



CARDIOVASCULAR DISEASES AMONG THE LATINX COMMUNITY: THE INFLUENCE OF SOCIAL MEDIA



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RESEARCH QUESTION

Why the Latinx community is more susceptible to cardiovascular diseases? And how social media contributes to health education among the Latinx community? little bit of body text

ABSTRACT

Latin American countries have seen a dramatic increase in cardiovascular diseases and diabetes over the last two decades.

The purpose of this research is to highlight the importance of social media as an informative tool to educate and persuade the audience about a healthy lifestyle, and also, explain the factors responsible for the increase of cardiovascular diseases in the Latinx community.

METHODS

- My research was conducted by using different sources of information including peer-review academic journals where I gathered information to support the arguments of the factors that contribute to the increase of cardiovascular diseases especially in Latin countries. These journals not only provide the the factors, but also, agree that misinformation about these diseases make higher the probabilities to get sick.
- Also, I conducted survey to 20 hispanic people (age between 12 - 50)
- **Background survey-** explanation about the factors that contribute to a unhealthy diet. Also, an explanation about the importance of social media to inform and educate the Latinx community about these health issues



RESULTS

- **What is the biggest obstacle that prevents you from eating a healthy diet?**

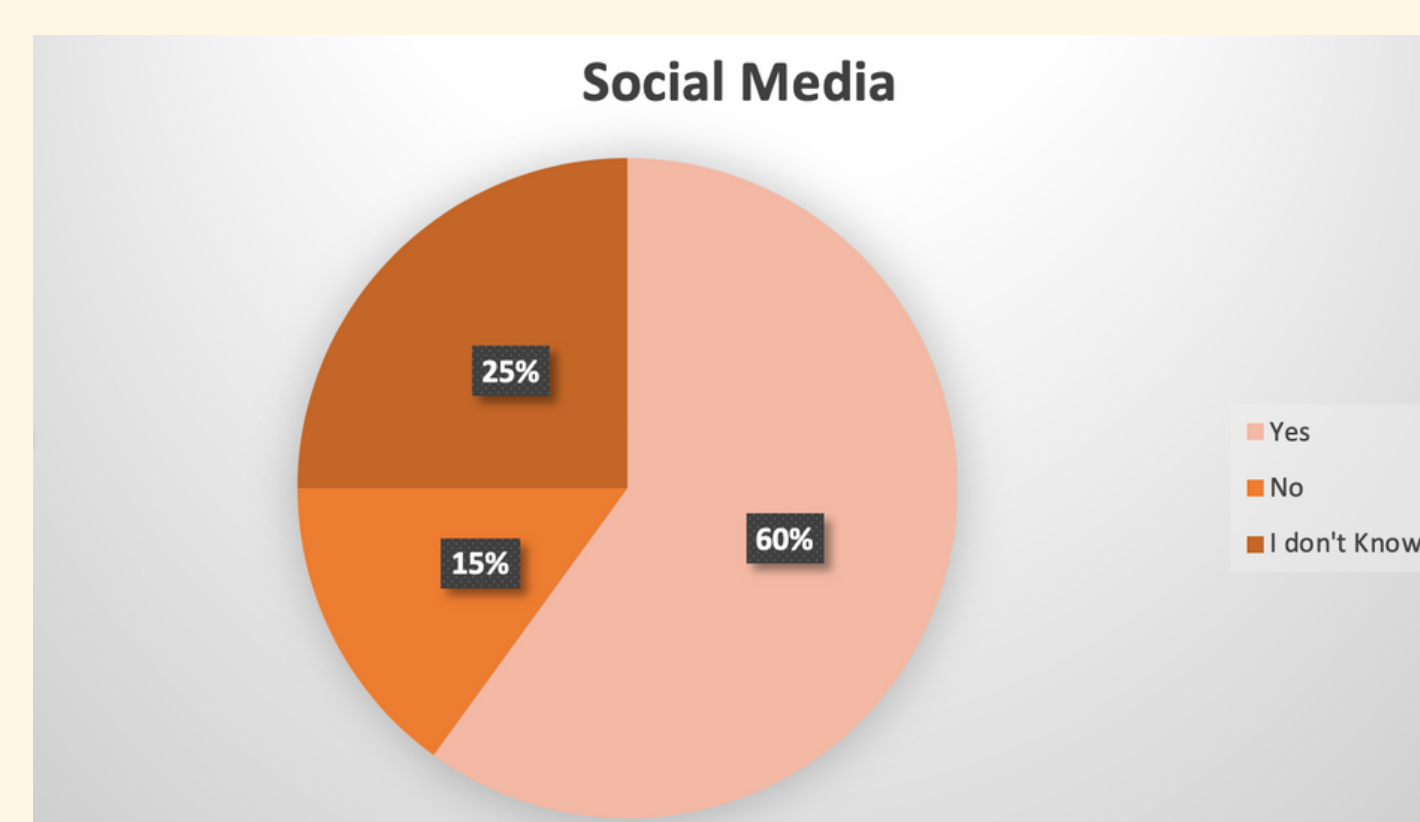
What is the biggest obstacle that prevents you from eating a healthy diet?			
	Income	Misinformation	Other
Total of people	9	7	4



- The majority of people agreed that social media plays an important role informing the community about cardiovascular diseases

- **Do you think that social media help you create awareness about cardiovascular diseases and provide you with information on how to prevent these health issues?**

Do you think that social media help you create awareness about cardiovascular diseases and provide you with information on how to prevent these health issues?			
	Yes	No	I don't know
Total of people	12	3	5



- Among the options that make people follow unhealthy diets are income, misinformation. Factors like culture also plays a role but not as string as social media, and low-income.

- Artist Nikau Hindin
- This outstanding art work explores a theme of junk food and obesity, especially for young people.



CONCLUSION

- The food environment in Latin countries makes people more susceptible to cardiovascular diseases. The income, food policies, diet habits are some of the factors that affect the food environment.
- The use of social media is an effective way to educate the Latino community about major health issues such as cardiovascular diseases and Diabetes. Through platforms such as Facebook, people have access to nutritional information that can help to prevent these health issues and also, have access to excersice routines in order to stay active.

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