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LATINX LONG COVID SYMPOSIUM: Study Findings and Pathways to Health

AGENDA

- > **Introductions**
- > **Background**
- > **Survey Methods**
- > **Survey Results**
- > **Q&A**
- > **Panel**



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PRESENTERS

- > **Jazmine Castillo (Allen Institute)**
- > **Samir Racid Zaim (Allen Institute)**
- > **Leo Morales (Latino Center for Health, UW)**



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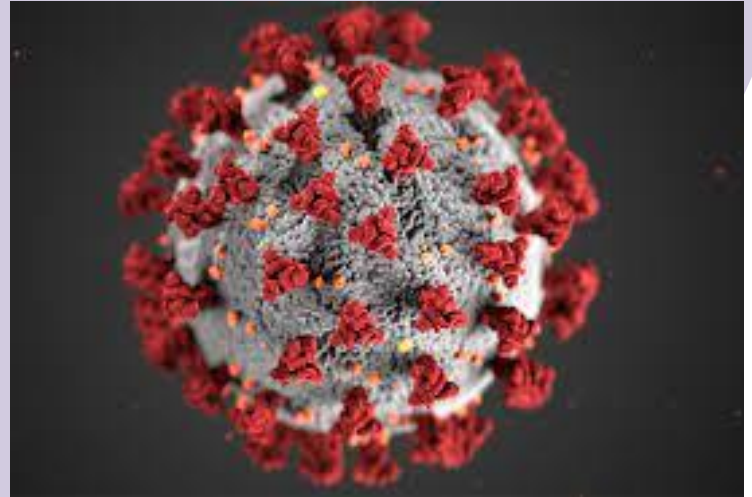
STUDY COLLABORATORS

- > Latino Center for Health, UW
- > SeaMar Community Health Centers
- > Yakima Valley Farm Workers Clinic
- > Allen Institute for Immunology
- > UW Medicine Long COVID Clinic



STUDY MOTIVATION

- > **Latinos in WA have experienced high rates of infection, hospitalization, and mortality due to COVID-19.**
- > **Latinos have high rates of chronic conditions including HTN, DM and CVD, predisposing them to Long COVID.**
- > **Data on Long COVID among Latinos is limited, despite elevated risk factors.**



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WHAT IS LONG COVID?

Persisting symptoms 3 months after initial COVID infection that aren't explained by other medical conditions.

- Symptoms can be **new** after recovering from acute COVID or **persist** from the initial illness.
- Symptoms may fluctuate or relapse over time.
- *Lack of laboratory or imaging abnormalities does NOT invalidate the existence, severity, or importance of a patient's symptoms or conditions.*

Symptoms



World Health Organization (WHO) and CDC definition



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Who is at higher risk for Long COVID?

- Women
- Black, Hispanic, AIAN, and Pacific Islanders
- Socioeconomic disadvantage
- Tobacco use
- Obesity
- Comorbidities: diabetes, chronic lung disease, prostate disease, fibromyalgia, anxiety, depression, migraine, multiple sclerosis, celiac disease and learning disabilities

Subramanian, A., Nirantharakumar, K., Hughes, S. et al. Symptoms and risk factors for long COVID in non-hospitalized adults. *Nat Med* 28, 1706–1714 (2022)



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scientific reports

OPEN More than 50 long-term effects of COVID-19: a systematic review and meta-analysis



More Than 100 Persistent Symptoms of SARS-CoV-2 (Long COVID): A Scoping Review

Lawrence D. Hayes^{1*}, Joanne Ingram² and Nicholas F. Sculthorpe¹

eClinicalMedicine

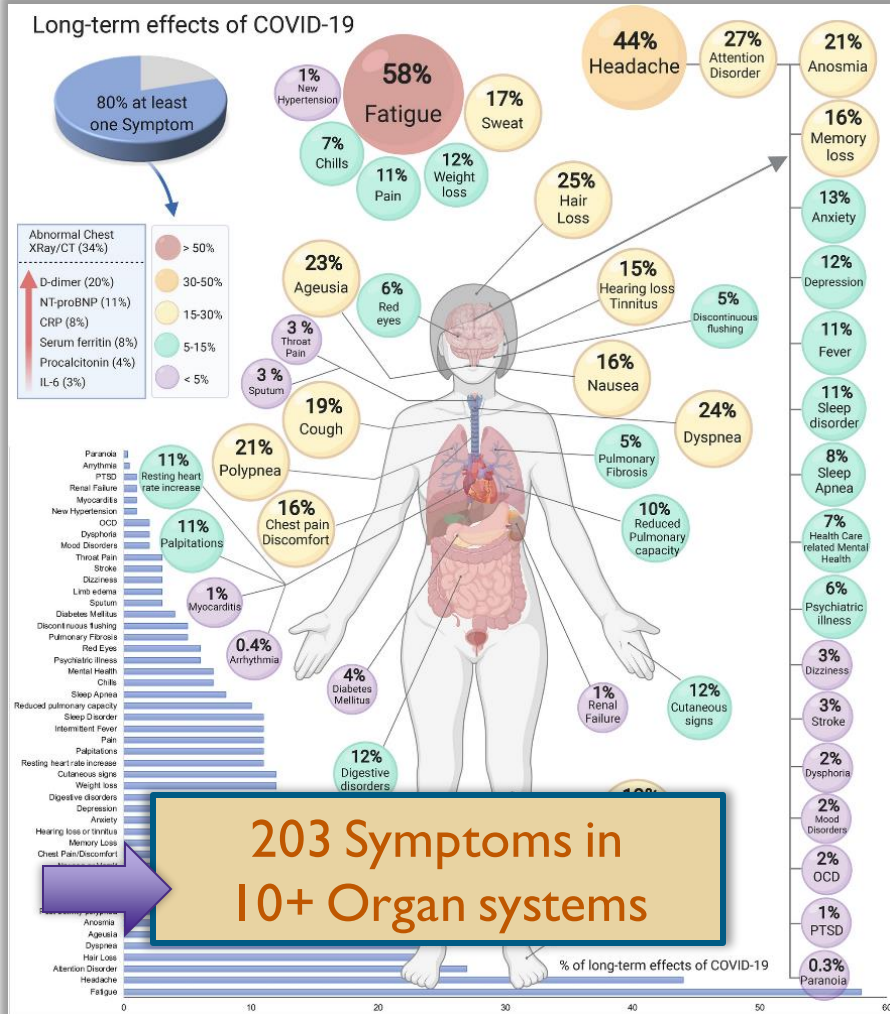
Part of THE LANCET Discovery Science

Research paper

Characterizing long COVID in an international cohort: 7 months of symptoms and their impact

Hannah E. Davis^{a,1}, Gina S. Assaf^{a,1}, Lisa McCorkell^{a,1}, Hannah Wei^{a,1}, Ryan J. Low^{a,b,1}, Yochai Re'em^{a,c,1}, Signe Redfield^a, Jared P. Austin^{a,d}, Athena Akrami^{a,b,1,*}

Long-term effects of COVID-19



How common is Long COVID?

SOLVE Long COVID Initiative

Reported Case Model

Adults in US

with **LC**
(Long Covid)

Total Number

22 million

6.9%

of Adult population

with **DLC**
(Disabling Long Covid)

Total Number

7 million

2.3%

of Adult population

Financial Burden

to Jan 31, 2022

\$386 billion

Calculation of the average losses for an adult with LC applied to prevalence, includes lost wages, lost savings, and medical expenses

Seroprevalence Model

Adults in US

with **LC**
(Long Covid)

Total Number

43 million

13.4%

of Adult population

with **DLC**
(Disabling Long Covid)

Total Number

14 million

4.4%

of Adult population

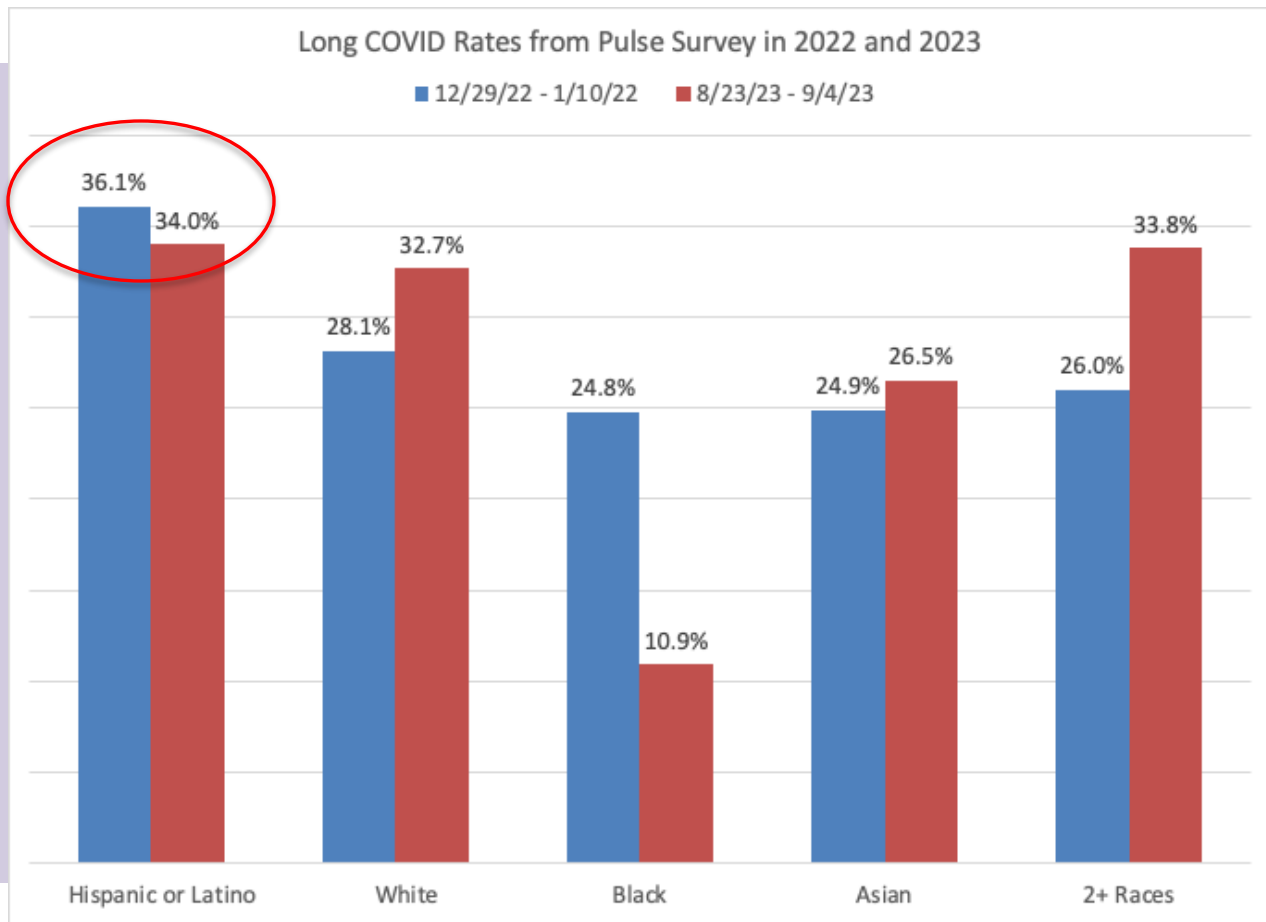
Financial Burden

to Jan 31, 2022

\$511 billion

Calculation of the average losses for an adult with LC applied to prevalence, includes lost wages, lost savings, and medical expenses

Long COVID rates remain high among Latinos in WA state.



