

# **Trajectories of Health from the Mexican Health and Aging Study (MHAS/ENASEM)**

**Rebeca Wong, PhD**

Sealy Center on Aging

WHO/PAHO Collaborating Center on Aging

University of Texas Medical Branch

[rewong@utmb.edu](mailto:rewong@utmb.edu)

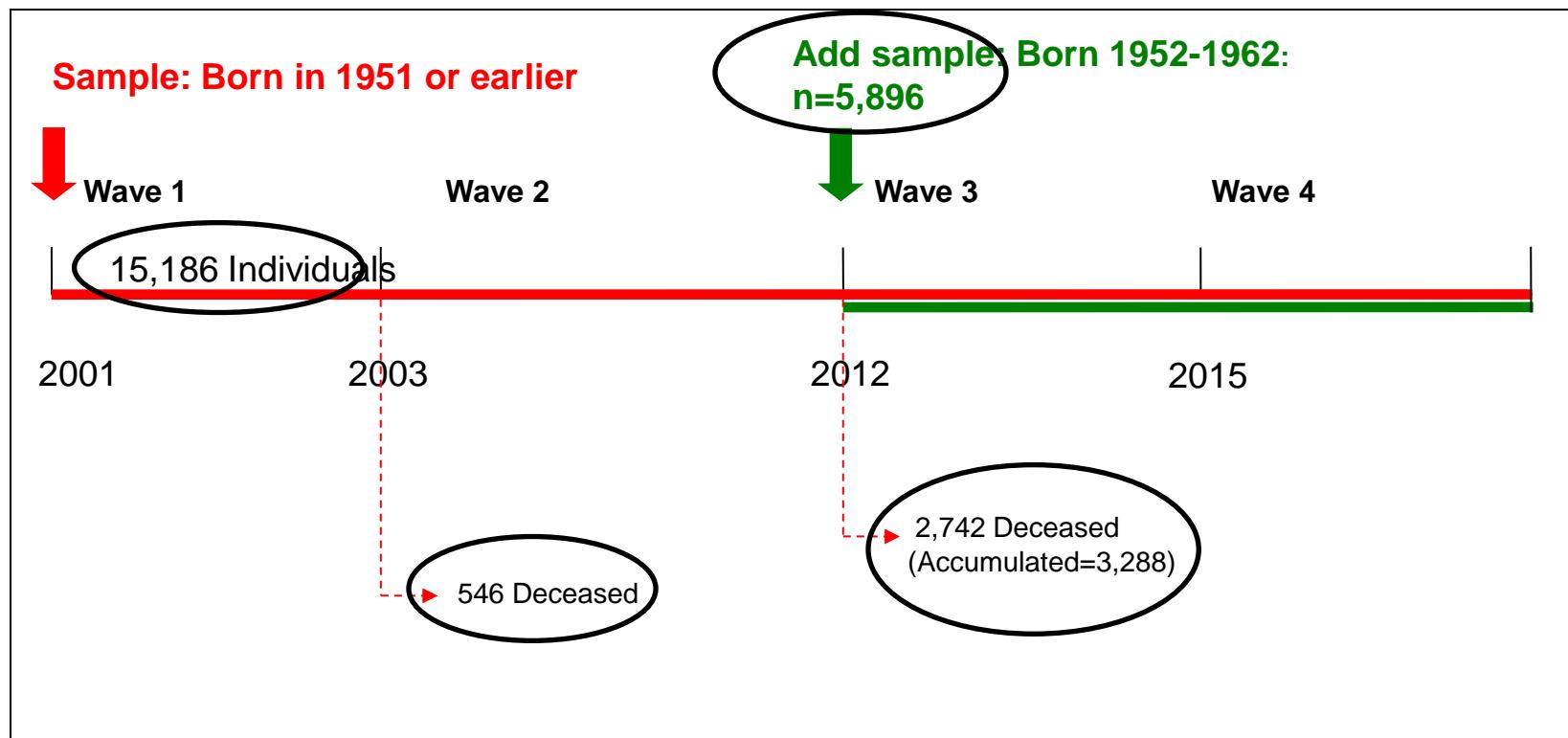
National Academy of Medicine, Mexico City, May 28-29, 2015



