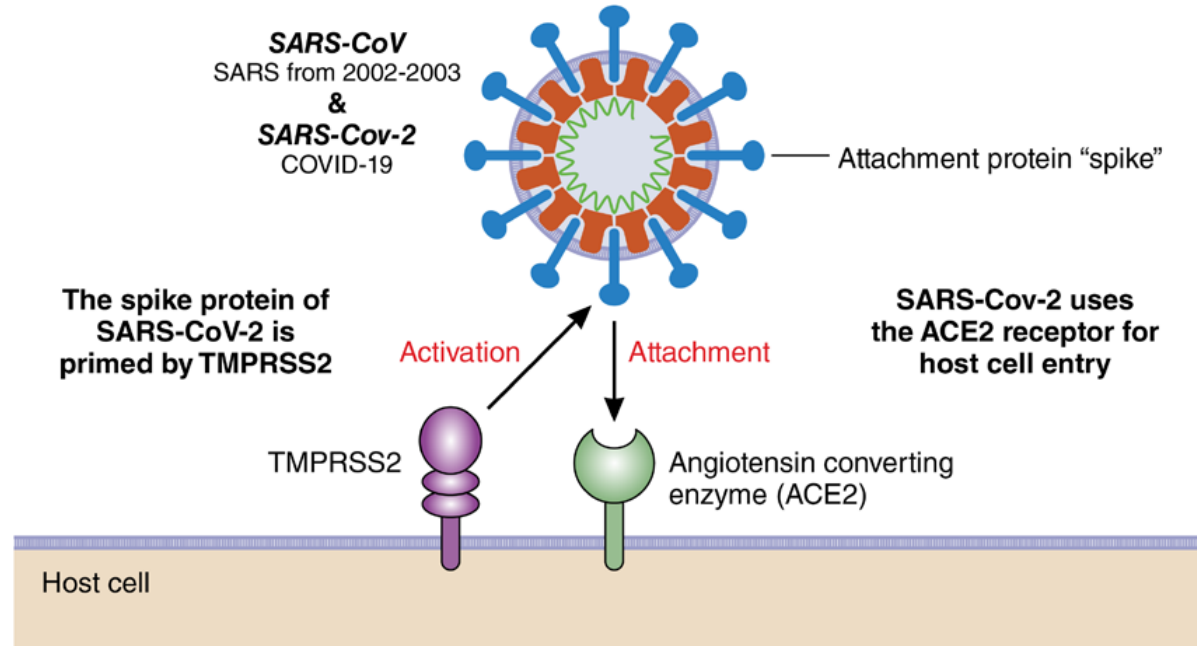
# COVID and the Heart

- 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



**A.**

S1 protein

**SARS-CoV-2**

**ACE2**

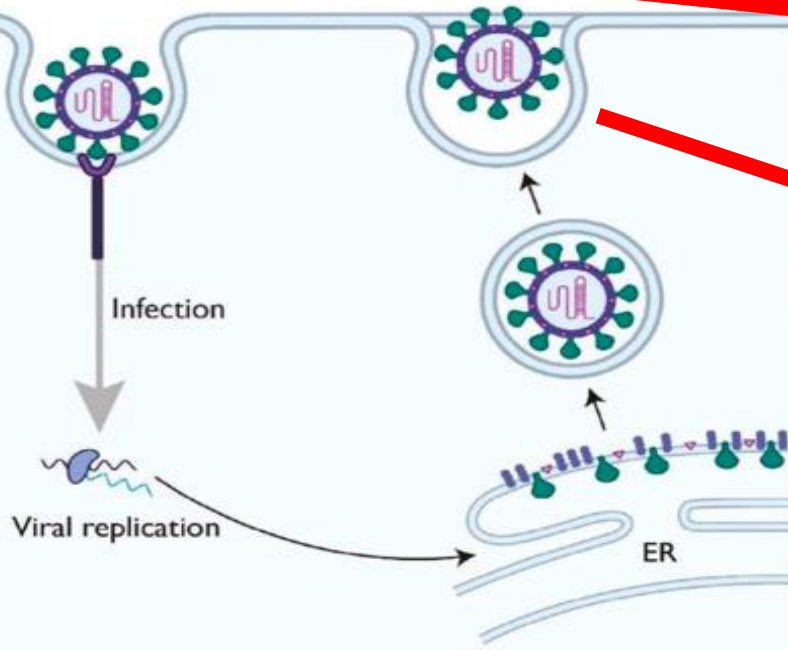
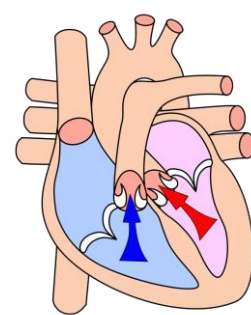
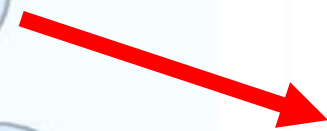
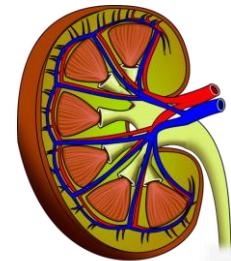
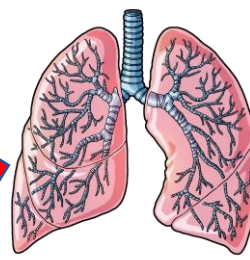
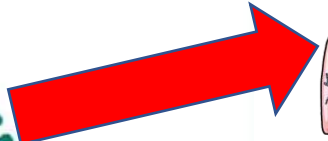
*binds S1*

