

## THE STUDY

In 2017, migrants in the US participated in a research study that focuses on how stress and diet contribute to health.

This infographic provides a summary of some of the preliminary findings from these 832 migrants (548 women, 284 men). Data was collected before migrating to the US.

## WHO PARTICIPATED?



34%  
MEN



66%  
WOMEN



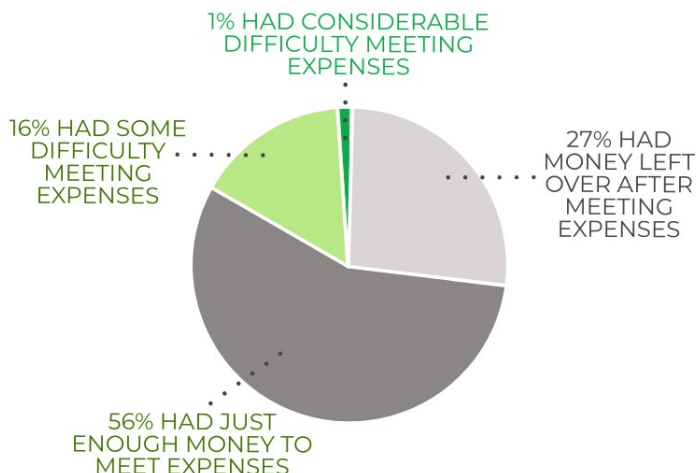
23%  
CURRENTLY  
EMPLOYED



AVERAGE AGE  
37 YEARS OLD

## FINANCIAL STATUS

Percentage of respondents experiencing financial difficulties in meeting daily expenses