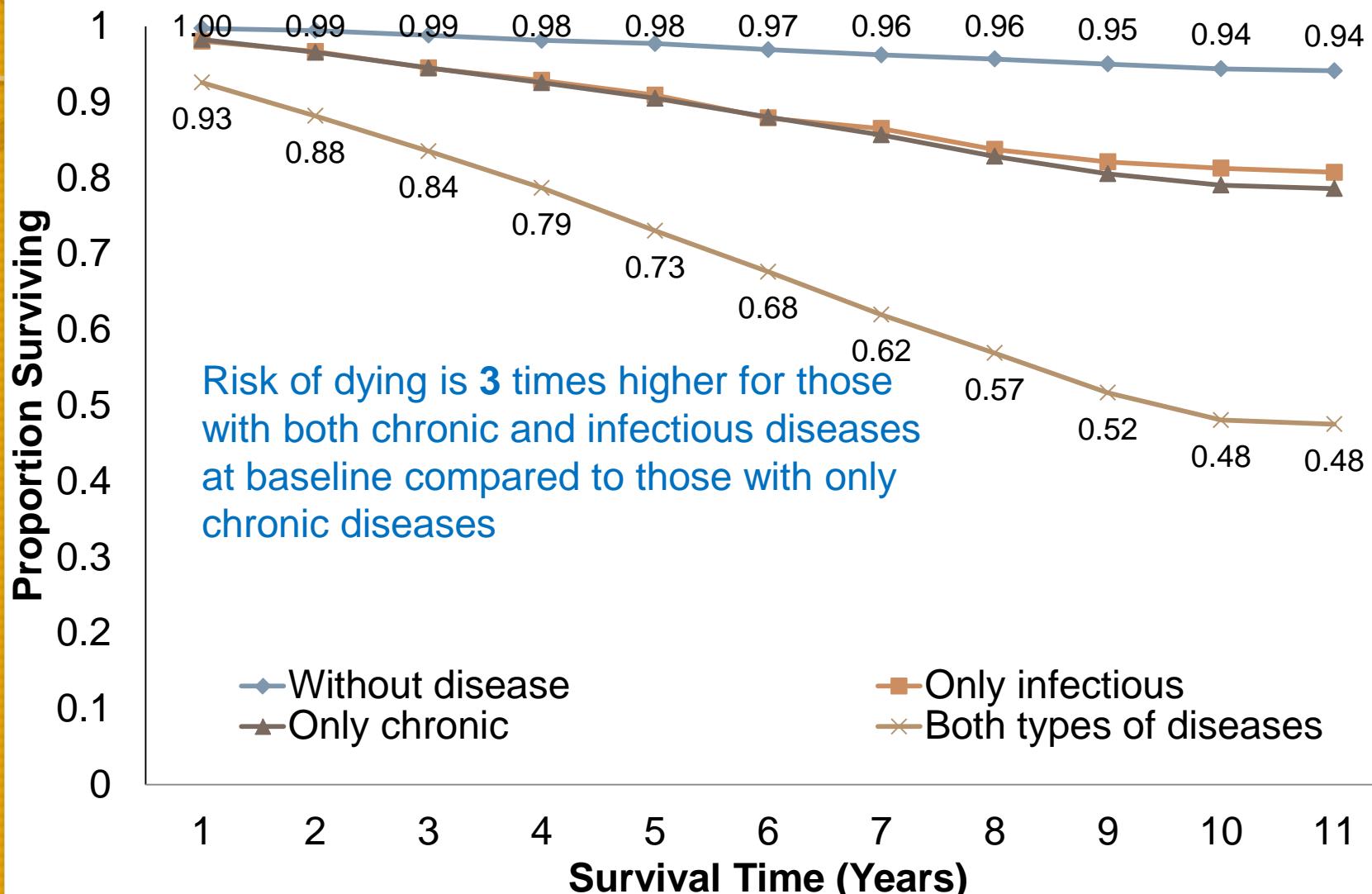
# MHAS/ENASEM: Prospective Longitudinal Study of Aging in Mexico



