

Health of the Mexican population: Results from the Mexican Family Life Survey (MxFLS)

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Mexican Family Life Survey (MxFLS)

Mexican Family Life Survey

Longitudinal survey of individuals, households and communities in Mexico

MxFLS1	2002	8,400 HHs 35,000 individuals (all ages) Population representative
MxFLS2	2005-6	Follow baseline respondents & children born after baseline All HH members: ivw & health assess
MxFLS3	2009-13	Same protocol as MxFLS2

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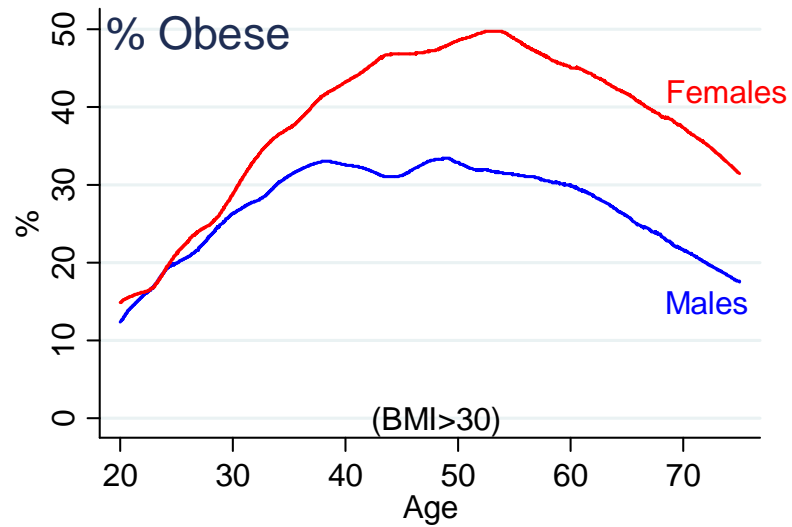
Biomarkers in MxFLS

		MxFLS		
<u>Assessments (all conducted in home)</u>		1	2	3
Height	(Shorr board)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Weight	(SECA scale)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Blood pressure	(Omron cuff)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Hb	(Hemocue)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
HbA1c	(In2It)			<input checked="" type="checkbox"/>
Total cholesterol	(CardioCheck)			<input checked="" type="checkbox"/>
HDL				<input checked="" type="checkbox"/>
DBS – [CRP in process]				<input checked="" type="checkbox"/>

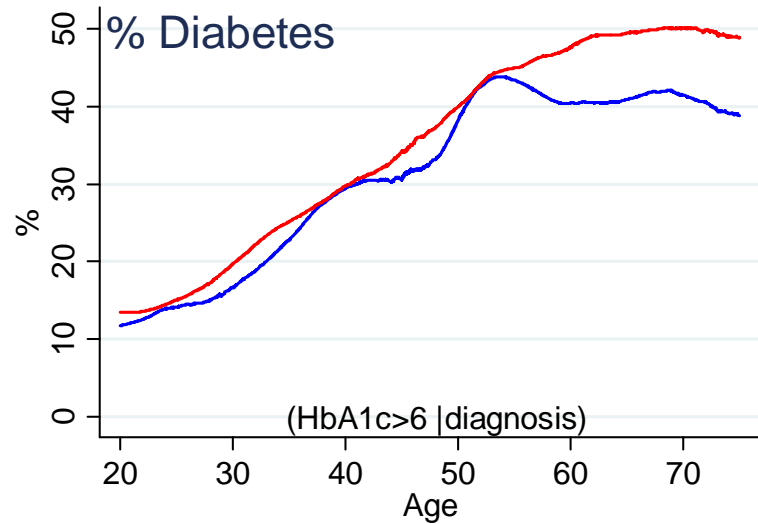
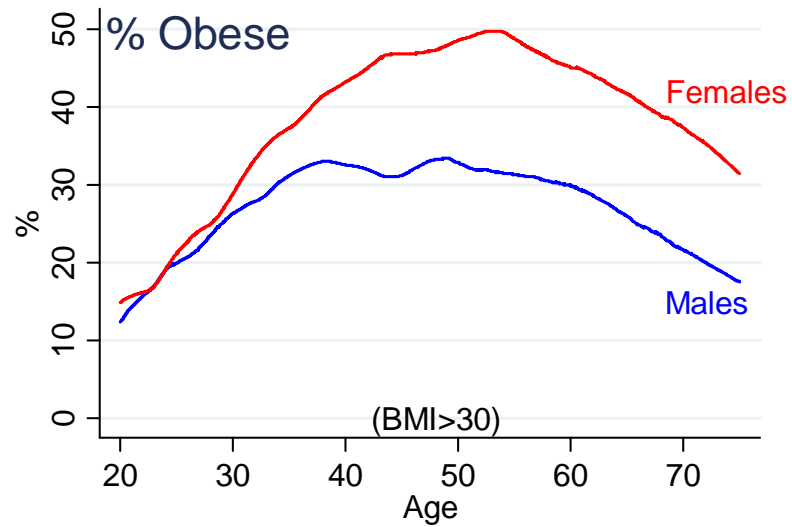
HbA1c, total chol, HDL: All resp age ≥ 45
Random sub sample resp age 15-44.

