

Life Style Risk Factors and their Consequences among Older Adults in Mexico and the U.S.

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Prepared for Presentation at REVES

St.Petersburg, Florida, USA

May 2007.

Background

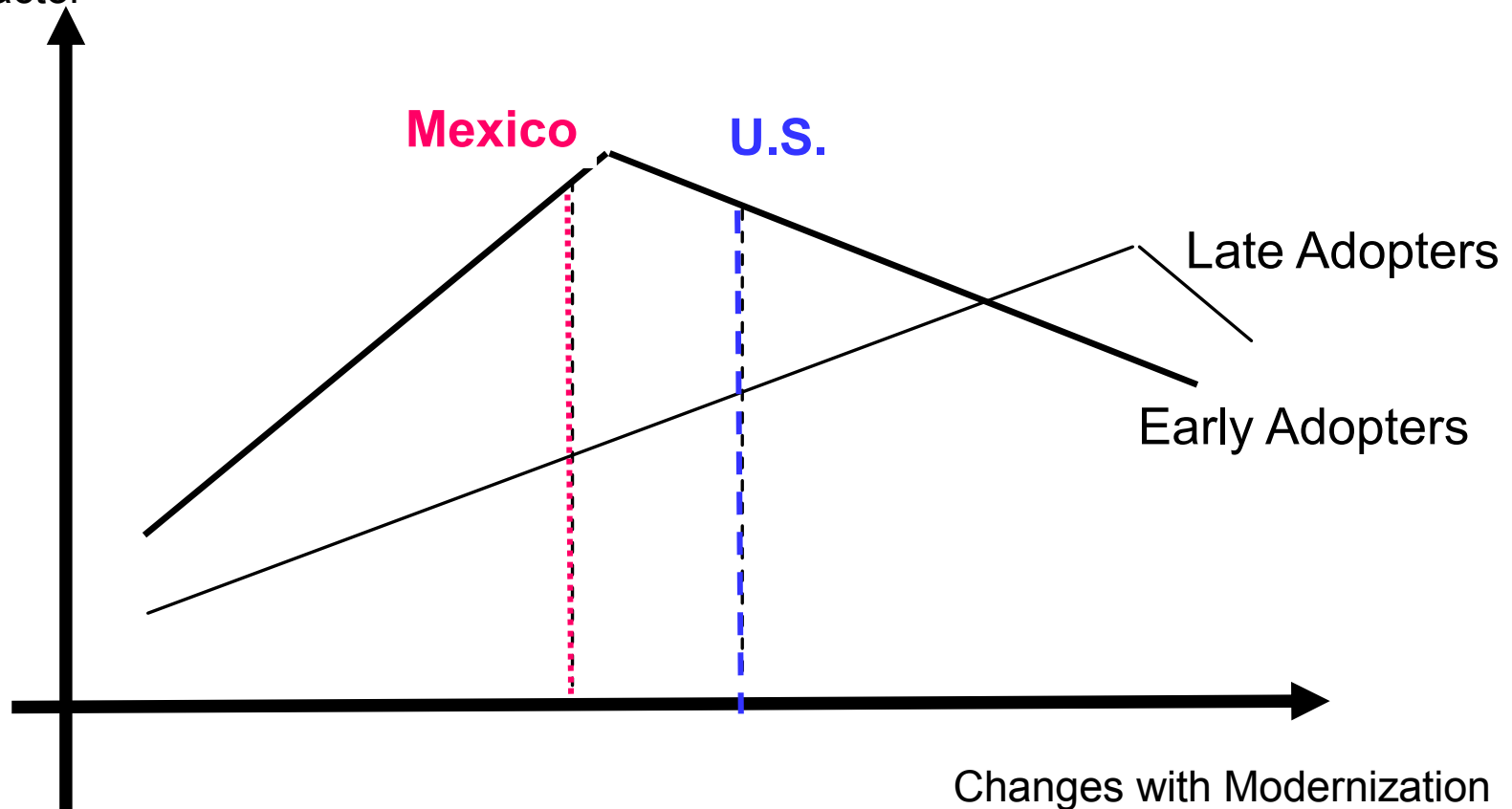
- Lifestyle risk factors are largely preventable and have consequences that are particularly costly in the late stages of life.
- Little research on impact of these factors on individual and social burden of aging across countries with different demographic, epidemiologic, and economic profiles.

Mexico and the United States

- Linked geographically, socially, and economically.
- Mexico lags behind the U.S. in the adoption of regulations and programs that promote healthy lifestyles..

Stylized path of 'lifestyle transition' in Mexico and U.S.

