

# Mexican American Cohort Study



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

*in your hands today*  
*en sus manos hoy*



# Mexican American Cohort Study

## HISPANICS

### BY THE NUMBERS

**58.9 MILLION**

ESTIMATED HISPANIC  
POPULATION OF THE UNITED  
STATES

**18.1%**

SHARE OF THE TOTAL  
US POPULATION  
THAT IS LATINO

**55%**



SHARE OF U.S. HISPANICS  
THAT LIVE IN JUST 3 STATES  
—CA, TX, AND FL



**2/3**

SHARE OF U.S. HISPANICS  
THAT TRACE FAMILY ORIGINS TO  
MEXICO. THE 2ND LARGEST  
GROUP, PUERTO RICANS,  
REPRESENT 9.5%  
OF LATINOS

## Greater Houston Area

- Tot. Pop.: 6,490,180
- Hispanic: 2,336,465 (36%)
- Mex-Am.: 1,845,807 (78%)



# Mexican American Cohort Study

## Rationale:

- the Mexican-American community in Houston
  - through its long presence has established distinct neighborhoods and cultural practices
  - includes first through fourth generation Americans, thus offering a great insight into the effects of acculturation
  - cancer has surpassed cardiovascular diseases to become the leading cause of death in U.S. Hispanic population
  - has special health needs: high prevalence of diabetes and obesity
  - is under-served and under-represented in health-related research



# Mexican American Cohort Study

## Rationale:

- even though this community would seem ideal for a cohort study, none of the present cohorts:
  - sufficiently represent Mexican-Americans nor address general health patterns and risk factors in need of monitoring in this growing population
  - currently investigate environmental and occupational exposures, family history and disease outcome in Mexican-Americans
- the Mexican-American community endures poor access to health care and lower levels of education
- this study intends to provide:
  - estimates of prevalence of chronic diseases including cancer, asthma, and diabetes in a sample of Mexican-American adults and some of their household members in Houston, Texas
  - unique data characterizing this population's specific exposures and health-affecting behaviors
- in the future, this study could be expanded to Hispanics from other countries



# Mexican American Cohort Study

## Background:

- the Mexican-American Cohort started in 2001 with the intention of addressing specific cancer-related issues of an understudied, underserved and rapidly growing segment of our population
- It was anticipated that it would become the largest long-term health study of Mexican-Americans and serve as a foundation for critical research on the impact of acculturation and unique exposures in this population

## Mission:

- to provide a foundation for innovative research into cancer and chronic disease-related risk factors in a rapidly growing, understudied minority



# Mexican American Cohort Study

## Objectives:

- I. to create a cohort of a representative sample of approximately 50,000 participants of Mexican descent in the Greater Houston Area, and follow it for 20 years
- II. to collect extensive baseline information such as: prior medical history, dietary habits, specific occupational exposures, cancer screening, reproductive history, etc., increasing the value of this resource
- III. to collect biological samples that will serve as the foundation for critical, innovative research
- IV. to utilize behavioral, environmental, and genetic risk factors to develop cancer and chronic-disease prevention strategies to reduce their related morbidity and mortality among individuals of Mexican descent residing in Harris County
- V. to advance the mission of M.D. Anderson Cancer Center to eliminate cancer



# Mexican American Cohort Study

## What is a Cohort study?:

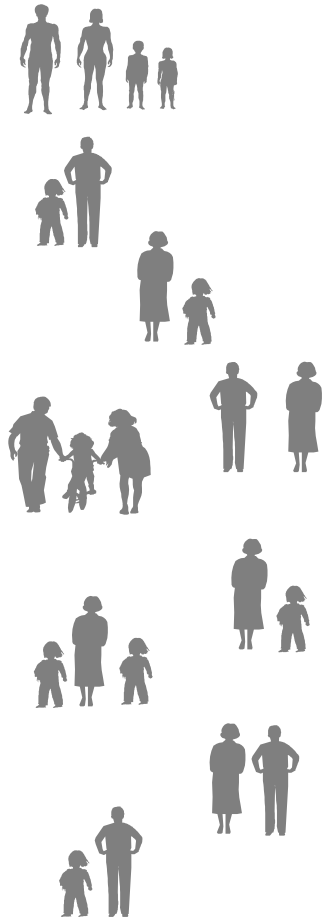
- Is a form of longitudinal study
- It analyzes risk factors by following a group of people who do not have a particular condition or disease, and use correlations to determine the absolute risk of any subject contracting it
- Requires a large culturally homogeneous population
- It has the following advantages:
  - limits the influence of confounding variables
  - follow participants through an established period, at pre-determined intervals recording exposures, disease incidence, and mortality
  - greatly reduce bias in reporting exposures because they are identified before disease occurs
  - easier and cheaper than a randomized controlled trial
- Has contributed immensely in relating exposures and diseases



