

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

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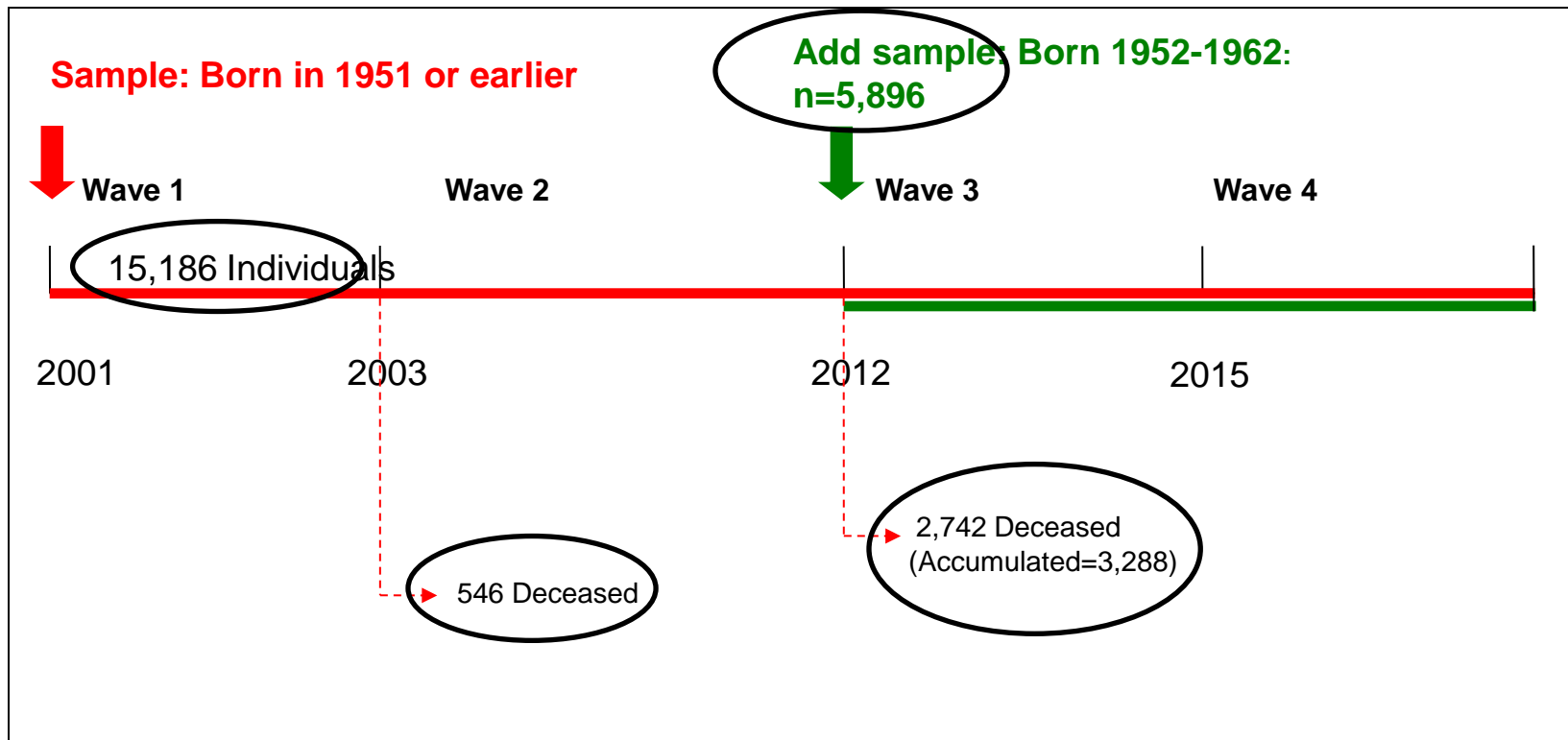
National Academy of Medicine, Mexico City, May 28-29, 2015