Prevalence of Lifestyle Risk Factor



Objectives

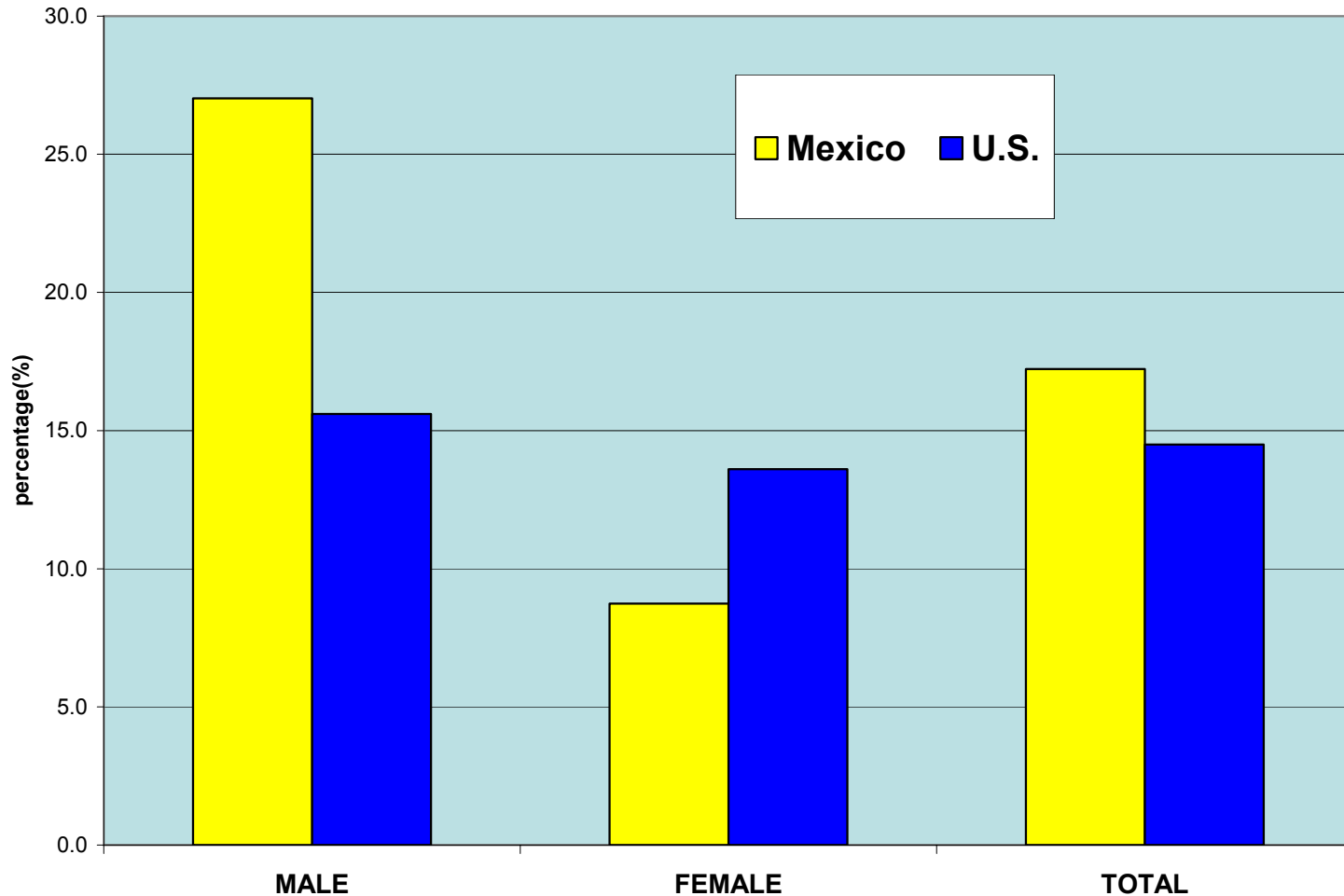
- Describe patterns of lifestyle risk factors and major socioeconomic covariates, to identify the nature of “lifestyle transitions.”
 - Focus on: smoking tobacco, drinking alcohol, obesity, physical inactivity.
- Assess the relationship between lifestyle and old-age consequences.
 - Focus on: mortality, disability, functional limitations, hospitalizations.
- Examine gaps among age cohorts, and by education.

Data

- Mexican Health and Aging Study (MHAS/ENASEM).
 - National sample of persons aged 55 and older in 2001 and follow-up in 2003.
- U.S. Health and Retirement Study (HRS).
 - National sample of persons aged 55 and older in 2000 and follow-up in 2002.