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METHODS



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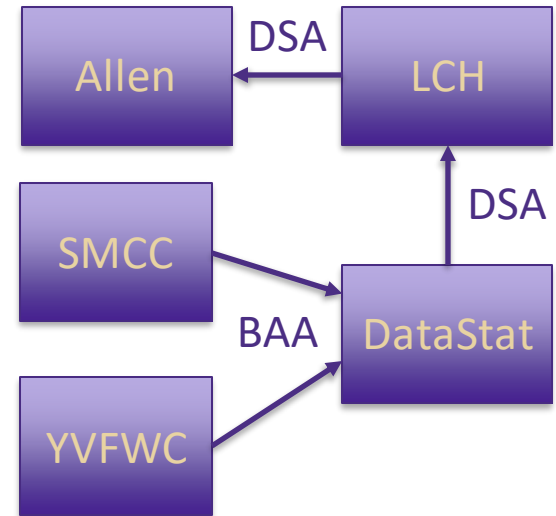


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SURVEY METHODS

- > UW IRB Approval: STUDY00016577
- > Eligibility
- > Survey development
- > Sample frame selection
- > Survey administration



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ELIGIBILITY

- > **SeaMar and YVFWC patients**
- > **18+ years of age**
- > **COVID DX: 1/1/2020 to 12/31/2022**
- > **Latino/Hispanic ethnicity**
- > **Clinic visit in last 6 months**
- > **English or Spanish language preference**



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SURVEY DEVELOPMENT

- > **Survey domains:**
 - **Demographics and socioeconomic status**
 - **Medical co-morbidities**
 - **Vaccination history**
 - **Symptoms**
 - **HRQoL (cognition, sleep, pain, fatigue, mental health)**
- > **English and Spanish translation**



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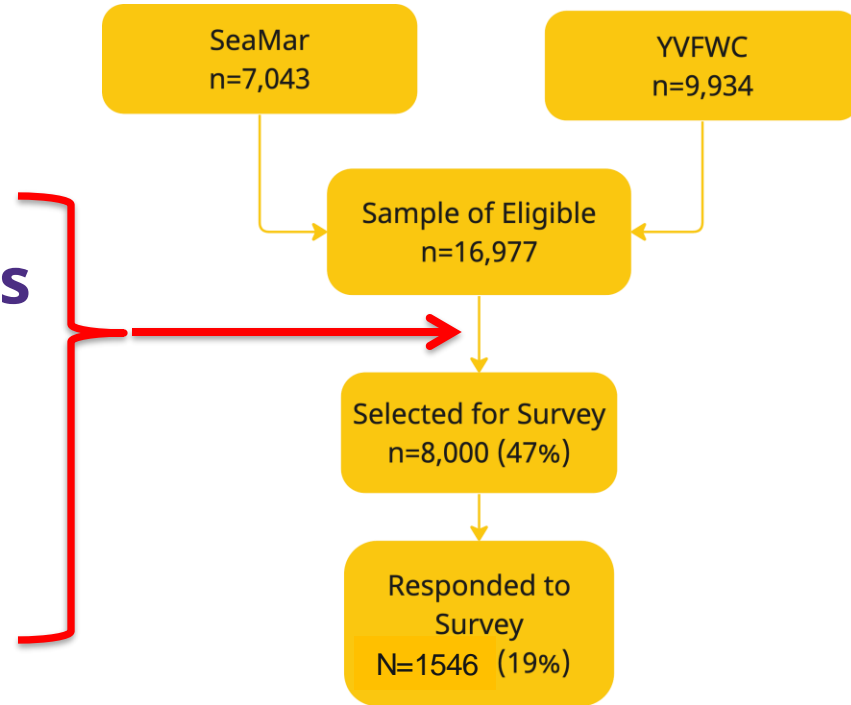


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SAMPLE FRAME

- > Oversampled older patients
- > Oversampled males
- > Oversampled delta variant
- > Geographic balance



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SURVEY ADMINISTRATION



- > Mail with online option
- > Spanish and English
- > Cover letter + survey → postcard survey
postcard survey
- > \$20 incentive to complete the survey



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RESULTS



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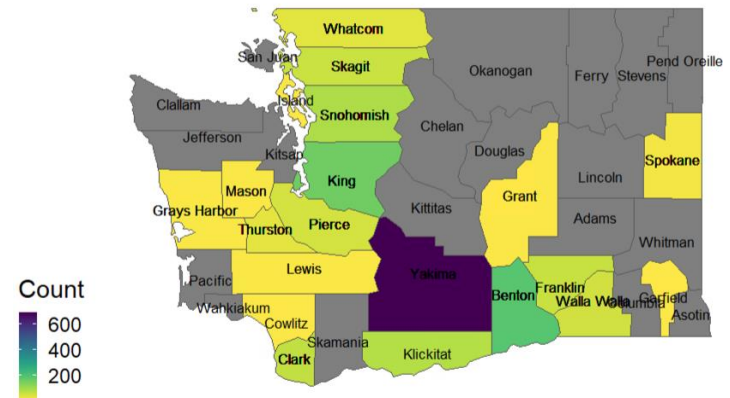
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SAMPLE CHARACTERISTICS (n=1546)

Demographics	All
Count, N	1546
Age, Mean (SD)	46.9 (15.8)
Female, N (%)	695 (45%)
Mexican, N (%)	1278 (82.7%)
< \$50k Annual Income, N (%)	929 (60.1%)
Education (High School or less), N (%)	988 (63.9%)
Completed Survey in English, N (%)	585 (37.8%)
Agreed to Contact, N (%)	1024 (66.2%)

Geographic Coverage of Respondents



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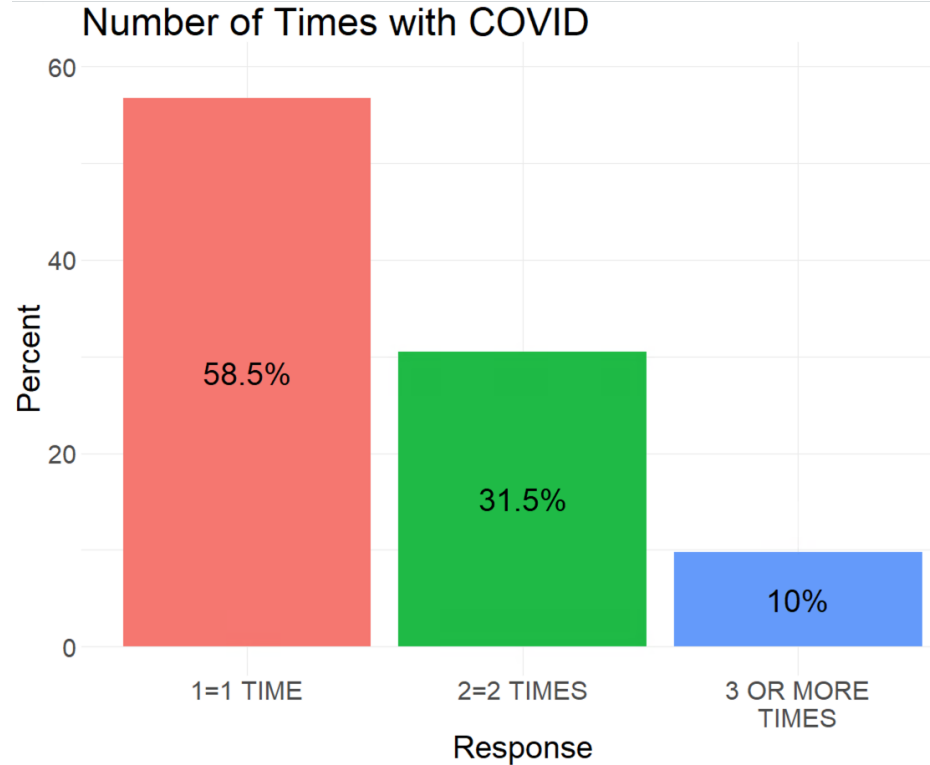


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NUMBER OF COVID INFECTIONS

- 57% reported 1 infection
- 40% reported 2 or more infections



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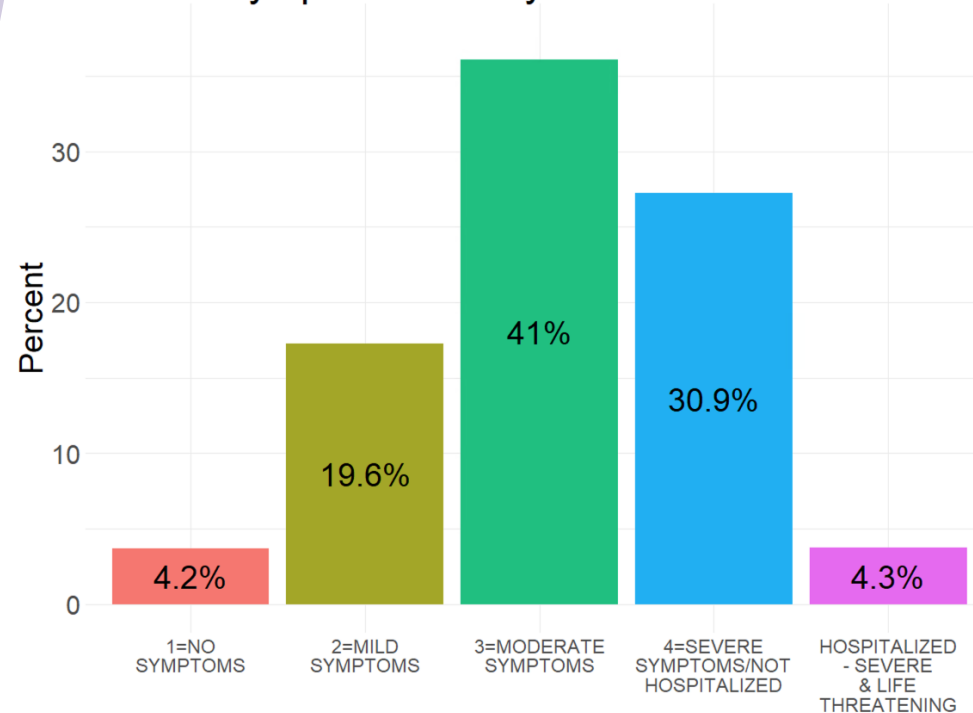
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SYMPTOM SEVERITY DURING COVID ILLNESS

- 20% mild to no symptoms
- 31% severe to life-threatening symptoms

COVID Symptom Severity



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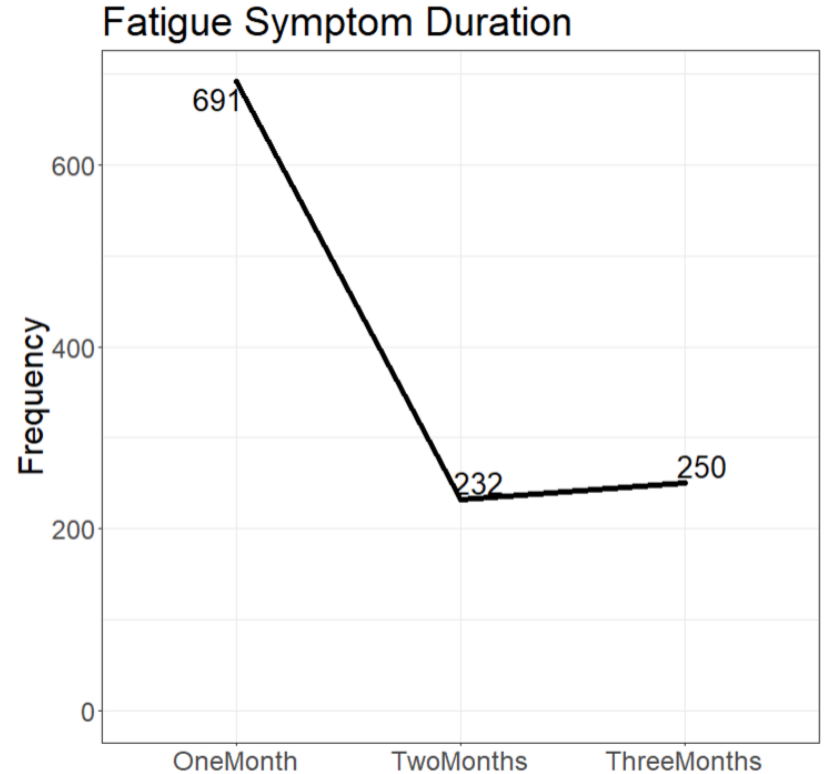
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SYMPTOM PREVALENCE & DURATION

