The Mexican Health and Aging Study (MHAS/ENASEM): How it was done

Rebeca Wong, PhD
Sealy Center on Aging
WHO/PAHO Collaborating Center on Aging
University of Texas Medical Branch
rewong@utmb.edu

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

Mexican Health & Aging Study

At the Beginning,

- Find key, unique scientific issues – and cover these
- Plan for longitudinal, national, data with open-access
- **Find the right partners**
  - for scientific content,
  - for fieldwork - longitudinal
  - for political support

MHAS Collaborators

University of Texas Medical Branch

INEGI, México

University of Wisconsin

Instituto Nacional de Geriatría, México

Instituto Nacional de Salud Pública, México

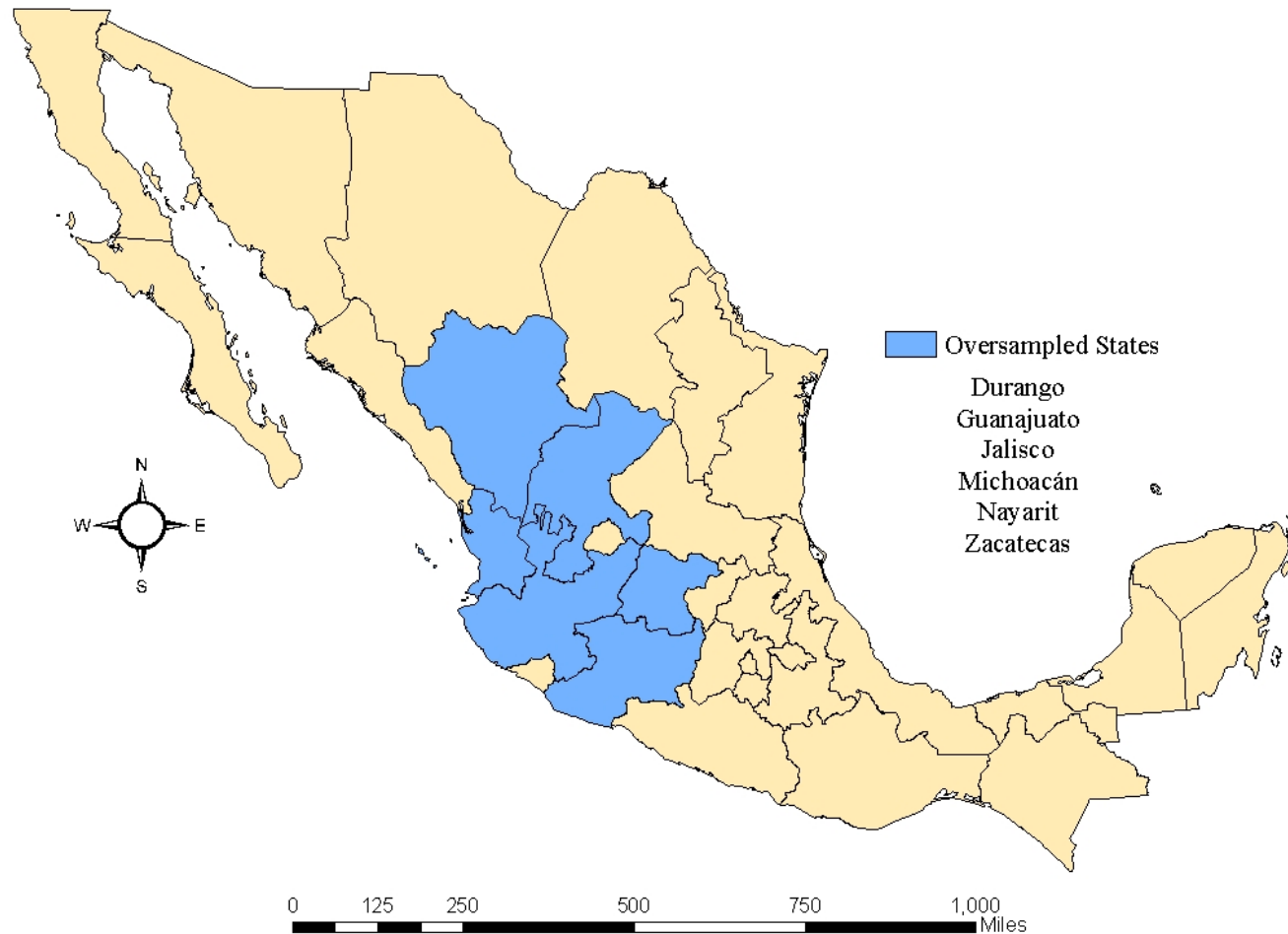University of Pennsylvania

Over-Sample in States with High Migration to the United States

Oversampled States
Durango
Guanajuato
Jalisco
Michoacán
Nayarit
Zacatecas

Over-sample of 1.7:1 ; MHAS 2001

Later,

- Use your resources to keep up the **quality of the data**
- The **value of the study: its users**
