



NUTRITION AND HEALTH CONDITIONS OF MEXICANS

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FIRST 5 MORTALITY CAUSES

- ▶ 2002:
 1. Diabetes Mellitus
 2. Cardiovascular disease
 3. Brain disease
 4. Cirrhosis and other chronic liver disease
 5. Originated in the perinatal period
- ▶ 2007: 5th cause = Chronic obstructive pulmonary disease
- ▶ 2011: 5th cause = Homicide

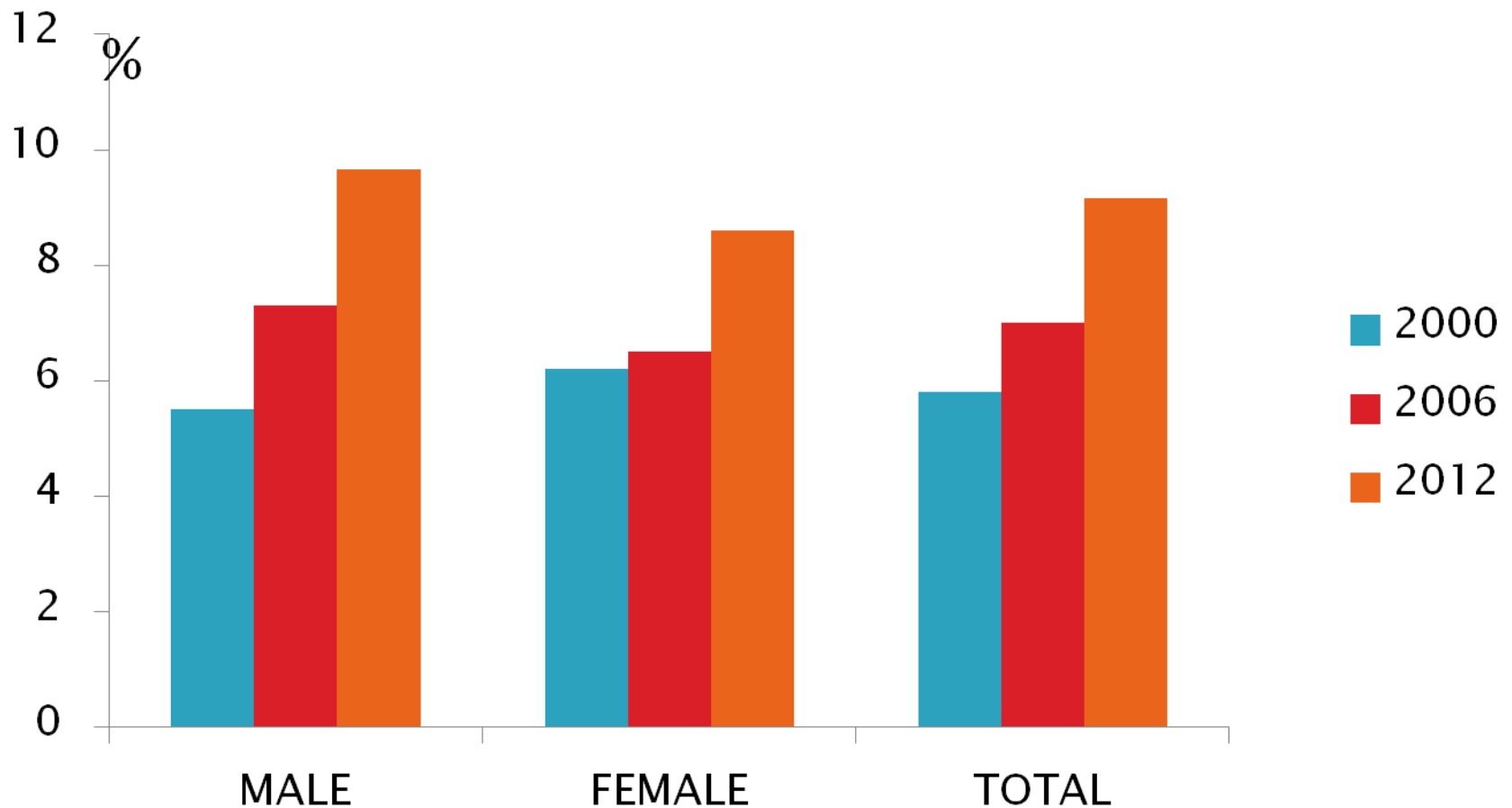
MORBIDITY

- ▶ No change in the first five causes in the last 10 years.
- ▶ Respiratory and urinary infections; gastritis and duodenitis; Amebiasis and otitis.
- ▶ Diabetes Mellitus is the 10th cause.
- ▶ Undernutrition is the 20th