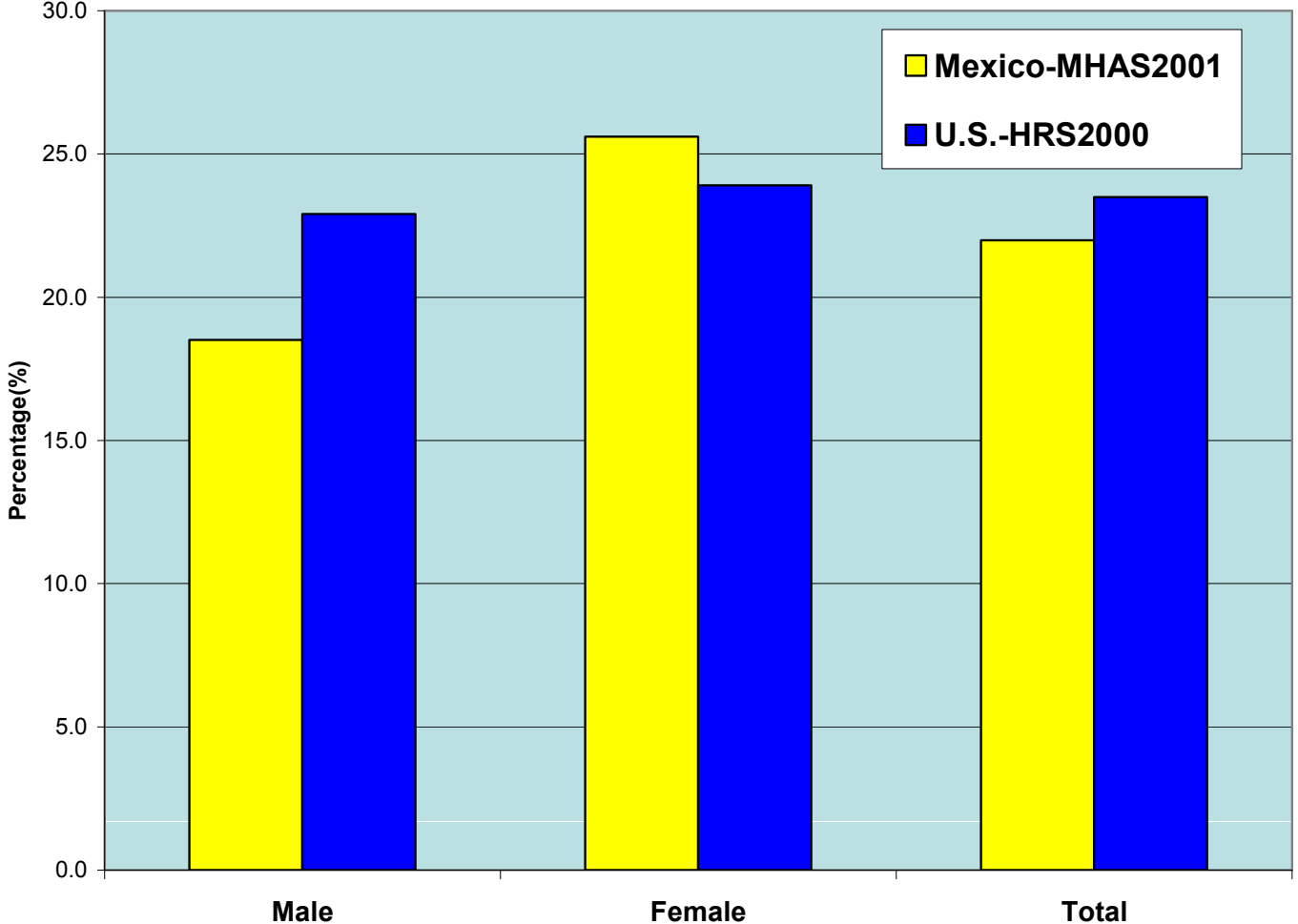
Current Smoking varies by gender

Current Smoking Among Adults Aged 55 and Older by Sex. Mexico and U.S.



Obesity differs by gender as well

Obesity by Sex Among Adults aged 55 and Older. Mexico and U.S.