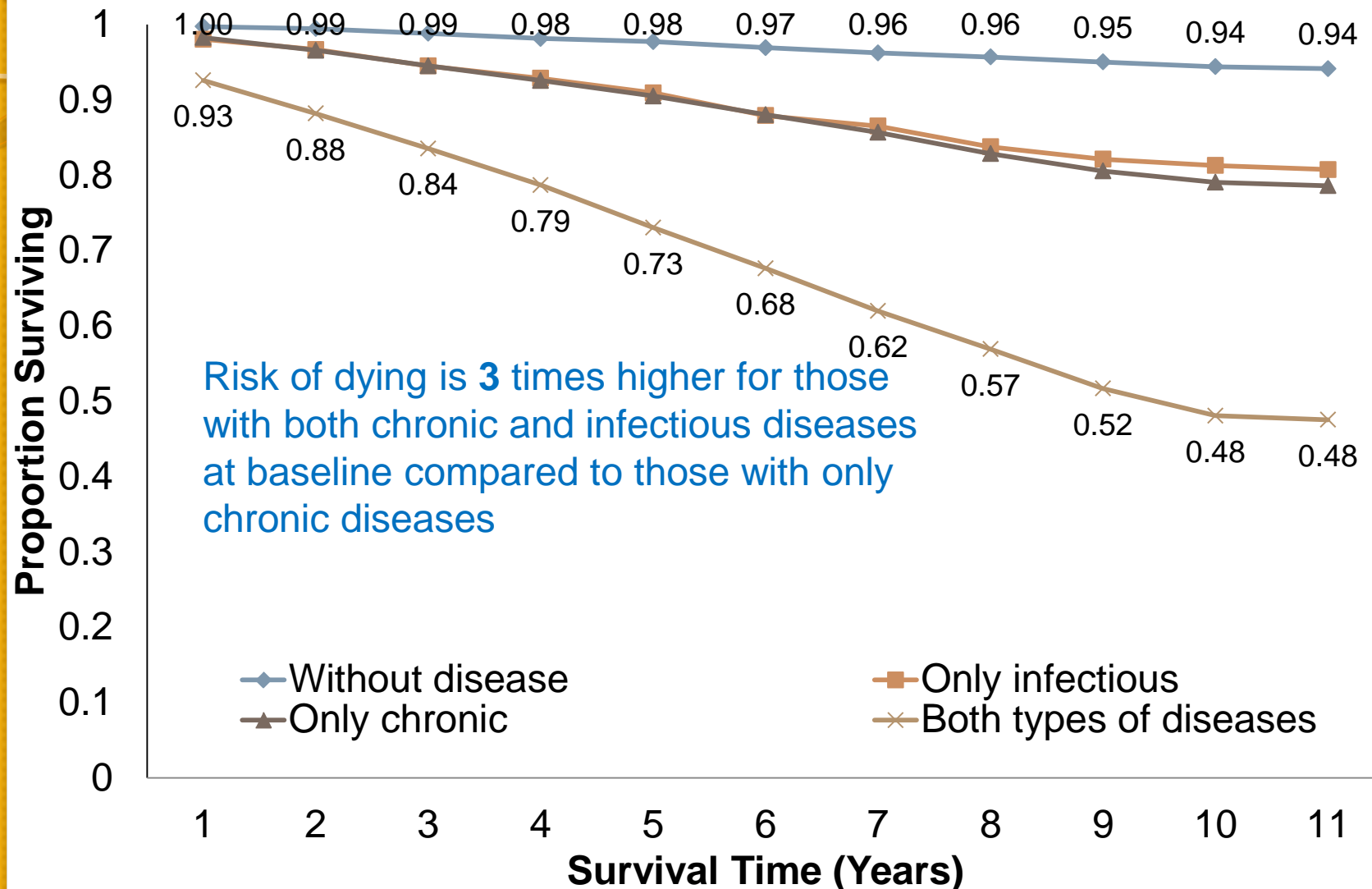
MHAS/ENASEM: Prospective Longitudinal Study of Aging in Mexico