# MHAS Timeline 2001-2015

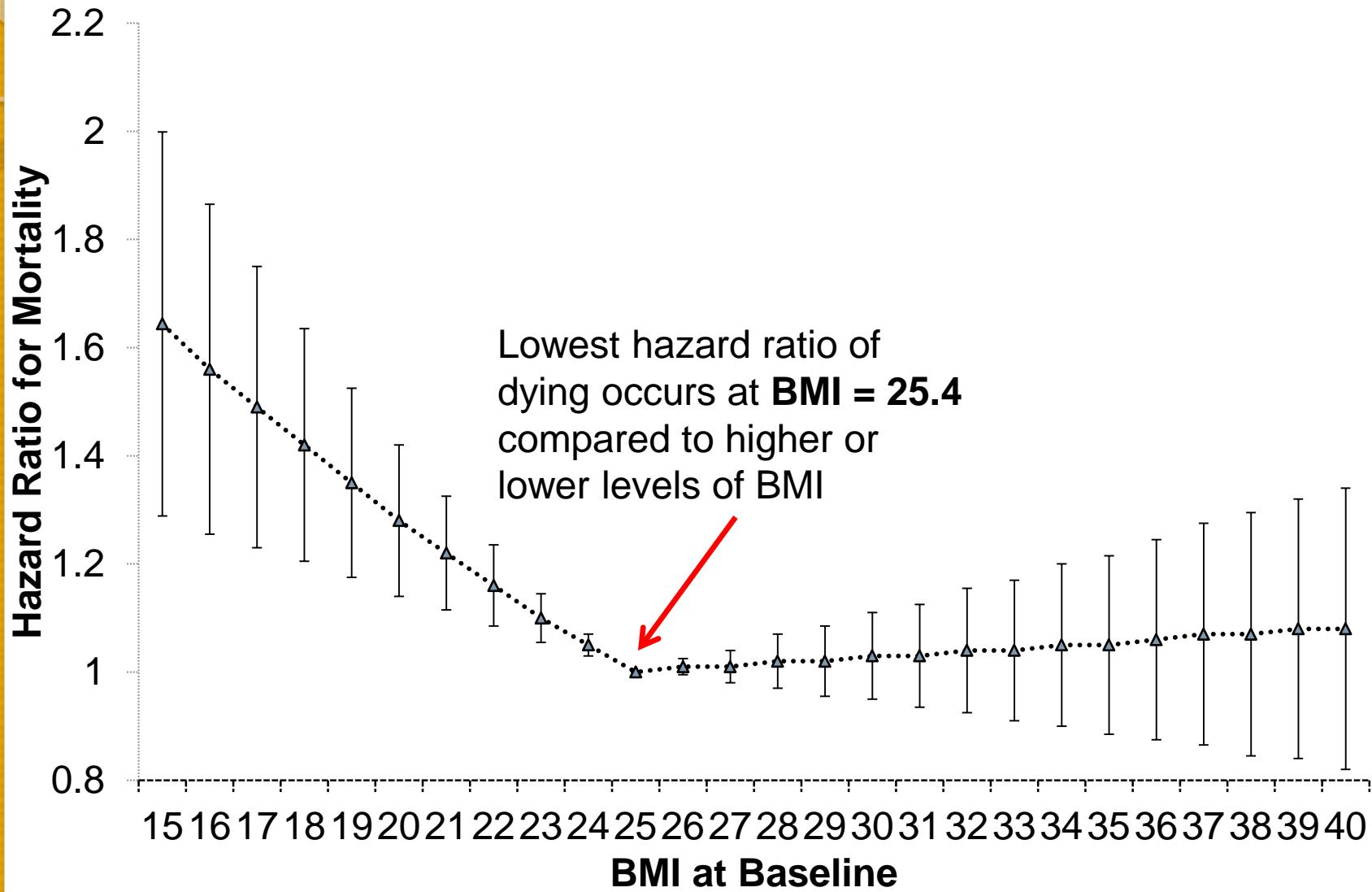


# Survival Analysis for Infectious and Chronic Conditions, 2001-2012



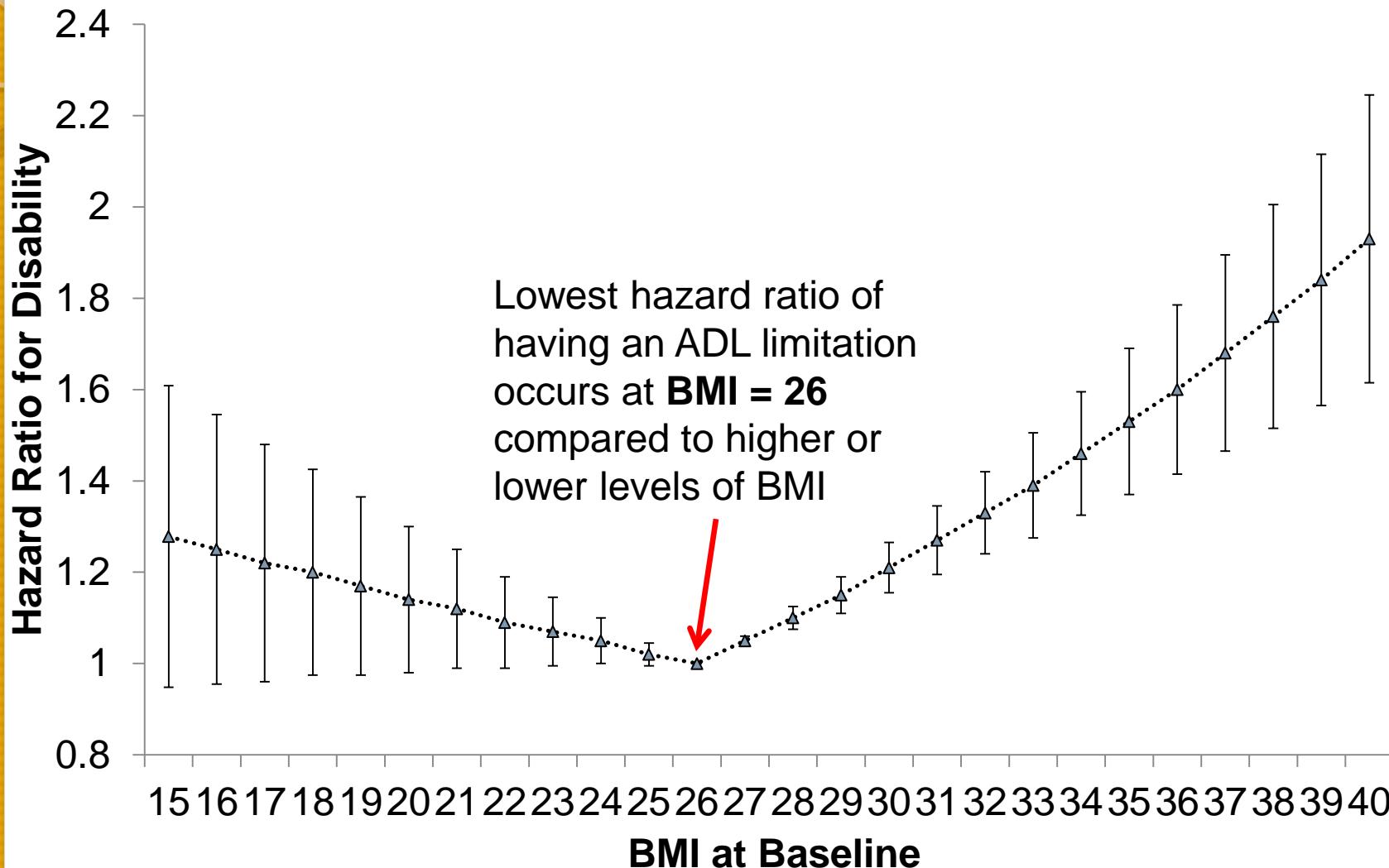
Source: González-González, C., A. Palloni, and R. Wong (2015). Mortality and its association with chronic and infectious diseases in Mexico: a panel data analysis of older adults. *Salud Pública de México*, 57.