Health of adult Mexicans

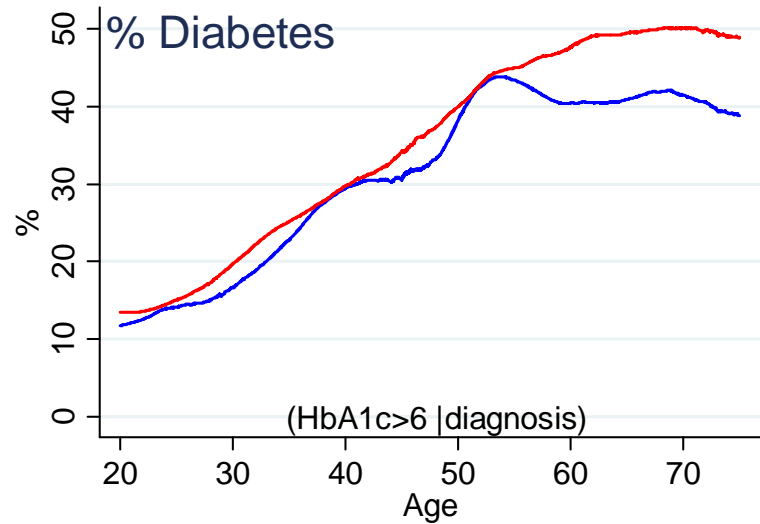
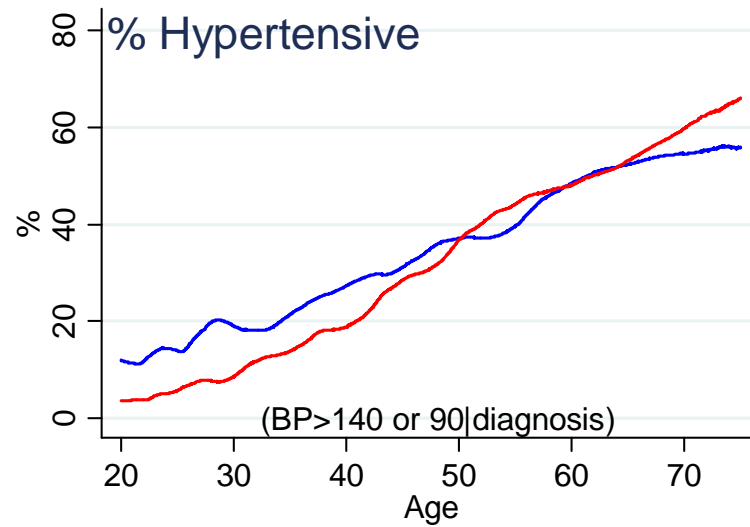
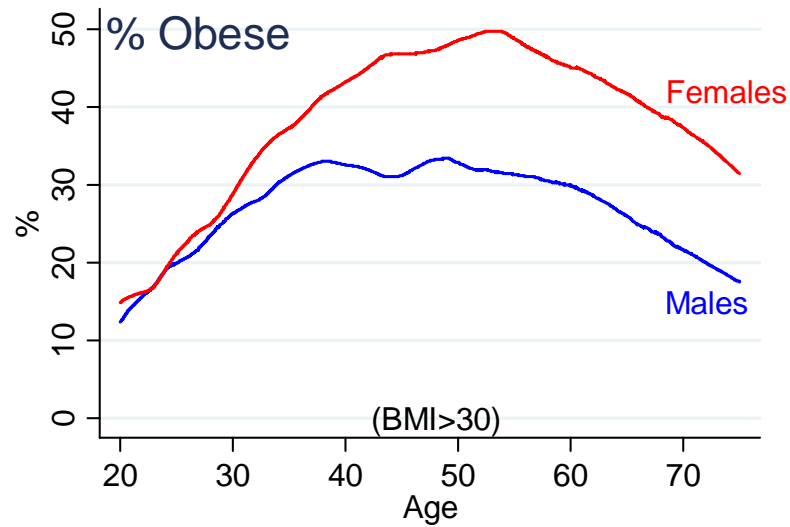
MxFLS: Biomarkers, age and gender



