



SARVER HEART CENTER MINORITY OUTREACH

NEWSLETTER 2017



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Let's Increase Awareness of Health Disparities in Heart Failure

By Khadijah Breathett, MD, MS

Heart failure disproportionately affects racial/ethnic minorities and women. Heart failure is a result of weakened heart muscle, usually caused by injury to the heart from a heart attack, high blood pressure, or abnormalities in a heart valve, for example.

Drawing on data from the "Heart Disease and Stroke Statistics - 2017 Update" from the American Heart Association Archives of Internal Medicine, more than 6.5 million people are living with heart failure in the U.S. Women represent over half of this population. When categorized by race/ethnicity and sex, African-American women have the highest proportion of heart failure. In addition, the lifetime risk of developing heart failure is highest in African-Americans and Hispanics compared to Caucasians and Asians. The risk of developing heart failure increases with age for both sexes and all races and ethnicities. However, at each age group, African-American men and women develop heart failure at higher rates than other racial/ethnic groups, particularly before the age of 75.

Heart failure has a high mortality rate. Approximately 50 percent of people will die from heart failure within 5 years of diagnosis.^{1,4} Compared to men, women have a higher proportion of death attributed to heart failure.¹ Death rates from heart failure have declined with broader usage of evidence-based treatments, but death rates are consistently higher among African-Americans than Caucasians or Hispanics.⁵

Multiple factors drive these disparities:

- Racial/ethnic minorities have more modifiable diseases that increase the risk of developing heart failure, such as hypertension, diabetes, obesity, and atherosclerosis.^{1,2,6} Furthermore, racial/ethnic minorities are more likely to be unaware of their diseases and have poorly controlled diseases.¹ In particular, African-American and Hispanic women have higher prevalence of these diseases than men of the same racial/ethnic groups.¹

Community Coalition of Heart Health Education (CCHHE) by the Numbers

- 431,302 volunteer hours
- 4,000+ people trained in CCO/CPR in the targeted communities
- 50+ health presentations in the community
- 3 Investigative Research Awards funded
- 1 fundraising effort underway to support an investigative award focused on racial, gender and health disparities
- 1 WOC Endowment established and growing to continue research in heart health education for women of color

- Racial/ethnic minorities of lower socioeconomic position have higher risk for developing heart failure than Caucasians.¹ Racial/ethnic minorities have higher proportions of underinsurance, which is associated with receiving less healthcare.⁷
- Healthcare provider bias may contribute to reduced delivery of evidence-based heart failure treatments to racial/ethnic minorities and women.⁸
- Both racial/ethnic minorities and women are underrepresented in heart failure research studies.^{2,9} Treatment options and approaches are not tailored to these populations.

A multi-targeted approach may reduce racial/ethnic and sex disparities in heart failure.

- Favorable lifestyle changes are associated with reduced risk of developing heart failure, particularly among African-Americans and Hispanics.¹⁰ The American Heart Association “Life’s Simple 7” include the following lifestyle changes which help reduce risk of heart failure: monitoring and controlling blood pressure, cholesterol, and blood glucose levels, engaging in an active lifestyle, eating healthier meals, losing weight, and stopping usage of tobacco products.¹⁰
- Addressing structural inequalities in education, income, and health insurance coverage through patient empowerment,

advocacy, and political involvement may help reduce the burden of heart failure.¹¹

- Bias may be reduced by increasing awareness, teaching stereotype-replacement techniques, and developing positive relationships between healthcare providers and patients of diverse racial/ethnic groups.¹²
- Informed involvement in clinical research may promote improved population-level care. Trust must be rebuilt between diverse patient groups and healthcare providers.

Recognizing racial/ethnic and sex differences is the first step to overcome these disparities. It will take a concerted effort by patients, providers, and the health system to ensure equitable health care to all. So let’s bridge this gap together!

Dr. Breathett, assistant professor of medicine at the UA College of Medicine – Tucson, is board-certified in internal medicine, cardiology and advanced heart failure and transplant cardiology. Her research focuses on reducing racial/ethnic and gender disparities in advanced heart failure and preventing populations that experience disparities from developing advanced heart failure. Her published research appears in journals such as Circulation Heart Failure and Journal of American College of Cardiology Heart Failure. She also is the lead author of the chapter, “Review of Heart Failure Management in African-Americans,” in Management of Heart Failure.

¹⁻¹²For full references cited in this summary article, please visit heart.arizona.edu/disparities-HF.



By Cheryl Alli

CCHHE is committed to serving the diverse populations of Tucson and Southern Arizona. Providing heart health education and chest-compression-only CPR training to the community continues to have an immediate and direct impact. Our focused efforts have allowed us to collaborate with many organizations in our region. Joining our partnership this year are the Golder Ranch Fire District and the Women’s Foundation of Southern Arizona.

CCHHE is collaborating with the GRFD’s community education director, Cheryl Perry, to develop programs

that will include the newly expanded areas of Oro Valley, Saddlebrooke and Catalina.