# Mexican American Cohort Study

## Stages of Participation

### 1. Recruitment



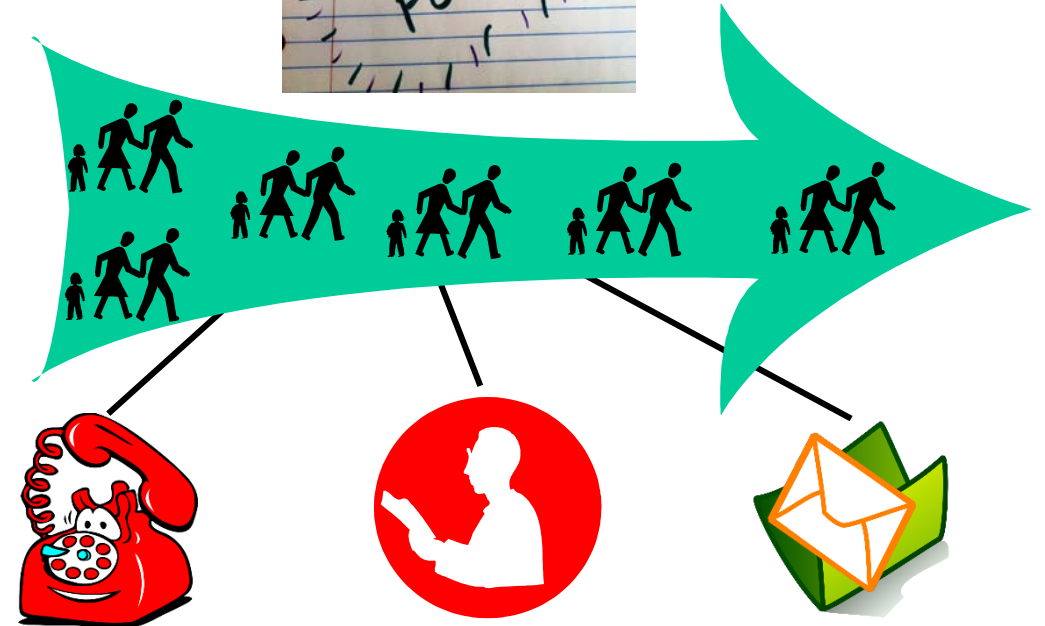
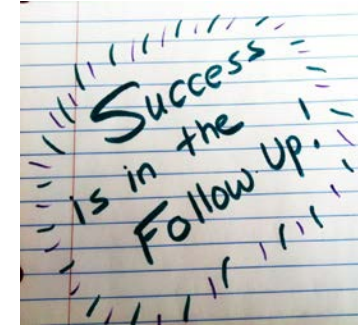
### 2. Scheduling



### 3. Interview



### 4. Follow Up





# Mexican American Cohort Study

- **Eligibility Criteria**

- ✓ Age: 35 – 75 years old
- ✓ Having lived in the Greater Houston Area for a year or more
- ✓ Having been born in Mexico, or
- ✓ Being of Mexican descent

- **What is required**

- ✓ Complete a confidential interview
- ✓ Donate a small sample of blood, saliva or urine (although optional, it is really valuable to us)
- ✓ Allow us to contact you about every 6 months



# Mexican American Cohort Study

- **Why should you participate throughout the study?**

- ✓ You will become an active member of the largest, longest running and most comprehensive cohort study done with participants that are Mexicans or from Mexican descent
- ✓ You will be playing an important role in the development of prevention strategies to reduce cancer and chronic diseases related morbidity and mortality in our community, thus, helping in the effort to assure better health for future generations
- ✓ With your participation you are helping to advance the effort of our community no longer being under-served and under-represented in health-related research
- ✓ You will receive health and disease prevention information
- ✓ You will be provided with information to free or low cost health services available in your community
- ✓ You could be able to participate in additional collaborative studies and receive compensation