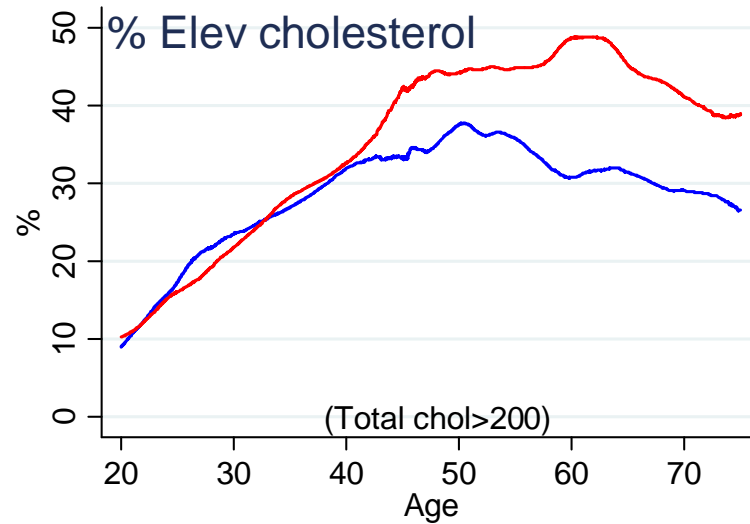
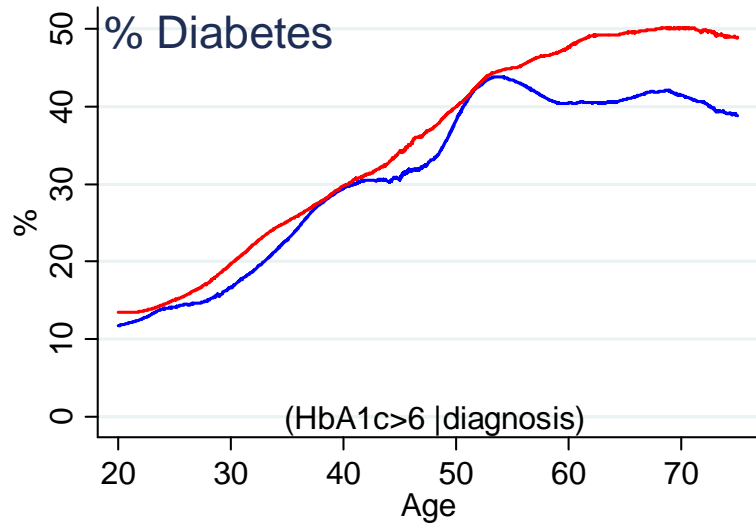
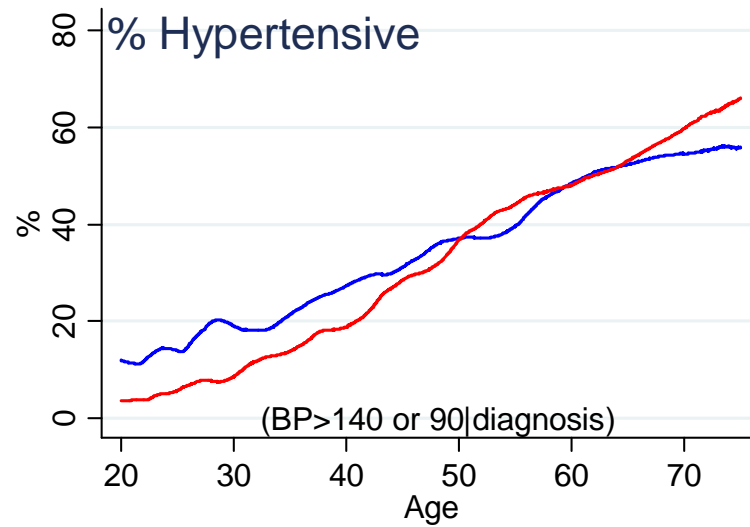
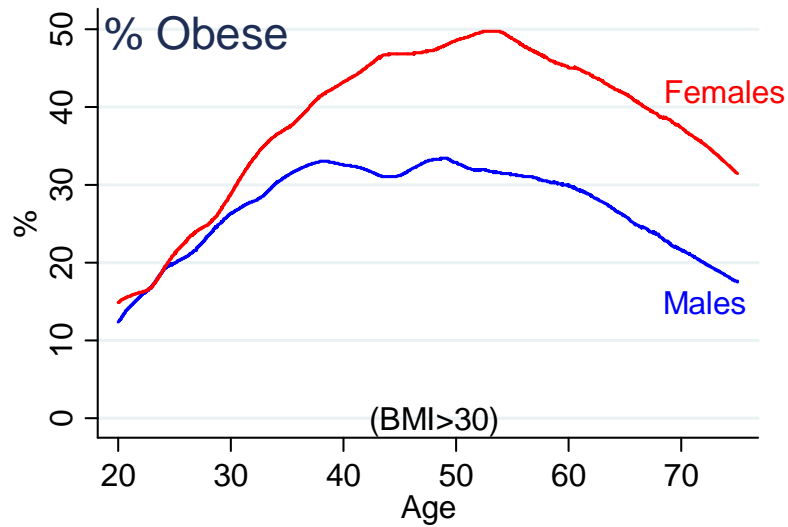
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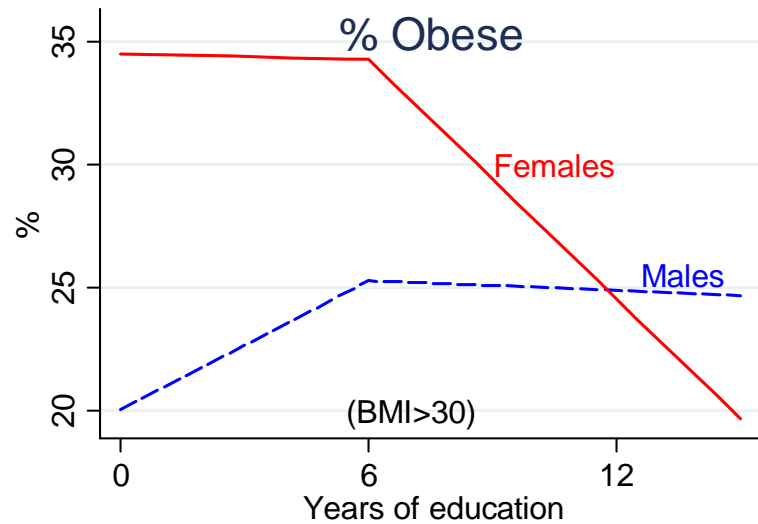


