

SALSA EN LA COMUNIDAD

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Problem Statement: Health disparities in the Latino population are increasing immensely. High blood pressure, obesity, dyslipidemia and insulin resistance (collectively referred to as the metabolic syndrome) are predisposing factors for diabetes and heart disease. The environment as well as genetic predisposition plays a role in contributing to these disorders. Purpose: Project SALSA *en la Comunidad* is intended to enhance Latinos' awareness of improving health in order to prevent premature cardiovascular disease. Activities of intervention include: (1) Awareness of access to health care in their community (2) Providing information and knowledge about the diseases being targeted (3) Improving usage of preventive screening/testing (4) Assist in guiding to a "medical home" for the continuation of health care service. The population being targeted is in the South Bay regions of San Diego. Methods: Screenings and recruitment take place at community health fairs. A brief health history questionnaire is administered to the participating subject. This is then followed by taking anthropometric measurements, blood pressure, and a blood sample. An additional diet questionnaire is administered during a follow-up phone call. Results: There has been a recruitment of 300 research participants.