



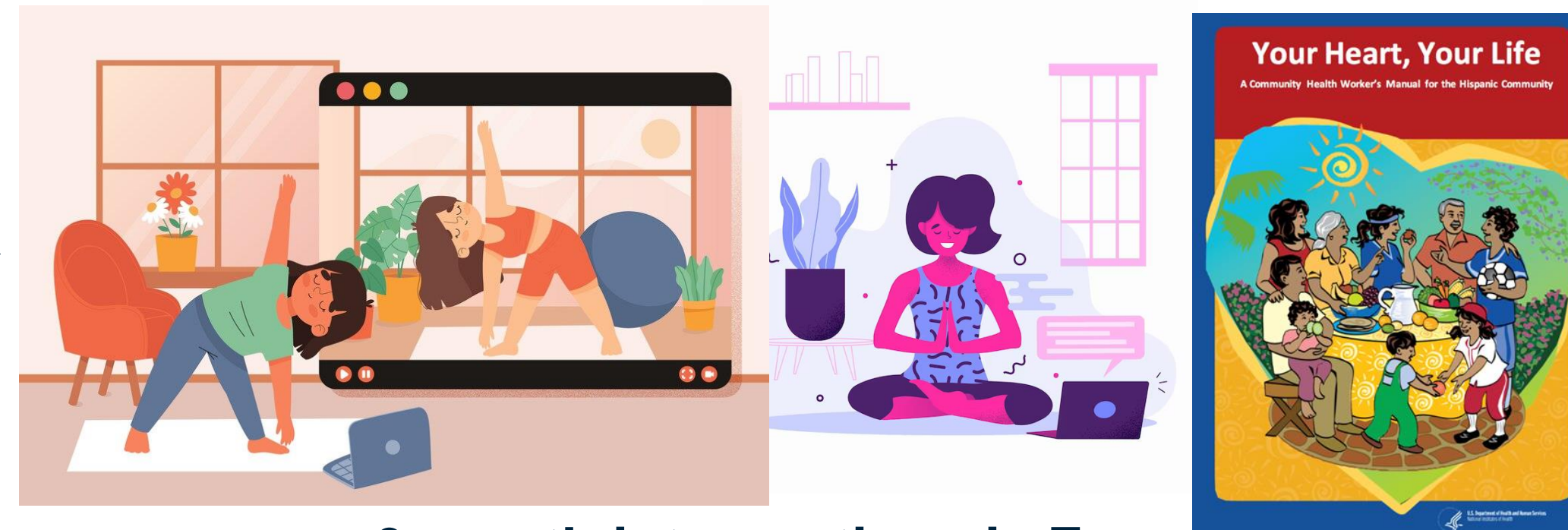
Six-month Follow-up of *Menopausia, Salud, Corazón*: A Multi-Component Intervention to Reduce Cardiovascular Disease Risk in Midlife Latinas

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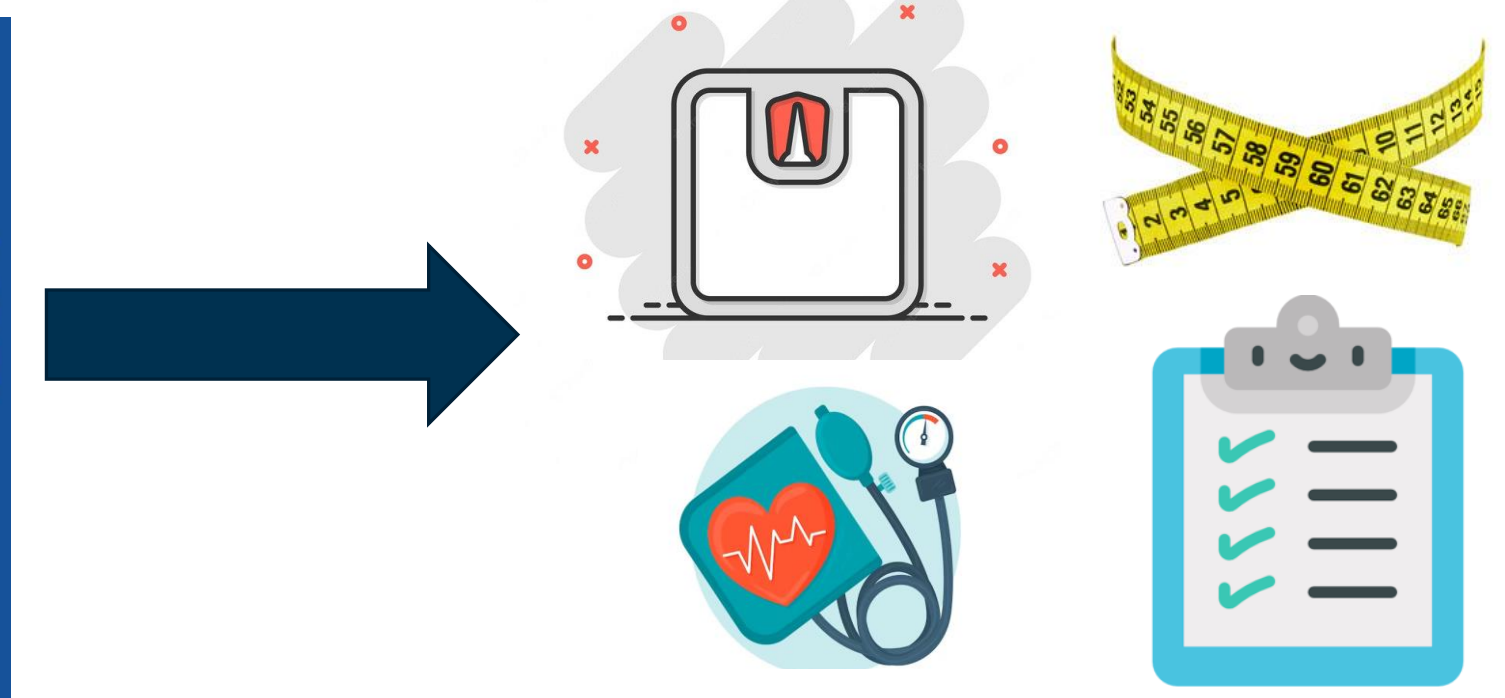