Example: Fatigue

Did you have this symptom or did this symptom get worse following a COVID-19 infection? (check if yes)	How long did this symptom last?	Do you still have this symptom? (check if yes)
<input type="radio"/>	<input type="radio"/> Less than 1 month <input type="radio"/> 1-2 months <input type="radio"/> 3 months or more	<input type="radio"/>



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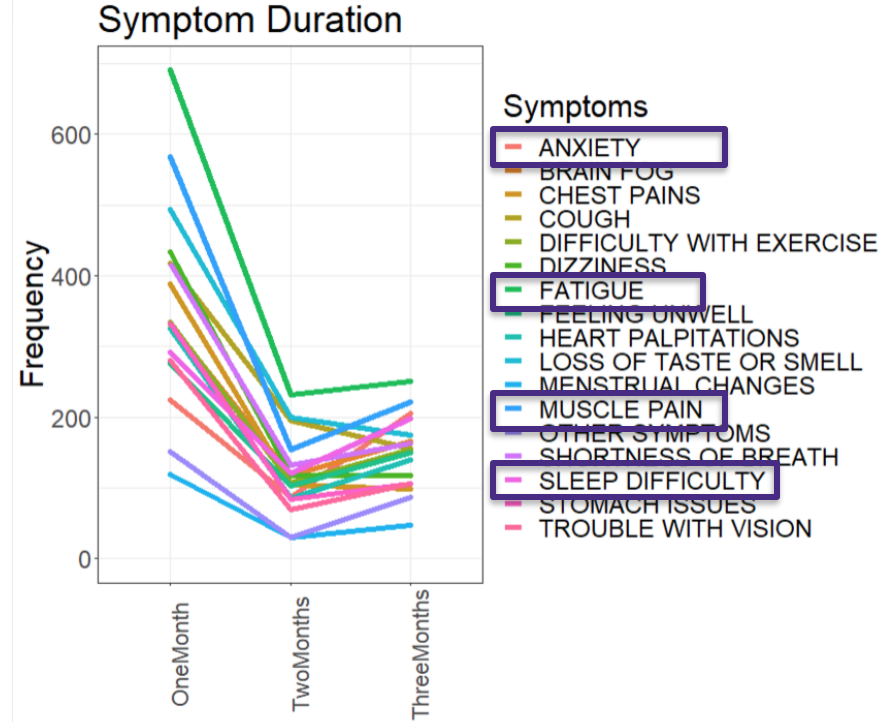


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SYMPTOM PREVALENCE & DURATION

- **Top 4:**
 - **Fatigue**
 - **Muscle pain**
 - **Anxiety**
 - **Sleep difficulty**



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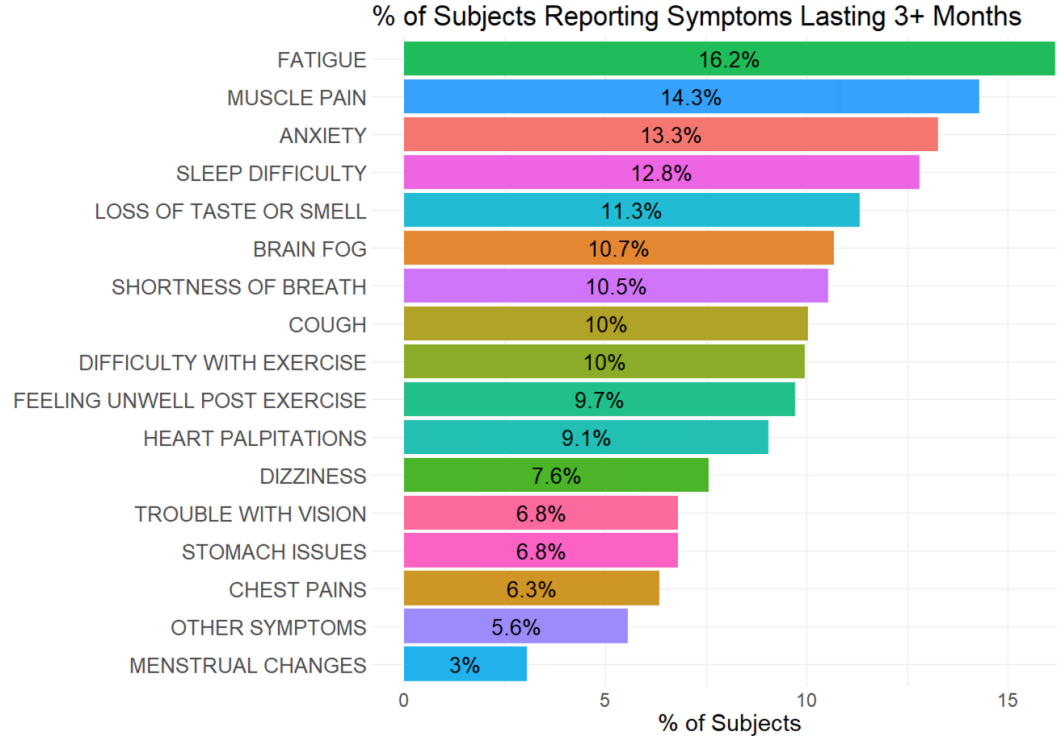


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LONG COVID SYMPTOM PREVALENCE – 3 MONTHS

- Fatigue, pain and anxiety were among the most common symptoms



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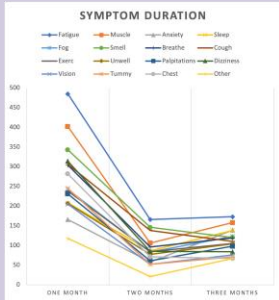
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41% of respondents met the definition of Long COVID



Variable	EverHad	OneMonth	TwoMonths	ThreeMonths	CurrentSymptoms
1 or more symptoms	90.4%	90.36%	56.27%	40.62%	38.1%
2 or more symptoms	82.8%	80.08%	42.82%	28.98%	27.3%
3 or more symptoms	73.5%	68.37%	32.21%	21.28%	21.2%



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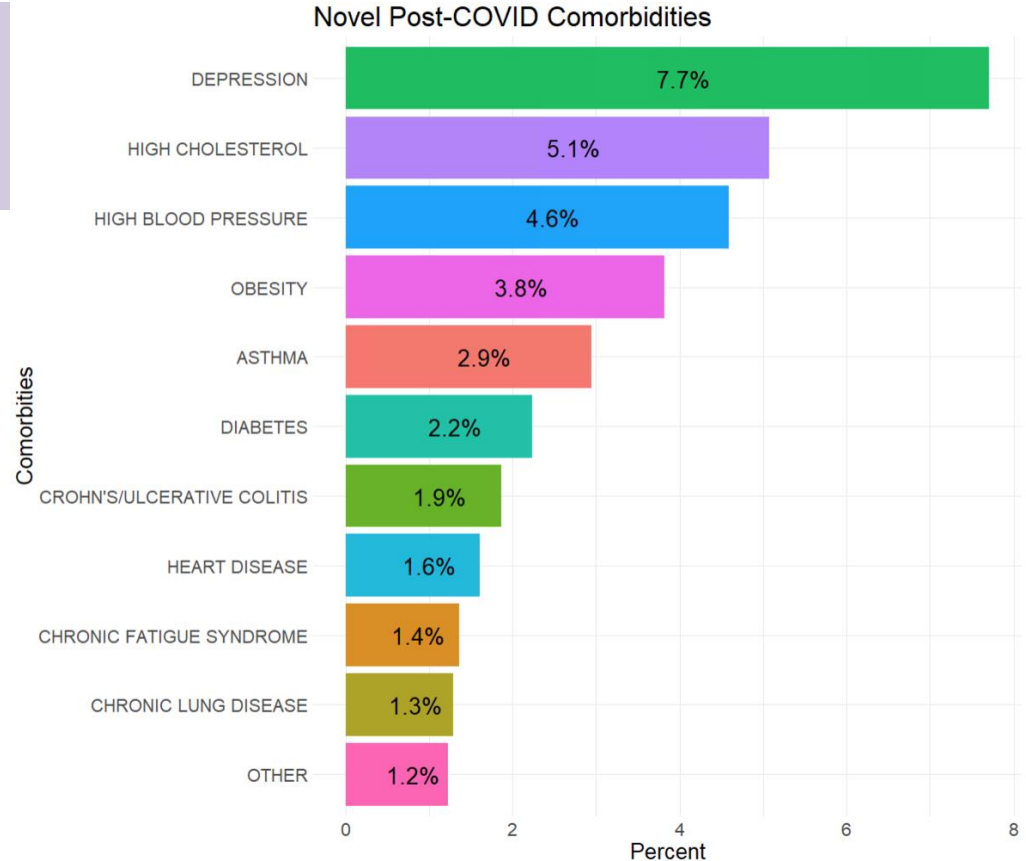
COMORBIDITIES

Legend:

- > Pre Covid = existing pre disease
- > Post COVID = new, not pre-existing comorbidity

Results:

- > Most Common New Comorbidities
 - Depression (SAD)
 - High Cholesterol (HIC)
 - Obesity
 - High blood pressure
 - Asthma



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RESULTS BY LONG COVID STATUS: LONG COVID VS. RECOVERED



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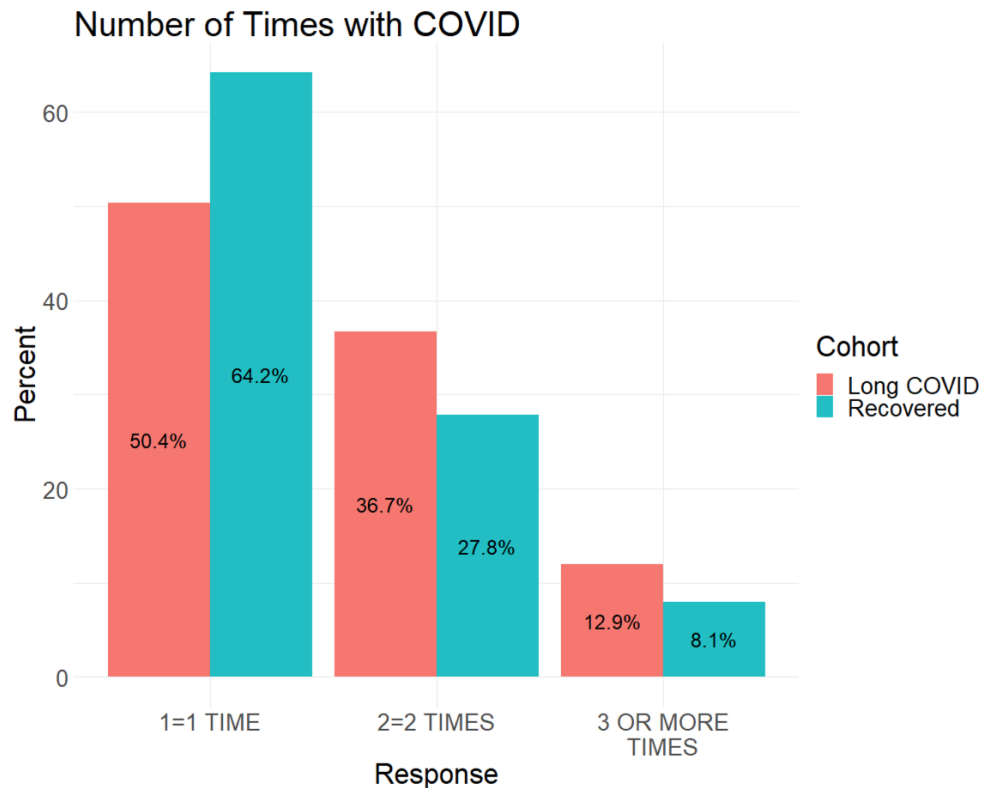
DEMOGRAPHIC BREAKDOWN

