

## National Minority Health Month: Affordable and Accessible Solutions for Hispanics

*Author: Mario Anglada, CEO, Hoy Health*

April is National Minority Health Month, an excellent time to consider supporting health and reducing the risk of chronic diseases and other conditions that are more common or severe among racial and ethnic minority groups.



**HOYHEALTH<sup>®</sup>** The Centers for Disease Control and Prevention (CDC) has cited

some of the leading causes of illness and death among Hispanics, which include diabetes, heart disease, cancer, unintentional injuries (accidents) and stroke. Some other health conditions and risk factors that significantly affect Hispanics are asthma, chronic obstructive pulmonary disease, HIV/AIDS, obesity, suicide, and liver disease.

### **Cardiovascular Disease**

Hispanic Americans face higher risks of heart disease than Caucasian Americans due to higher rates of high blood pressure, obesity and diabetes. In fact, among Mexican-American adults, 33 percent of men and 31 percent of women have cardiovascular disease.

What's more, cardiovascular disease causes more deaths for Hispanic Americans than all forms of cancer combined. Adding to the challenge, Hispanic women are significantly less aware than white women that cardiovascular disease is their leading cause of death.

### **Diabetes and Other Conditions**

The Centers for Disease Control and Prevention (CDC) reports that 50 percent of Hispanic adults in the U.S. are expected to develop type 2 diabetes, compared with 40 percent for non-Hispanic adults. Research has shown that Hispanics have a disproportionate burden of illness associated with diabetes mellitus. One reason is that Hispanics have higher rates of obesity – a risk factor for diabetes – than non-Hispanic whites.

There are also disparities among Hispanic subgroups. For instance, while the rate of low birth weight infants is lower for the total Hispanic population in comparison to non-Hispanic whites, Puerto Ricans have a low birth weight rate that is twice that of non-Hispanic whites. Also, Puerto Ricans suffer disproportionately from asthma, HIV/AIDS and infant mortality, while Mexican-Americans suffer disproportionately from diabetes.

### **Health Solutions for Hispanics**

Hispanics and other underserved populations should consider the role an active lifestyle plays in maintaining health and reap the benefits from even small amounts of moderate-to-vigorous physical activity throughout the day, promoting health and reducing the risk of chronic diseases and other conditions.

The good news is that a growing number of Hispanic consumers can now access several cash-based primary care and pharmacy solutions, whether it's in the U.S.,

Puerto Rico or Mexico, in either English or Spanish, and without the need for any type of insurance or third-party payment:

- A medication voucher program that gives consumers the ability to pre-purchase generic medications at affordable price points. They can be purchased for personal use or gifted to a friend or family member either domestically in the U.S. and Puerto Rico, or internationally.
- A free prescription savings card model allows cash-pay consumers to save a significant percent on brand name and generic medications across a wide network of pharmacies.
- An end-to-end clinical solution for patients with diabetes, hypertension, asthma, and obesity that includes vouchers for medications, peripherals, testing supplies, tablet, apps, and access to lifestyle coach consults.
- A bilingual telemedicine platform, which helps underserved populations access the healthcare they need with more ease.

This April, stay active to promote your health – and help prevent chronic disease – and consider using mobile technology solutions to gain access to quality care anywhere and at an affordable price.