MxFLS: Biomarkers, age and gender



Health disparities: Biomarkers and education

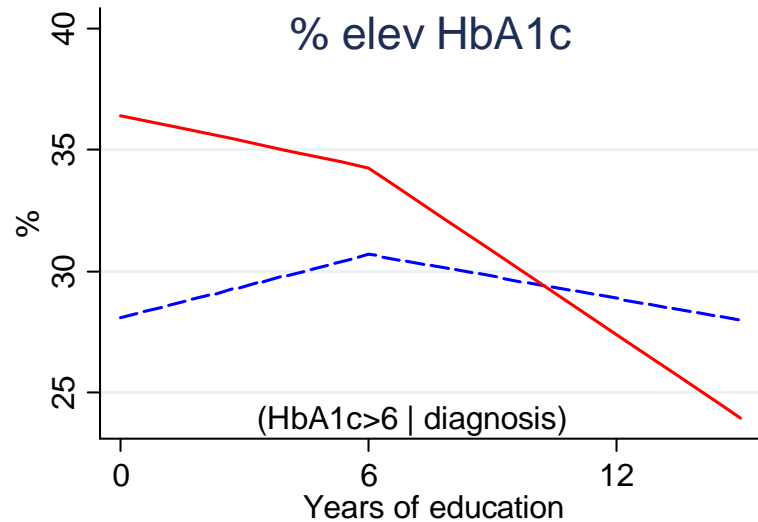
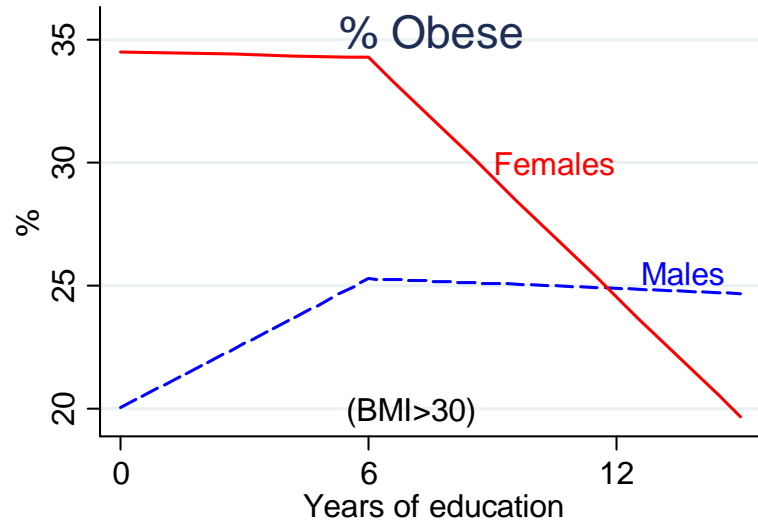
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