Demographics	Recovered	Long Covid	P-Value
Count, N	918	628	
Age, Mean (SD)	47.3 (16.6)	46.3 (14.5)	0.27 [*]
Female, N (%)	355 (38.7%)	340 (54.1%)	<0.001[#]
Mexican, N (%)	739 (80.5%)	539 (85.8%)	0.008[#]
< \$50k Annual Income, N (%)	527 (57.4%)	402 (64%)	0.01[#]
Education (High School or less), N (%)	587 (63.9%)	401 (63.9%)	1 [#]
Completed Survey in English, N (%)	354 (38.6%)	231 (36.8%)	0.488 [#]
Agreed to Contact, N (%)	569 (62%)	455 (72.5%)	<0.001[#]

* = Wilcoxon Rank-Sum Test, # = Fishers Exact Test

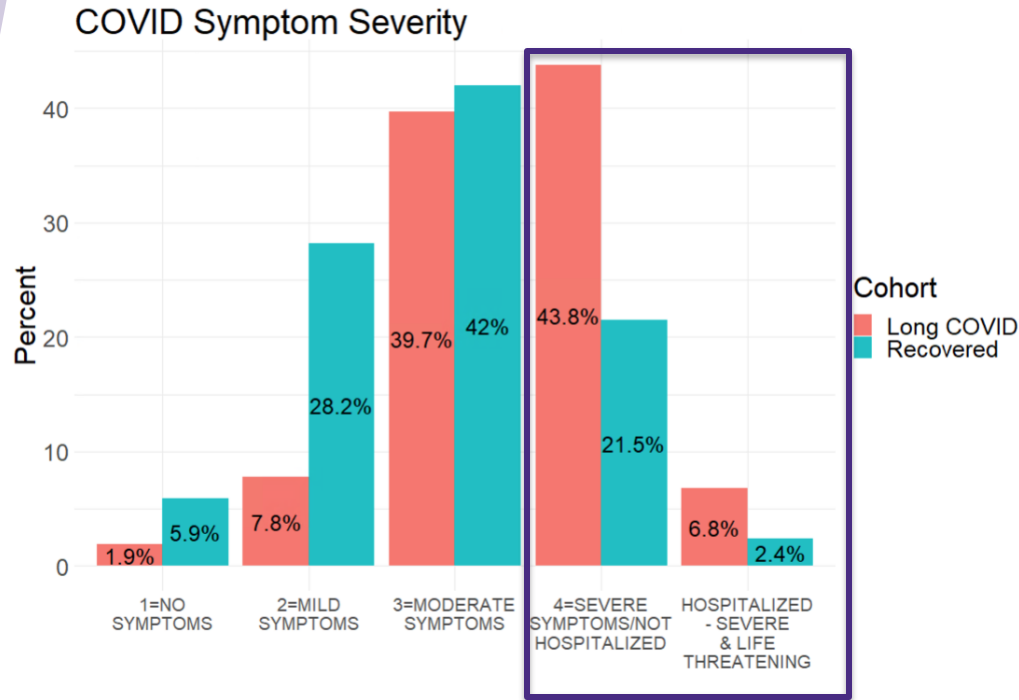
COVID CASES BY RECOVERY STATUS

- Having COVID two or more times more likely to have Long COVID symptoms



COVID SEVERITY BY RECOVERY STATUS

- Those with Long COVID symptoms more likely to have had severe and life-threatening COVID symptoms



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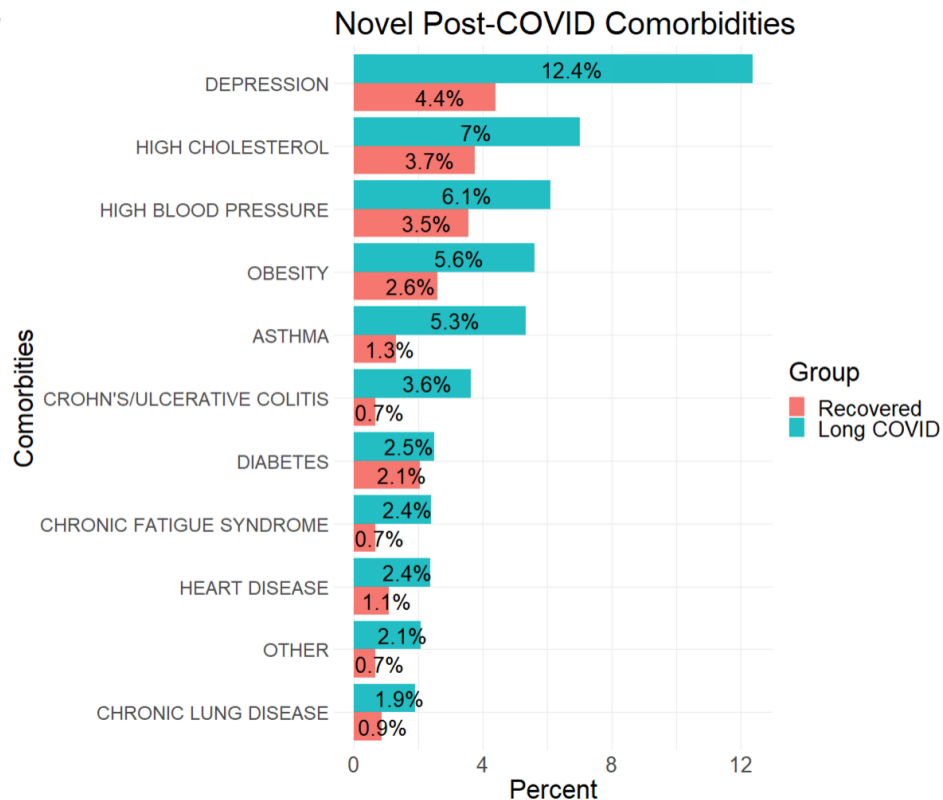
COMORBIDITIES

Legend:

- > Pre Covid = existing pre disease
- > Post COVID = new, not pre-existing comorbidity

Results:

- > Biggest Differences
 - Depression (SAD)
 - High Cholesterol (HIC)
 - Obesity
 - High blood pressure
 - Asthma



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WELL BEING MEASURES



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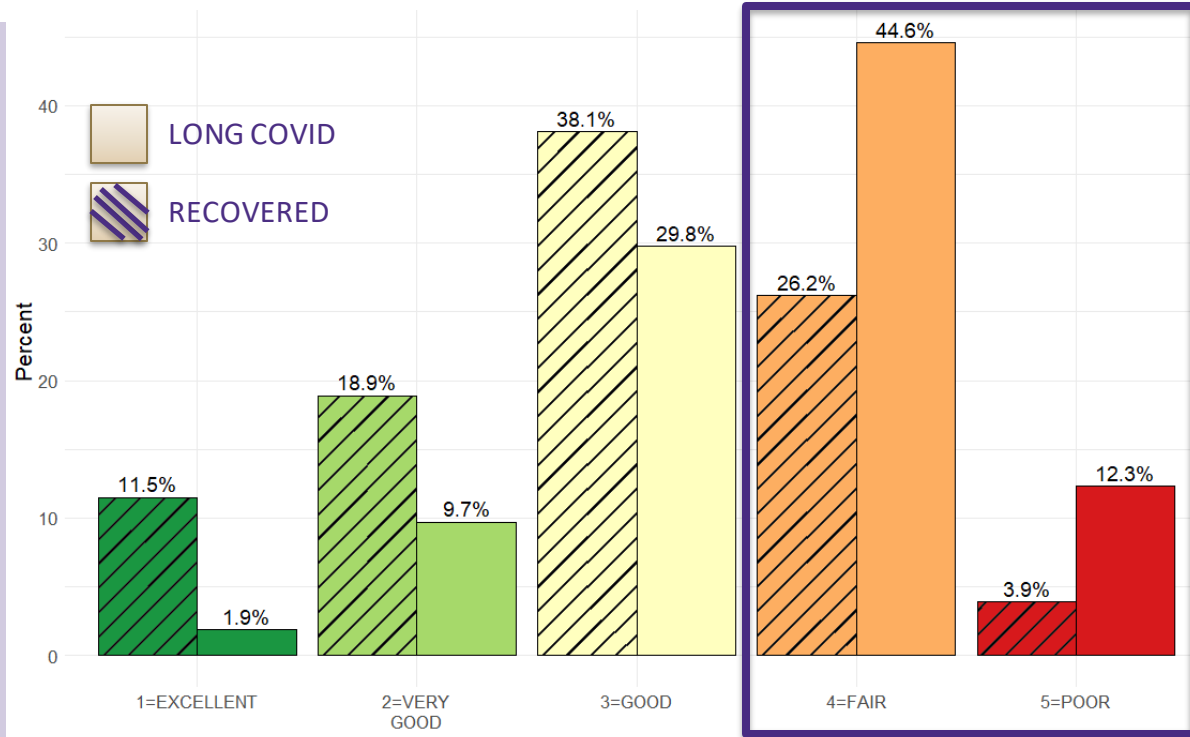
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Quality of Life Since First COVID Infection



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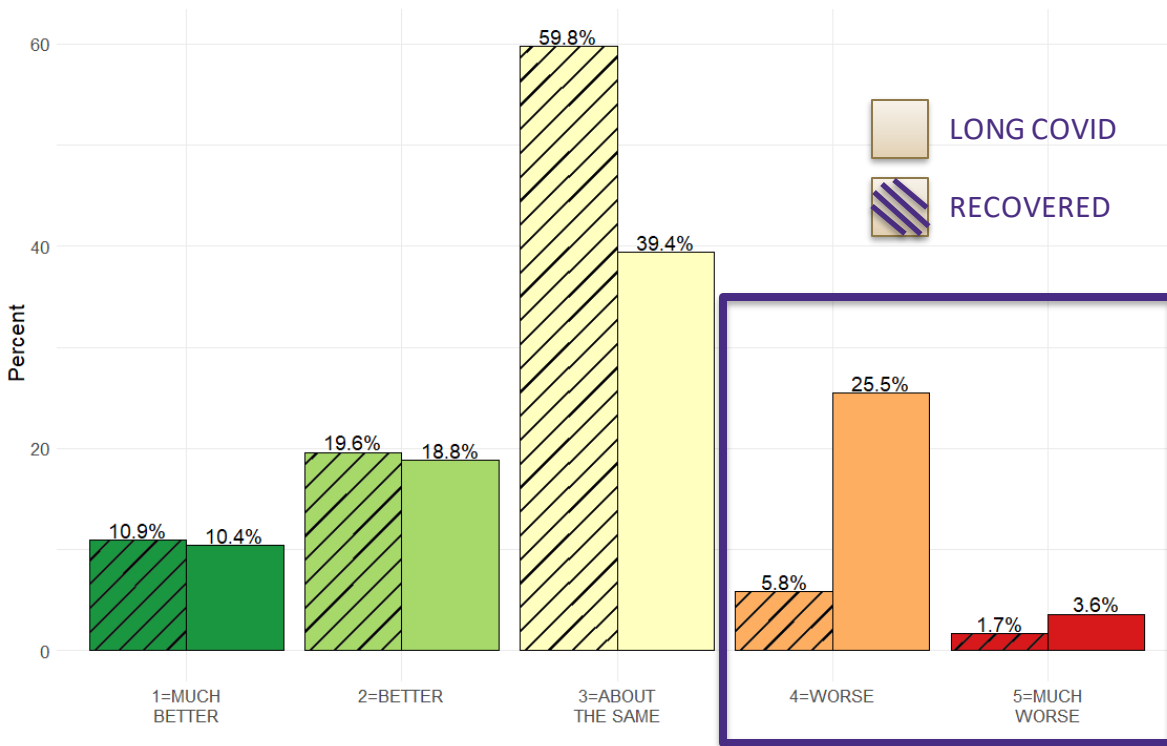
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Change in Overall Health Since First Infection



