

Introduction

- Minority populations in the United States (US) have been reported to be vulnerable to various chronic diseases such as diabetes, cardiovascular and asthma.
- Diabetes is the seventh leading cause of death in the US, and is a leading cause of heart disease and stroke.^{1,2} It is also associated with increased oral health risks.
- Asthma is a significant health burden in the US, affecting more than 23 million Americans.³ The burden of asthma among minority populations such as Filipinos is not well known.
- The incidence of chronic diseases is increased among the aging population, along with increased risk for falls.
- Falls are the leading cause of death and disability in the older adult (65 years and above).
- The main objective of this CSL project was to promote diabetes, cardiovascular and respiratory health, and fall prevention through relevant screening and education of South Texas residents.

Methods

- An interprofessional group of students from nursing, respiratory therapy, and dentistry in coordination with the International Nursing Students Association (INSA) provided health screening to festival participants who attended the Filipino Fiesta on October 11, 2015.
- Screening participants completed a health history form.
- Health screening included blood pressure (BP), blood glucose and/or cholesterol, and body mass index (BMI).
- Education for diabetes, cardiovascular health, asthma, dental care, and fall prevention was provided.

Results

- 35 individuals with a mean age of 52 (range: 26-70), who were mostly female and married were screened.
- 62% of the participants were from minority populations (Figure 1).
- About 14% have no insurance nor primary care provider.
- Table 1 shows the mean and range of health screening scores.
- Participants (N=19) were provided with toothbrushes, and dental education.
- Participants (N=19) received asthma education.
- 42% of participants reported having asthma themselves or had a family member that has asthma.
- 16 participants were screened for fall risks (see Figure 2).
- Participants rated the service 4.81/5 and learned a healthy lifestyle (4.73/5).

Results

Figure 1. Participants' distribution by ethnicity.

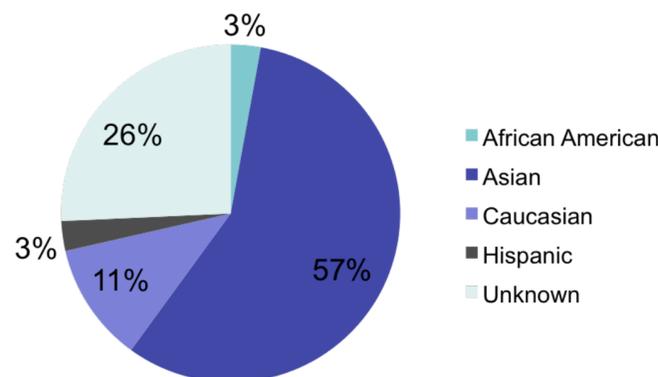
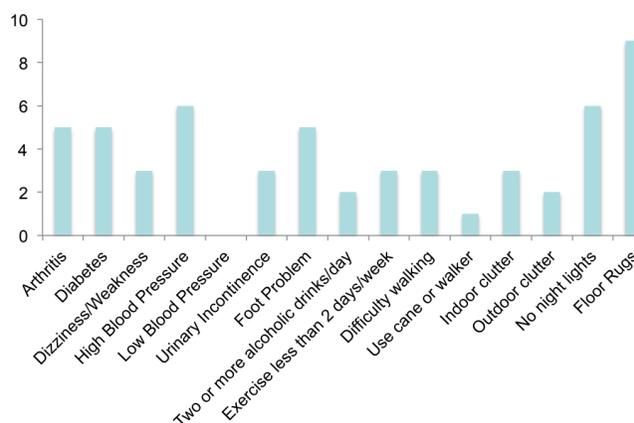


Table 1. Participants' health screening scores.

Mean and Range of Health Scores	
Screening	Mean (Range)
BMI	25 (18-35)
BP (mmHg)	Systolic = 126 (106-176) Diastolic = 79 (57-128)
Glucose (mg/dL)	126 (60-349)
Cholesterol (mg/dL)	200 (118-291)

Figure 2. Distribution of identified fall risks.



Conclusions

- This screening provided health education and screening to diverse minority populations of South Texas.
- While the mean health scores were within normal ranges for this minority population, the data also indicate vulnerability for the identified chronic diseases and fall risk.
- Access to healthcare remains an issue with this population
- Further surveillance of South Texas residents should be implemented with regular follow-ups to promote adoption of health education received.



References

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