

Mayo Clinic Minute: Prevention key to breaking healthcare barriers in the Hispanic population

Hispanic Heritage Month is celebrated from Sept. 15–Oct. 15. It’s an opportunity to celebrate the more than 60 million people of Hispanic heritage living in the U.S.

Dr. Juan Carlos Leoni Moreno, a Mayo Clinic transplant cardiologist, says soaring obesity rates contribute to high rates of diabetes and heart disease in the Hispanic population. And healthcare disparities, including cultural differences, language barriers and lack of information, add to the challenges many Hispanic residents face.

Video	Audio
	“Obesity has been a major health issue in the Hispanic population in the United States.”
	Resulting in health complications, like diabetes and heart disease. Dr. Juan Carlos Leoni Moreno says there are many factors.
Juan Carlos Leoni Moreno, M.D. Transplant Cardiology Mayo Clinic	“This population has difficult access to healthcare, difficult access to guidance on prevention and management.”
	That's where lifestyle changes can help. Dietary choices, like fresh fruit and vegetables, can replace processed foods high in fats and sugar. Staying active can help lower complications too.
	“The American Heart Association recommends at least 150 minutes of regular exercise a week.”
	Addressing healthcare barriers is an important step to stopping disease before it starts.
	“It’s better to prevent disease than to have to treat the disease. We want to see these patients at the right time.”
	For the Mayo Clinic News Network, Alex Osiadacz.