

Mexican American Cohort Study



Your future health ...
Su salud de mañana ...

in your hands today
en sus manos hoy



Collaborative Studies



Mexican American Tobacco use in Children (MATCH)

Dr. Margaret R. Spitz

Findings:

- Predictors of susceptibility to smoking in 11-13 year old Mexican-American adolescents (N = 1,328)
- Acculturation (length of time in US)
- Psychosocial / behavioral – socioeconomic, peer / parental influence
- Genetics
- Hispanic adolescents are more likely to try smoking earlier than other race/ethnicities
 - ✓ 6% have one or more friends who smoke
 - ✓ 35% have a parent or sibling who smokes
- Highest susceptibility rates



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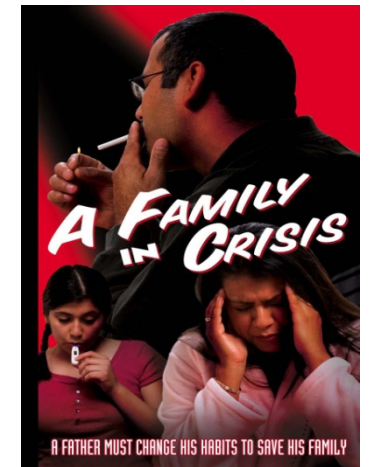
Clean Air Safe Air (CASA)

Promoting Smoke-Free Indoor Air Policy in Mexican American Households

Dr. Alexander Prokhorov MD, PhD - Department of Behavioral Science

Designed to:

- reduce second hand smoke (SHS) exposure in Mexican Americans
- increase awareness of health risks associated with SHS exposure and promoting smoking cessation
- raise awareness that Mexican Americans are a high risk group for developing SHS-related illnesses and have limited access to healthcare





Collaborative Studies



Risk Assessment for Mexican Americans (RAMA)

Laura Koehly, PhD - National Human Genome Research Institute, and
Anna Wilkinson, PhD - Assistant Professor, Department of Epidemiology

Description:

- Family-based intervention to see if families share risk information
- Whether families encourage other family members to screen and adopt healthful behaviors
- Collects family health history information designed by the CDC
- Updating family health history
- Diseases examined: Heart Disease, Diabetes, Breast & Colon Cancers



Collaborative Studies

Mexican **A**merican **N**utritional **A**ssessment (**MANA**)

Michele R. Forman, Ph.D., Professor

The Nutritional Epidemiology Working Group - Department of Epidemiology

Objectives:

- to assess dietary habits in Mexican-Americans in the greater Houston area
- to examine whether diet varies by age, body size, years in the United States
- to collect food recalls in Mexican Americans over the year
- to collect spot urine specimens to examine whether markers of diet in urine are related to the reported diet
- to develop a dietary tool for use in Mexican Americans



Collaborative Studies

Por Nuestra Salud

Determinants of Smoking Cessation Among Spanish-Speaking Latinos (NCMHD)

David Wetter, PhD

Design:

- Longitudinal cohort study designed to examine the process of smoking cessation and relapse among Spanish-speaking Latino smokers
- Participants are followed from two weeks prior to their quit date through twenty-six weeks post-cessation, and for six contiguous weeks using ecological momentary assessment techniques (EMA)
- All participants are provided with nicotine replacement therapy and counseling
- Participants are recruited through the Houston-based Mano a Mano Cohort Study or through other community outlets



Collaborative Studies

Reducing Cancer Disparities Among Latinos in Texas

Melissa Bondy, Lovell Jones and David Wetter (MD Anderson) and
Maria Fernandez (UT SPH)

Purpose:

- test Motivation and Problem-solving (MAPS) intervention for reducing cancer risk related to smoking, diet and physical activity among Mexican-Americans

Area of Study:

- Houston, El Paso and the Lower Rio Grande Valley

Methods:

- outreach,
- research and training to integrate knowledge generation,
- community health education
- community and researcher capacity within and across three sites



Mexican American Cohort Study

Thank You!

to the **26,672** participants
that have become
members of our Cohort
and make this research
possible



"We decided to participate in this important study because we believe that with the information that gets collected, researchers will be able in the future to prevent disease among the Hispanic population"