



Latino Health Statistics

Among California Latinos, heart disease, cancer, stroke and diabetes account for over 54 percent of all deaths.¹ The California Department of Public Health created the *Network for a Healthy California—Latino Campaign* to help put a stop to this health crisis.

RISK FACTORS

Diet

- Latino adults, on average, consume 5.7 servings of fruits and vegetables per day, when 7-11 are recommended for good health.²
- Half of Latino adults eat fewer than 5 servings of fruits and vegetables per day, the old recommendation.²
- Nearly 70 percent of Latinos say that fruits and vegetables are hard to buy in fast food restaurants, while 66 percent report that fruits and vegetables are difficult to get at work. Thirty-eight percent say that fruits and vegetables are too expensive.³
- Sixty-seven percent of low-income Latino adults ate fast food at least one time in the past week, and 20 percent ate fast food three or more times in the past week.⁴
- Over one-third (34%) of low-income Latino adolescents consumed two or more glasses of soda or other sugary drink on the previous day.⁵

Physical Activity

- Only 47 percent of California Latino adults get the minimum 30 minutes of moderate physical activity five days a week or 20 minutes of vigorous physical activity at least three times a week.⁶
- Forty percent of California Latinos say they are too busy to be more physically active.⁷
- Thirty-two percent of California Latino adults did not engage in any physical activity or exercise in the previous month.⁶

Overweight and Obesity

- Thirty-eight percent of low-income California Latino adults are already overweight, and 31 percent of low-income California Latino adults are obese according to self-reported heights and weights.⁸

- Excess weight is associated with an increased incidence of cardiovascular disease, type 2 diabetes, hypertension, stroke, dyslipidemia, osteoarthritis, and some cancers.⁹
- Overweight adolescents are at increased risk for becoming obese adults and for developing chronic, serious, and costly medical problems like cardiovascular disease, type 2 diabetes, and hypertension. More than 1 out of 3 (37%) Latino adolescents in California are overweight or at risk for overweight.^{10, 11}

Food Security

- In 2007, 11 percent of U.S. households were food insecure. Latinos experienced nearly twice the rate at 20 percent.¹²
- Thirty-nine percent of low-income Latino adults in California experience food insecurity, that is, they said they could not afford to put food on the table on a consistent basis in the previous year.¹³
- Nearly 1 out of every 5 Latinas ate less during the previous year to ensure their family members had enough to eat.¹⁴

Cardiovascular Disease

- Cardiovascular disease is the leading cause of death among California Latinos, accounting for 22 percent of all deaths.¹
- Nationally, 32 percent of Mexican-American men and 34 percent of women have cardiovascular disease (CVD).¹⁵ CVD includes diseases of the heart, stroke, high blood pressure, congestive heart failure, congenital cardiovascular defects, hardening of the arteries, and other diseases of the circulatory system.
- Twenty-four percent of California Latinos have been diagnosed with hypertension. U.S.-born Latinos are more likely to have been diagnosed with hypertension than foreign-born Latinos.¹⁶

Cancer

- Cancer incidence rates in California declined by 10 percent from 1988 to 2003. Despite this, one in four deaths in California is due to cancer.¹⁷
- Cancer ranks as the second leading cause of death among California Latinos, accounting for over 20 percent of all deaths.¹
- Prostate, colorectal, and lung cancers are the most commonly diagnosed among Latino men. Breast, colorectal, and lung cancers are the most commonly diagnosed among Latina women.¹⁸
- Although incidence of cancer is generally lower among Latinos than non-Hispanic whites, the incidence of stomach, liver, and cervical cancer is significantly higher among Latinos.¹⁸

Diabetes

- Nationally, 10.4 percent of all Mexican Americans aged 20 years or older have diabetes (type 1 and type 2). Compared to non-Hispanic whites, the prevalence of diabetes is 1.8 times higher among Mexican Americans.¹⁹
- Eleven percent of adult California Latinos have been diagnosed with diabetes. Sixty-seven percent of those with diabetes have type 2 diabetes.¹⁶

- In California, diabetes accounts for 5.6 percent of all deaths among Latinos.¹

OVERALL HEALTH STATUS

- Thirty-seven percent of low-income California Latinos rate their overall health status as fair or poor.²⁰

LIMITED ACCESS TO CARE

- Twenty-nine percent of low-income California Latinos were uninsured in 2007, as compared to 18 percent for non-Hispanic whites and 15 percent for African-Americans.²¹

TOTAL COST OF DIET- AND INACTIVITY-RELATED DISEASES IN THE UNITED STATES

- Obesity \$117 billion²²
- Cancer \$206.3 billion²³
- Diabetes \$174 billion²⁴
- Coronary heart disease \$142.5 billion²⁵
- High blood pressure \$63.5 billion²⁵
- Stroke \$57.9 billion²⁵
- Total Cardiovascular Disease \$403.1 billion²⁵

In California, physical inactivity, obesity, and overweight cost an estimated \$21.7 billion in 2000 as direct and indirect medical care, workers' compensation, and lost productivity.²⁶

This information is brought to you by the *Network for a Healthy California—Latino Campaign*.
Visit us at www.networkforahealthycalifornia.net.

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