MHAS Timeline 2001-2015



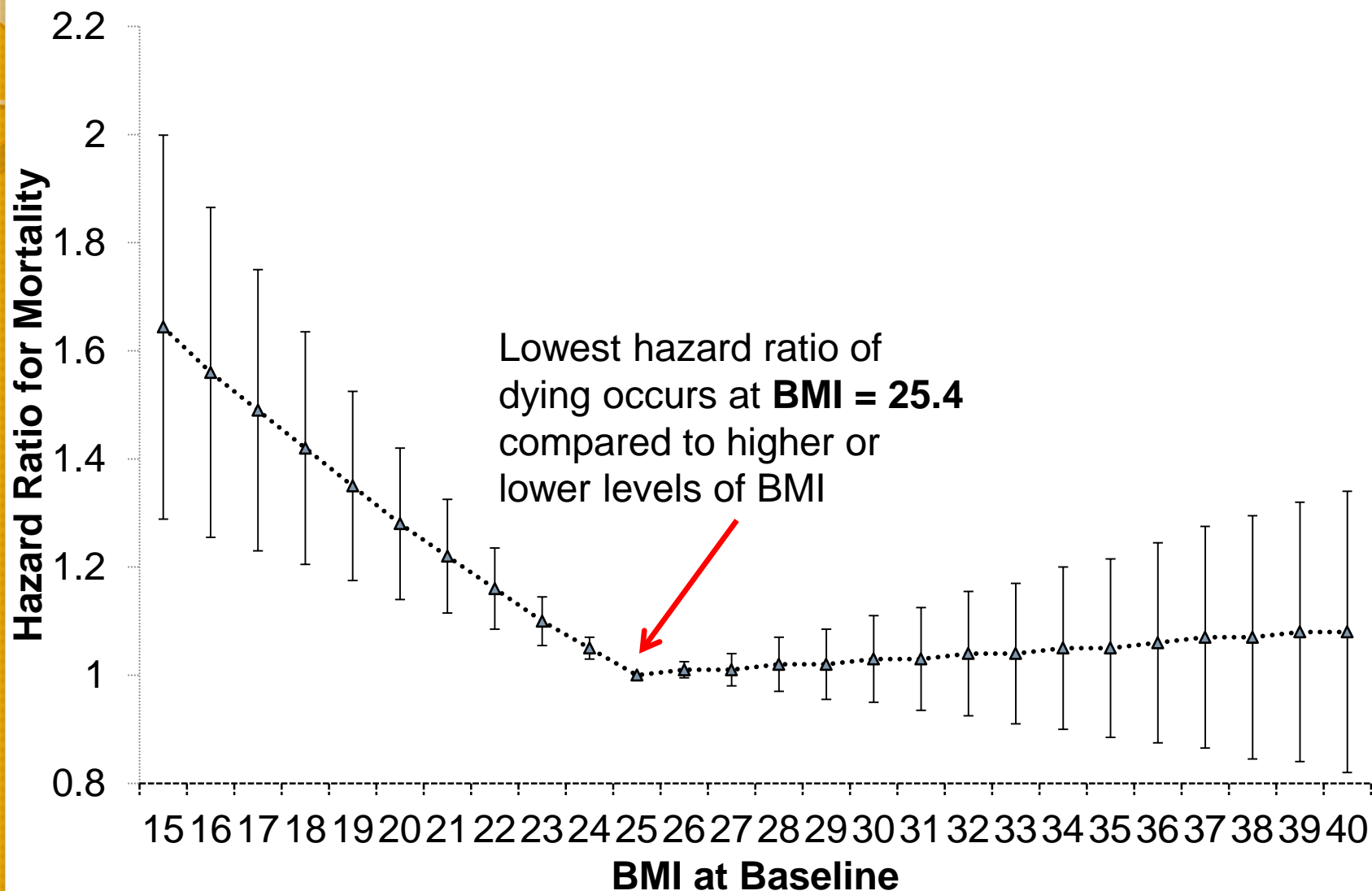
Survival Analysis for Infectious and Chronic Conditions, 2001-2012



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.