- Increase usability, help people use the data for publications, policy briefs
  - www.MHASweb.org
  - www.ENASEM.org
- Find the drive: key, **scientific reasons to continue**

MHAS Timeline 2001-2015 and Key Changes in Mexico

Universal health insurance program – SEGURO POPULAR

Wave 1	Wave 2	Wave 3	Wave 4
2001	2003	2012	2015

Financial Crisis
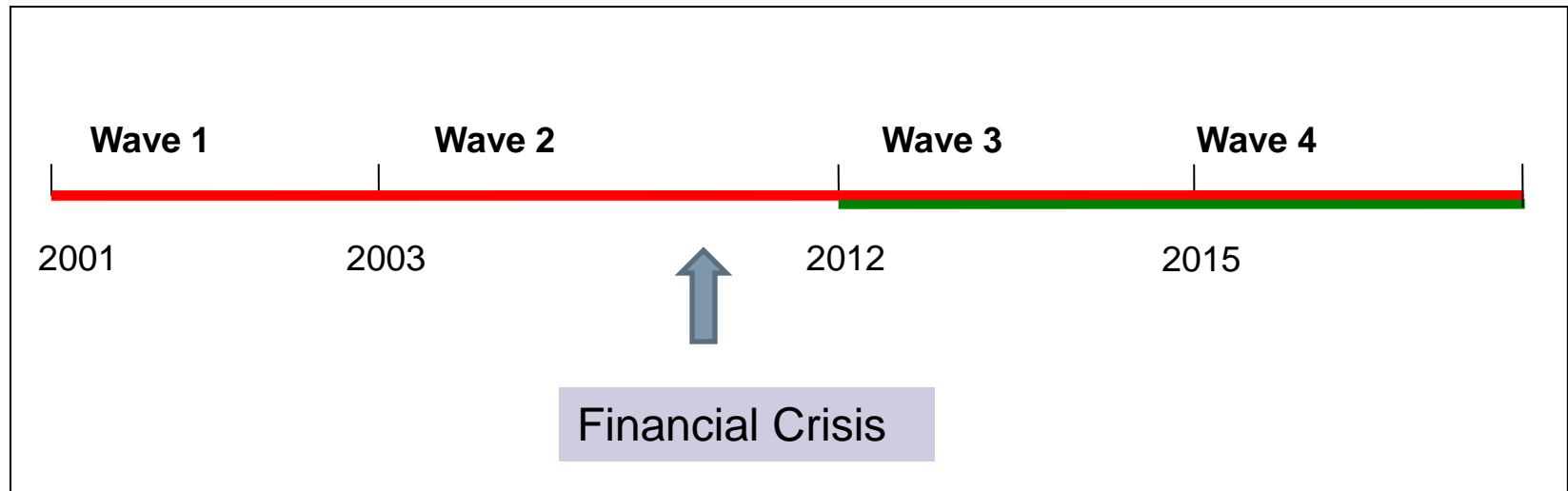
Biomarkers in Wave 3 Subsample

MHAS Biomarkers
Oaxaca, 2012

Intravenous Blood

- CRP (high sensitivity)
- Total Cholesterol and HDLC
- Thyroid Stimulating Hormone
- Vitamin D

Finger Prick

- Hemoglobin Hb (using Hemocue)
- Circulating Glucose HbA1c (using Ac1 Now)

Add Value to the Data: Linked Files With Administrative Data

Aggregate level (state)

Aggregate level (municipio)

Seguro Popular by State 2002-2012

Census Variables 2000 and 2010, and Health Services in the Community 2001

Individual level (survey data)

Mortality rates – All cause, and by Groups of causes

Individual

MHAS
2001
2003

2012

Aggregate level (state and municipio)