

James & Esther King Biomedical Research Program

Palacio, Ana

*Medicine
University of Miami*

*2010 Program
Research Project Grant
(5-year project)*

Project Title: Improving Adherence to Cholesterol Lowering Medications among Minority Populations in Florida: A Randomized Trial

Project Summary: Coronary heart disease is a leading cause of morbidity and mortality in the U.S. There is significant evidence that taking a cholesterol-lowering medication known as a “statin” for more than 1-2 years significantly reduces the risk of serious cardiovascular outcomes, even among people with no known heart disease. Yet adherence to statin therapy is suboptimal, particularly among minority populations. Studies have consistently found that at one year, only half of the subjects that started a statin continue to take it. Many other health disparities in cardiovascular care and outcomes have also been reported. We plan to compare the effectiveness of a phone-based behavior modification program that uses motivational interviewing (MINT) to usual care, using a randomized design. MINT has shown good results at improving health behaviors and smoking quitting rates. We will recruit 1200 subjects from a large health benefits carrier who received a new statin prescription and who are either African American or Hispanic, and will randomize them to either group. We will administer a telephonic survey assessing barriers to adherence, self-reported adherence, and a smoking history questionnaire at baseline and at 24 months to evaluate the impact of the intervention. Also, we will use claims data to objectively determine if the intervention increases by at least 15 percent the proportion of subjects who refill their statin adequately at 2 years.