VIII Congreso Nacional de Atención Sanitaria al Paciente Crónico
AVANZANDO EN EQUIDAD E IGUALDAD: INFLUENCIA DE LOS DETERMINANTES SOCIALES DE LA SALUD EN LA CRONICIDAD

Estudio Heart Healthy Hoods, Madrid
¿Avanzando en equidad e igualdad?

**Baltimore, ejemplo de la desigualdad**

Baltimore retrata décadas de desigualdad en Estados Unidos
Tu barrio puede perjudicar seriamente la salud

MANUEL FRANCO, USAMA BILAL Y RICHARD COOPER | 4 MAY 2015 - 17:40 CEST

Life expectancy in high income neighborhood: 85 years

Life expectancy in low income neighborhood: 66 years

**Baltimore life expectancy gap by neighborhoods: 18 years**
¿Avanzando en equidad e igualdad?

Life expectancy in high income neighborhood: 85 years

Life expectancy in low income neighborhood: 78 years

Madrid life expectancy gap by neighborhoods: 7 years
Social and Physical Urban Environment and CV Health: The Much Needed Population Approach

Manuel Franco MD, PhD
For the HHH investigators
Heart Healthy Hoods Study

Main Goal

Cardiovascular Health

Tobacco Environment

Physical Activity Environment

Food Environment

Alcohol Environment

Social and Physical Environment

Individual Socioeconomic Status

Occupation – Income – Education

Gender

Immigration

Smoking

Physical Activity

Obesity

Diet

Alcohol

Physical Environment

CVD

Heart Healthy Hoods Study

Neighborhood Socioeconomic Status

Unemployment – Education – Poverty

Immigration Composition

Individual Socioeconomic Status

Occupation – Income – Education

Gender

Immigration

Neighborhood Socioeconomic Status

Unemployment – Education – Poverty

Immigration Composition

Social and Physical Environment

Individual Cardiovascular Health
1. To include a qualitative approach to understand the context and meanings of the urban environment in relation to cardiovascular health.

1. To develop measurements to characterize the social and physical urban environments in a systematic and accurate fashion.
To provide scientific evidence to the general population, researchers and policy makers to intervene at the population level to prevent the first cause of death in Europe
21 Districts
128 Neighborhoods
2412 Census Units
3,2 Mill. Residents

Access to the Integrated Primary Care Health System Database

1,4 million residents
40-75 ys. old
Setting

- Average area in 4 variables (Median Neighborhood Index)
  - Aging: % > 65 years of age or above
  - Immigration (marker for segregation): % foreign-born
  - Education (marker for SES): % with primary education or below
  - Density: population/km$^2$

- Looked for clusters of areas of ~15,000 people with a low value in the index (-> non-extreme areas)
Methods (quantitative)

• Cardiovascular Disease:
  – Whole population (>99%) EHR through universal health system.
  – Validated (1) data on physician-diagnosed: diabetes, hypertension, dyslipidemia, smoking and obesity.

• Urban environment
  – Food: location and type of food stores and food services, directly measured healthy food availability (brief NEMS-S)
  – Physical activity: SPACES audit tool for walkability and bikeability, SOPARC audit tool for open spaces.
  – Alcohol and tobacco: location and type of retailers

Methods (qualitative)

- 11 semi-structured interviews with key informants: 4 long-term residents, 2 immigrants, 1 teacher, 1 community activist, 1 health care provider, 1 public health officer, 1 local food store owner
- Questions on health and the environment, focusing on sociodemographics, food, alcohol, tobacco and physical activity.
- Analysis by triangulation incorporating an interpretative phenomenological analysis.
Pilot Study Cardiovascular Profile
Primary Health Care Records

- Population 45-106 yrs. old: 7,252
- Sex: 59% Women
- Diabetes Prevalence: 12%
- Diabetes Control (HbA1c<7): 63%
- Hypertension Prevalence: 34%
- Obesity (BMI >30): 20%
- Dyslipidemia, all types: 32%
Results
Results

Results

Alcohol
(Restaurants and Liquor Stores)

Food Services
(Bars, Restaurants and Fast Food)

Tobacco
(Vending Machines & Stores)
Results
Results

• Use of parks was diverse, with levels of activity varying from sedentary (sitting), walking and vigorous (sports)

Food Environment: “I have my children and many years, so I know what is good and what is bad...what one can afford is different” (woman, >65 years)
Physical Activity Environment: “When we are older, because I’m on a wheelchair in the street … If I had benches there, I would not need the wheelchair, because walking 20 meters is fine, but maybe 25 meters isn’t.” (Woman, > 65 years)
Alcohol Environment: “Social drinking customs are disappearing, we used to go on Sundays to have a vermouth with your neighbors and your friends. Nowadays, people are doing it less, because of the economic crisis” (Food store owner).