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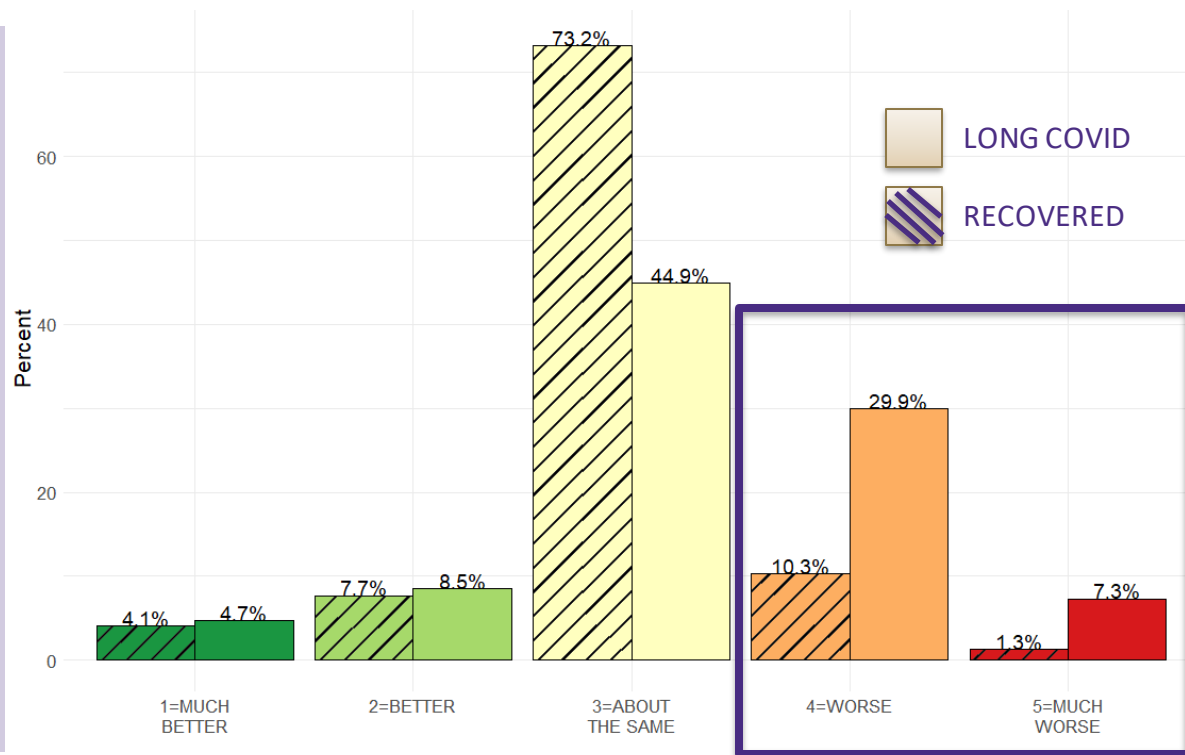
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Change in Cognitive Function



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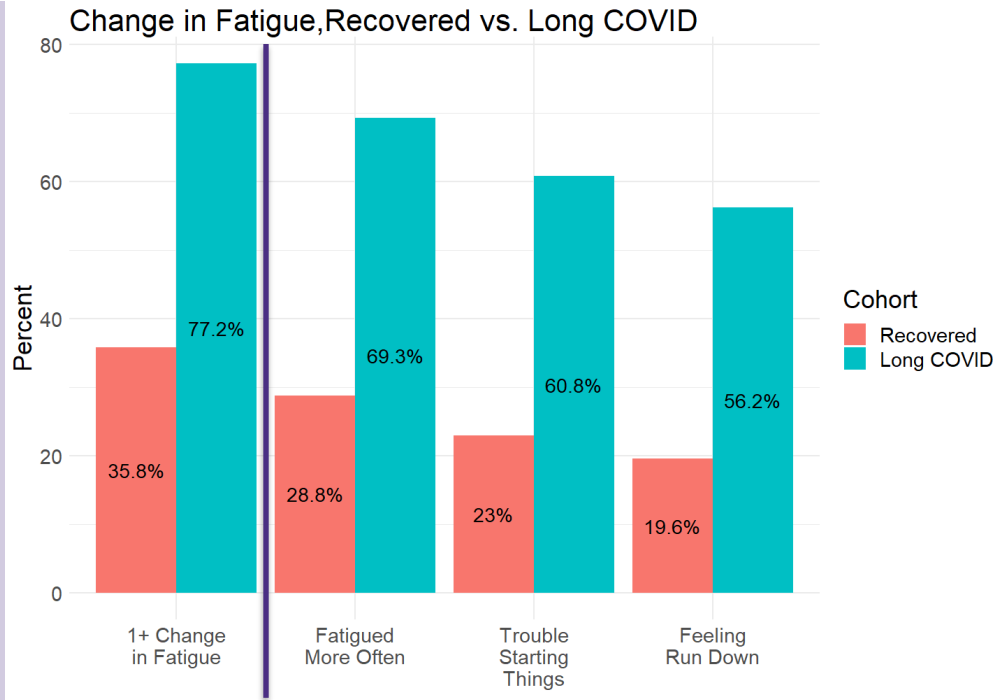
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New Onset Fatigue Since First COVID Infection



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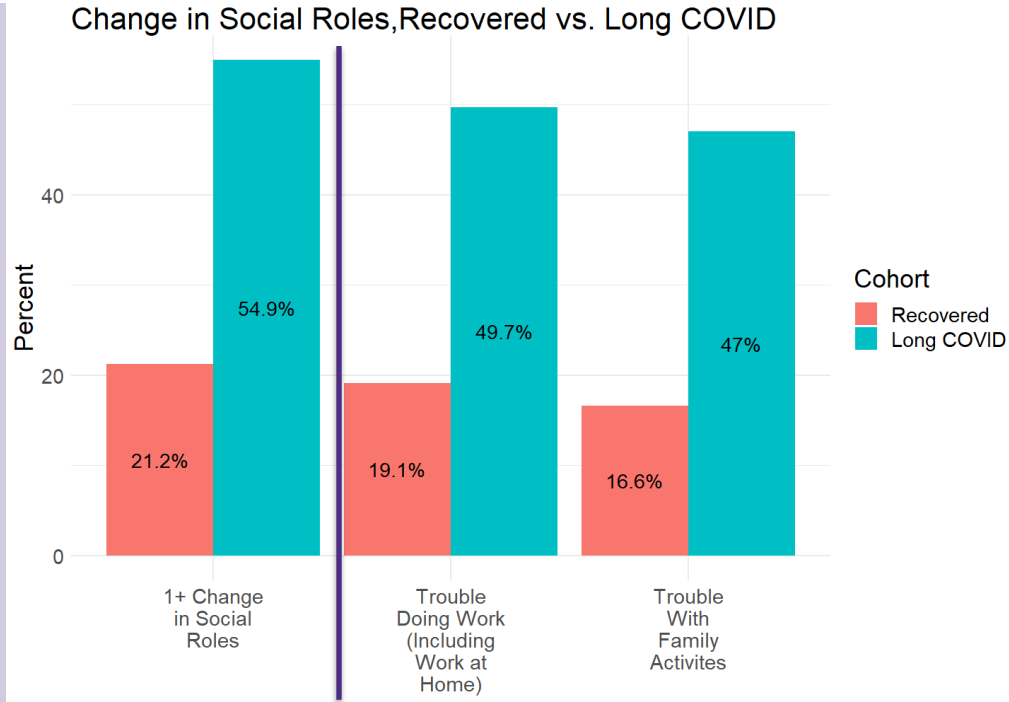
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Changes in Social Role Since First COVID Infection



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Changes in Cognitive Function

12. Since you had COVID-19 for the first time:

12a. Do you have more trouble adding and subtracting numbers in your head?

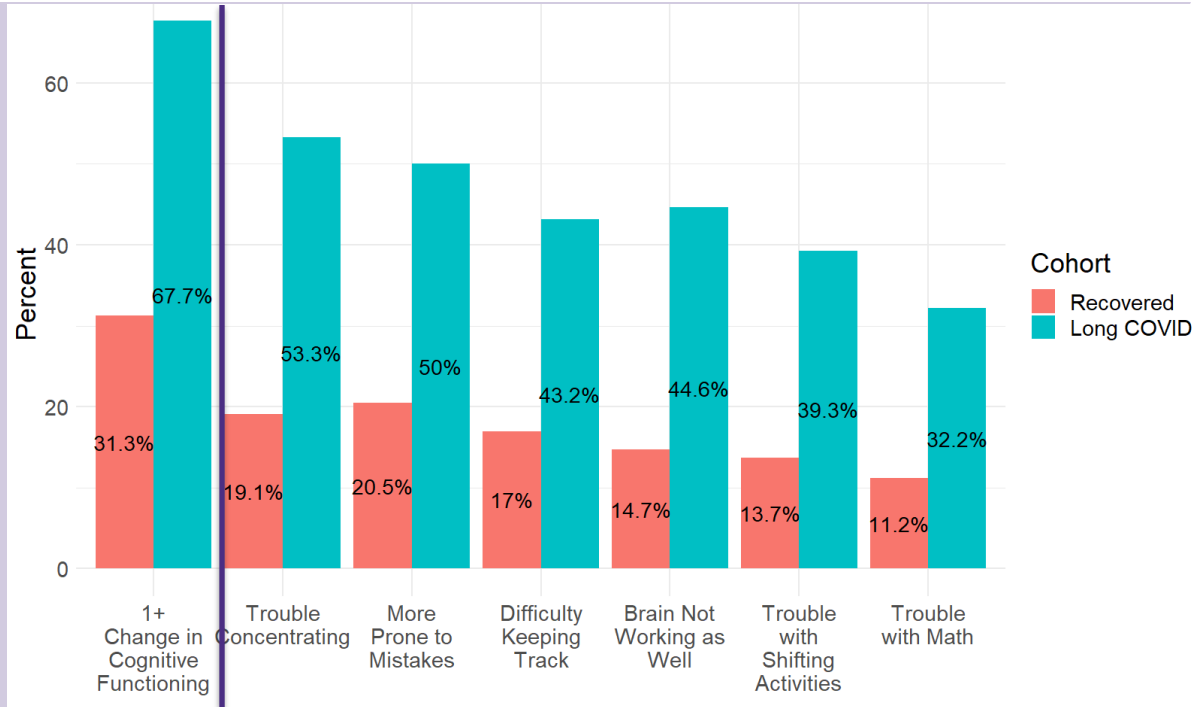
12b. Do you have more trouble shifting between activities that require thinking?

12c. Do you have to work harder to keep track of what you are doing?

12d. Does it seem like your brain is not working as well as before having COVID-19?

12e. Do you have more trouble concentrating on things now than before having COVID-19?

12f. Compared to before having COVID-19, do you have to work harder to pay attention to avoid making mistakes?