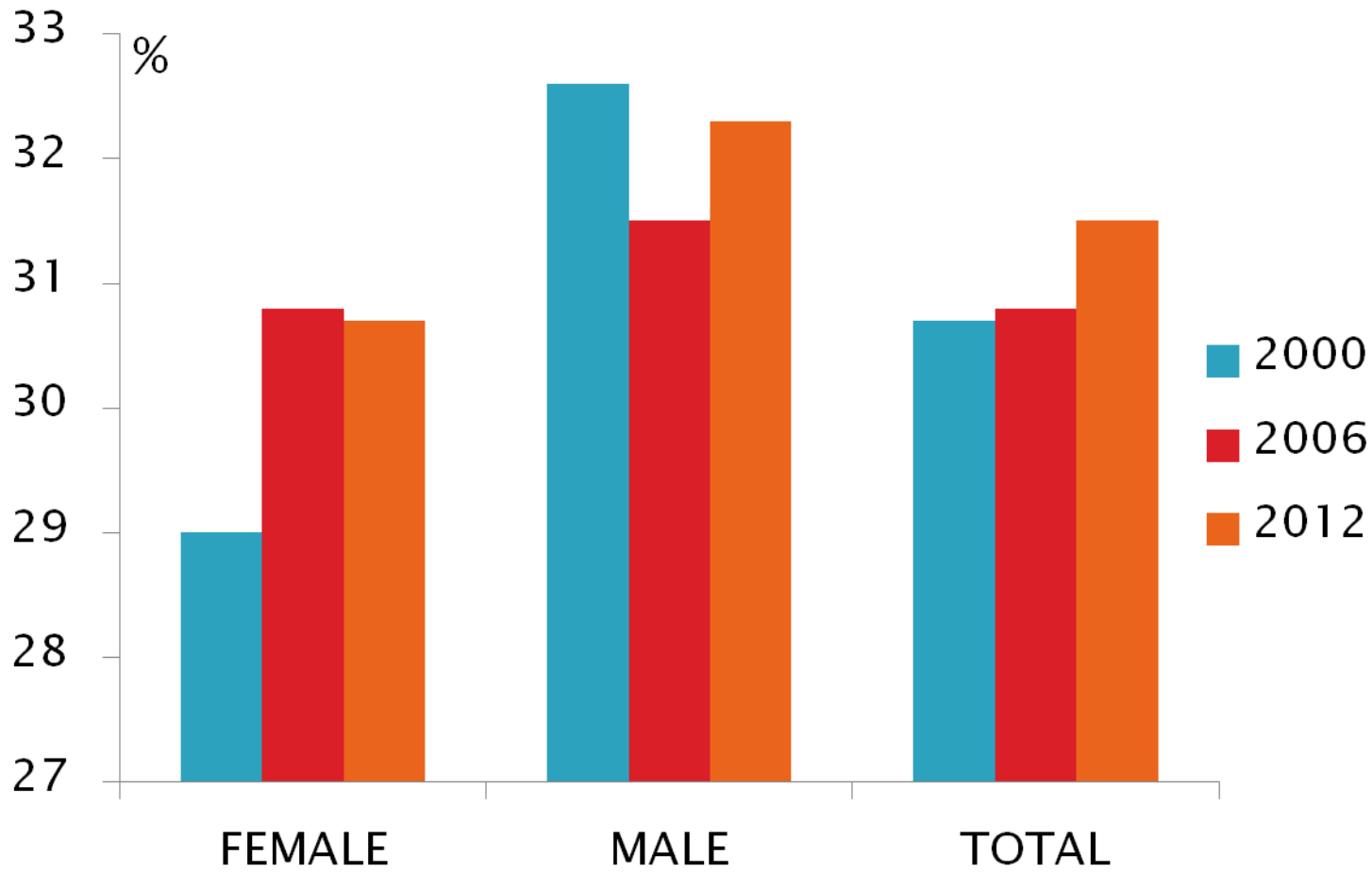
MAIN DISEASES

- ▶ Comparison of National Surveys.
- ▶ Encuesta Nacional de Nutrición, 1999 (National Nutrition Survey).
- ▶ Encuesta Nacional de Salud 2000 (National Health Survey).
- ▶ Encuesta Nacional de Salud y Nutrición 2006 & 2012 (National Health and Nutrition Surveys).

