

Do Young Hispanic Workers engage in Risky Health Behaviors?

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Presented at the American Public Health Association 137th Annual Meeting and Expo, Wednesday, November 11, 2009: 10:30 AM | Abstract ID: 205915
This work was funded in part by the National Institute for Occupational Safety and Health (NIOSH R01 OH03915). Study Website: <http://www.umiamiORG.com>



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INTRODUCTION

- There is evidence that youth who work may be at risk for negative health behaviors.
- Many challenges remain in promoting individual healthy behavior change among minority populations, particularly young Hispanics.



OBJECTIVE

- Examine risky health behaviors and health indicators among all US young workers and among Hispanic workers.

METHODS

- 1997-2007 National Health Interview Survey data were analyzed for respondents aged 18-24 years old that were then grouped by employment status and eight industrial sector classifications.
- Prevalence of risky behaviors (defined as at least two of the four unhealthy behaviors), including smoking, risky drinking (defined as ≥ 10 drinks/week in men and ≥ 7 drinks/week in women, or ≥ 5 drinks/at one sitting one or more times in a year), low physical activity levels and obesity (BMI ≥ 30.0 kg/m²), were analyzed.



Table 1: Individual Health Indicators by Youth 18-24 years of age in 13 major occupational groups: NHIS 1997-2005