**TMPRSS2**

*primes S1*

Infection

Viral replication



# COVID and the Heart



## Patterns of

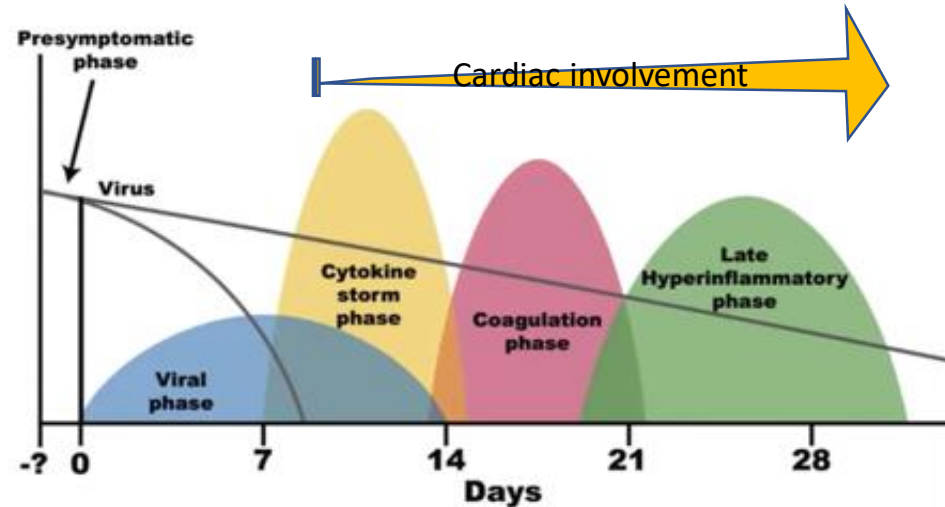
Two patterns :

1. Acute
2. Develops as illness severity intensifies

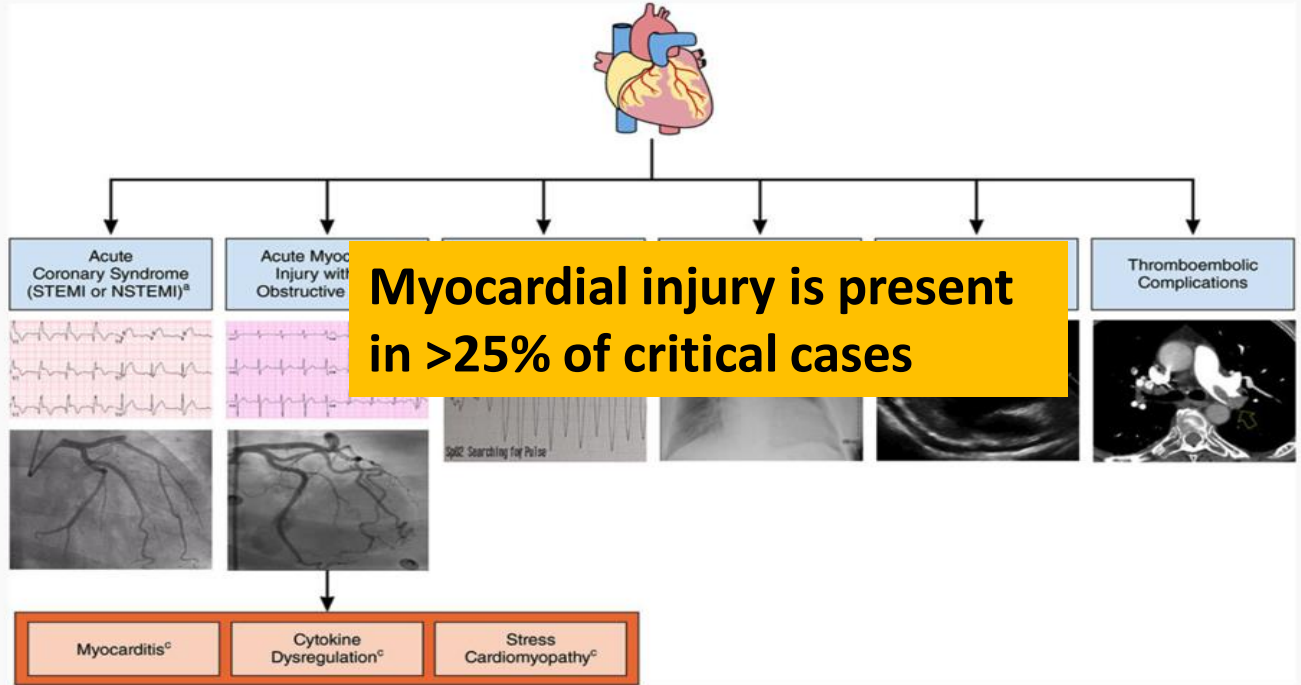
The exact mechanism of cardiac involvement in COVID-19 remains **under investigation**

- **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.

## Phases of COVID-19



# Spectrum of Acute COVID-19 Cardiovascular Syndrome



# Treatment – Specific for the Heart ?



**Supportive Care**

PULMONARY SUPPORT

IMMUNOMODULATION

ANTICOAGULATION



## Challenge Ahead

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- 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”*

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*JW von Goethe*



# Questions

Please use the chat box to submit your questions.