# Hazard Ratios for Mortality as a Function of BMI, 2001-2012



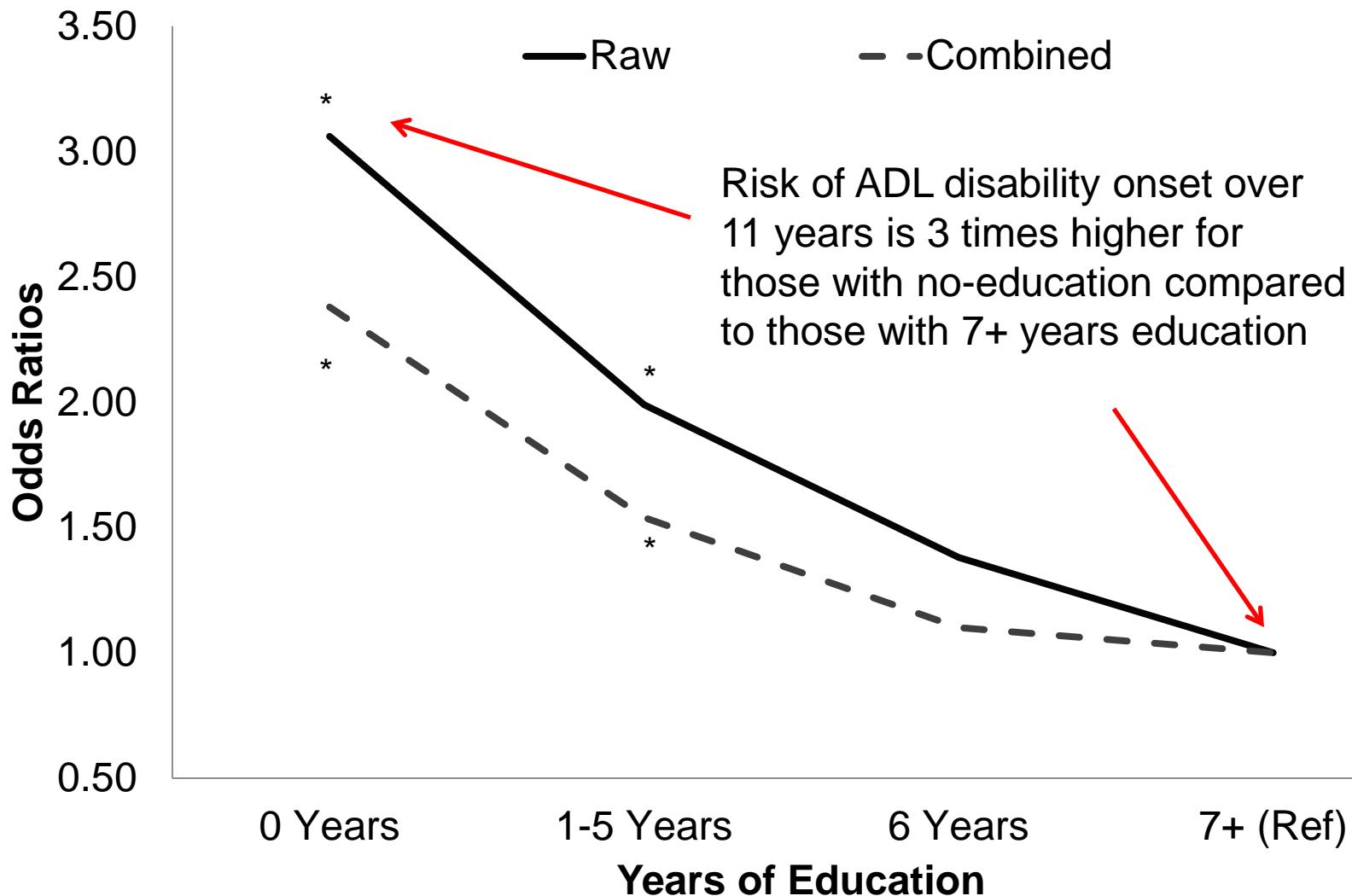
Source: Kumar, A. et al. (2015). The Effect of Obesity on Incidence of Disability and Mortality in Mexicans Aged 50 Years and Older . *Salud Pública de México*, 57.

