

# Health Status of Hispanic Adults in Michigan



- Although the Hispanic population in Michigan is growing<sup>1,2</sup>, accurate and timely data at the state-level are limited.
- In 2012, data were collected in the Hispanic Behavioral Risk Factor Survey to better describe the current health status of Hispanic adults in Michigan.

## Hispanic Adults vs. All Adults in Michigan

For the **majority** of health indicators,

Hispanic adults were **similar** to all adults in Michigan. Some<sup>a</sup> of these were: cigarette smoking, binge drinking, adequate fruit and vegetable consumption, lack of physical activity, overweight (BMI<sup>b</sup> 25.0-29.9), routine health checkup in the past year, and ever told to have asthma.

For a **few** of the health indicators,

Hispanic adults did **better** than all adults in Michigan.

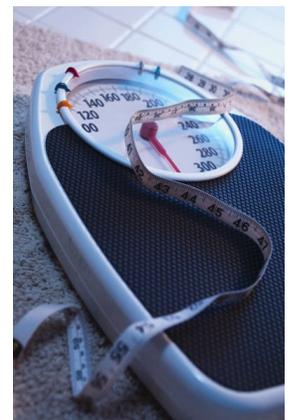
These included: ever told to have arthritis, ever having an HIV test, and missing six or more teeth.

For a **few** of the health indicators,

Hispanic adults were **worse** than all adults in Michigan.

These included: no health care access due to cost, worried about having enough money to buy nutritious meals, and ever told they have depression.

The obesity and diabetes indicators were higher among Hispanic adults than all Michigan adults, although the differences were not statistically significant. However, Hispanic adults are on average younger than the whole Michigan adult population. If improvements are not made, these health conditions as well as other related conditions will become a larger problem as the population ages.



**How did the trend compare to White, Non-Hispanic adults in Michigan?** The comparison of health indicators for Hispanic adults to White, non-Hispanic adults was very similar to the trend of Hispanic adults to all adults in Michigan<sup>a</sup>. Hispanics were worse for a few additional indicators and these included: obesity (BMI<sup>b</sup>  $\geq 30.0$ ), fair/poor general health, and worried about having enough money to pay rent/mortgage.

<sup>a</sup> For a complete list of health indicators, reference the full report, "Health Risk Behaviors Among Hispanic Adults Within the State of Michigan" at [www.michigan.gov/bfrfs](http://www.michigan.gov/bfrfs) and [www.michigan.gov/minorityhealth](http://www.michigan.gov/minorityhealth).

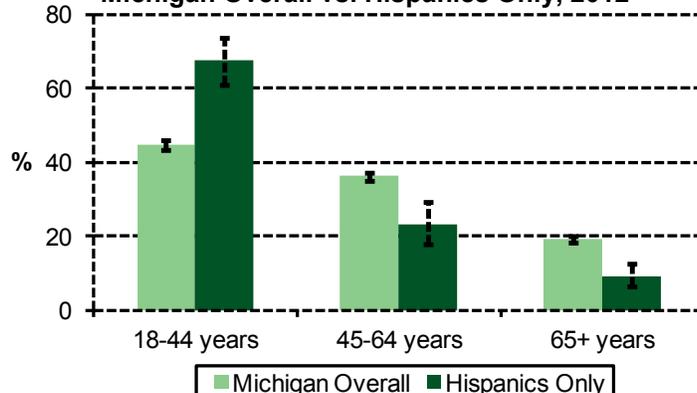
<sup>b</sup> BMI: Body Mass Index.

The top left photo was acquired from the Public Health Image Library (<http://phil.cdc.gov/Phil/home.asp>), courtesy of the Centers for Disease Control and Prevention/Amanda Mills.