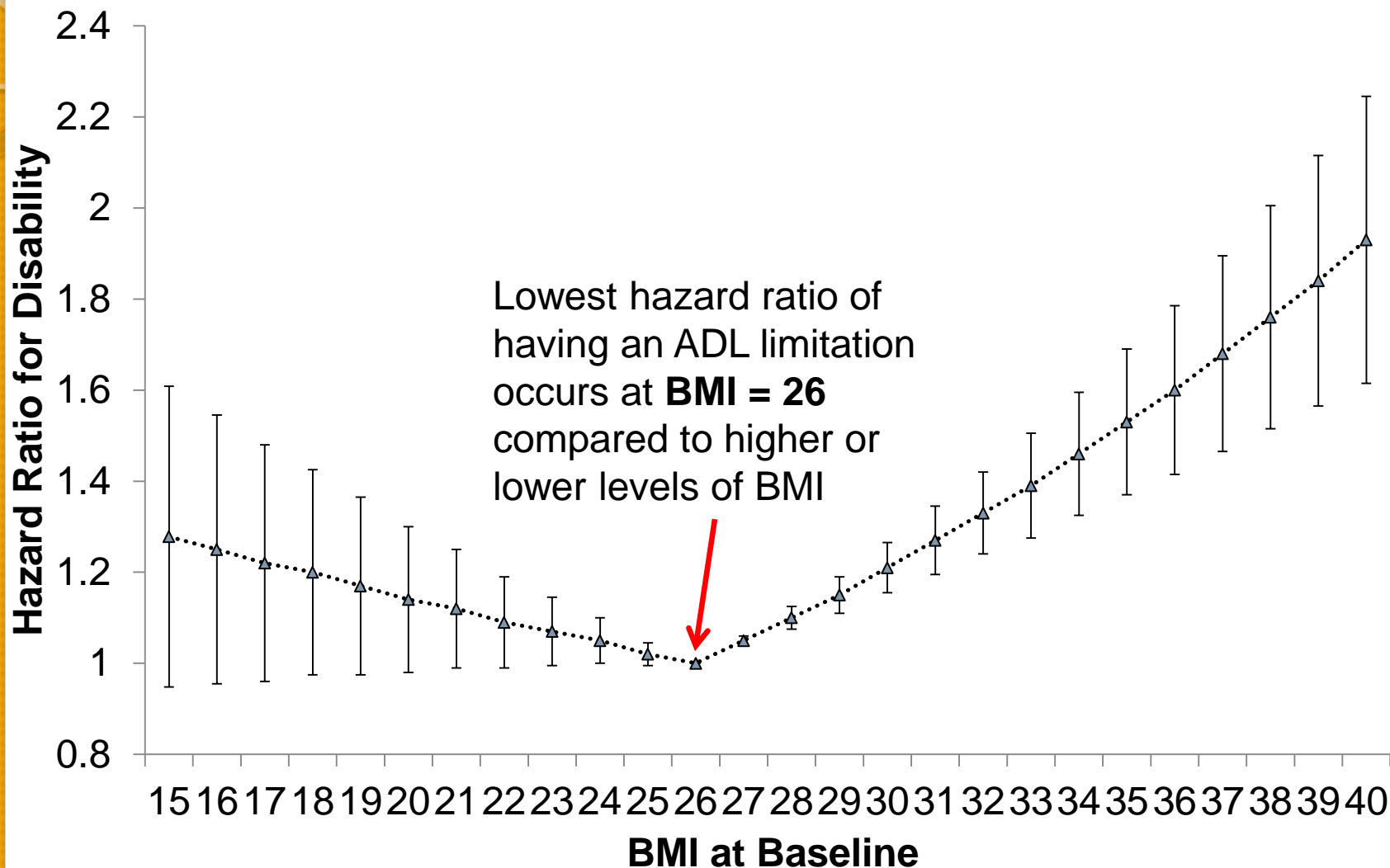


Hazard Ratios for Mortality as a Function of BMI, 2001-2012



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.

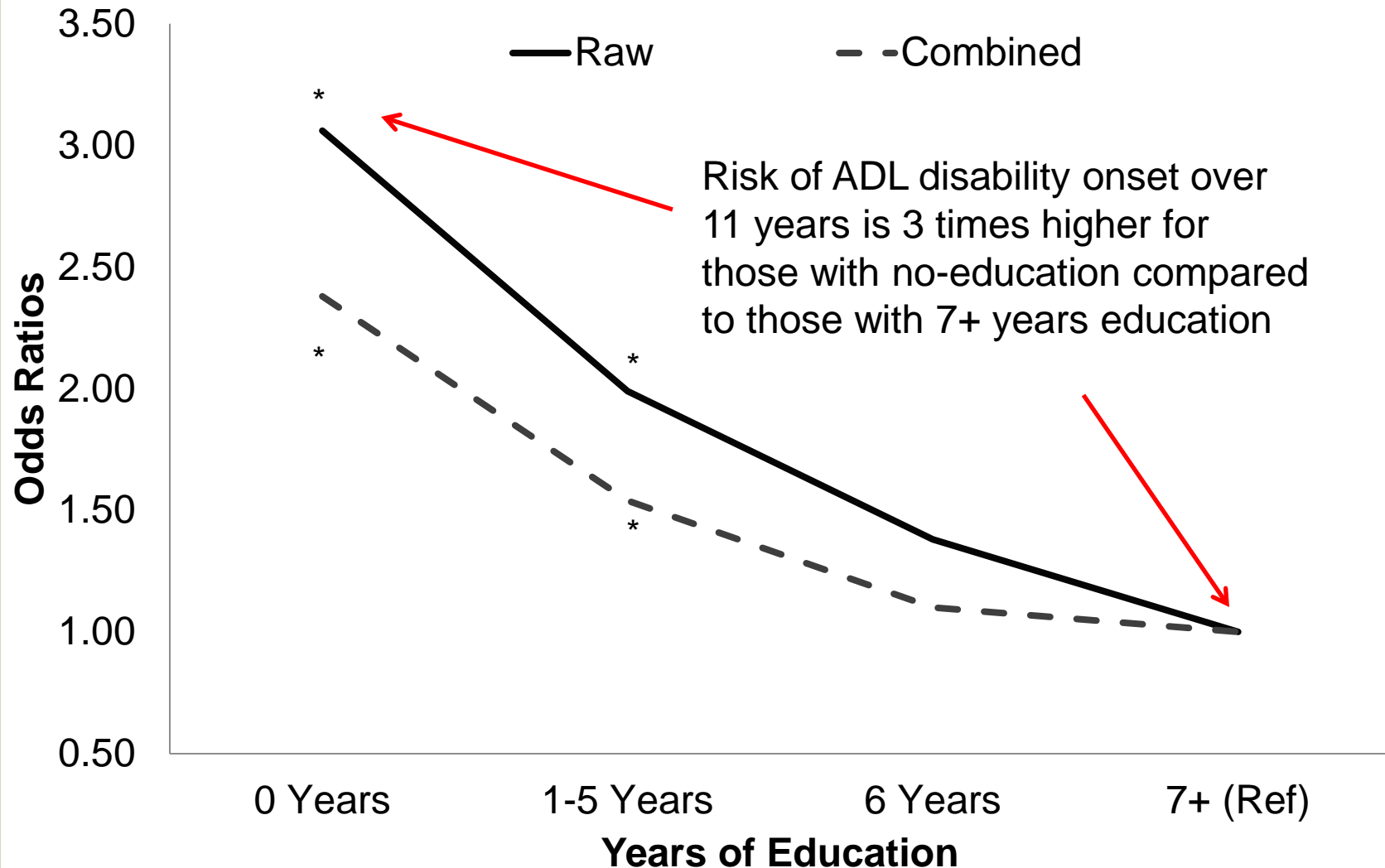
Hazard Ratios for ADL Disability as a Function of BMI, 2001-2012



