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

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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

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

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

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

Universal health insurance program – SEGURO POPULAR

Financial Crisis
Biomarkers in Wave 3 Subsample

### 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)
- Seguro Popular by State 2002-2012

Aggregate level (municipio)
- Census Variables 2000 and 2010, and Health Services in the Community 2001

Individual level (survey data)
- MHAS
  - 2001
  - 2003
  - 2012

Aggregate level (state and municipio)
- Mortality rates – All cause, and by Groups of causes