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Results of Community Health Screening in New York City Chinatown



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Abstract

Introduction

Diabetes Mellitus, hypertension and hypercholesteremia are common medical problems encountered in the Chinese community. Due to lower access to healthcare from cultural barriers compounded by socioeconomic factors, these preventable health problems are often undetected until significant sequelae occurs.

Methods

From 11/93 to 5/94, 750 patients were randomly screened for blood pressure (BP), blood glucose and cholesterol. BP measurements were performed using standard Kortikoff procedure. Glucose measurements were performed using the Glucometer M (Ames) glucose meter which utilizes a glucose oxidase method. Cholesterol measurements were performed using the ProAct (Boehringer Mannheim) cholesterol monitoring device which utilizes a reflectance photometry method. Thirty six patients who reported previous history of hypertension, diabetes mellitus, or hypercholesteremia were excluded from this data analysis.

Results

The mean systolic BP was 121f19 mmHg; the mean diastolic BP, 7612 mmHg. The mean glucose concentration was 112f35 mg/dl and the mean cholesterol, 17951 mg/dl. The results were stratified by each decade of age and by occupation.

Conclusion

With increasing age, there are rising BP, glucose and cholesterol levels as well as increasing numbers of abnormals screened. by vocation; there does not appear to be any major difference between BP and cholesterol, except in the retired and other groups which can be explained by age. Restaurant workers have an elevated glucose which is not explained by age.

Summary

There are significant numbers of abnormal BP, glucose and cholesterol measurements in random health screening in the New York City Chinatown community. These patients would have significant undetected morbidity and mortality if undetected disease were allowed to continue untreated. Rising age increases the risk for hypertension, diabetes mellitus and hypercholesteremia. Occupation may be a risk factor for hyperglycemia.