

Addressing the Cardiovascular Health Disparities Among Latin American Women

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Cardiovascular disease (CVD) remains the leading cause of mortality among women worldwide, with Latin American women facing disproportionately higher risks and mortality rates. This disparity stems from a combination of socioeconomic and cultural factors, including treatment delays, misperceptions about CVD, low awareness, and unhealthy dietary practices. Women often experience longer wait times for treatment, leading to higher 30-day mortality rates, while only 14.4% recognize CVD as a primary health risk. Additionally, poverty and limited access to education exacerbate these issues, disproportionately affecting low-income women.

This review examines studies from databases like PubMed and Scopus, alongside government and international health reports, to analyze cardiovascular health disparities among Latin American women. Key sources were selected to assess barriers to healthcare, socioeconomic impacts, and the effectiveness of policy interventions. The analysis highlights the limited success of existing interventions, such as conditional cash transfer programs, which, while aiming to improve health outcomes, often reinforce gender roles, feminizing poverty, and burdening Latin women further. Case studies from countries like Mexico and Argentina reveal that policy changes, such as regulating trans fats and reformulating food products, have also yielded mixed results, such as lowering sugar consumption. The findings highlight the need for a comprehensive approach integrating policy reform, targeted healthcare interventions, and education initiatives. By addressing structural barriers and promoting awareness, this research advocates for strategies that effectively reduce CVD mortality among Latin American women and women in general. This includes fostering community-based programs, enhancing healthcare accessibility, and mitigating the socioeconomic determinants of poor cardiovascular health.