Controls for Multivariate Models

Determinants at Baseline

- Demographic
- Social support
- Health inputs
- Childhood SES
- Current SES

Consequences at follow-up

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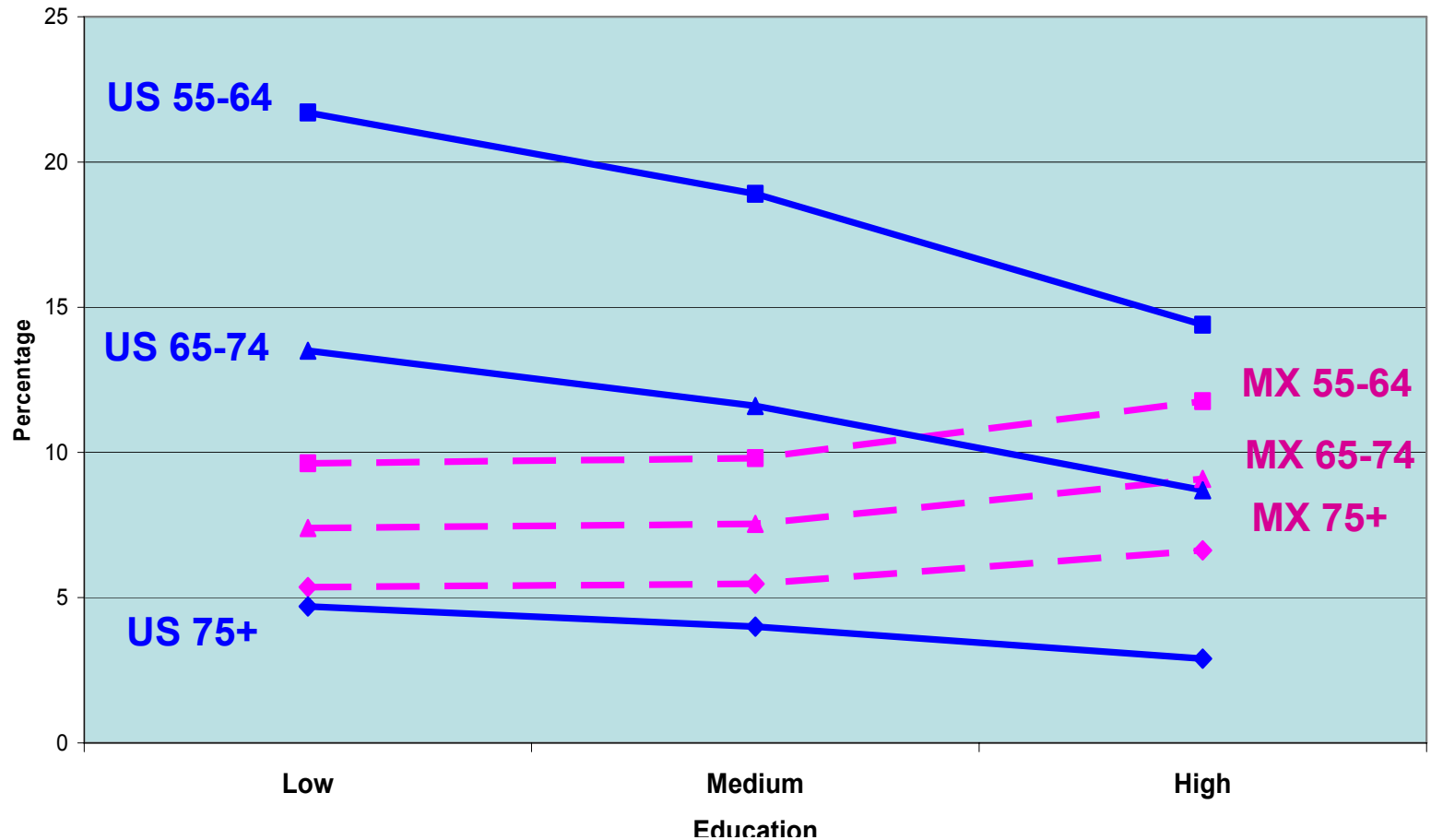
- Baseline lifestyle risk factors
- Baseline self-reported health

Determinants of Lifestyles:

- Are SES gradients and age gaps consistent with a transition starting in the U.S. before Mexico?
- Do the patterns vary across risk factors?.

