

RIESGO CARDIOVASCULAR EN INMIGRANTES CHINOS EN LA REGIÓN CARIBE COLOMBIANA

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RESUMEN

La comunidad china es una de las principales minorías en Colombia, y aunque China ha avanzado en salud pública, enfrenta una creciente carga de enfermedades cardiovasculares. En Colombia, la comunidad procedente de China es considerada como la mayor comunidad asiática.

Objetivo: Evaluar los factores de riesgo cardiovascular en inmigrantes chinos en Barranquilla, Colombia, debido a la falta de datos específicos sobre esta población.

Metodología: Se realizó un estudio transversal con 67 inmigrantes chinos mayores de 18 años residentes en Barranquilla. Se recolectaron datos sociodemográficos, antropométricos, clínicos y bioquímicos a través de entrevistas estructuradas y revisiones de expedientes médicos. El riesgo cardiovascular se estimó usando la fórmula ASCVD (Enfermedad Cardiovascular Aterosclerótica) a 10 años del ACC/AHA. Se emplearon pruebas estadísticas para evaluar diferencias significativas y relaciones entre variables.

Resultados: La muestra incluyó 54% de mujeres, con una edad promedio de 53 años. El 75% tenía más de 45 años y las principales ocupaciones eran comercio (43%) y cuidado del hogar (40%). El 54% tenía seguridad social. Se observaron diferencias significativas en la presión arterial sistólica y en la prevalencia de tabaquismo y alcoholismo entre hombres y mujeres. Las mujeres presentaron mayores niveles de HDL y menores de creatinina, mientras que los hombres tenían mayores niveles de hemoglobina y creatinina. El riesgo cardiovascular fue alto en el 9% de los casos, moderado en el 39% y bajo en el 52%.

Conclusión: Los inmigrantes chinos en Barranquilla presentan una prevalencia significativa de factores de riesgo cardiovascular, influenciados por su situación socioeconómica y barreras de acceso a la salud. Las intervenciones deben enfocarse en mejorar el acceso a servicios de salud y promover estilos de vida saludables para esta comunidad vulnerable.

Palabras clave: Cardiovascular; chino; Inmigrantes; Estilos de Vida; Región Caribe colombiana

ABSTRACT

The Chinese community is one of the main minorities in Colombia, and although China has made advances in public health, it faces a growing burden of cardiovascular diseases. In Colombia, the community from China is considered the largest Asian community.

Objective: To evaluate cardiovascular risk factors in Chinese immigrants in Barranquilla, Colombia, due to the lack of specific data on this population.

Methods: A cross-sectional study was conducted with 67 Chinese immigrants over 18 years of age residing in Barranquilla. Sociodemographic, anthropometric, clinical, and biochemical data were collected through structured interviews and medical record reviews. Cardiovascular risk was estimated using the 10-year ASCVD (Atherosclerotic Cardiovascular Disease) formula from the ACC/AHA. Statistical tests were employed to assess significant differences and relationships between variables.

Results: The sample included 54% women with an average age of 53 years. 75% were over 45 years old, with the main occupations being trade (43%) and homemaking (40%). 54% had social security. Significant differences were observed in systolic blood pressure and the prevalence of smoking and alcoholism between men and women. Women had higher levels of HDL and lower creatinine, while men had higher levels of hemoglobin and creatinine. Cardiovascular risk was high in 9% of cases, moderate in 39%, and low in 52%.

Conclusions: Chinese immigrants in Barranquilla present a significant prevalence of cardiovascular risk factors influenced by their socioeconomic situation and barriers to accessing healthcare. Interventions should focus on improving access to healthcare services and promoting healthy lifestyles for this vulnerable community.

Keywords: Cardiovascular; Chinese; Immigrants; Lifestyles; Caribbean Region Colombian.

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