# Hazard Ratios for ADL Disability as a Function of BMI, 2001-2012



Source: Kumar, A. et al. (2015). The Effect of Obesity on Incidence of Disability and Mortality in Mexicans Aged 50 Years and Older . *Salud Pública de México*, 57.

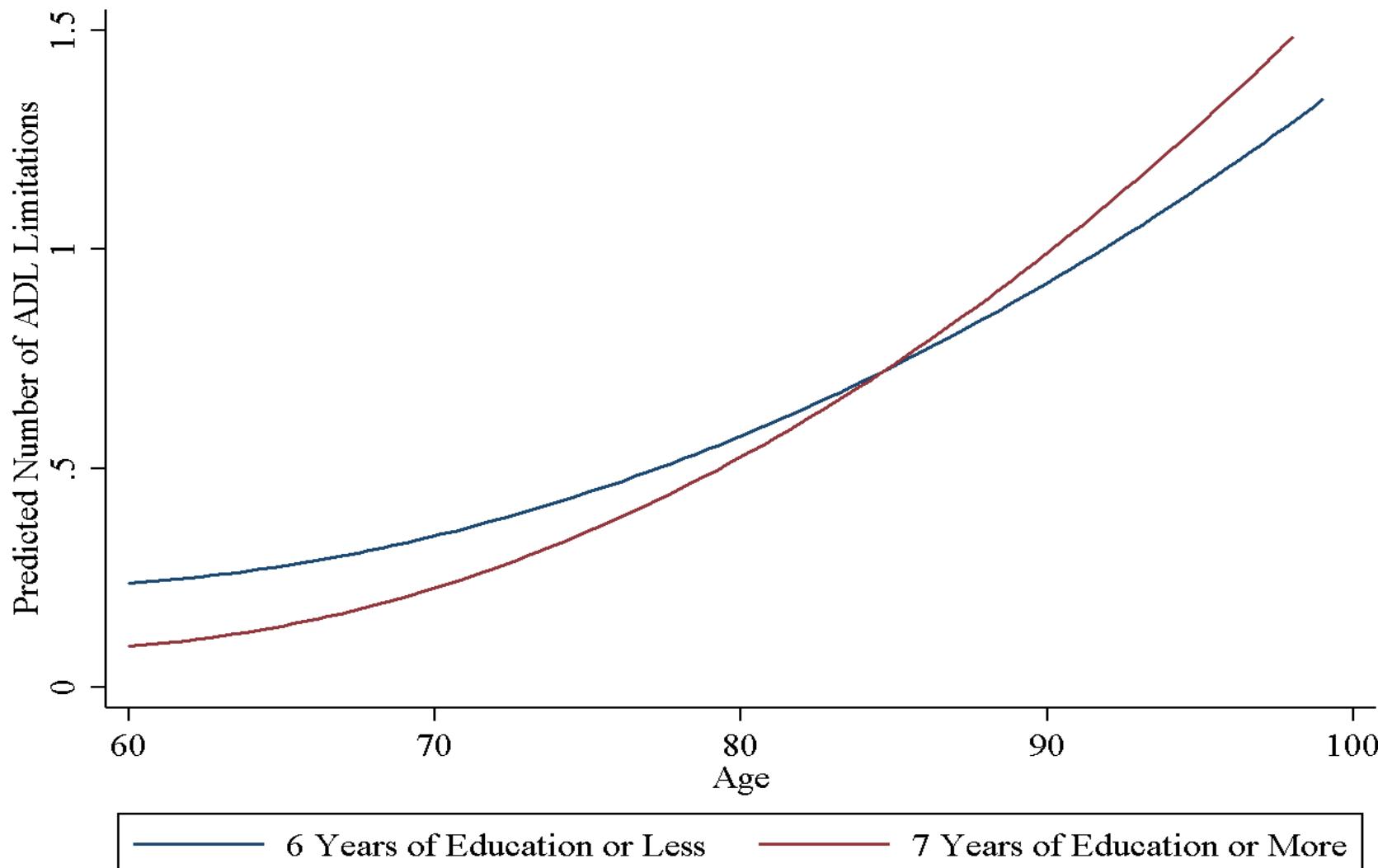
# Risk of 11-year Disability Onset by Education, Men age 50-59