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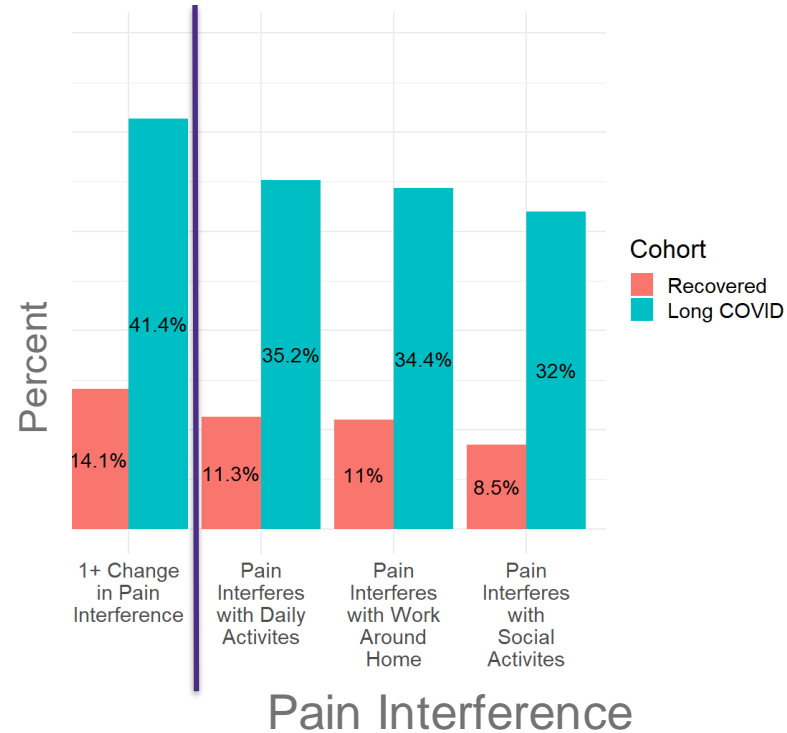
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Changes in Pain and Pain Interference Since First COVID Infection



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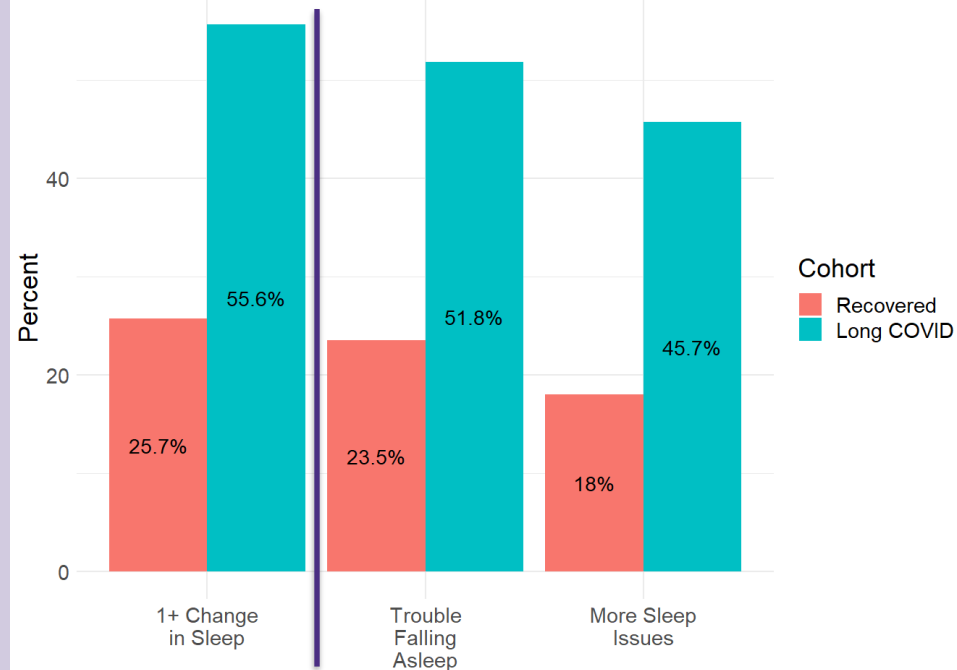
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Changes in Sleep Since First COVID Infection

- 26.1% reported having WORSE or MUCH WORSE sleep

Change in Sleep, Recovered vs. Long COVID



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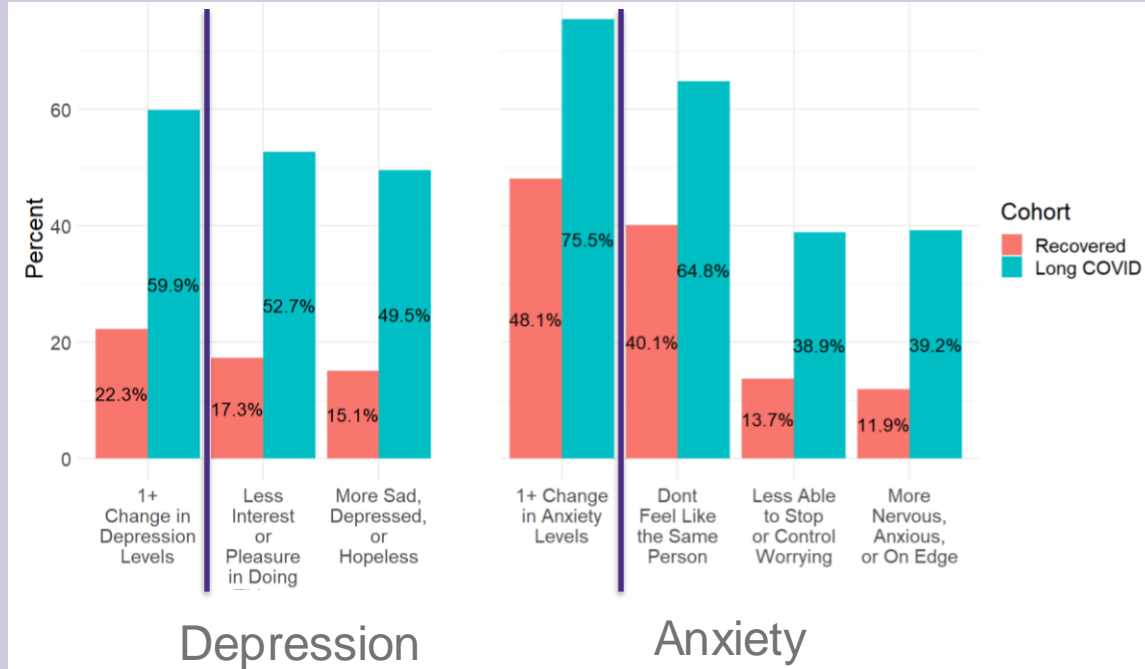
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CHANGES IN MENTAL HEALTH



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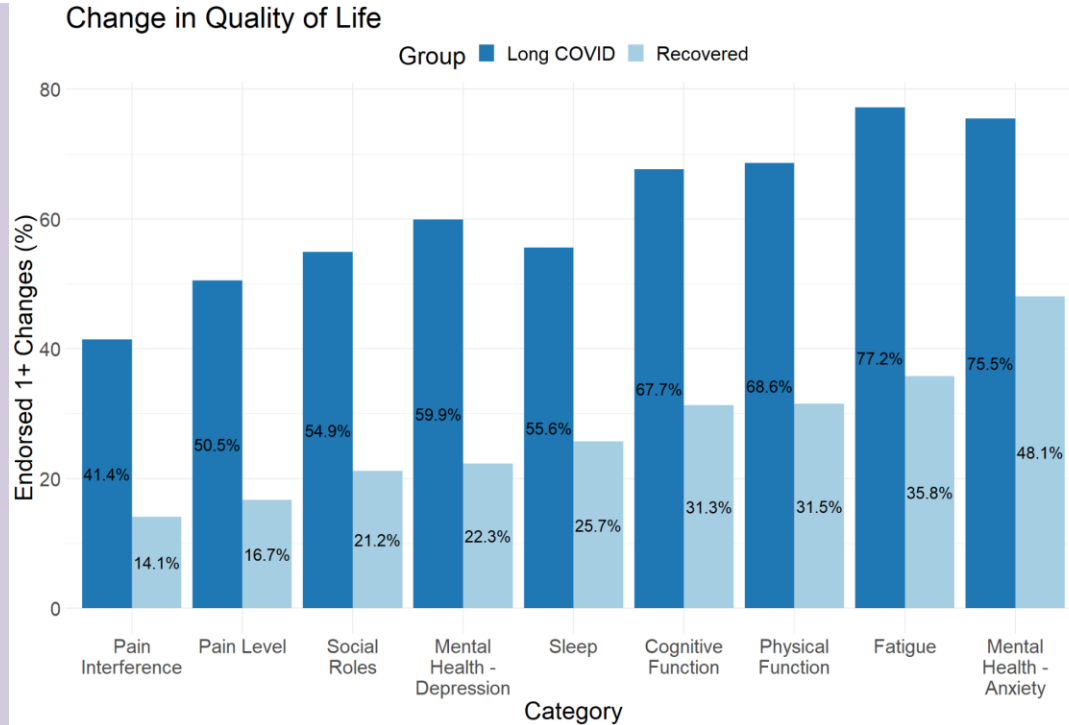
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CHANGES IN OVERALL HRQoL



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LONG COVID OUTCOMES BY SOCIO-DEMOGRAPHIC GROUPS



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SYMPTOM PREVALENCE & DURATION BY GENDER

- Women experienced more severe symptoms and higher rates of current symptoms

Demographics	Female	Male
Count, N	695	761
Age, Mean (SD)	45.6 (15.2)	48 (15.8)
Avg. # COVID Infections, Mean (SD)	1.7 (1.1)	1.6 (1.3)
Severe to Life Threatening Symptoms, N (%)	236 (34%)	222 (29.2%)
Exp Fatigue 3+ Months, N (%)	144 (20.7%)	101 (13.3%)
Long COVID, N (%)	340 (48.9%)	264 (34.7%)
Currently Exp Symptoms, N (%)	317 (45.6%)	247 (32.5%)



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LONG COVID SYMPTOMS BY GENDER

5 Most Common Symptoms

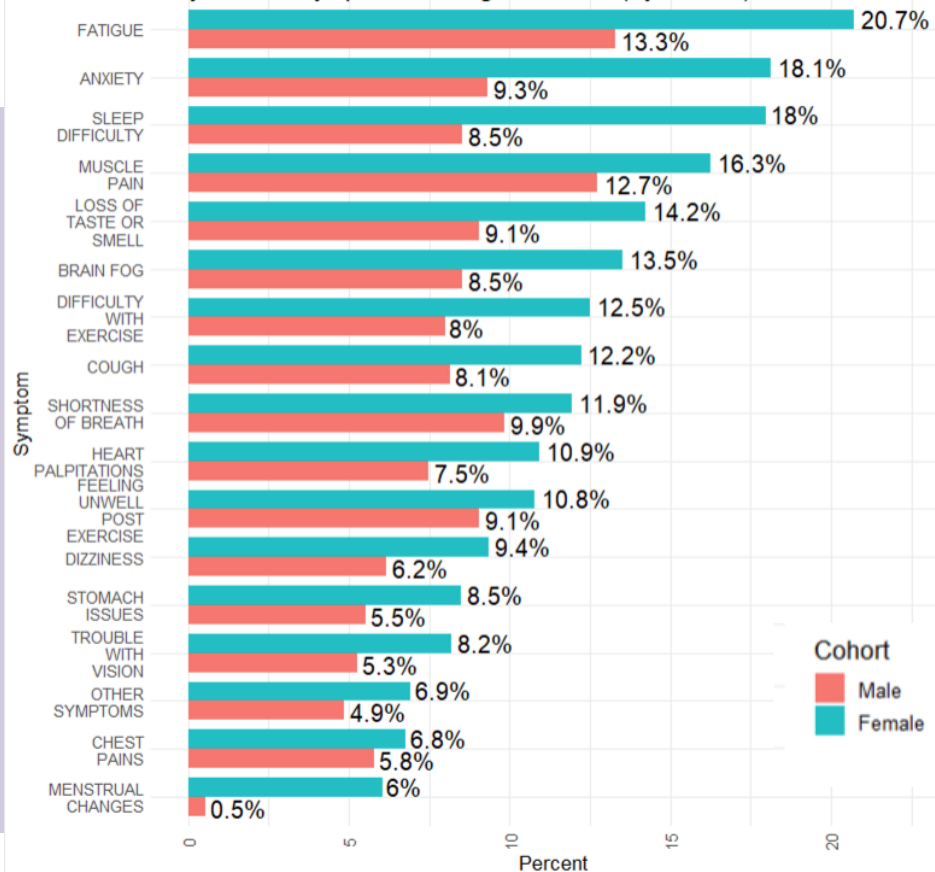
Women

- Fatigue
- Anxiety
- Sleep Difficulty
- Muscle Pain
- Loss of taste or smell

Men

- Fatigue
- Muscle Pain
- Shortness of Breath
- Anxiety
- Feeling Unwell after Exercise

Subjects with Symptoms Lasting 3+ Months (By Gender)



SYMPTOM PREVALENCE & DURATION BY AGE

- Long COVID Estimates similar between <40 and 40-65
- 40-65 and 65+ most likely to currently have symptoms