The Women’s Foundation of Southern Arizona recently honored Wanda F. Moore, chair of the UA Sarver Heart minority outreach program. The WFSA recognized the community leadership and the strong advocacy and empowerment of the minority outreach program for heart health education for women and girls. These efforts are a very natural complement to their mission of empowering women and girls. CCHHE looks forward to working and collaborating with our new partners throughout the year.

Become Part of the Cardiac Biorepository



We Need African Americans and Other Minorities to Advance Heart Disease Research

By Aubra S. Gaston

Just What is the Biorepository Anyhow?

The prefix 'bio' refers to us humans and 'repository' is simply a place for something to be housed. The University of Arizona Sarver Heart Center Biorepository is one of only a handful at universities in the United States collecting blood samples and biological data to study how heart disease

develops, how to better diagnose and treat it, why it affects different groups in different ways and how to advance precision medicine.

Why Should I Participate?

Heart disease is the leading cause of death in the U.S. You may be surprised to learn that heart disease kills more people than all kinds of cancer combined! Most clinical research has been done on white men, a group that has seen some decline in the death rate. But, medical questions remain as to why women and minority groups carry such significant heart health risks. More men have heart attacks, but a greater percentage of women die from them. This statistic is unsettlingly true among African Americans and in particular, among African American women.

How to Get Involved?

Visit the Sarver Heart Center page: heart.arizona.edu/clinical-research and complete a Cardiology Research Registry Information Form, or call the Sarver Heart Center Clinical Research Office at 520-626-5431. Women, men, anyone 18 or over, all ethnic groups, with or without heart disease are eligible.

Sarver Heart Center Women's Committee Minority Outreach Program Chair Honored for Her Passion of Giving Back to the Community

By Katie Maass

Wanda F. Moore, member of Sarver Heart Center's board and women's committee and chair of the Minority Outreach Program,

was the 2017 Award Recipient of the Women's Foundation of Southern Arizona. Although Wanda has devoted her time and vast energy to a number of organizations in Southern Arizona, she took the opportunity to spotlight her work with Sarver Heart Center. Her monumental efforts on behalf of Sarver Heart Center include establishing



an endowment to support heart research focused on women of color and organizing an active group of more than 30 volunteers who have contributed 431,302

hours over 96 months to conduct heart health education outreach activities, primarily in underserved minority communities. If you would like to make a donation to support the outreach program in Wanda's honor, visit heart.arizona.edu/giving and designate "Heart Disease and Stroke in Women of Color Education Fund" (WOC ED).



Delta Sigma Theta Tucson Alumnae Chapter Celebrates 50th Anniversary with Gift to Women of Color Endowment

By Wanda F. Moore

The Tucson Alumnae Chapter of Delta Sigma Theta Sorority Inc., celebrated 50 years of public service in the Tucson community on June 24, 2017. Delta Sigma Theta is a member of the Community Coalition of Heart Health Education (CCHHE), a collaborative outreach partnership that includes the UA Sarver Heart Center Women's Heart Health Education Committee Minority Outreach Program. The CCHHE is a committed group of volunteer community women dedicated to empowering women through educational awareness of heart disease and chest-compression-only CPR training to improve cardiac-arrest survival rates among minority and the underserved populations of the Tucson community.

The sorority immensely appreciates the partnership cultivated with the Sarver Heart Center and the significant impact of the Minority Outreach Program. This commitment and collaboration led the sorority to select its community partner, the Sarver Heart Center's Women of Color Endowment as the recipient of a 2017 Community Efforts contribution.



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CCHHE Welcomes Dr. Khadijah Breathett with a Gift of the Heart Investigative Research Award

By Marilyn Robinson

Khadijah Breathett, MD, MS, assistant professor of medicine in the Division of Cardiology at the University of Arizona College of Medicine, is a welcomed addition to UA Sarver Heart Center and the Tucson community. Dr. Breathett was given a warm and sincere welcome at the September 10 meeting of the Community Coalition for Heart Health Education (CCHHE) at the



home of the Sarver Heart Center Minority Outreach Program chair, Wanda F. Moore.

The members of the Women's Heart Health Education Committee encourage all women and men to take notice of the

education and research opportunities we have through funding an Investigator Award within the next few months to facilitate the research for which Dr. Breathett has such passionate dedication. Results, from specific research models done initially, often lead to advanced funding for groundbreaking therapies. Sarver Heart Center donations may

be directed to an Investigator Award for Dr. Breathett, Women of Color Education Fund (WOC-ED). Please donate online: **heart.arizona.edu/giving**.

The more we grow... the more you know!

By Anita S. Etheridge

CCHHE is proud and excited about the recent addition to Sarver Heart Center faculty, the newest cardiologist, Dr. Khadijah Breathett, MD, MS. In the words of Dr. Maya Angelou, "When you get, Give. When you learn, Teach." That is exactly what the Community Coalition for Heart Health Education has been doing over the past 10 years. CCHHE is very proud to share the growing success numbers. (See page 1.)

If you find it in your heart to care for somebody else, you will have succeeded.
– Maya Angelou