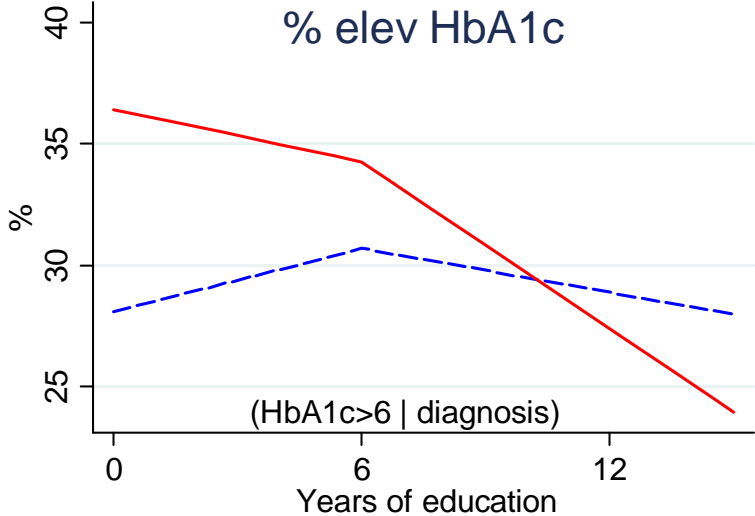
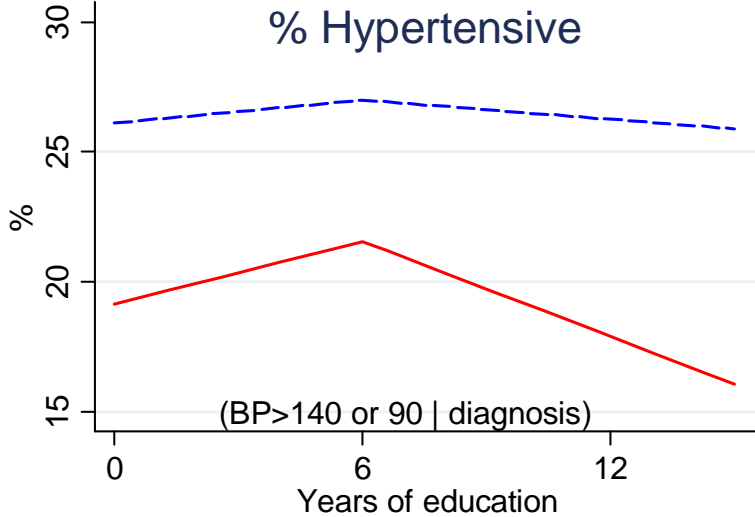
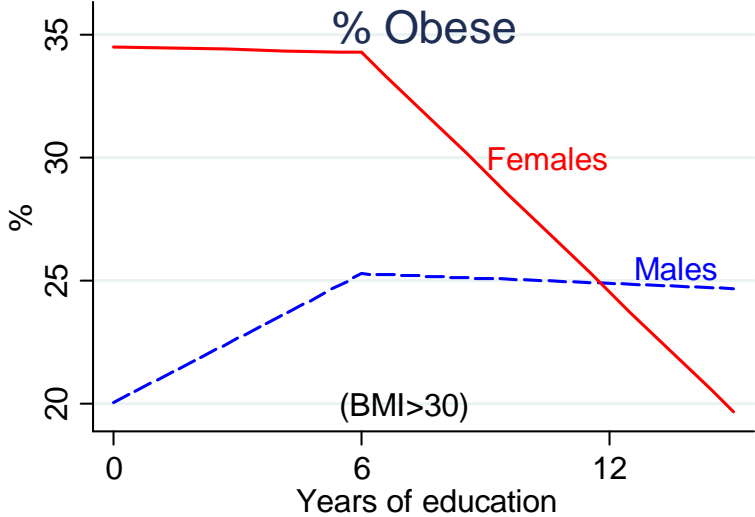
Pr(BMI>30) and education
Control age, municipality