Perimenopausal Latinas aged 40-60 years

Intervention
Waitlist Control



6-month intervention via Zoom: physical activity, stress management, nutrition education



Lower perceived stress & systolic blood pressure

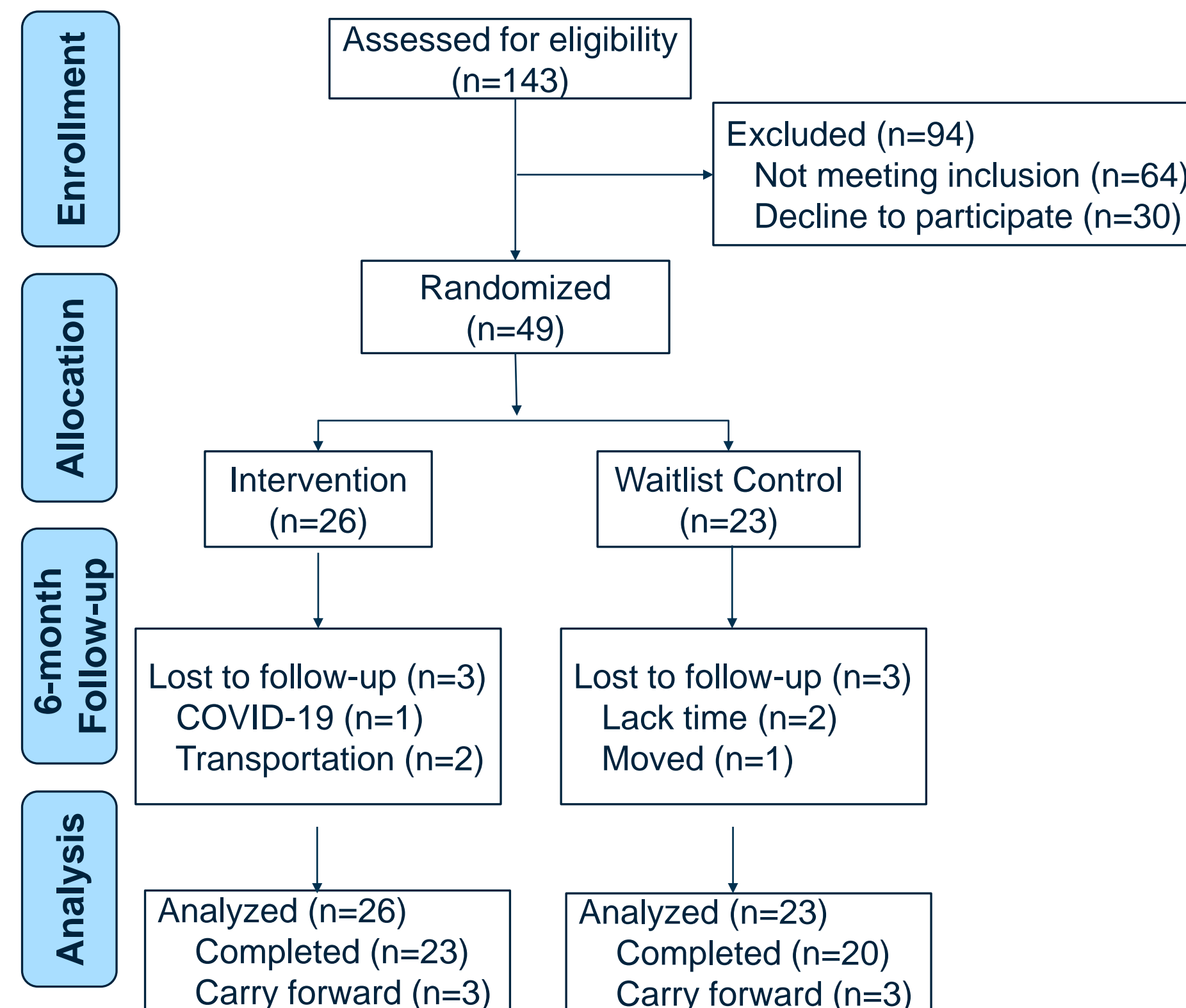
Background

- Cardiovascular disease (CVD) risk increases substantially during perimenopause.
- Despite being at greater risk for CVD, only 34% of Latinas are aware that CVD is the leading cause of death in women.
- Few CVD risk reduction interventions focus on menopause, especially in Latinas.
- Objective:** To evaluate the feasibility and initial efficacy of a multi-component intervention to reduce CVD risk in perimenopausal Latinas.