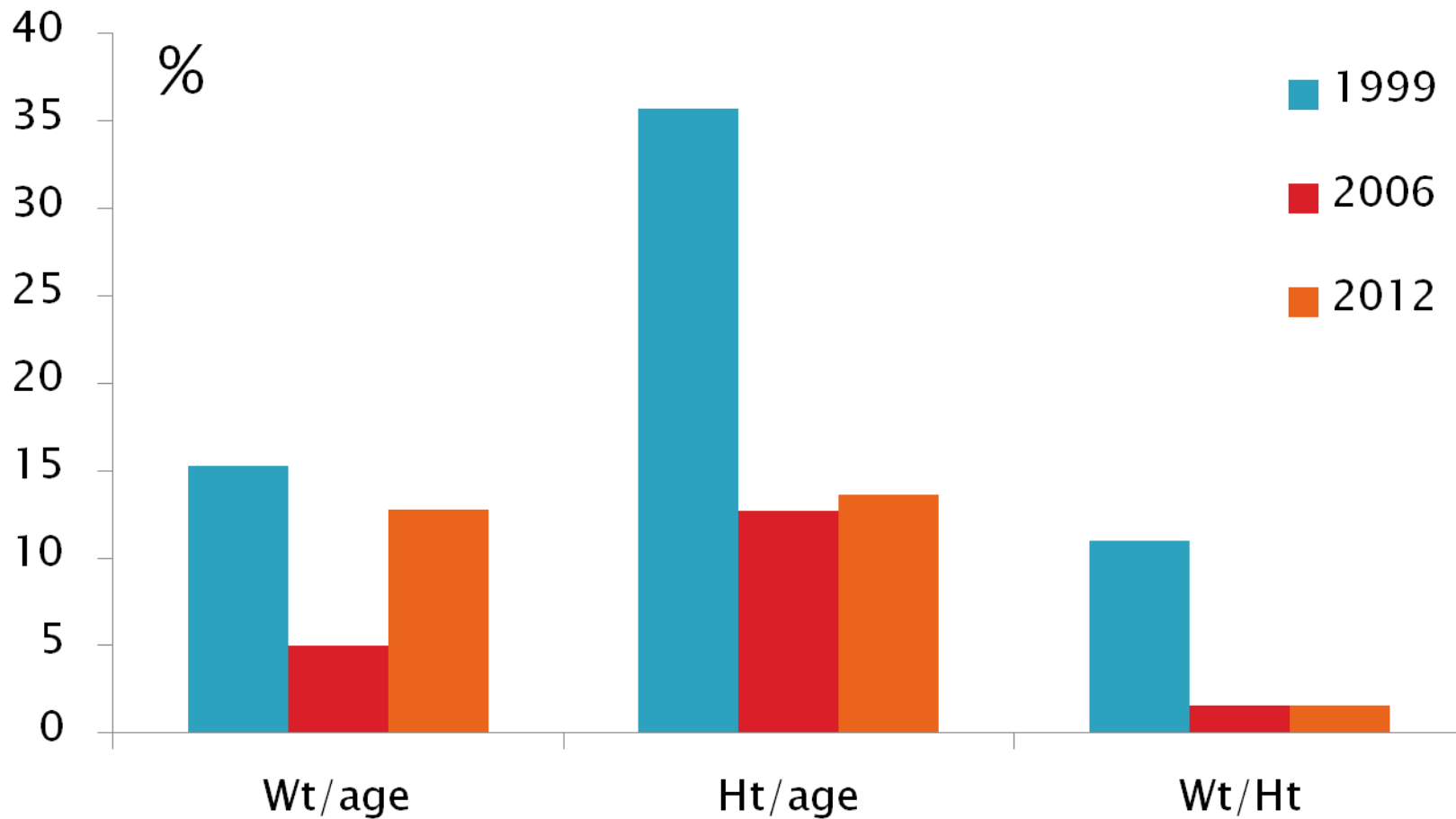
Prevalence of Type 2 Diabetes Mellitus in Adults