Source: Sáenz, J.L. and R. Wong. Educational Gradients and Pathways of Disability Onset among Older Mexicans. Under review, *Research on Aging*.



# Trajectories of Number of ADL Limitations by Age and Years of Education



**Source:** Díaz-Venegas, C. and R. Wong. Trajectories of Limitations in Activities of Daily Living among Older Adults in Mexico. Under review in *Disability & Health*.



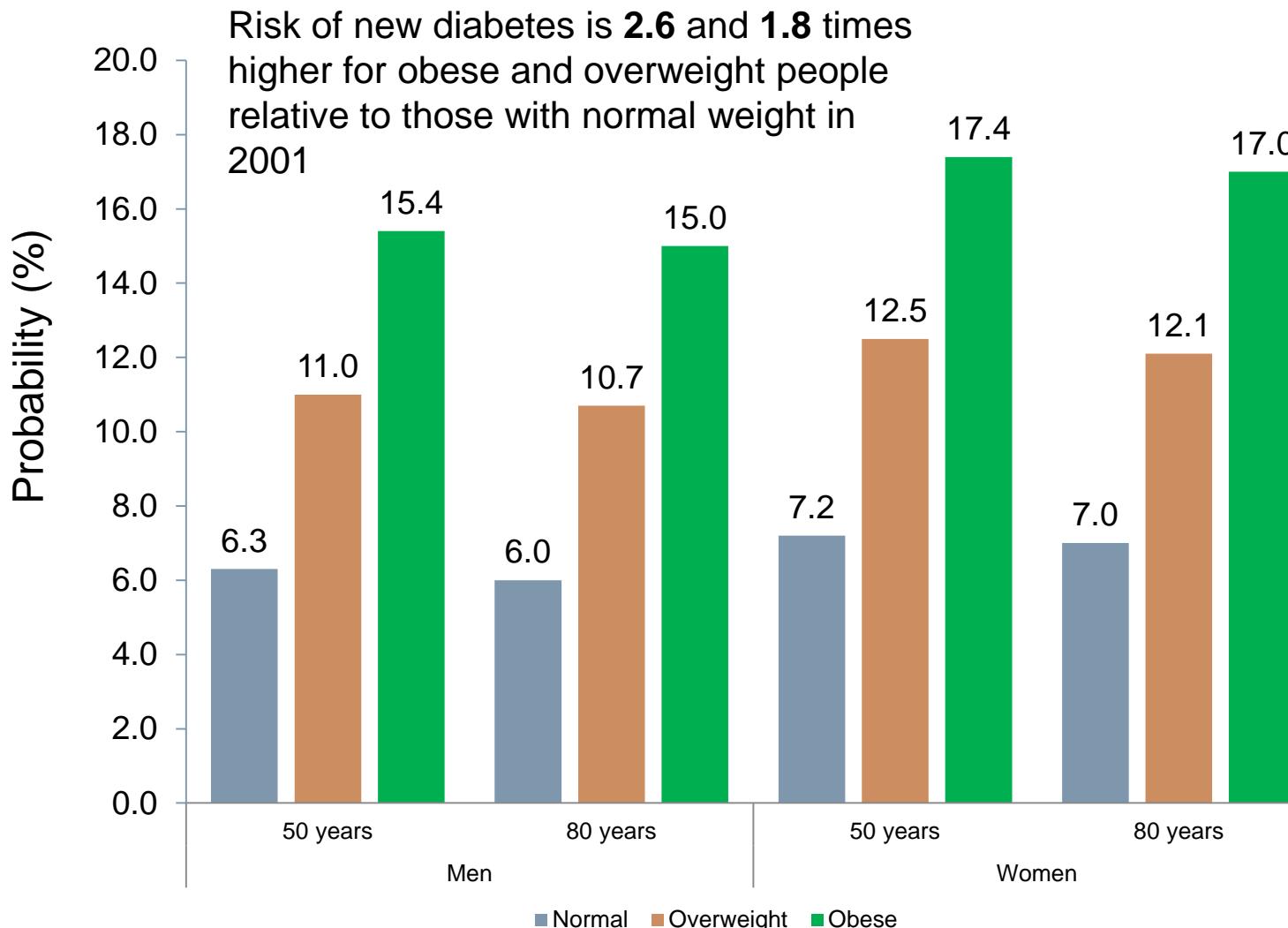
# Importance of Diabetes and Obesity

Among Mexican population 65+ in 2012:  
(National Health Survey, ENSANUT)