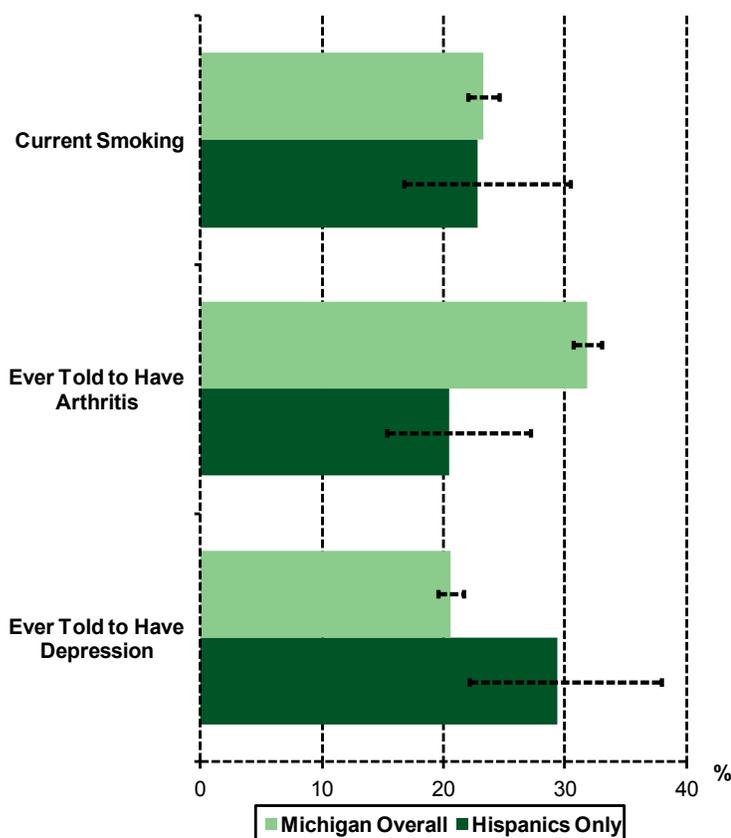


In 2012, a higher proportion of Hispanic adults in Michigan were between the ages of 18 and 44 years (67.7%) than all Michigan adults (44.6%). A smaller proportion of Hispanic adults were 65 years or older (9.1%) than all adults statewide (19.2%) in 2012. This difference can influence the occurrence of certain health conditions and related risk factors.<sup>3</sup>

**Age Group Comparison,  
Michigan Overall vs. Hispanics Only, 2012**



**Selected Risk Factors,  
Michigan Overall vs. Hispanics Only, 2012**



In 2012,

- A **similar** proportion of Hispanic adults (22.8%) said that they currently smoke than all Michigan adults (23.3%).
- A **lower** proportion of Hispanic adults (20.5%) said they had been told they have arthritis than all Michigan adults (31.8%).
- A **higher** proportion of Hispanic adults (29.4%) said they had been told they have depression than all Michigan adults (20.6%).

The full list of health indicators, survey results, and methods are available in the “Health Risk Behaviors Among Hispanic Adults Within the State of Michigan” report at [www.michigan.gov/bfrs](http://www.michigan.gov/bfrs) and [www.michigan.gov/minorityhealth](http://www.michigan.gov/minorityhealth).

## Next Steps

- These data provide important information to develop effective and culturally appropriate programs and services for Hispanics in Michigan.
- Brief Reports will be released that focus on specific health indicators among Hispanics adults in Michigan.
- The Hispanic Behavioral Risk Factor Survey is being conducted again in 2014. Ongoing continuation of this survey will allow for more precise health estimates and changes over time to be measured for Hispanic adults.

## References:

1. Ennis SR, Rios-Vargas M, Albert NG. 2011. The Hispanic Population: 2010. 2010 Census Briefs. United States Census Bureau, U.S. Department of Commerce. <http://www.census.gov/prod/cen2010/briefs/c2010br-04.pdf>.
2. Kayitsinga, J. 2012. A Demographic Profile of the Latino Population in the United States and Michigan. JSRI Demography Report No. 6. East Lansing, Michigan: The Julian Samora Research Institute, Michigan State University.
3. National Research Council (US) Panel on Race, Ethnicity, and Health in Later Life; Anderson NB, Bulatao RA, Cohen B, editors. Critical Perspectives on Racial and Ethnic Differences in Health in Late Life. Washington (DC): National Academies Press (US); 2004. 9, Race/Ethnicity, Socioeconomic Status, and Health. Available from: <http://www.ncbi.nlm.nih.gov/books/NBK25526/>. (April 2014).

## Suggested Citation

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