

# \$21M NIH Grant to Extend Largest Long-Term Study of Latino Health

The grant will extend the national Hispanic Community Health Study/Study of Latinos to 2033.

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The National Institutes of Health (NIH) awarded four \$21 million grants to extend the national [Hispanic Community Health Study/Study of Latinos](#) (HCHS/SOL), which examines health outcomes and disease [risk](#) among Latinos, according to a [University of Miami \(UM\) news release](#).

Launched in 2008, the HCHS/SOL is the largest and most comprehensive long-term study of Latino health and disease in the United States. The study aims to identify the prevalence of [chronic conditions](#), such as [heart disease](#), [stroke](#), [asthma](#), [sleep disorders](#) and more, among Latinos. It also seeks to determine modifiable risk factors and behaviors linked to these long-term conditions.

The study includes approximately 16,000 participants recruited at sites in Miami, Chicago, San Diego and Bronx, New York. Participants include individuals with Mexican, Puerto Rican, Cuban and Central and South American backgrounds.

According to the news release, each site will receive \$21 million in the fourth phase of the grant.

As one of the four selected sites, UM assembled a multidisciplinary research team that has already identified new insights into chronic conditions and has published more than 500 scientific papers.

“This grant award will enable us to expand upon the extensive data and discoveries gathered since the cohort’s inception. Our work continues to uncover novel insights into how biologic, genetic/multi-omic, behavioral, environmental and social factors influence health and disease in diverse Hispanic/Latino groups across the U.S,” said HCHS/SOL project director Christina Cordero, PhD, an assistant professor of psychology at UM.

With the study extended, participants will continue to take part in clinical exams, blood and

imaging tests and nutritional, behavioral and psychosocial assessments. Additionally, researchers will conduct more sophisticated modeling for modifiable risk factors, disease progression and clinical outcomes, including long-term risk.

“The College of Arts and Sciences is thrilled that the [NIH] has renewed funding for this landmark study, which has been housed in the department of psychology for 18 years,” said Leonidas Bachas, PhD, dean of the UM College of Arts and Sciences. “This study is critically important in providing a deeper understanding of chronic diseases in Hispanic and Latino populations.”

The study has already identified risk factors and barriers to care for several chronic diseases across Latino groups. For example, about [71% of Latina women and 80% of Latino men](#) have at least one risk factor for cardiovascular disease, according to the study.

What’s more, researchers found that [up to 14% of U.S. Latinos](#) have obstructive [sleep apnea](#), a sleep disorder linked to an increased risk for heart disease, hypertension, diabetes and depression.

UM expects about 80% of the site’s 4,000 participants to continue their involvement in the fourth phase of the study.

“Our success in achieving the highest retention rates across the four sites is a testament to the exceptional dedication of our research staff and the trust of our participants. Together, we strive to make a lasting and meaningful impact on the health of Hispanic/Latino communities,” Cordero said.

To read more, click [#Chronic Illness](#). There, you’ll find headlines such as “[Yale Clinic Provides Health Care for Those Newly Released From Prison](#),” “[Many Latinos Skip Wellness Checkups](#)” and “[\\$4.7M Grant to Combat Smoking and HIV in Black Adults](#).”