Better educated females on
vanguard of nutrition transition

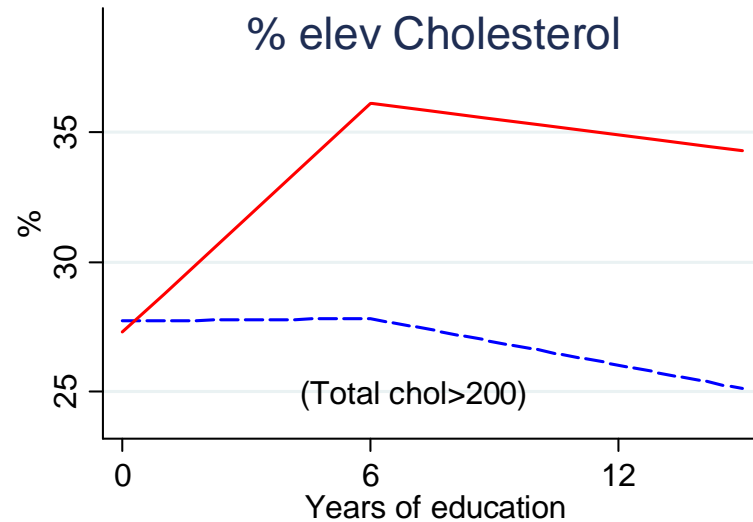
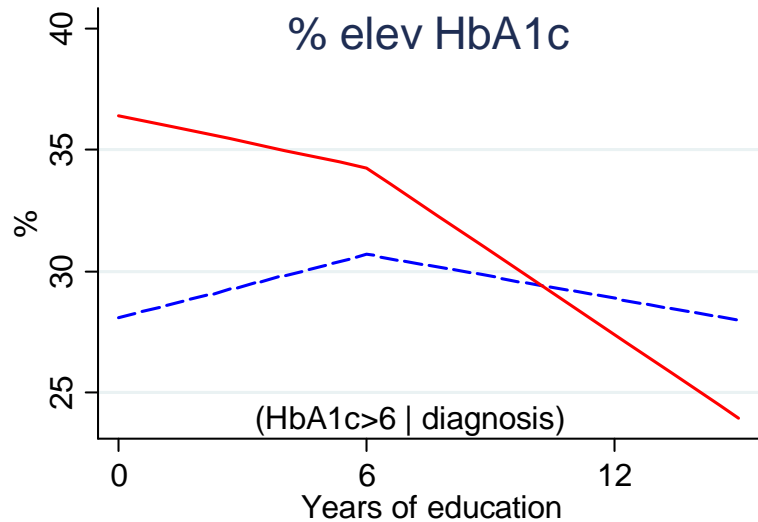
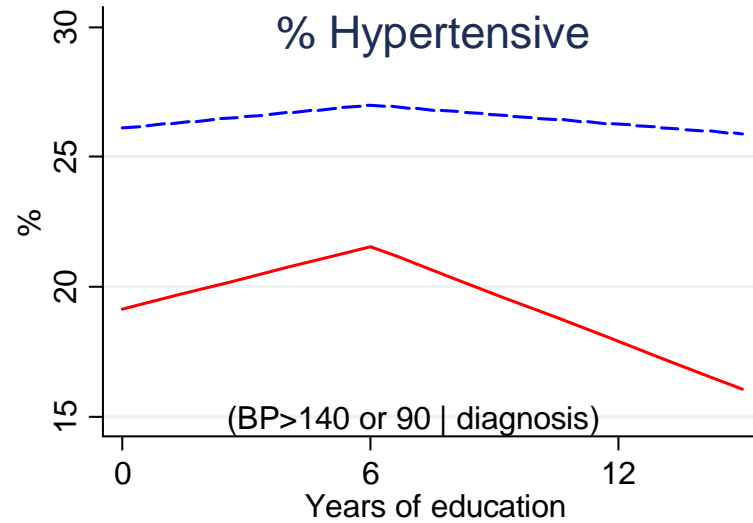
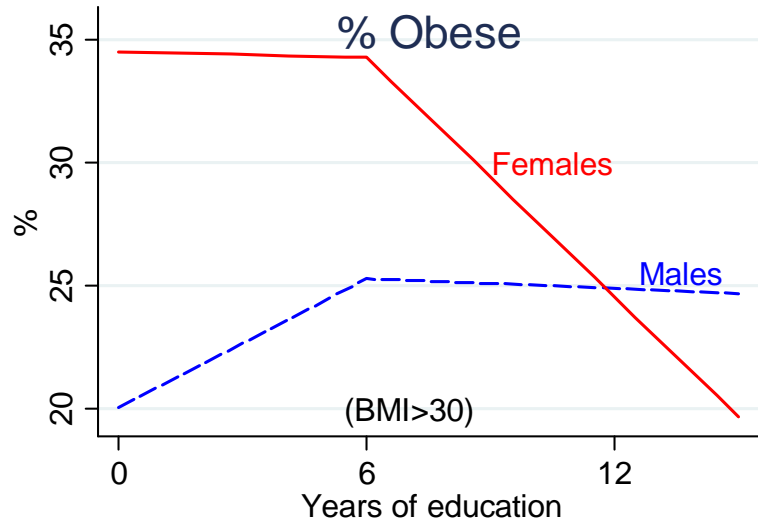
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Health of Mexican migrants in US