- Prevalence of self-reported diabetes was 41%
- Overweight and obesity:
  - Overweight 40.2%
  - Obese 30%
  - Abdominal obesity 82.4%



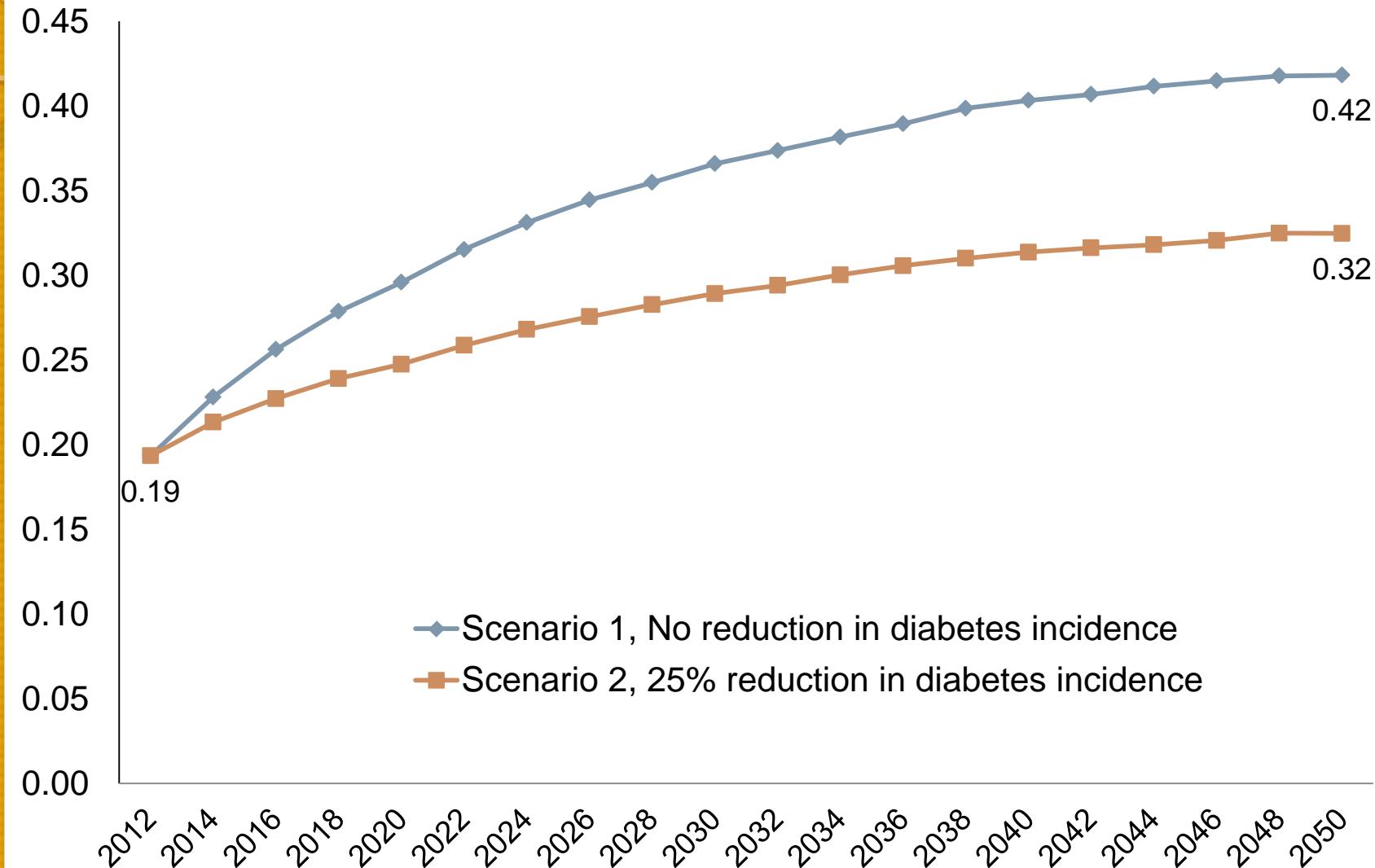
# Probability of Incidence of Diabetes by Body Weight, 2012



**Source:** Palloni, A., H. Beltrán-Sánchez, B. Novak, G. Pinto, and R. Wong (2015). Adult Obesity, Disease and Longevity in Mexico. *Salud Pública de México*, 57.

