



COVID-19: UNIQUE PUBLIC HEALTH ISSUES FACING BLACK, ASIAN AND MINORITY ETHNIC COMMUNITIES.

Abuelgasim, E ; Saw, LJ ; Shirke, M ; Zeinah, M ; Harky, A
Current problems in cardiology. 2020;45(8):100621

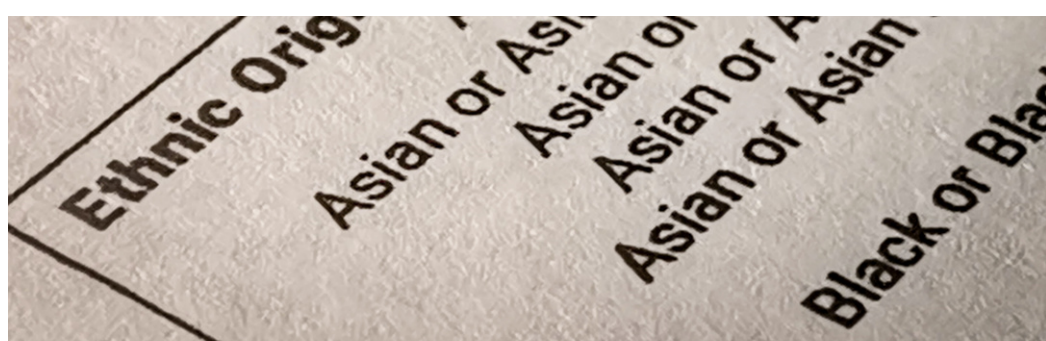
The 2019 coronavirus disease (COVID-19), is a public health emergency with serious adverse implications for populations, healthcare systems, and economies globally. The aim of this review was to explore the possible association between ethnicity, incidence and outcomes of COVID-19 using both recent COVID-19 studies and studies of previous pandemics. Findings show that: - ethnic minorities have lower lung function compared to their Caucasian counterparts. - Black, Asian and Minority Ethnic communities are prone to higher rates of cardiovascular disease and are subject to adverse healthcare disparities. - ethnic minorities are disproportionately affected, and experience worse health outcomes compared to other groups. They are also more likely to be socioeconomically disadvantaged compared to white communities. - Africans are at a higher risk of receiving later and more indigent healthcare compared to other ethnic groups. Authors conclude that data on ethnicity should be routinely collected by governments to robustly determine magnitude of association. In addition, governments should also recommend strategies to mitigate risks on minority ethnicities due to socioeconomic disadvantages.

COVID-19: EXPOSING AND ADDRESSING HEALTH DISPARITIES AMONG ETHNIC MINORITIES AND MIGRANTS.

Greenaway, C ; Hargreaves, S ; Barkati, S ; Coyle, CM ; Gobbi, F ; Veizis, A ; Douglas, P
Journal of travel medicine. 2020;27(7)

The coronavirus disease 2019 (COVID-19) has swept across the world affecting all countries. As COVID-19 has spread within countries, vulnerable and marginalized populations, and those with low income and low socioeconomic status have been unduly affected. Every country has vulnerable populations that require special attention from policy makers in their response to the current pandemic. In fact, current literature shows that migrants living in refugee camps, detention centres and reception centres are at particularly high risk for COVID-19 exposure.

Therefore, they should be included in national surveillance and be entitled to health care. In addition, it is essential to foster trust between public health practitioners and the leadership of these communities so that they may work together to effectively deliver prevention and intervention strategies. Authors conclude that COVID-19 pandemic has exposed health disparities among ethnic minorities and certain migrant groups. Thus, they highlight the importance of prompting greater health equity for diverse ethnocultural communities



DIFFERENT LIFESTYLE INTERVENTIONS IN ADULTS FROM UNDERSERVED COMMUNITIES: THE FAMILIA TRIAL.

Fernandez-Jimenez, R ; Jaslow, R ; Bansilal, S ; Diaz-Munoz, R ; Fatterpekar, M ; Santana, M ; Clarke-Littman, A ; Latina, J ; Soto, AV ; Hill, CA ; Al-Kazaz, M ; Samtani, R ; Vedanthan, R ; Giannarelli, C ; Kovacic, JC ; Bagiella, E ; Kasarskis, A ; Fayad, ZA ; Fuster, V
Journal of the American College of Cardiology. 2020;(1):42-56

The current trends of unhealthy lifestyle behaviors in underserved communities are disturbing. Thus, effective health promotion strategies constitute an unmet need. The purpose of this study was to assess the impact of 2 different lifestyle interventions on parents/caregivers of children attending preschools in a socioeconomically disadvantaged community.

The FAMILIA (Family-Based Approach in a Minority Community Integrating Systems-Biology for Promotion of Health) study is a cluster-randomized trial involving 15 Head Start preschools in Harlem, New York. Schools, and a total of 635 of their children's parents/caregivers, were randomized to receive either an "individual-focused" or "peer-to-peer-based" lifestyle intervention program for 12 months or control.

Although overall significant differences were not observed between intervention and control groups, the FAMILIA trial highlights that high adherence rates to lifestyle interventions may improve health outcomes.



SOCIODEMOGRAPHIC AND LIFESTYLE-RELATED RISK FACTORS FOR IDENTIFYING VULNERABLE GROUPS FOR TYPE 2 DIABETES: A NARRATIVE REVIEW WITH EMPHASIS ON DATA FROM EUROPE

Kyrou, I., Tsigos, C., Mavrogianni, C. et al.
Sociodemographic and lifestyle-related risk factors for identifying vulnerable groups for type 2 diabetes: a narrative review with emphasis on data from Europe. BMC Endocr Disord 20, 134 (2020).
<https://doi.org/10.1186/s12902-019-0463-3>

This review provides a comprehensive overview of the main sociodemographic and lifestyle-related risk factors for identifying vulnerable groups for Type 2 Diabetes Mellitus, with emphasis on data from Europe. In addition to other T2DM risk factors, low socioeconomic status can significantly increase the risk for prediabetes and T2DM, but is often overlooked. In multinational and multicultural regions such as Europe, a holistic approach, which will take into account both traditional and socioeconomic/socioecological factors, is becoming increasingly crucial in order to implement multidimensional public health programs and integrated community-based interventions for effective T2DM prevention.