Demographics	(0,40]	(40,64]	(64,100]
Count, N	528	723	205
Age, Mean (SD)	30.5 (6.4)	51.6 (6.6)	72.3 (6.7)
Avg. # COVID Infections, Mean (SD)	1.6 (1)	1.7 (1.2)	1.7 (1.6)
Severe to Life Threatening Symptoms, N (%)	183 (34.7%)	225 (31.1%)	50 (24.4%)
Exp Fatigue 3+ Months, N (%)	73 (13.8%)	149 (20.6%)	23 (11.2%)
Long COVID, N (%)	221 (41.9%)	319 (44.1%)	64 (31.2%)
Currently Exp Symptoms, N (%)	172 (32.6%)	302 (41.8%)	90 (43.9%)



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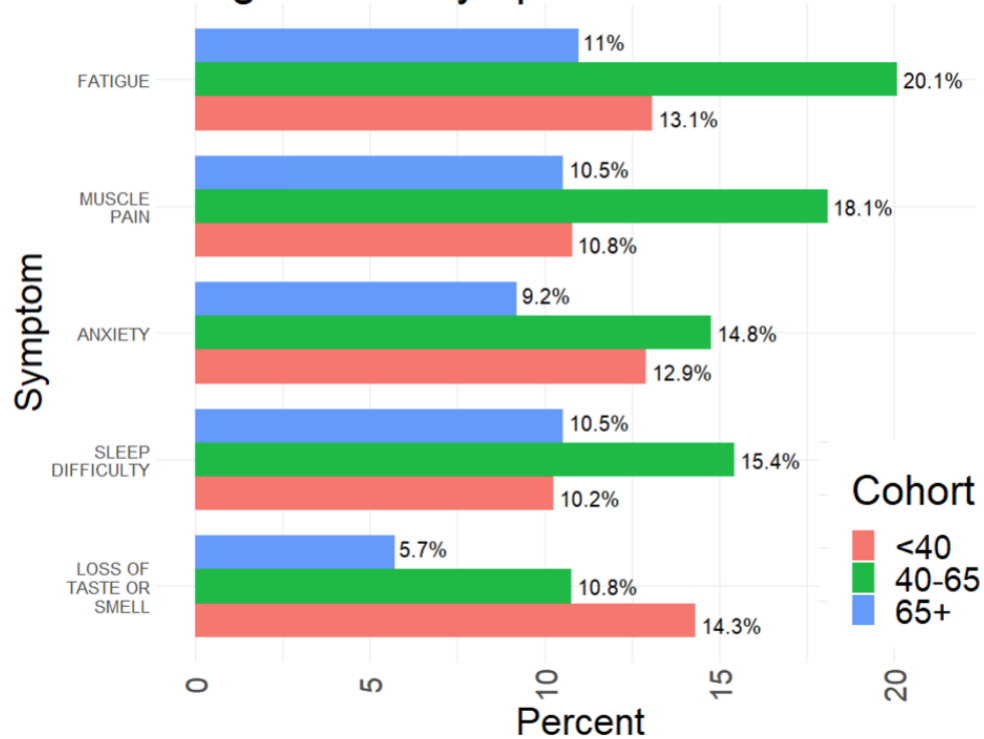
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LONG COVID SYMPTOMS

40-65 reporting more of almost every symptom. Biggest differences are seen in:

- Fatigue
- Loss of Smell
- Muscle Pain

Long COVID Symptoms



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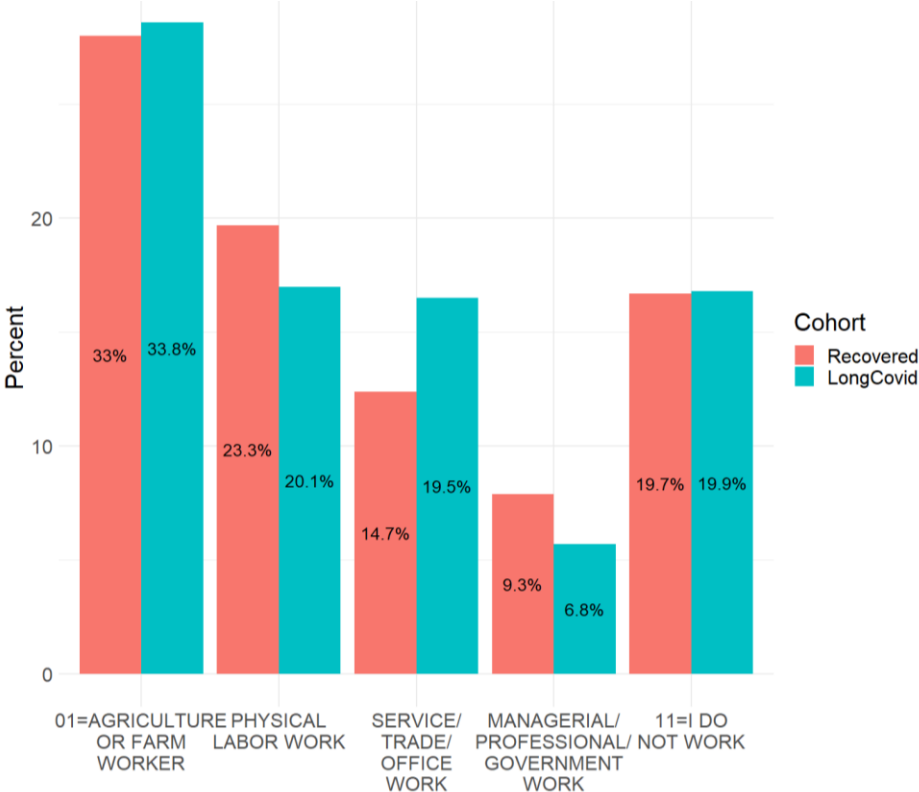


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Long COVID by Occupation

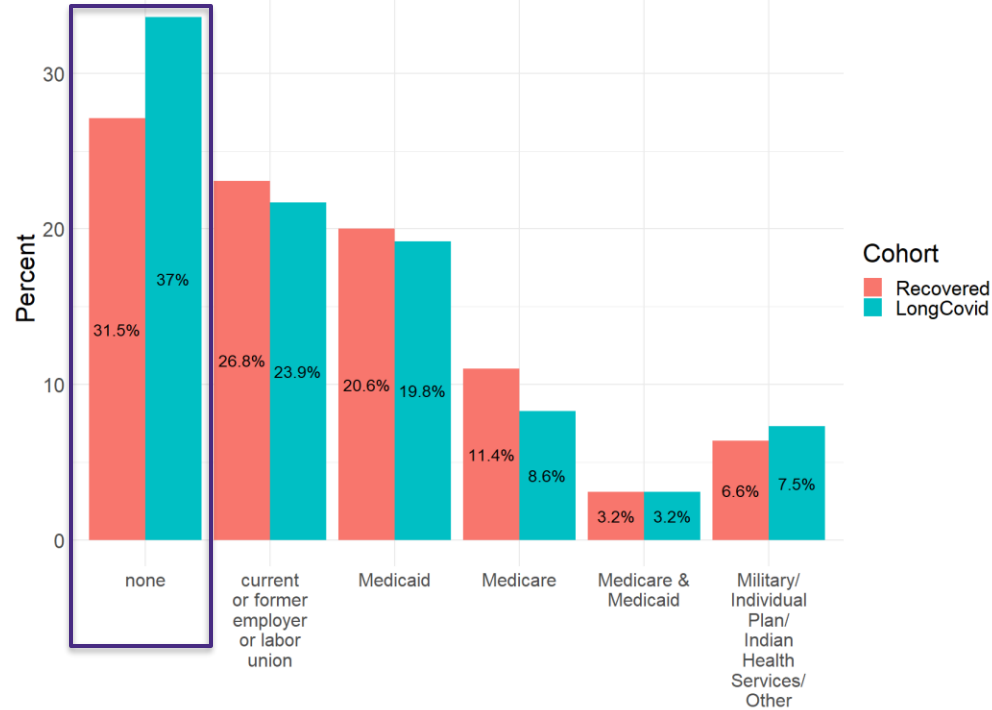
No Major Differences Reported in Long COVID Rates by Occupation



Long COVID by Insurance Status

Higher Rates of Uninsured Respondents in Long COVID group

Health Insurance Coverage, LongCovid vs. Recovered



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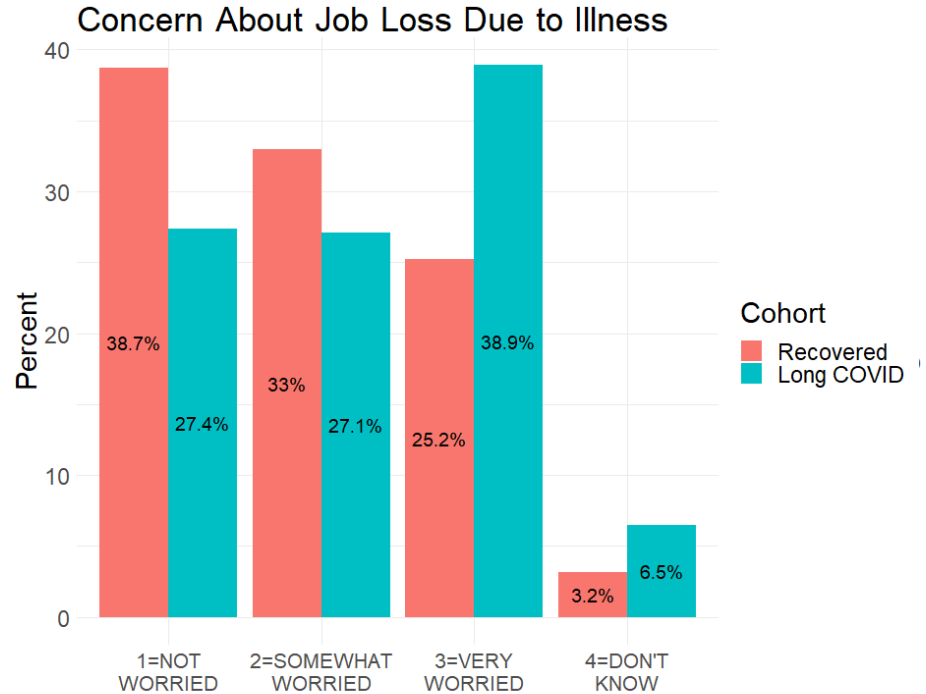


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CONCERN FOR JOB LOSS DUE TO ILLNESS

Long COVID respondents indicate higher rates of concern over job loss



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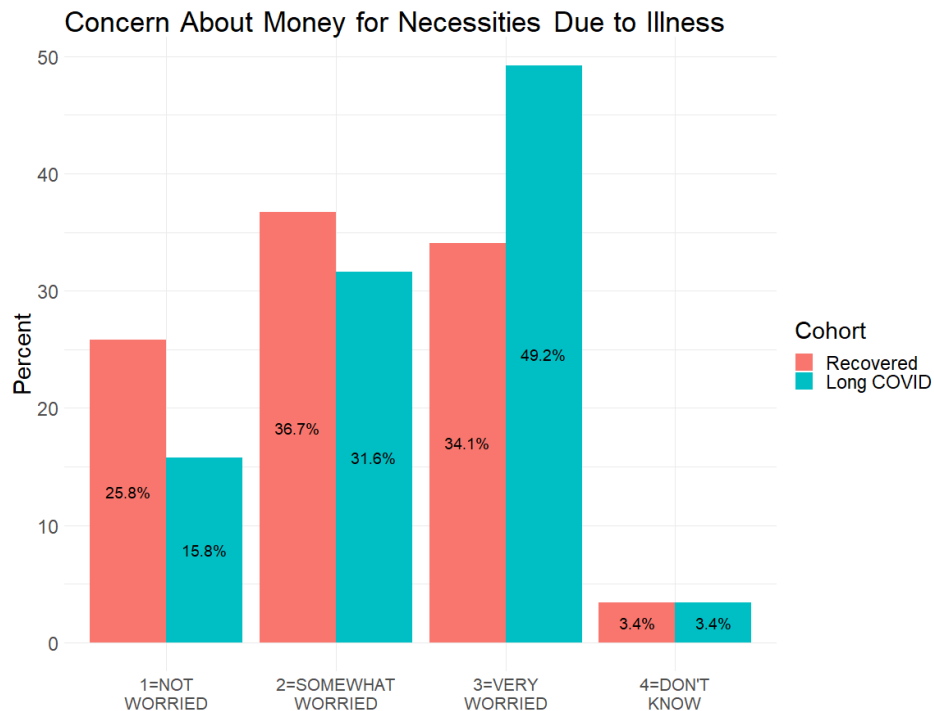


