Self-Care Trends Among Hispanic Americans

**Hispanic Americans report fewer health problems.**
- In the last three months, 39 percent of Hispanic Americans say they have been ill, compared to 48 percent of all Americans.

**Hispanic Americans are least likely to visit the doctor for any reason.**
- Half of all Hispanic Americans (50 percent) have visited a doctor in the past year for a check-up. In comparison, 62 percent of all Americans have visited the doctor for a check-up.
- Fewer than half of all Hispanic Americans (47 percent) have visited a doctor in the past year for a specific health problem. In contrast, 62 percent of all Americans have visited the doctor for a specific health problem.

**Hispanics report the greatest increase in self-care compared to one year ago.**
- Seventy-two percent of Hispanic Americans agree with the statement, “I am more likely to treat my own health conditions today than I was twelve months ago.” Six in 10 Americans (59 percent) agree with this statement.

**Hispanic Americans seek more options for treating common ailments.**
- Hispanic Americans are less satisfied with the nonprescription options available to treat many of today’s most common illnesses, suggesting that this group’s needs could be better met. For example, 30 percent of Americans say they are very satisfied with the over the counter options available to treat constipation/diarrhea, while only 19 percent of Hispanics are very satisfied.

**Hispanic Americans report the most interest in using dietary supplements.**
- Currently all racial groups are equally involved with alternative medicines, either by using or reading about them. When looking to the future, however, more Hispanic Americans say they plan to become involved with dietary supplements. 17 percent of Hispanics say they plan to start using or reading about dietary supplements in the coming year. This compares with 11 percent of the general public.

**Hispanic Americans are less likely to have used supplements for general health.**
- More than four in 10 Hispanic Americans (42 percent) say they have used a dietary supplement in the past six months for some reason other than treating a specific ailment. By contrast, more than half (53 percent) of all Americans have recently used dietary supplements for these reasons.

**Hispanic Americans are more likely to embrace the communal aspect of health care.**
- Seventy-two percent of Hispanics say they feel responsible to help friends and family make health decisions. This compares with 63 percent of the general public.
- A large majority (71 percent) of Hispanic Americans say that friends and family sometimes need their help to understand health and medical issues. Sixty-two percent of all Americans agree with this statement.

All data provided by the Consumer Healthcare Products Association, the 120-year-old trade association representing U.S. manufacturers and distributors of nonprescription, over-the-counter medicines and dietary supplement products. The findings are based on 1,505 interviews conducted via telephone by Roper Starch Worldwide from January 8-24, 2001. The results of the survey are projectable to the entire U.S. population with a margin of error of ±2.6 percent. Hispanics were over-sampled in order to provide a sufficient number of respondents to complete more in depth subgroup analyses. For more information, contact Corrine Russell or Donna Edenhart (202-429-9260; crussell@chpa-info.org or dedenhart@chpa-info.org) or visit www.chpa-info.org.