Adherence to the American Heart Association’s Life’s Essential 8 Guidelines in Young African American Women

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Preventing people to lead ordinary lives

Scoring Approach

All analyses were conducted using SAS version 9.4.

Methods

Participants were divided into a low and high adherence group based on median LE8 adherence scores. Student’s t and χ² were employed to determine socio-demographic, health, and anthropometric differences among groups for continuous and categorical variables.

Results

81.90% of participants exhibited poor adherence to the healthy diet strategy

Discussion & Conclusion

Overall, our sample of young African American women exhibited intermediate adherence to LE8 guidelines.

A majority of our participants (78.15%) exhibited ideal adherence to 4-6 strategies of the LE8. Ideal adherence to ≥4 LE8 strategies is strongly correlated with lower incident of heart failure in African Americans (Saphiorni, 2017). Ideal adherence for smoking, physical activity, blood pressure, cholesterol, and blood sugar were greater than the general US population aged 20-39 (Tsao, 2022).

The majority of participants exhibited poor dietary adherence. Other studies have found African American women struggle with adhering to healthy dietary guidelines. (Epsitom, 2012).

Further research is essential in order to understand whether racial disparities in healthy dietary adherence are also found amongst younger Americans.

Participants with higher perceived stress and discrimination life scores were strongly associated with lower overall adherence, consistent with the findings of many other studies (Tomfor, 2016).

Limitations included potential for reporting and selection bias, as well as limitations in survey questions preventing stratification of certain adherence scores.

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References