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.



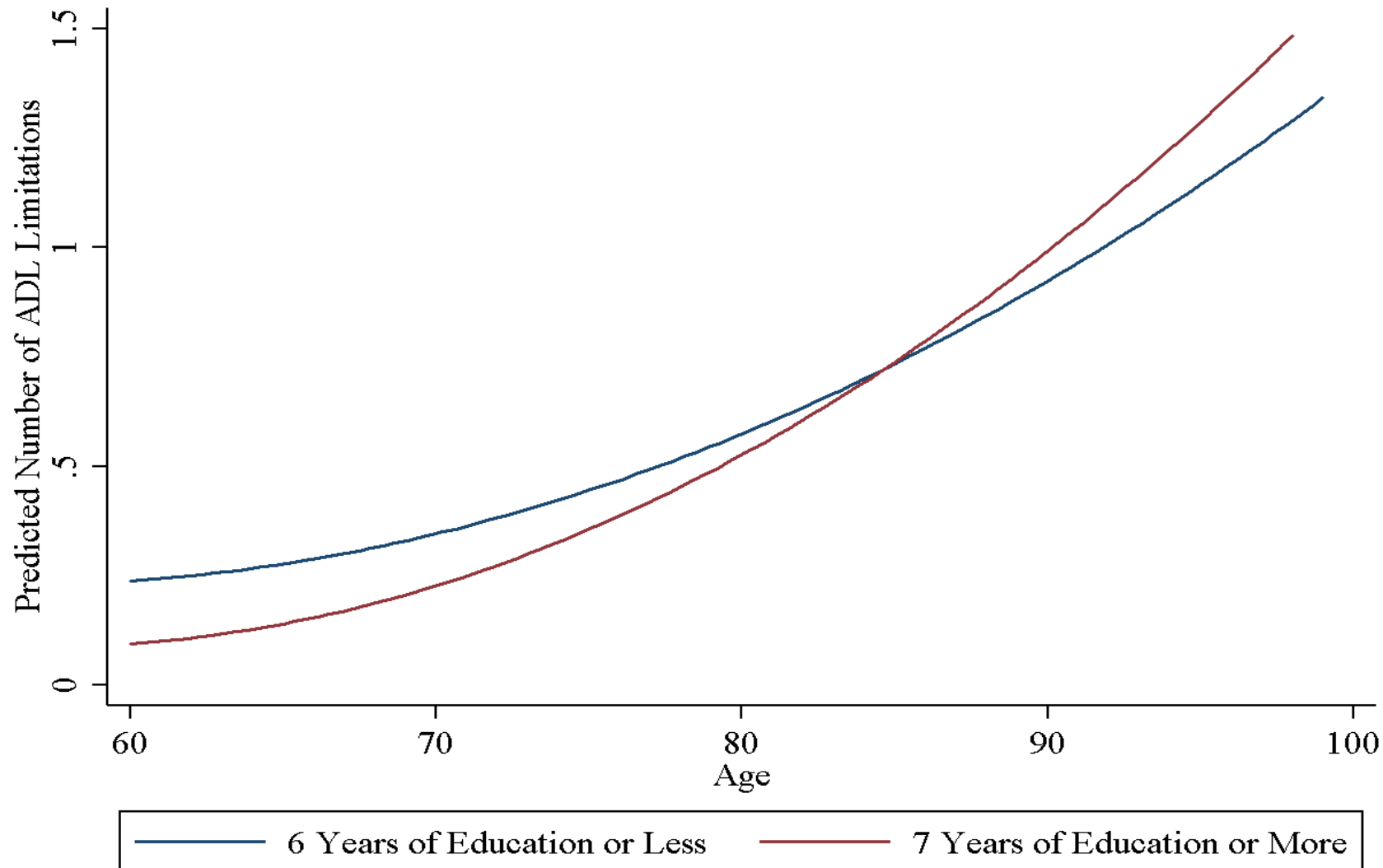
Risk of 11-year Disability Onset by Education, Men age 50-59