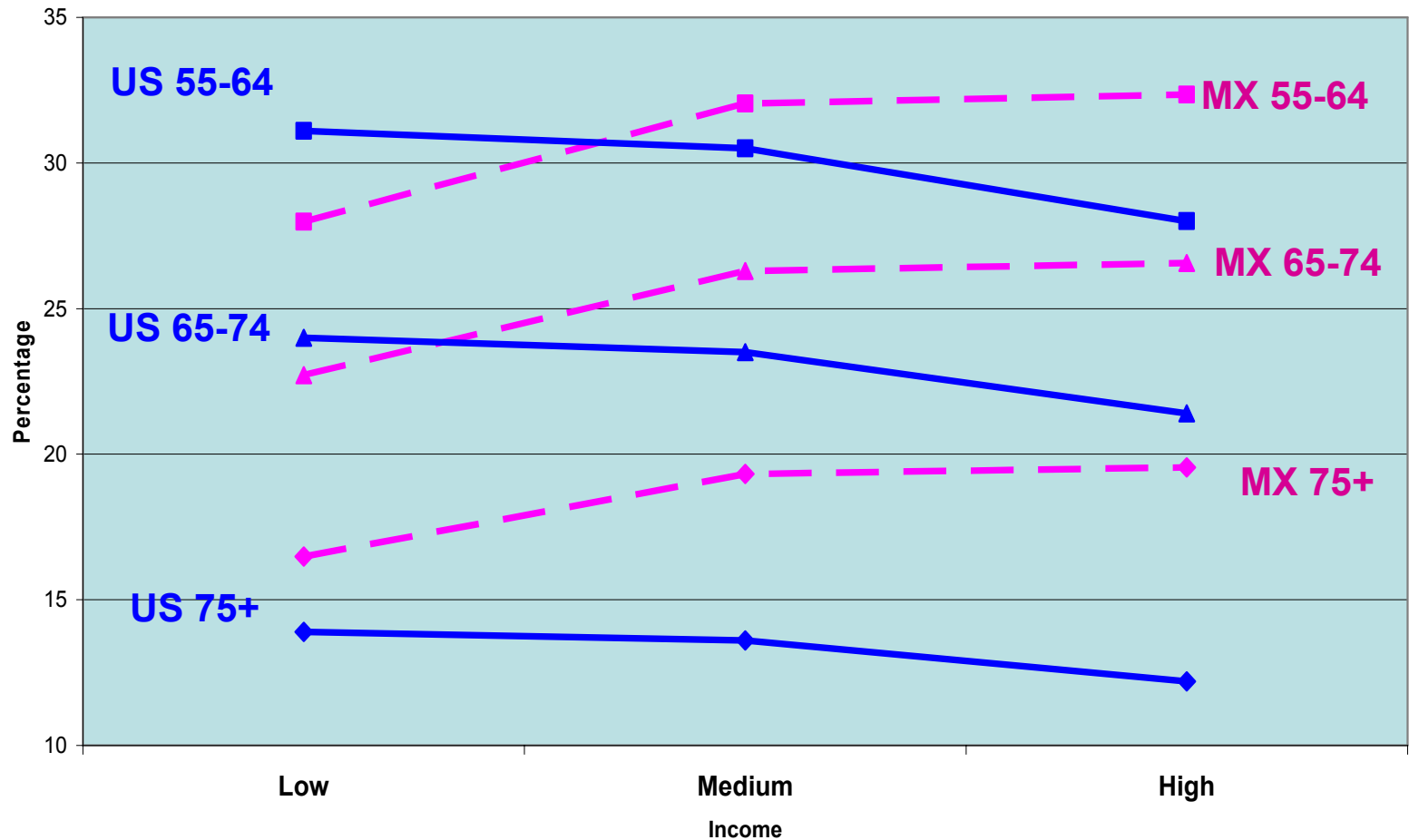
Smoking: Narrower Age Gaps in Mexico; Opposite, Steeper SES gradient in U.S.

Figure 1a. Predicted Probabilities of Smoking by Education and Age
WOMEN - Mexico and U.S.A.



Obesity: Narrower Age Gaps in Mexico; Slight and Opposite SES Gradients

Figure 3a. Predicted Probabilities of Obesity by Income and Age
WOMEN - Mexico and U.S.

