POSTER SESSION ABSTRACTS

Thursday, February 19, 1998 12:45 p.m. - 1:45 p.m.

Sessions are signified by P. 1T, where "P" refers to "Poster," "1" refers to its numbered board, and "T" refers to "Thursday."

P. 1T  Chronic Illness Prevention in a Latino Community
       Denise Portello, La Clinica De La Raza Fruitvale Health Project, Inc. Oakland, CA 94601, Joan Thompson, Lara Vaz

A community health centers serving primarily low-income Latino community implemented a multifaceted intervention to reduce risks of chronic illnesses such as diabetes, hypertension, hyperlipidemia and obesity. A multidisciplinary team of bilingual and bicultural staff: registered dietitians, a nurse, health educators and community health promoters provided a variety of services such as one-to-one education; diabetes and cardiovascular classes and support groups; and aerobics workouts to Latin rhythms. We collected baseline and followup clinical measures: glycosylated hemoglobin, blood pressure, total cholesterol, LDL cholesterol and weight for approximately 200 individuals. Participants identified as having a low level of acculturation tended to have the greatest degree of improvement in health status indicators from baseline and followup. Individuals who had a high level of service utilization also had the most significant changes in the various health status indicators we measured. Overall, a community-based approach to chronic disease prevention with a combination of services including one-to-one medical/nutrition education; aerobics; and diabetes and cardiovascular education classes has a significant impact on the health status of low-income Latinos who are monolingual Spanish speakers and who tend to have a low level of acculturation.

P. 2T  Effects of Supplemental Soy Protein (SSP) in Hypercholesterolemic Postmenopausal Women
       Bonnie Bruce, Health Research and Studies Center, 340 Second St., Los Altos, CA 94022, Gene Spiller, Christopher Jensen, William Haskell, Christopher Gardner

This study examined the effects of a 6-week daily SSP on food intake and serum lipoproteins in 24 women, mean age 64±7, with a mean low density lipoprotein-cholesterol (LDL-C) of 182±31 mg/dl. Subjects consumed 430-kcalories from SSP comprised of 42g soy protein and 15g cream. They were assigned randomly to a group given general guidelines (GG, N=13) to substitute SSP for other calorie and protein sources or to an individualized diet group (ID, N=11) which received counseling tailored to assist in incorporating SSP into their diets. At week 6, energy intake increased 14% and 6% in GG and ID, respectively, being significant only for GG (p<0.05). Protein kcalorie intake increased significantly (p<0.01) in both GG (24%) and ID (27%). Fat kcalories decreased an average of 10% in both groups, being significant only for ID (p<0.05). No other dietary variables or body weight changed significantly in either group. LDL-C decreased significantly (p<0.05) in both ID and GG by 9% and 8%, respectively; high density lipoprotein-cholesterol decreased slightly (ID-3%, GG-2%), being significant (p<0.05) only for GG. In conclusion, subjects were only partially successful in substituting SSP for other protein and calories sources. Nonetheless, SSP had a significant LDL-C lowering effect.

P. 3T  Acute Myocardial Infarction and Post-Traumatic Stress Disorder: Explaining Care-Seeking Delay
       Angelo A. Alonzo, Department of Sociology, The Ohio State University, Columbus, OH 43210, Nancy R. Reynolds

In this paper the experiences of acute myocardial infarction (AMI) patients who are at high risk for reinfarction and/or sudden death are examined to determine the impact of Post-Traumatic Stress Disorder [PTSD], accumulated burden of adversity, and trauma spectrum disorder on subsequent AMI care-seeking. Individuals experiencing an AMI have been studied with regard
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