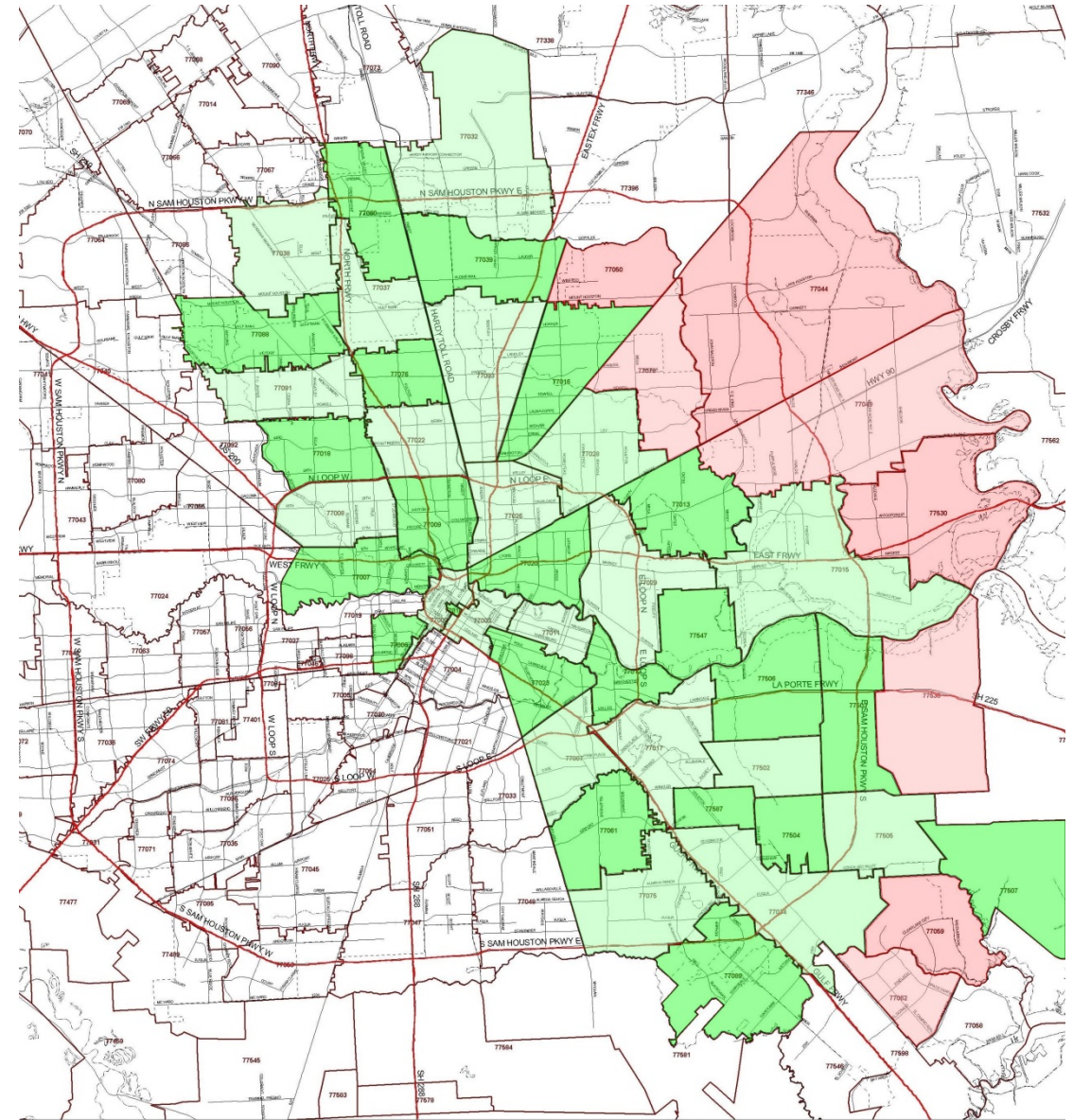
# Mexican American Cohort Study

## Study Area: Harris County Texas

In Green are the originally selected zip codes, red area comprise the areas added at a later date.

### MACS Zip Codes

77002	77013	77028	77075	77503	77530
77003	77015	77029	77076	77504	77536
77006	77016	77032	77087	77505	77044
77007	77017	77034	77088	77506	77049
77008	77018	77037	77089	77507	77050
77009	77020	77038	77091	77508	77078
77010	77022	77039	77093	77547	77059
77011	77023	77060	77501	77587	77062
77012	77026	77061	77502		





# 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"*