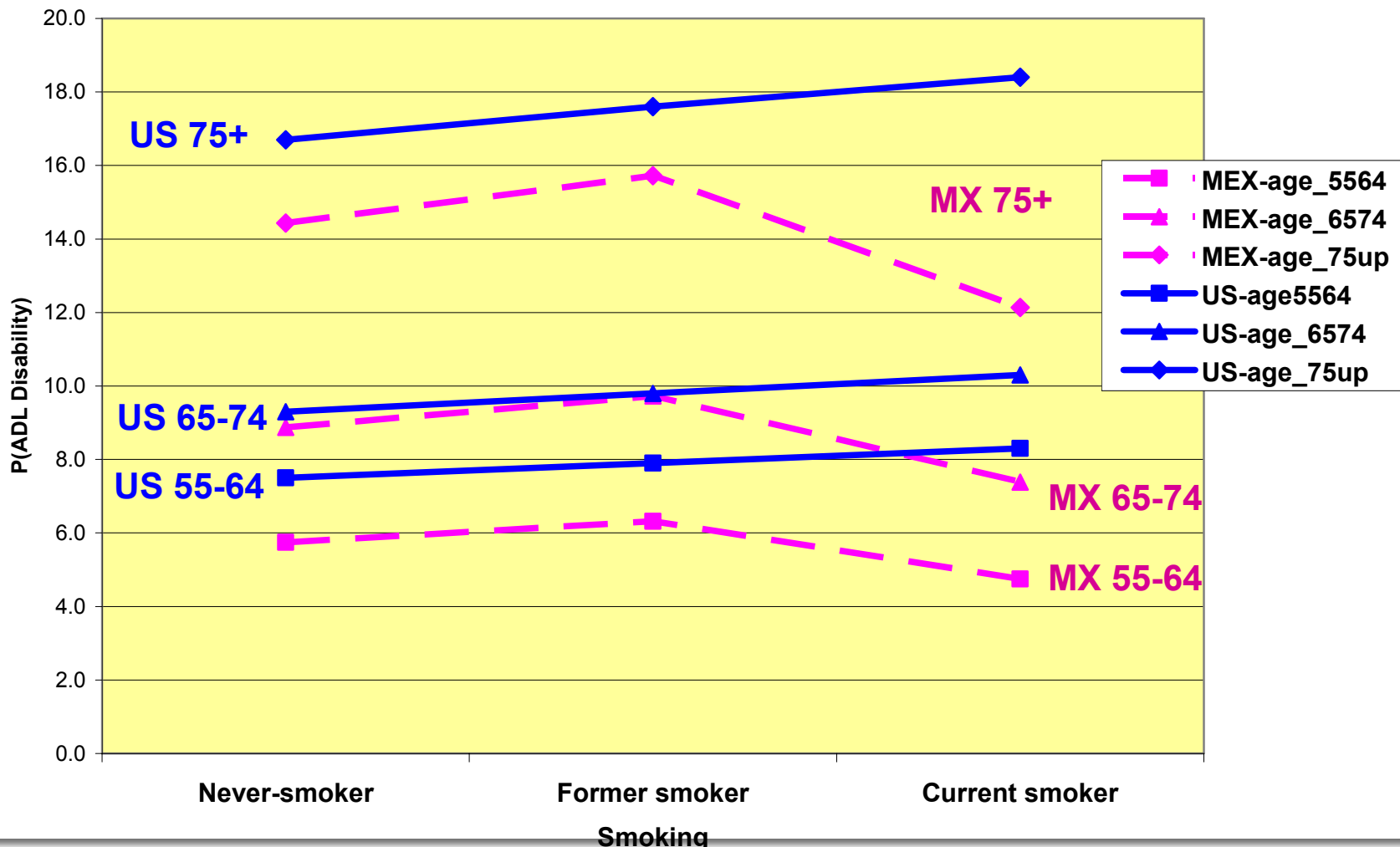


Consequences of Lifestyles

- All-cause mortality will be associated more closely with lifestyle risk factors in Mexico than in the U.S.
- Because higher shares of former smokers and overweight persons have survived to the older ages in the U.S. than in Mexico, the relationship to disability, will be more pronounced in the U.S. than in Mexico.

