

2011-2012 HEALTH PROFILES

Mexican Ethnic Group

The following profile provides data on key health topics for the 3,348,000 Mexican adults (ages 18 and over) in California who were born in the U.S. and the 4,039,000 Mexican adults in California who were born outside the U.S. Estimates are based on the 2011-2012 California Health Interview Survey (CHIS).¹

	Mexican, born in U.S.	Mexican, born outside U.S.	Latino Overall	California
Demographics	%	%	%	%
Age 18-64	92.6	92.8	92.3	84.2
Age 65 and over	7.5	7.2	7.7	15.8
Adults with income less than 200% FPL ²	44.3	72.3	58.2	35.9
Access and Utilization	% (95% CI)	% (95% CI)	% (95% CI)	% (95% CI)
Uninsured all or part year (age 18-64)	30.2* (27.6 - 32.8)	46.1* (43.5 - 48.7)	38.6 (36.9 - 40.2)	26.6 (25.7 - 27.4)
Employment-based insurance, all year (age 18-64)	44.5* (41.8 - 47.3)	29.4* (27.0 - 31.7)	36.3 (34.7 - 37.9)	50.6 (49.7 - 51.5)
Medi-Cal, all year (age 18-64)	15.8 (13.8 - 17.9)	18.6 (16.6 - 20.6)	17.4 (16.1 - 18.7)	11.6 (11.0 - 12.2)
Other coverage, all year (age 18-64) ³	9.5 (7.9 - 11.1)	6.0* (4.7 - 7.2)	7.7 (6.9 - 8.6)	11.3 (10.7 - 11.8)
No usual source of health care ⁴	21.8* (19.5 - 24.0)	28.3* (26.0 - 30.6)	25.5 (24.1 - 26.9)	17.6 (16.9 - 18.2)
Delayed getting prescription drugs or medical services in past year	22.5 (20.2 - 24.7)	18.2* (16.4 - 19.9)	20.8 (19.6 - 22.1)	21.5 (20.9 - 22.2)

* Statistically significant difference between Latino overall and individual ethnic group at $p < 0.05$.

Endnotes 1-15 and racial/ethnic definitions can be found in the online appendices: http://healthpolicy.ucla.edu/health-profiles/race_ethnicity/Documents/Appendices.pdf

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	Mexican, born in U.S.	Mexican, born outside U.S.	Latino Overall	California
Health Outcomes	% (95% CI)	% (95% CI)	% (95% CI)	% (95% CI)
Serious psychological distress in the past year ⁵	9.1 (7.7 - 10.6)	8.1 (6.8 - 9.4)	8.8 (7.9 - 9.6)	7.9 (7.5 - 8.4)
Fair or poor health ⁶	18.9* (16.9 - 21.0)	36.0* (33.7 - 38.4)	27.5 (26.1 - 28.9)	19.4 (18.8 - 20.0)
Current asthma ⁷	7.6* (6.4 - 8.9)	3.0* (2.3 - 3.7)	5.5 (4.8 - 6.1)	7.7 (7.3 - 8.1)
Ever diagnosed with diabetes ⁸	8.2* (6.9 - 9.5)	11.7 (10.2 - 13.3)	9.9 (9.0 - 10.8)	8.4 (7.9 - 8.8)
Obese ⁹	31.1 (28.7 - 33.5)	36.5* (34.1 - 38.9)	32.6 (31.1 - 34.0)	24.8 (24.1 - 25.5)
Ever diagnosed with high blood pressure	21.5 (19.4 - 23.6)	25.2 (23.2 - 27.3)	23.9 (22.6 - 25.2)	27.3 (26.6 - 27.9)
Health Behaviors	% (95% CI)	% (95% CI)	% (95% CI)	% (95% CI)
Engaged in regular walking in the past week ¹⁰	32.0 (29.5 - 34.5)	35.5 (33.2 - 37.9)	34.8 (33.3 - 36.3)	33.3 (32.5 - 34.1)
Ate fruits and vegetables 3 or more times yesterday ¹¹	21.2 (19.0 - 23.3)	21.8 (19.8 - 23.7)	21.4 (20.1 - 22.7)	27.2 (26.5 - 27.9)
Current smoker ¹²	13.8 (12.0 - 15.6)	10.5 (9.0 - 12.0)	12.3 (11.2 - 13.3)	13.8 (13.2 - 14.3)
Binge drinking ¹³	39.4* (36.8 - 42.0)	28.1* (25.8 - 30.4)	32.5 (31.0 - 34.1)	31.1 (30.3 - 31.8)
Other Factors	% (95% CI)	% (95% CI)	% (95% CI)	% (95% CI)
Food insecure ¹⁴	16.3* (14.2 - 18.3)	35.7* (33.3 - 38.1)	26.8 (25.3 - 28.2)	14.9 (14.3 - 15.6)
Limited English proficiency ¹⁵	19.8* (17.6 - 21.9)	89.3* (87.9 - 90.6)	55.8 (54.3 - 57.4)	26.9 (26.2 - 27.7)

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