**PRESENTATION TIME: 3:15 PM – 3:25 PM**

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**HYPERTENSION AND HEART FAILURE IN CHINESE AMERICANS**

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**BACKGROUND:** While there have been some studies in the early 2000s, there has not been recent data on theburden of hypertension and cardiovascular disease in the Chinese population. There is a lack ofdata on the risks of heart failure and its association with hypertension among the Chinesepopulation specifically and how they compare to people of other ethnicity. It is important tounderstand the burden of hypertension and heart failure in the Chinese population in order toprovide better care for this growing population in the United States.

**METHODS:** In adults in the California Health Interview Survey (CHIS). Hypertension and heart failure weredetermined by self-report. Other risk factors such as smoking status, BMI, and diet were alsoevaluated.

**RESULTS:** Of 83,175 adults, 2201 were identified as Chinese. Prevalence of hypertension and heart failurein the Chinese population were 16.4% and 0.7% respectively. Within people with hypertension,prevalence of heat failure among Chinese was 3.6%. These were all lowest compared to othernon-Asian ethnicities. Adjusted logistic regression showed significantly higher risk forhypertension among Chinese with overweight (2.0, 95% CI 1.2-3.6) and obese (3.3, 95% CI 1.5-7.3) BMI statuses. Risk was also higher for smokers and those who do not eat or shop for freshfruit or vegetables. Hypertension in Chinese was associated with increased risk of heart failure(12.8, 95% CI=2.4-68.8). Compared to White ethnicity, Chinese ethnicity had similar risk ofhypertension (0.99, 95% CI 0.8-1.22), but it was lower than African American and AmericanIndian. Chinese also had lower risk of heart failure (0.70, 95% CI 0.3-1.5) compared to Whiteethnicity.

**CONCLUSIONS:** Hypertension and heart failure were much less prevalent in Chinese population compared to non-Asians. Findings are consistent with conventional wisdom that obesity contributes to higher riskof hypertension, and this is true even in the Chinese population. Lower consumption of fruits andvegetables also seem to be associated with higher risk of hypertension as well. Furthermore,hypertension in Chinese is associated with significant 12-fold increased risk of heart failure.Compared to other ethnicities, Chinese had similar hypertension risk to whites, but almost 2-foldlower than those of African American and American Indian ethnicities. Chinese also had nonsignificantlylower risk of heart failure compared to White and other non-Asian ethnicity.

**CONTENT CATEGORY:** Clinical, Cardiology

**KEYWORDS:** *Hypertension, Heart Failure, Chinese*