The role of immigration in shaping behavior patterns related to the use of open spaces

"... In the past other people would go there [park], but now the Romanians are there..." (men, < 65 years)
The current economic crisis shaping the neighbor’s behaviors "... Nowadays there are a lot of grandparents taking care of the family.... Many unemployed descendants. So there is little time for healthy habits like exercise... " (health care provider, woman)
The role of social networks shaping health behavior patterns in residents. "I'm happy with people in my neighborhood. Since my husband died, ... adults and kids alike, boys like my sons, 50 years-old, [have told me] ‘hey, I work on this, if I can help you... I will help you with stuff if you ask me’" (woman, > 65 years)
Achieving health equity through place-based interventions

Establishing partnerships with community members: Photovoice project in Villaverde, Madrid

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Main objective

To conduct a participatory photovoice project with residents of a low-income urban area to understand environmental and social characteristics of the local food environment influencing residents diets.
Photovoice Food Environment: Methods

**Setting** Two neighborhoods of a low-income area in Madrid (Spain).

**Participants**
- 24 residents (31-72 years old).
- A group of women and another one of men per neighborhood.

**Procedure**
- A total of 163 pictures of their local food environment
- Groups met at least for 5 sessions two months
Photovoice Food Environment: Participants’ Analysis

- Each one chose their best photograph
- Participants defined the meaning of their photographs and discussed them critically
- Participants identified 31 emerging themes
31 final themes of the four groups were finally merged into 5 main themes:

- Eating in moderation
- Cultural diversity
- Food retailers
- Socialization
- Economic crisis and poverty
Theme 1: Eating in moderation

Photo caption: “Bakery”
“The tray came just from the oven, with an appealing look and a smell... so tasty!”
“It has a lot of fats because the greater part of this product is produced with saturated fats”
“Just the once will not hurt”
(Female, 36)

Photo caption: “Saturated fats”
“We are looking at very appetizing products”
“Awesome for the palate. If abusing, your cholesterol goes through the roof”
“Moderation, lots of moderation”
(Male, 69)
Theme 2: Cultural diversity

Photo caption: “Spanish omelette”

“We see a very tempting spanish omelette”

“The omelette has a very healthy nutritious value, with the eggs and the potatoes”

(Male, 70)

Photo caption: “Melon and cassava”

“Street markets’ stalls reflect the cultural diversity of the neighborhoods”

“Try to encourage people to try and prepare new foods, to diversify their diets”

(Female, 40)
Theme 3: Food retailers

Photo caption: “San Cristobal street market”

“A great variety of fruits and vegetables that come on!, so colourful I can’t stop having my eyes on it.”

“The foods they sell are healthy”

“This teaches us that we can eat healthy and varied in a low-cost way”

(Female, 46)

Photo caption: “In the fish shop”

“The fish merchant is serving his forever customers, the ones doing their grocery shopping always there”

“They keep their customers forever because they have high-quality fresh fish”

“Vegetables, fish, meat and fruits are very healthy”

(Female, 46)
Photo caption: “Friends’ terrace”

“I think that is pretty healthy to have some beers out on the terrace with Friends”

“It’s a everyday situation, a way to gather with friends”

“We have to be willing to take time out whenever we can to enjoy with the ones you love, with a drink, etc”

(Female, 51)

Photo caption: “Sewing”

“They’re eating while gathering with friends, they sew and have a chat”

“Company and friendship improves their self-esteem”

“Promote these workshops for widows feeling lonely. Encourage more women to share these activities”

(Female, 59)
Theme 5: Economic crisis and poverty

Photo caption: “Caritas’ food bank”

“Food products they give away for those in need in San Cristobal”

“There is people without own resources, who need to eat”

“People with foods should donate to those in need. Don’t throw them into trash”

(Male, 42)

Photo caption: “Ash Wednesday”

“Neighborhood association is sharing sardines with the neighborhood”

“You see much (poverty) and this is a shame”

“More things like this should be done, for avoiding this happening, nobody should go hungry”

(Female, 46)
Barrios y Alimentación
CENTRO CENTRO Palacio Cibeles
Miércoles 13 de Abril, 17h -19 h

Photovoice Villaverde
Un estudio participativo sobre la alimentación a través de la fotografía
A participatory study on food through photography
HHH Team
Thank you very much!