## DIETARY PATTERNS



33% Consumed fresh fruits  
6+ times per week



42% Consumed fresh  
vegetables 6+ per week

**TIP: 400 G OF FRUITS AND VEGETABLES PER DAY REDUCES THE RISK FOR HEALTH DISEASES**



1% Consumed fast food  
6+ times per week



8% Consumed soft drinks  
and sweetened drinks  
6+ per week

**TIP: LIMIT FAST FOOD AND SOFT DRINKS CONSUMPTION TO REDUCE RISK OF OBESITY, DIABETES, AND POOR NUTRITION**



3% Ate out at a restaurant at  
least once a week

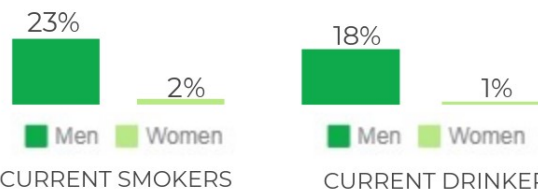


4% Ate less because there  
was not enough money for  
food

**TIP: HOME-COOKED MEALS, WHICH ARE HEALTHIER, CAN ALSO HELP SAVE MONEY**

## SMOKING AND DRINKING HABITS

Men are more likely to be current smokers and drinkers than women

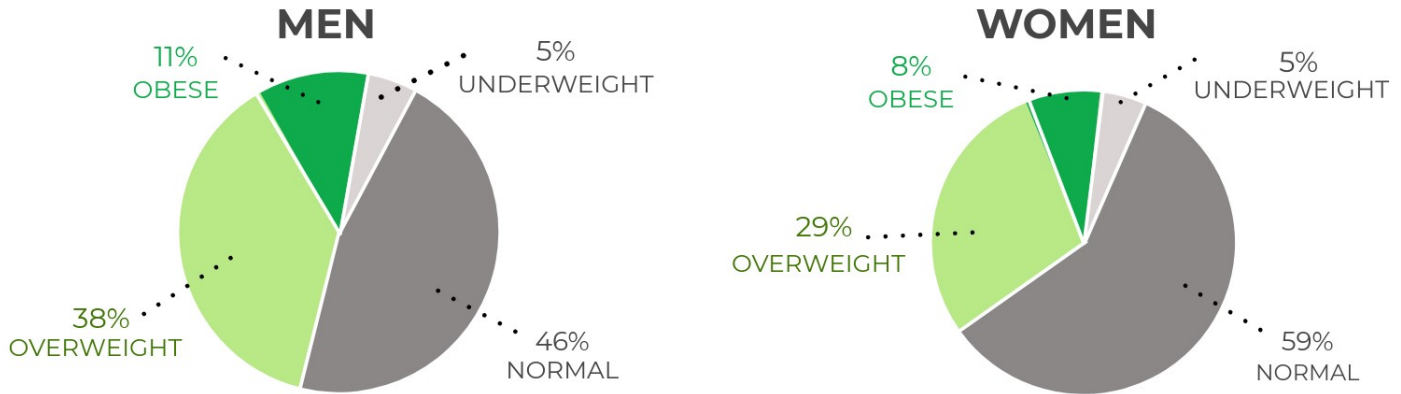


**TIP: SMOKING AND DRINKING ARE ASSOCIATED WITH SERIOUS HEALTH CONSEQUENCES**

# SELECTED HEALTH INDICATORS

## WEIGHT DISTRIBUTION

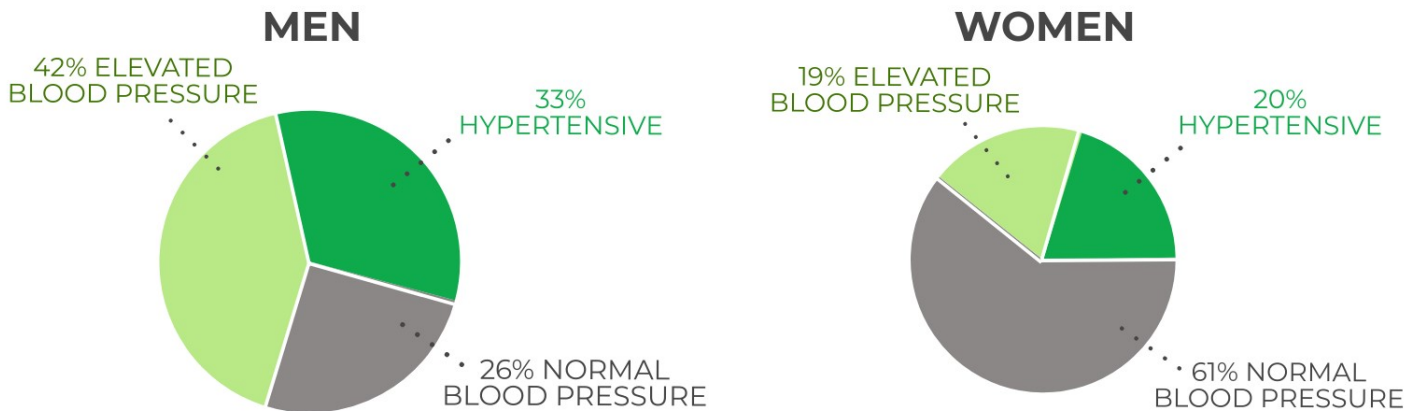
A larger portion of men are overweight and obese than women.



**TIP: OBESITY INCREASES THE RISK FOR SERIOUS HEALTH CONDITIONS LIKE DIABETES, HIGH BLOOD PRESSURE, AND HEART DISEASES**

## HYPERTENSION

More men than women were found to be hypertensive.



**TIP: HYPERTENSION OR HIGH BLOOD PRESSURE INCREASES THE RISK FOR STROKE AND HEART DISEASES**

## SELF-REPORTED SLEEPING PATTERNS

82% of respondents reported having at least

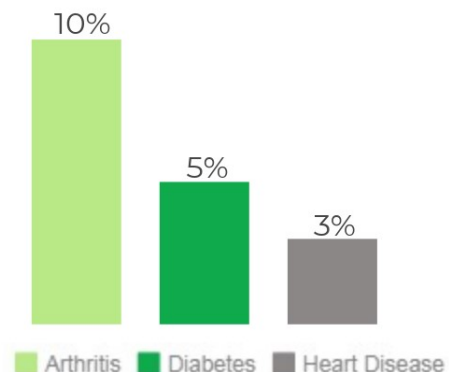
# 7

HOURS OF SLEEP IN A 24 HOUR PERIOD

**TIP: SHORT DURATION OF SLEEP (E.G. LESS THAN 7 HOURS PER NIGHT) IS A RISK FACTOR FOR WEIGHT GAIN AND OBESITY**

## SELF-IDENTIFIED ILLNESSES

Percentage of respondents reported to have the following illnesses:



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Learn more about the study at <https://hopesstudy.weebly.com/>