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*.



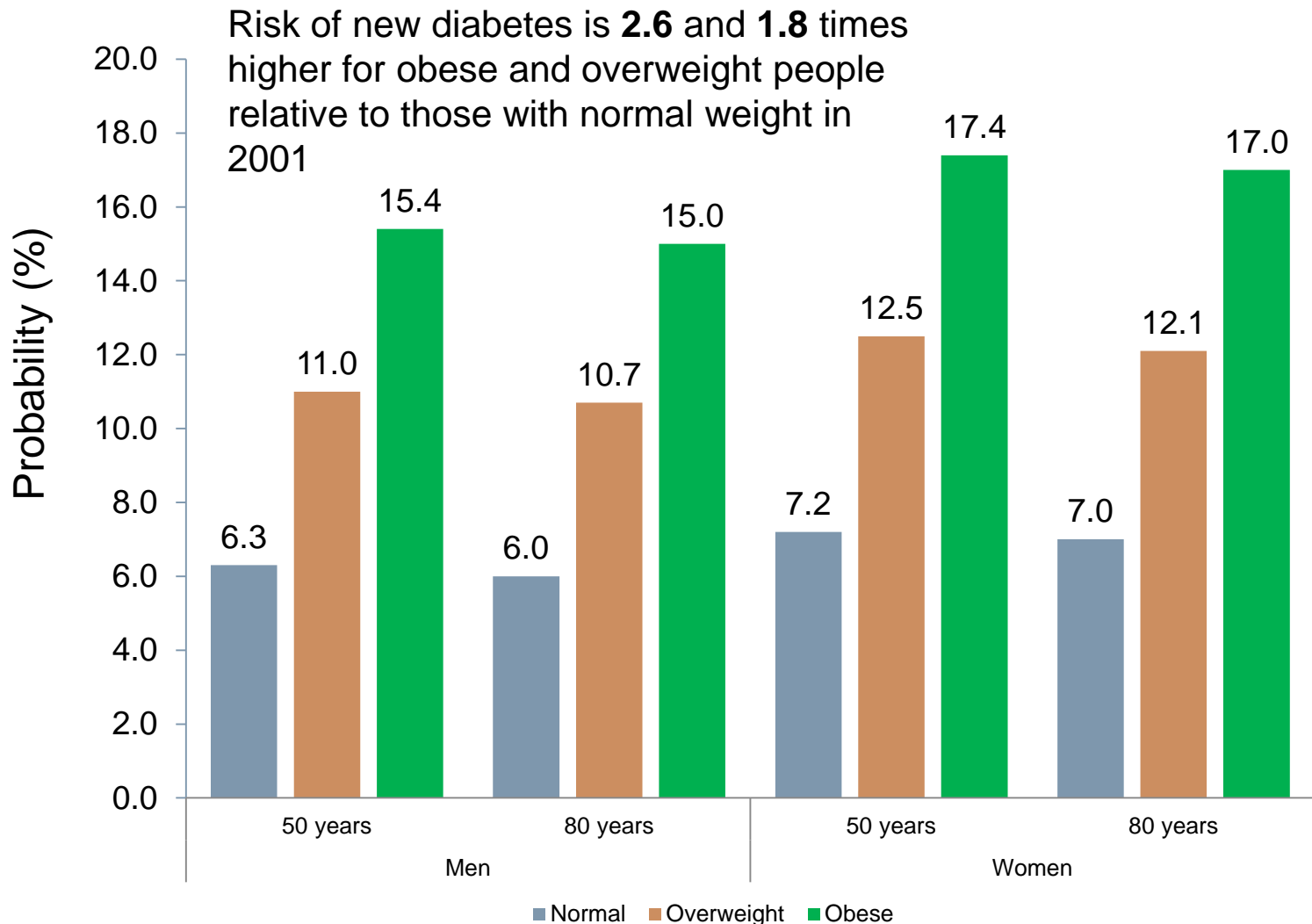
Importance of Diabetes and Obesity

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%