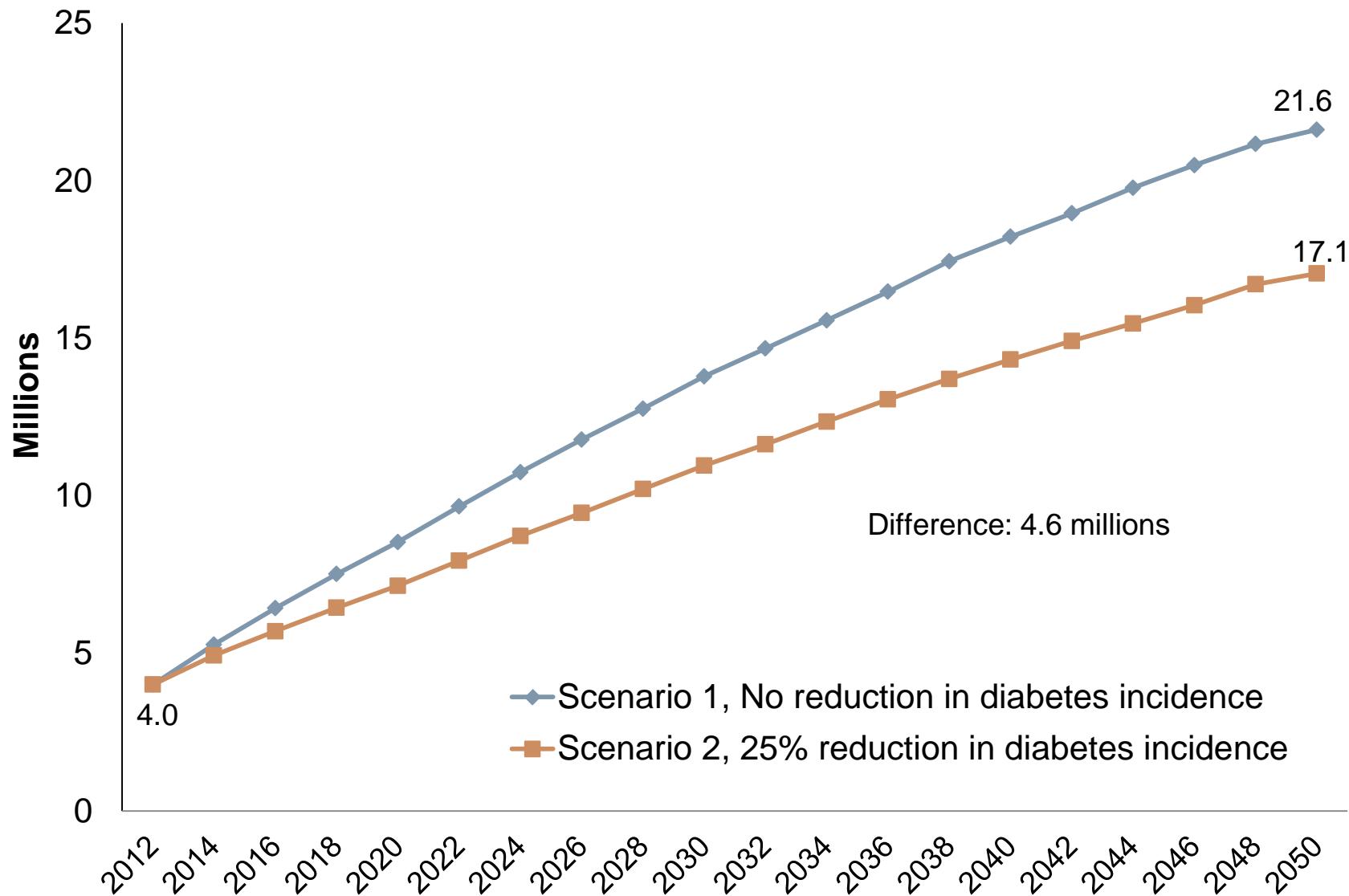
# Projected Prevalence of Diabetes 2012 to 2050

## Population aged 50 and older, FEM-Mexico



Source: González-González, C., R. Wong, B. Tysinger, & D. Goldman. Work in-progress.

# Projected Population Ages 50+ with Diabetes, years 2012 to 2050, FEM-Mexico



Source: González-González, C., R. Wong, B. Tysinger, & D. Goldman. Work in-progress.

# Conclusion

- MHAS/ENASEM has analytical power for studies of health transitions
- Policy makers can use knowledge of health and mortality transitions to project the future needs of older adults
- Clearly, availability of longitudinal, national data is driving the generation of this line of research



# MHAS Collaborators



University of Texas Medical Branch



INSTITUTO NACIONAL  
DE ESTADÍSTICA Y GEOGRAFÍA



INEGI, México

University of Wisconsin



Instituto Nacional de Geriatría, México



Instituto Nacional de Salud Pública, México

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