Design

- Randomized, two-group pilot study.
- Community sample of perimenopausal Latinas aged 40-60 years.
- 12-weekly, 3-monthly sessions

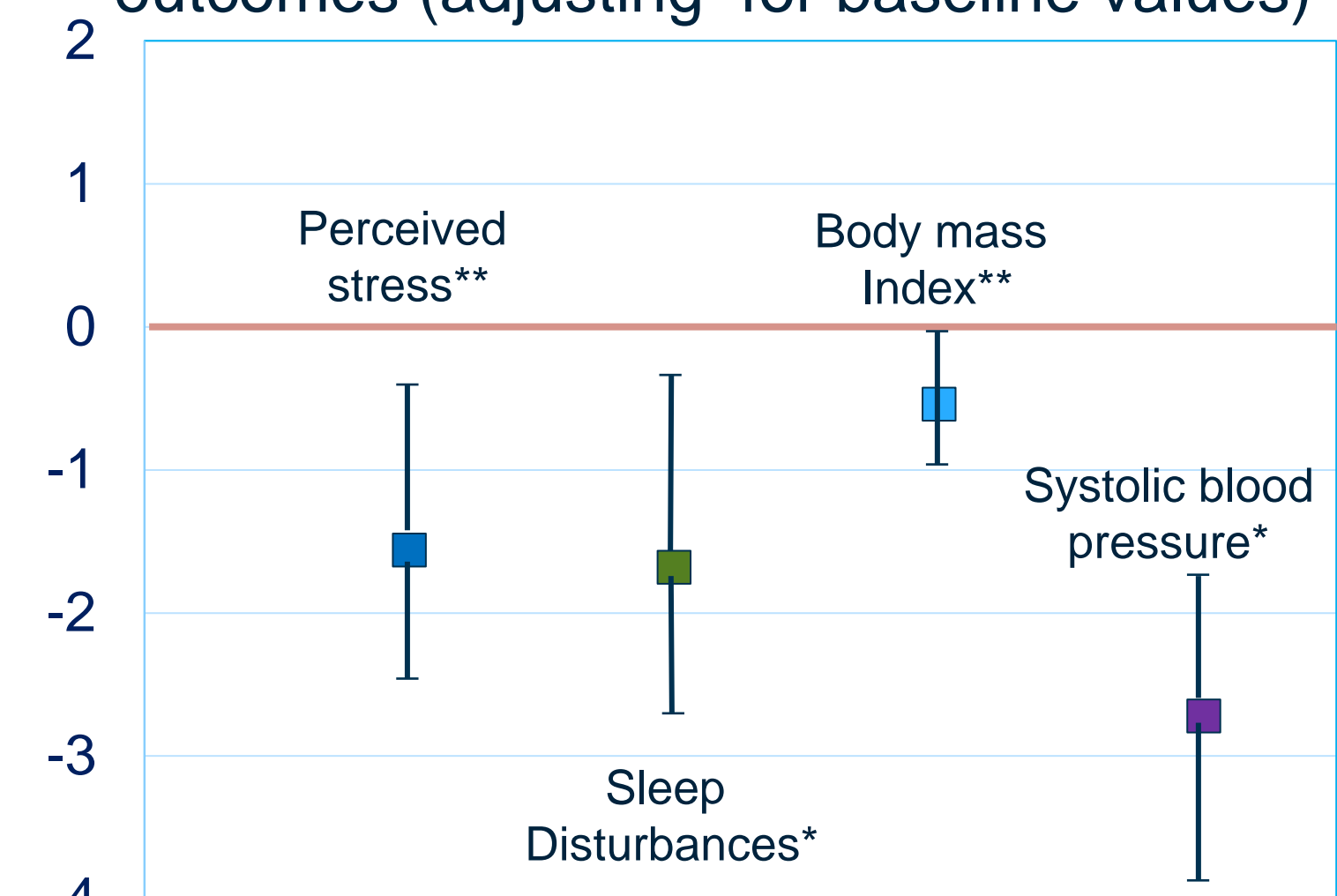
Participant Flow Diagram & Sample



- Mean age 47.8 ± 4.4 years
- 37% < high school
- 97% born outside of the United States
- 51% somewhat/very difficult to pay for basics

Findings

Association of the intervention with 6-month outcomes (adjusting for baseline values)



Note. Adjusted for health insurance, vasomotor symptoms, and the outcome value at baseline. *p<0.15, **p<0.1

Conclusion

- Culturally tailored Spanish language intervention consisting of nutrition, physical activity, and stress management may be effective in reducing stress and blood pressure in perimenopausal Latinas —key risk factors for CVD.