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CONCERN ABOUT MONEY DUE TO ILLNESS

~45% Long COVID respondents very worried with illness-related financial strain vs ~30% of recovered patients



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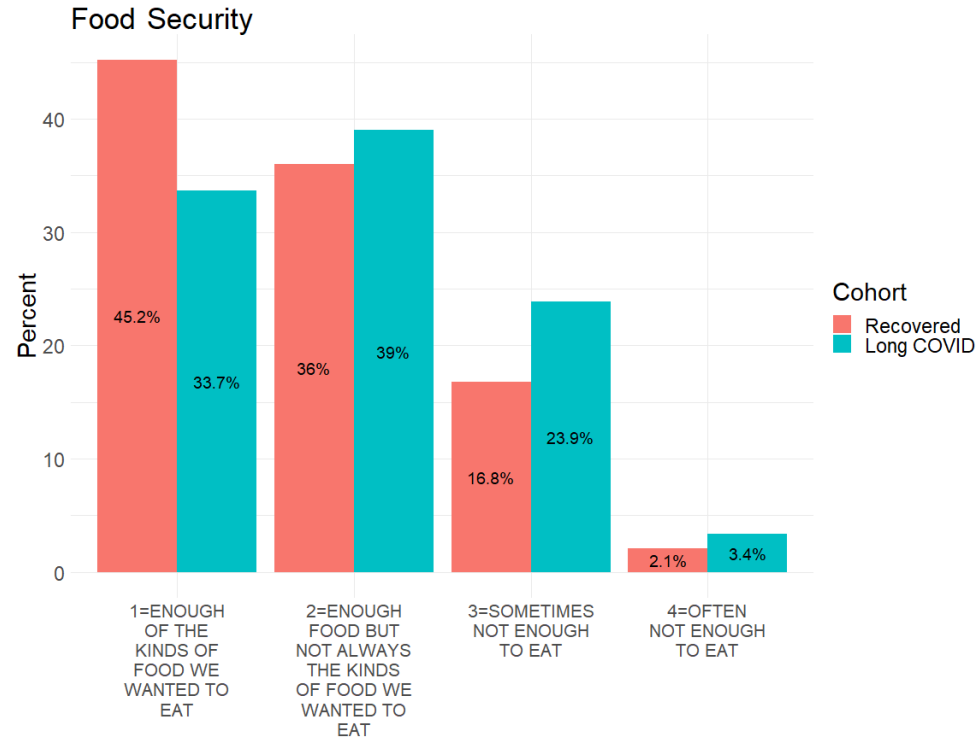


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FOOD SECURITY

~25% Long COVID respondents indicate food insecurity vs ~16% of recovered patients



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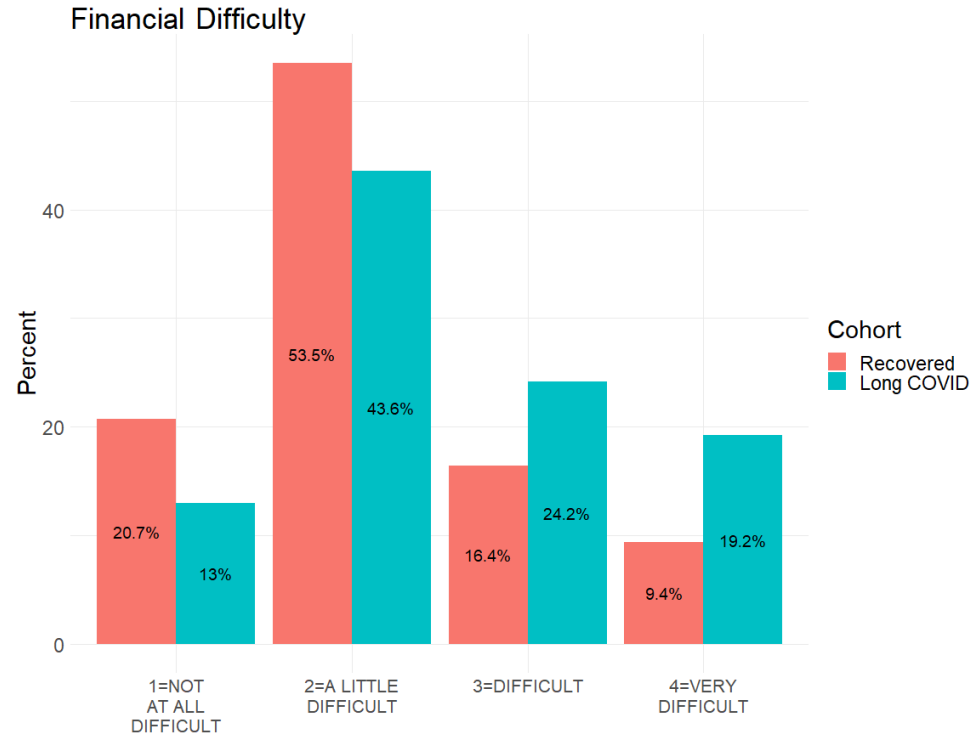


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FINANCIAL DIFFICULTY

~40% Long COVID respondents indicate financial insecurity vs ~22% of recovered patients



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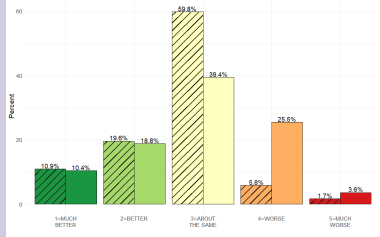


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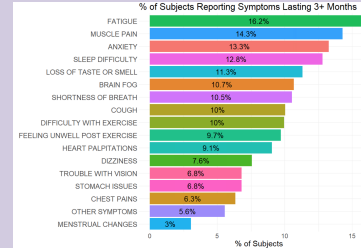
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OVERALL Long COVID Impact

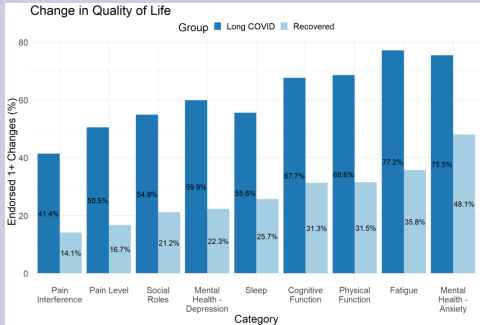
Change in Overall Health



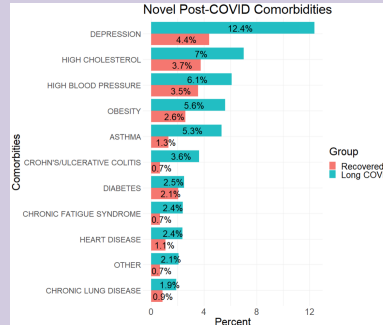
Unresolved COVID Symptoms



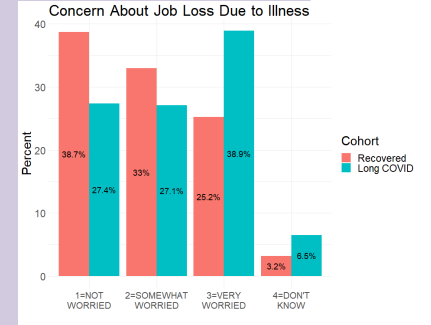
Decrease in Quality of Life



More Novel Comorbidities



Concern over Economic Wellbeing



SUMMARY OF MAIN POINTS



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MAIN TAKEAWAYS

- **41% of respondents report Long COVID**
- **38% reported symptoms at time of survey**
- **Long COVID has significant impacts on physical, social, and mental well-being**
- **A clear diagnostic process is lacking**
- **Access to care for long COVID is limited**



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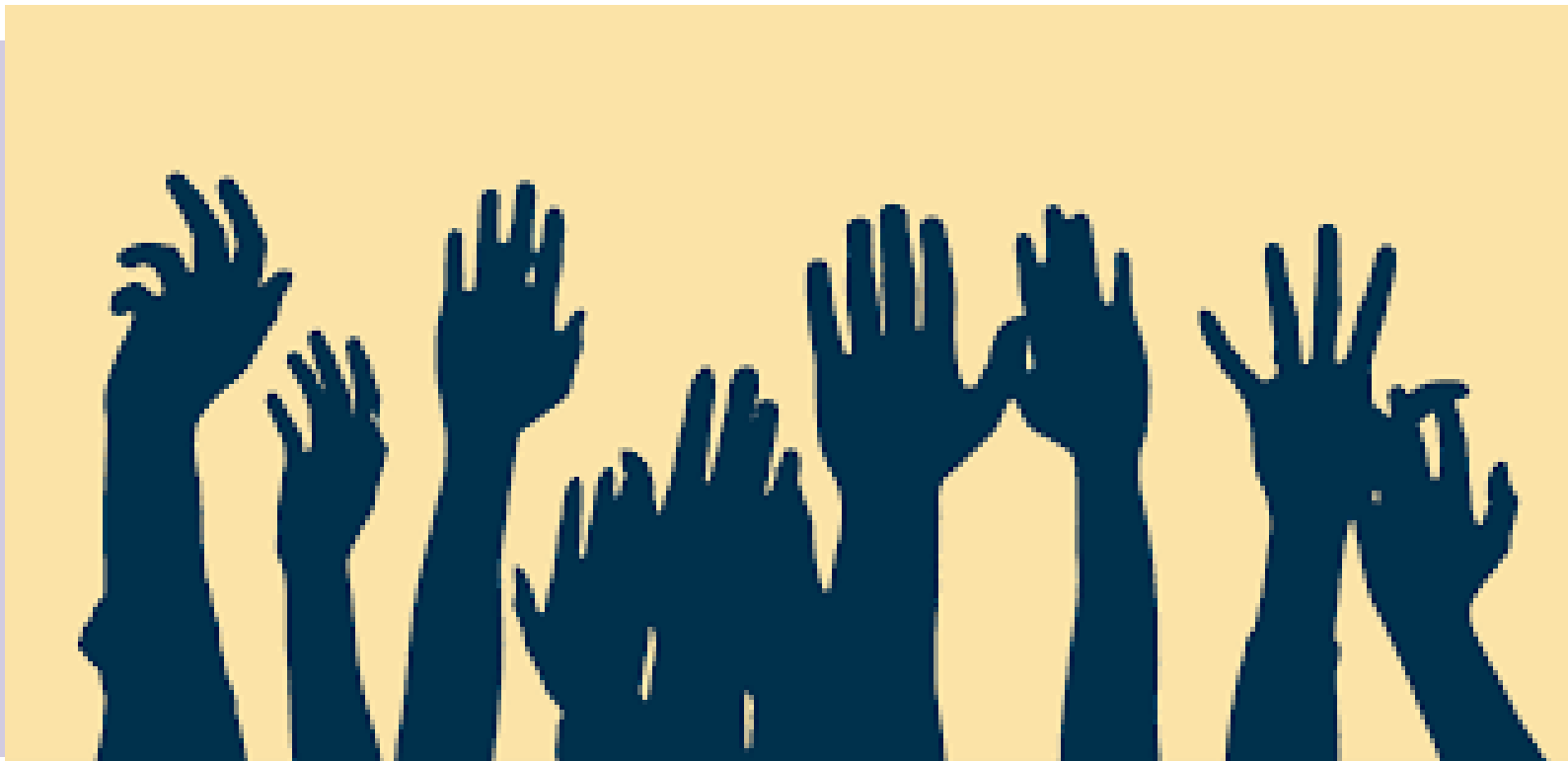
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Questions and Discussion



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