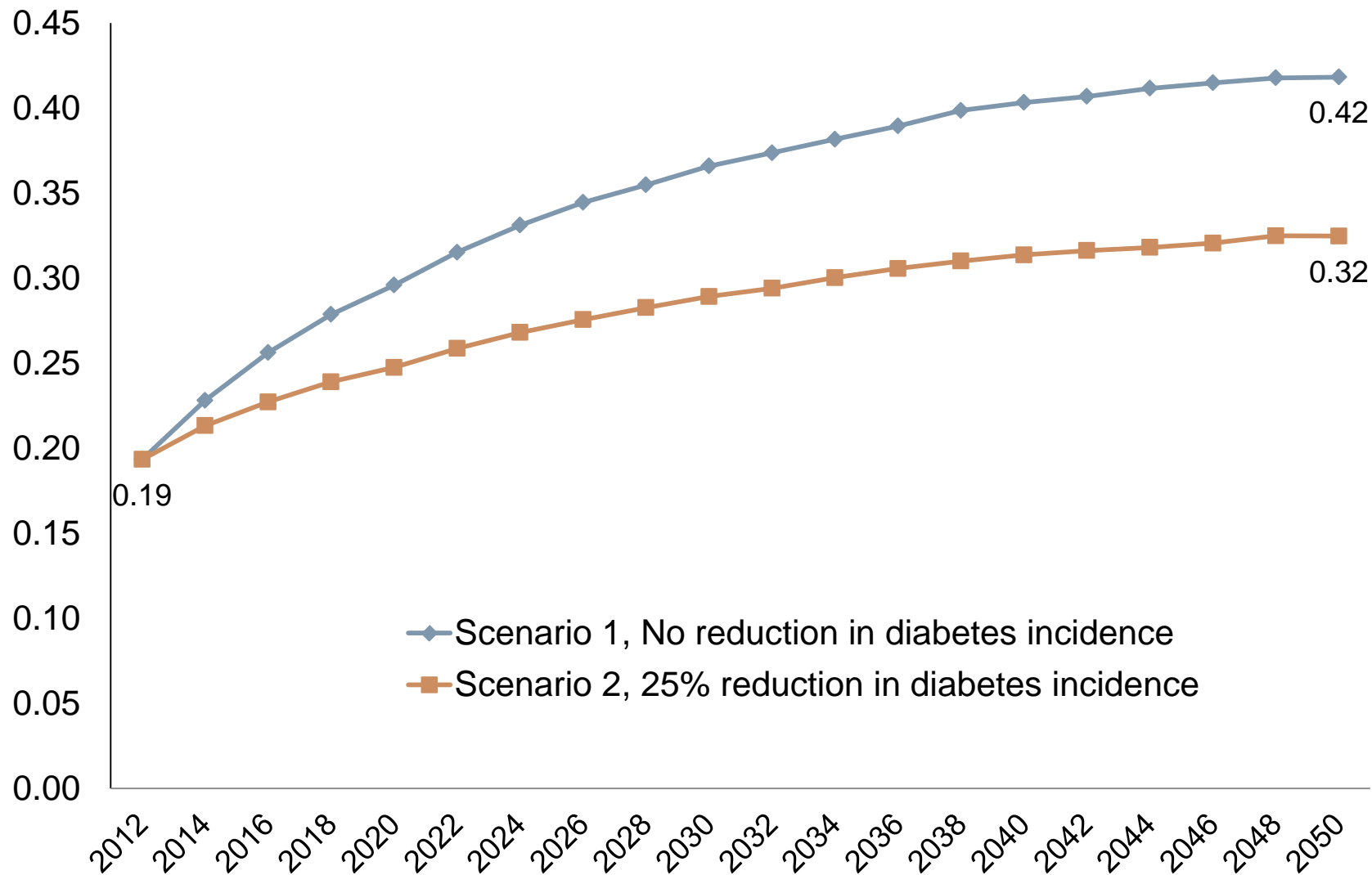
Probability of Incidence of Diabetes by Body Weight, 2012



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.