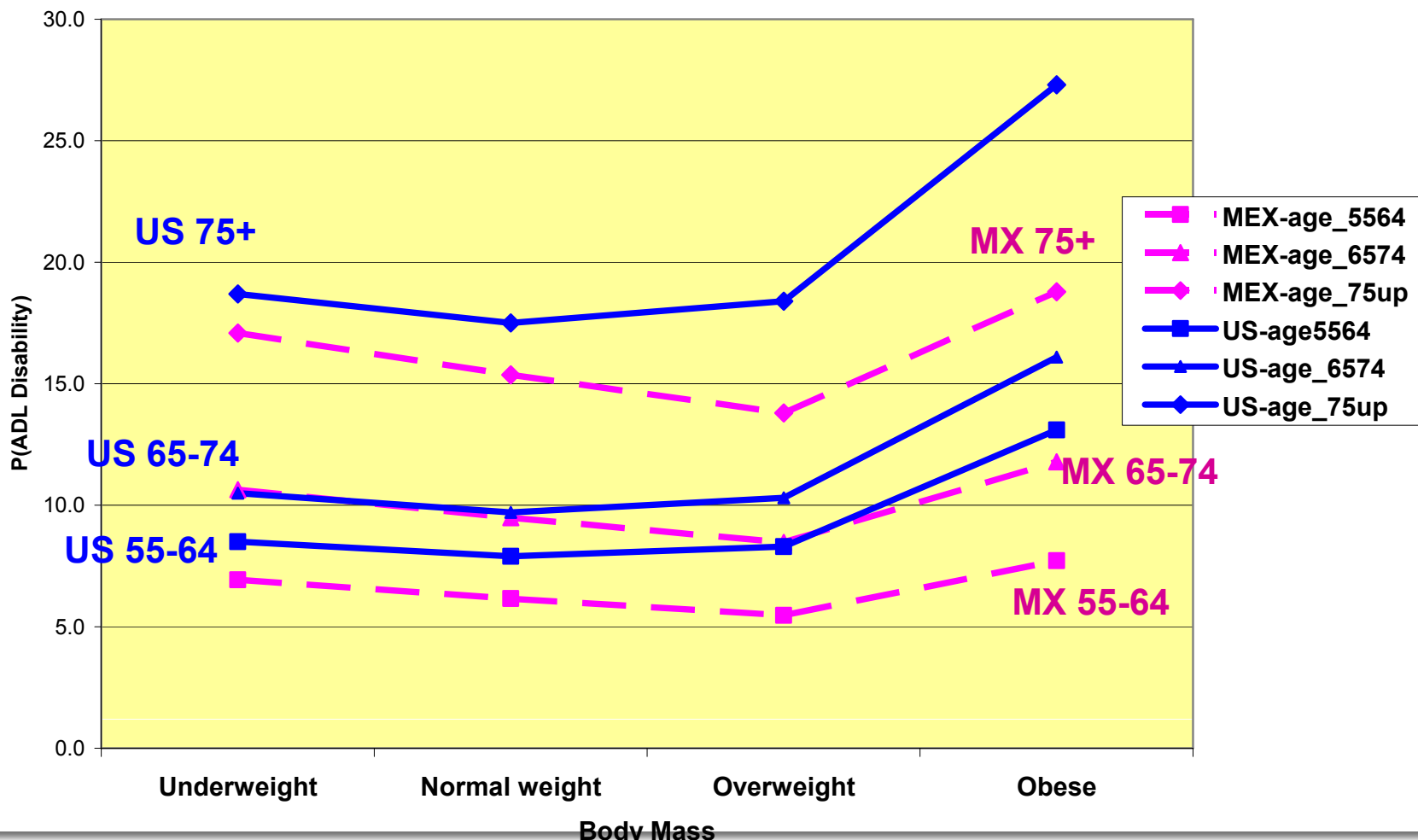
Disability by Smoking

Figure 7. Predicted Probabilities of ADL Disability for Mexico and U.S. by Levels of Smoking and Age. MEN.



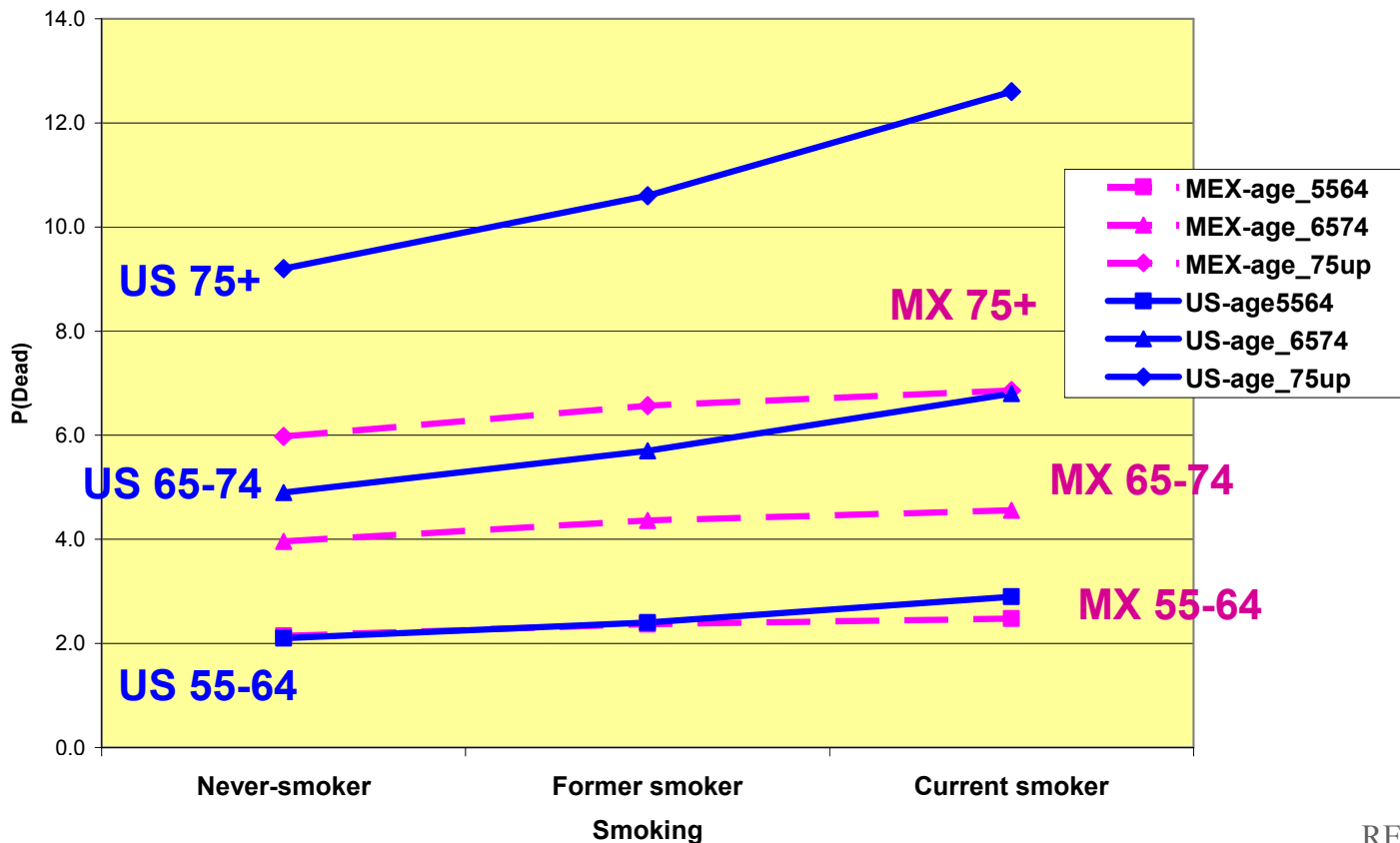
Disability and Obesity

Figure 11. Predicted Probabilities of ADL Disability for Mexico and U.S. by Levels of Body Mass and Age. WOMEN.