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Mexican-origin migrants in better health than native born

Why?

1. Migrants selected on good health

2a. Migrants in poorer health return to Mexico

2b. Migrants become healthier in US

⇒ Mexican migrants in US should be healthier than people like them in Mexico

Health of Mexican migrants in US

Tracked & interviewed baseline respondents who moved to US

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Population representative

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MxFLS respondents interviewed in US:

Representative of Mexican-origin migrants moved to US after 2002

>90% undocumented; estimate 25% undercount in ACS;

undercount concentrated among those who are both less educated
and lower income (and possibly less healthy).

Health of Mexican migrants to US relative to those who stay in Mexico

	Males		Females	
	US -	Mex	US -	Mex
	Mean		Mean	
% obese (BMI>30)	25.3		34.3	

Sample: 9,200 males and 11,390 females age 18 to 75 at time of MxFLS3 assessment.

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US-Mex = difference adjusting for age and education

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% HTN (BP=120/90 diag)	27.0	8.2 [2.1]	10.5 [2.1]	21.6	-3.0 [1.8]	-1.4 [1.8]

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% diabetes (HbA1c>5.7 diag)	59.6	9.6 [3.9]	19.6 [3.9]	63.1	8.1 [4.7]	8.7 [4.7]

Sample: 9,200 (4,800) males and 11,390 (4,800) females age 18 to 75 at time of MxFLS3 assessment.

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% elev total chol (>200)	27.8	10.2 [3.0]	8.2 [3.0]	36.1	5.8 [2.9]	11.1 [2.9]

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Possibly

Recent migrants are different

Samples in US not representative of Mexican migrants