The Role of Comorbidities and Social Determinants of Health in Patients with COVID-19 in New Mexico

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INTRODUCTION

- Social determinants of health (SDH) influence health outcomes.¹
- SDH are made more pronounced in the setting of the COVID-19 pandemic, as many communities of color have been disproportionately affected.²,³
- Minority groups have higher rates of comorbidities.³
- Multiple comorbidities is associated with poor COVID19 outcome.³
- NM is a minority majority state, with a Hispanic Whites majority.⁴
- NM is a medically underserved state.⁵
- At the University of New Mexico Hospital (UNMH) patients who test positive for COVID-19 are set up with appointments with the COVID-19 Follow Up Clinic.

OBJECTIVE

- The aim of the study is to collect patient demographics and comorbidities at the UNMH COVID-19 Follow-Up Clinic to assess if minority populations are disproportionately affected and if they are more inclined to have comorbidities.
- We hypothesize minorities in NM have higher rates of comorbidities, which will ultimately lead to worse COVID19 outcomes.

METHODS

- Inclusion Criteria: Patients who had attended the UNMH COVID Follow-up Clinic and had a positive COVID-19 test
- Data Collection: Survey was created with RedCap platform. Trained medical students surveyed consented patients via telephone about their demographics, comorbidities, and risk factors. This study reflects data from between the months of April to October 2020.
- Analysis: Data exported from RedCap and analyzed

RESULTS

Race/Ethnicity Distribution (n=123)

- 52% Hispanic/Latino
- 23% American Indian/Alaska Native
- 16% White
- 3% African American
- 1% Asian
- 5% Multiple Races

Behavioral Risk Factors

- Vaped nicotine: 16%
- Vaped marijuana/cannabis: 15%
- Smoke at least 100 cigarettes: 33%

Comorbidities

- High blood pressure/HTN: 23%
- Impaired glucose tolerance spectrum: 22%
- Chronic Lung Disease: 2%

DISCUSSION

- A total of 125 patients were surveyed.
- A wide range of minorities represented.
  - 52% Hispanic/Latino origin and 23% of American Indian/Alaska Native origin
  - This is reflective of New Mexico’s minority majority demographic.
- Wide range of comorbidities were reported, with highest percentage in impaired glucose tolerance spectrum and hypertension.
  - Approximately half of respondents with elevated BP reported receiving treatment
  - Less than half of respondents with elevated blood glucose or diabetes were receiving treatment

FUTURE DIRECTIONS

- Continue data collection for one year
- Compare rates of comorbidities amongst the minorities and non-minority respondents
- Discern whether certain minorities are less likely to be receiving treatment for their comorbidity
- Study ultimate health outcomes of these patients to determine if comorbidities and SDH have an effect in COVID-19 related morbidity and mortality in UNM patients

LIMITATIONS

- Survey did not specify if patients had been diagnosed with hypertension or had just been told they had high blood pressure
- Survey did not specify if patients had been diagnosed with diabetes versus impaired glucose tolerance, prediabetes, etc

REFERENCES