13 Level Major Occupational Groups	Population Estimate	Sample N	% Obese	% Not Exercising	% Smokers	% Drinkers	% < 2 Servings of Fruit/Day*
Total for all Workers	16,899,677	16,308	13.4	50.3	28.2	8.2	56.1
Male	8,877,300	8,221	13.9	55.5	30.8	10.2	51.3
Female	8,022,377	8,087	12.9	45.7	25.3	5.7	68.5
White	13,774,680	13,313	12.2	58.9	30.0	8.8	50.2
Black	1,866,631	2,236	22.9	67.5	16.9	3.0	50.1
Other	1,158,166	1,380	11.7	65.2	22.7	7.7	68.1
Non-Hispanic	14,343,081	13,002	13.2	58.4	29.8	8.4	68.9
Hispanic	2,556,596	3,306	14.8	71.1	19.4	7.1	51.2
Administrative support occs, including clerical	2,646,774	2,610	13.6	62.3	22.5	6.2	61.4
Male	724,863	716	14.3	53.8	24.2	8.4	69.0
Female	1,911,908	2,094	12.5	65.6	21.9	5.3	62.0
White	2,098,005	2,141	12.2	62.1	25.6	7.1	60.7
Black	376,930	445	19.4	65.6	9.4	2.0	64.7
Other	171,833	224	8.3	59.6	13.8	1.7	67.3
Non-Hispanic	2,290,115	2,199	12.5	60.8	23.8	6.7	60.8
Hispanic	356,659	611	16.3	71.8	14.6	2.7	53.9
Professional specialty	1,476,241	1,471	12.1	51.8	12.6	5.6	68.5
Male	625,302	634	10.6	47.2	16.5	6.1	61.8
Female	850,940	847	9.8	55.2	14.8	3.8	66.8
White	1,256,159	1,251	9.8	50.2	10.2	6.0	68.4
Black	116,246	156	14.9	59.3	7.9	2.0	65.3
Other	103,856	132	8.6	62.9	16.9	3.4	62.1
Non-Hisp	1,374,639	1,415	9.5	51.0	10.9	5.5	68.5
Hispanic	101,363	166	19.0	63.2	9.5	7.4	68.4
Executive, administrative managerial	1,043,824	1,128	14.2	66.0	26.8	7.2	53.5
Male	493,314	456	16.1	49.7	25.1	7.7	68.5
Female	550,510	672	12.6	61.1	28.1	6.7	60.6
White	860,052	884	12.9	54.6	29.2	7.3	53.1
Black	107,653	145	29.7	63.3	9.7	3.0	62.3
Other	76,140	99	7.1	61.6	23.9	10.2	57.7
Non-Hispanic	933,233	949	14.0	54.9	27.9	7.1	53.6
Hispanic	110,591	179	15.7	65.1	17.4	8.1	62.4
Sales	2,716,952	2,698	13.4	64.3	26.3	8.1	57.6
Male	1,131,974	995	12.5	50.5	25.7	10.1	52.9
Female	1,584,978	1,611	14.1	70.8	23.7	6.3	63.6
White	2,098,391	2,201	11.0	59.9	28.8	9.0	65.3
Black	390,056	434	24.6	72.8	14.2	2.3	53.1
Other	228,076	231	16.4	71.0	21.2	5.1	60.3
Non-Hispanic	2,337,258	2,337	13.6	61.4	25.8	8.1	56.4
Hispanic	379,265	681	14.4	68.5	17.6	7.5	68.3
Precision production, craft, repair	1,563,994	1,476	13.2	61.4	38.7	11.8	69.4
Male	1,475,713	1,466	13.6	60.0	39.2	12.2	62.2
Female	158,221	130	11.9	60.1	46.3	1.4	67.5
White	1,390,533	1,265	12.0	60.2	41.5	11.9	61.2
Black	108,763	99	28.1	70.5	21.6	2.8	78.1
Other	84,658	112	17.7	69.7	32.1	16.2	64.4
Non-Hispanic	1,282,570	1,012	13.1	57.7	43.4	12.0	67.6
Hispanic	331,384	464	16.0	74.4	25.7	9.3	65.4
Service occs, except protective/household	3,240,741	3,226	14.0	63.2	33.1	8.2	69.7
Male	1,310,724	1,192	14.0	56.9	35.1	10.2	60.3
Female	1,930,017	2,034	14.0	67.4	31.8	6.8	69.2
White	2,616,654	2,500	12.7	61.3	35.4	8.5	69.7
Black	411,951	470	23.4	70.0	21.9	4.5	69.5
Other	232,136	256	11.4	72.1	27.3	8.3	68.8
Non-Hispanic	2,770,726	2,504	13.6	61.6	35.2	8.0	69.3
Hispanic	469,951	722	15.2	71.9	21.2	6.1	61.9
Machine operators, assemblers, inspectors	846,225	898	15.2	68.7	38.7	11.6	62.5
Male	643,931	678	14.4	63.6	44.4	13.0	52.0
Female	254,305	280	16.8	81.7	24.2	5.9	53.0
White	726,246	665	14.4	67.2	42.0	11.8	65.9
Black	113,689	132	24.3	78.2	26.3	3.1	65.2
Other	56,330	71	7.8	73.7	23.8	22.8	73.6
Non-Hispanic	708,807	600	15.9	66.9	43.5	10.6	64.7
Hispanic	189,428	398	12.8	70.6	20.6	16.3	77.9
Transportation/material moving	476,221	436	17.9	58.1	38.3	13.3	65.8
Male	436,794	388	18.3	58.6	38.0	13.8	65.3
Female	39,427	48	13.8	64.6	41.0	8.8	100.0
White	405,295	360	17.7	59.9	40.4	14.4	65.2
Black	44,392	48	16.3	64.5	29.2	3.9	100.0
Other	35,604	28	23.9	53.0	21.2	14.6	100.0
Non-Hispanic	397,424	331	17.7	59.9	41.5	13.8	64.9
Hispanic	78,667	105	19.3	57.9	22.2	12.0	100.0
Handlers, equipment cleaners, helpers, laborers	1,314,996	1,221	14.2	67.0	28.9	9.1	60.1
Male	1,162,252	1,031	14.7	65.3	29.2	9.4	60.1
Female	152,363	192	11.0	61.9	35.9	7.4	66.7
White	1,113,551	982	13.4	66.5	31.1	9.8	69.2
Black	173,335	192	23.1	62.4	21.2	5.0	61.3
Other	62,604	89	9.5	53.2	22.5	8.0	55.1
Non-Hispanic	1,099,642	830	15.0	53.1	31.2	8.7	60.5
Hispanic	215,228	393	19.8	72.4	21.6	6.9	68.9
Technician/related support	564,234	596	10.9	58.9	17.8	5.5	65.4
Male	268,780	265	14.2	58.7	16.9	6.0	68.3
Female	295,453	331	7.8	59.1	18.5	5.1	62.7
White	472,351	480	10.4	58.1	19.0	5.7	66.0
Black	54,095	75	16.7	65.5	12.5	3.2	66.6
Other	37,789	41	8.9	56.7	9.9	7.2	100.0
Non-Hispanic	510,927	502	9.3	57.6	17.6	5.0	64.9
Hispanic	53,709	94	25.3	70.7	20.4	10.7	100.0
Farming, forestry, fishing	444,727	519	9.8	61.7	30.2	10.0	61.6
Male	396,364	424	8.4	61.0	29.6	10.0	61.0
Female	86,363	91	11.5	64.6	33.1	3.7	63.2
White	444,994	455	8.0	60.4	29.0	10.9	62.9
Black	17,113	25	13.2	70.6	34.7	11.1	69.8
Other	22,621	35	9.4	74.6	52.7	12.6	63.6
Non-Hispanic	352,469	285	8.9	54.1	34.3	12.5	61.5
Hispanic	132,229	230	9.2	68.1	18.4	3.0	65.9
Protective services	251,958	270	21.4	37.3	28.9	3.7	58.1
Male	191,073	191	21.8	33.5	29.3	3.7	68.8
Female	10,925	79	20.2	47.1	27.7	3.8	53.8
White	198,451	198	19.3	35.1	26.9	4.4	65.9
Black	41,600	47	33.5	43.5	30.8	7	91.2
Other	21,967	27	21.9	45.7	48.8	3.1	61.6
Non-Hispanic	225,488	206	22.1	34.7	30.7	4.1	68.1
Hispanic	36,500	64	16.9	52.1	17.7	1.0	62.9
Retail/retail	111,946	118	12.6	60.6	27.6	6.6	65.6
Male	3,941	9	58.3	60.7	54.9	14.1	28.1
Female	107,328	108	12.3	55.1	26.6	6.1	100.0
White	93,819	91	11.7	56.9	26.0	6.7	94.7
Black	5,932	7	6.9	70.6	51.7	7	100.0
Other	11,512	15	10.0	30.2	28.2	9.4	100.0
Non-Hispanic	89,870	84	15.1	52.8	32.4	8.4	92.6
Hispanic	21,386	29	8.9	60.7	7.4	1	100.0

RESULTS

- Among all US young workers, Hispanics generally engaged in less risky health behavior (3.9% met two out of the four unhealthy behaviors) as compared to their non-Hispanic counterparts (5.3%).

- Hispanics engaged in less risky drinking (6.9%) and smoking practices (17.4%) as compared to their non-Hispanic counterparts (10.0%, and 28.0% respectively).

- Young workers employed as Motor vehicle operators (9.6%) and Health technologists /technicians (2.0%) engaged in the highest and lowest levels of risky health behaviors respectively.

CONCLUSION

- Given the significant growth in the US Hispanic population, worksite health promotion programs that reduce the burden of risky health behaviors among young Hispanics workers are paramount.