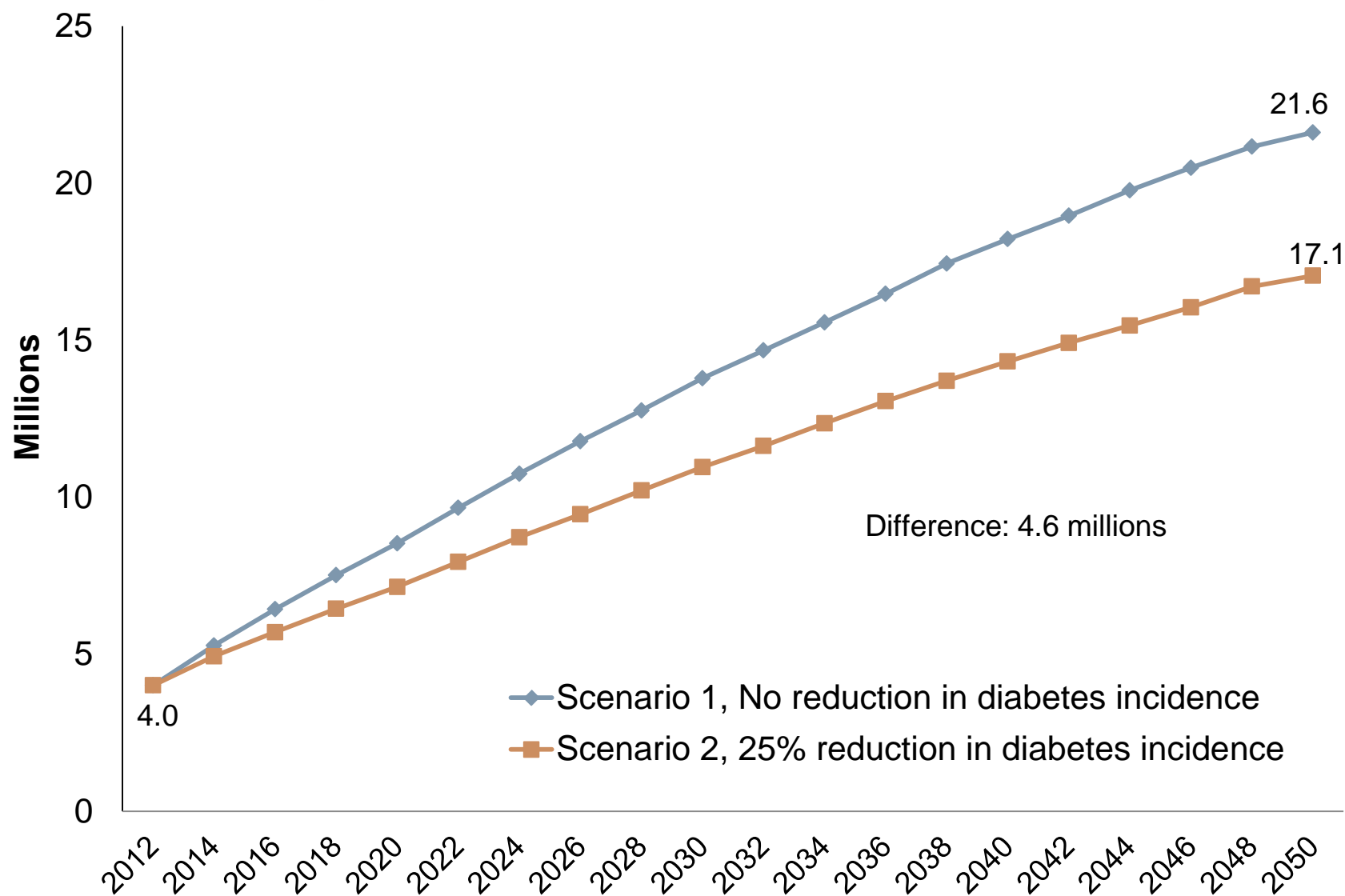
Projected Prevalence of Diabetes 2012 to 2050

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



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