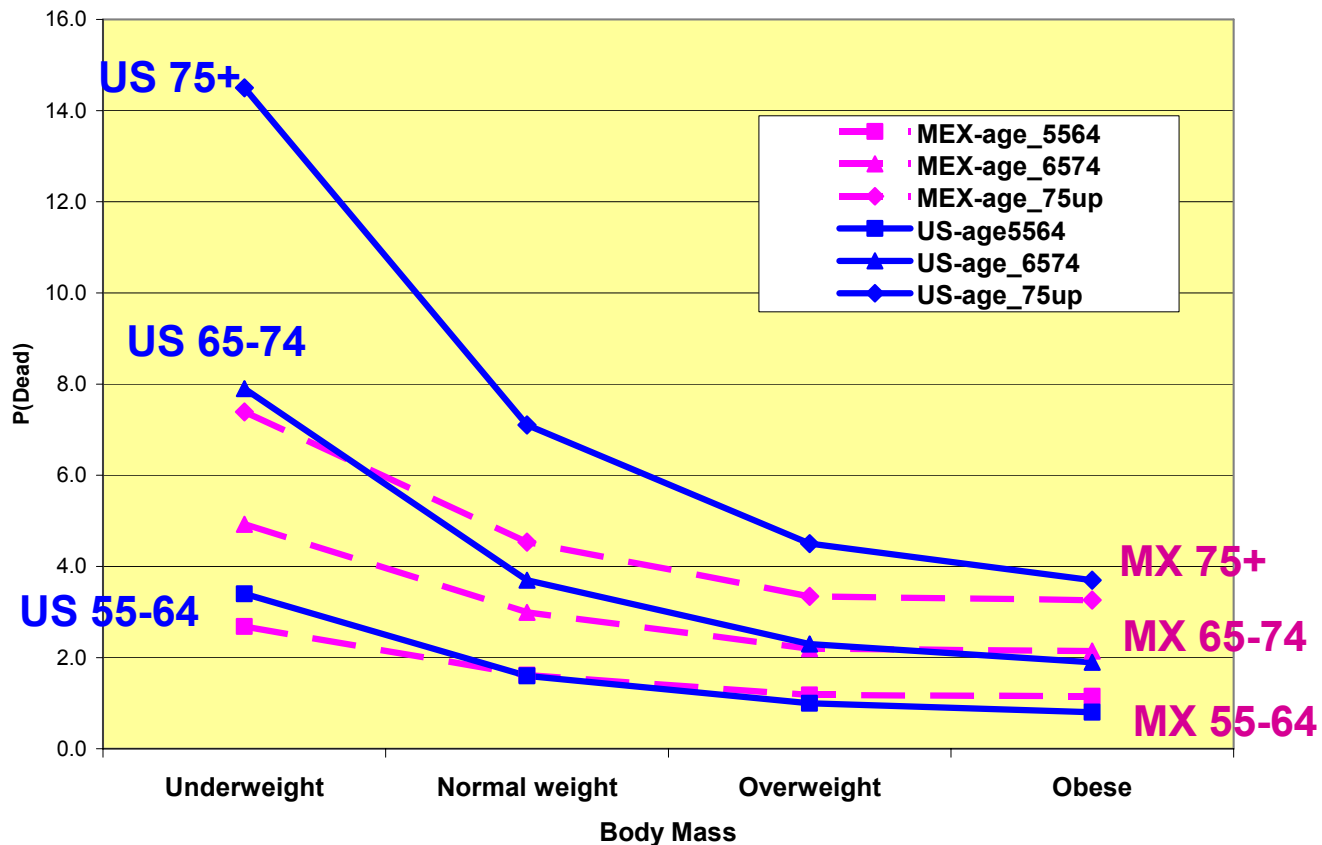
Mortality with Steeper Smoking Gradient in the U.S. than Mexico; Narrower Age Gaps in Mexico

Figure 6. Predicted Probabilities of Death for Mexico and U.S. by Levels of Smoking and Age. MEN.



Mortality Closer Association to BMI in the U.S.; Narrower Age Gaps in Mexico

Figure 9. Predicted Probabilities of Death for Mexico and U.S. by Levels of Body Mass and Age. WOMEN.



Conclusions

- SES gradients and age gaps consistent with US lifestyle transition having started earlier, but various lifestyles are in different stages of transition.
- Consequences consistent with survival selection: more severe consequences in the US than in Mexico.

Future Work

- More detailed analysis of results, combining and separating lifestyles to speculate on future of transitions.
- Incorporate historical context of public policies towards healthy lifestyles.
- Add details of the intensity and duration of behaviors during life.