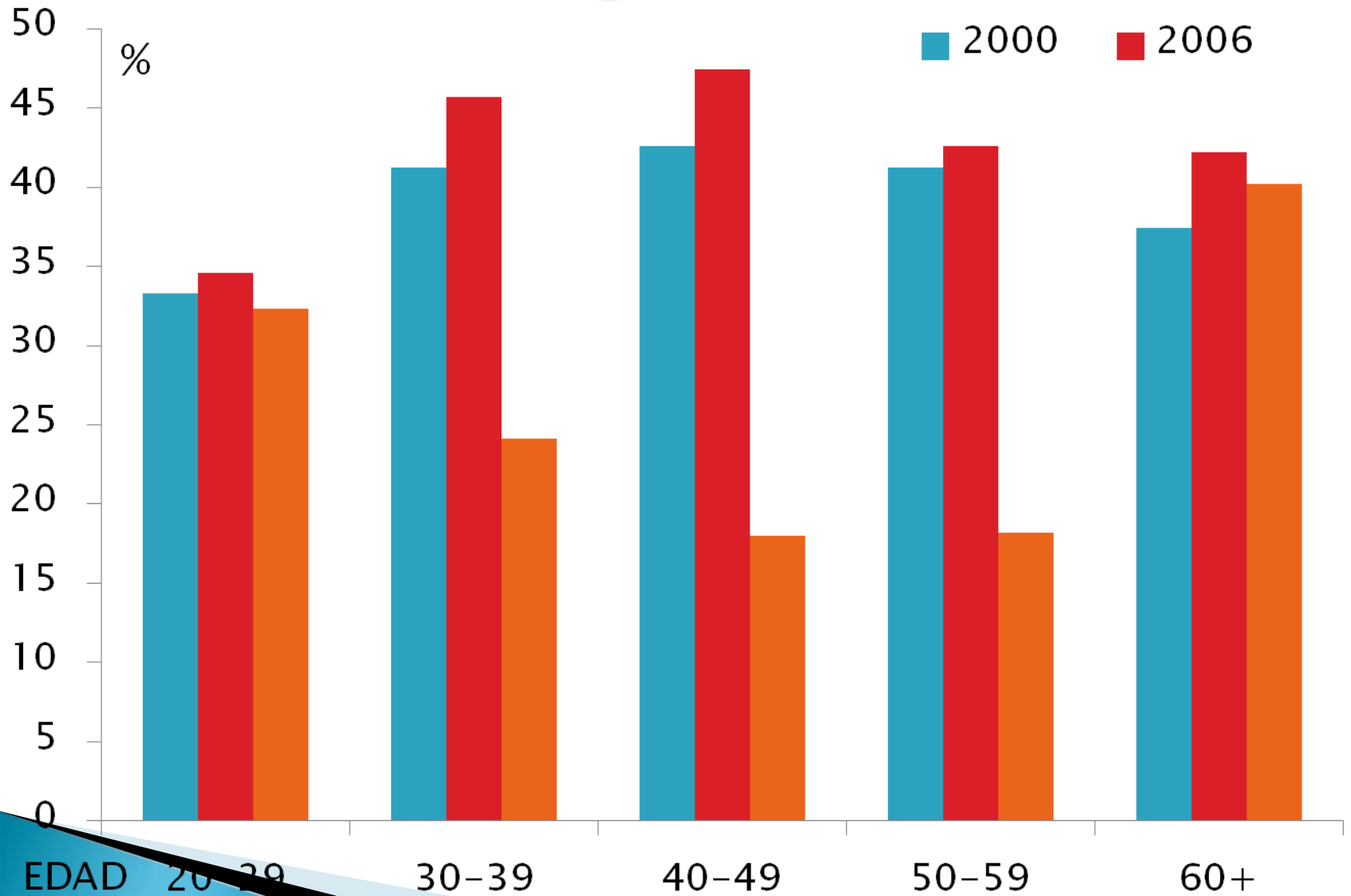
Prevalence of Hypertension in Adults



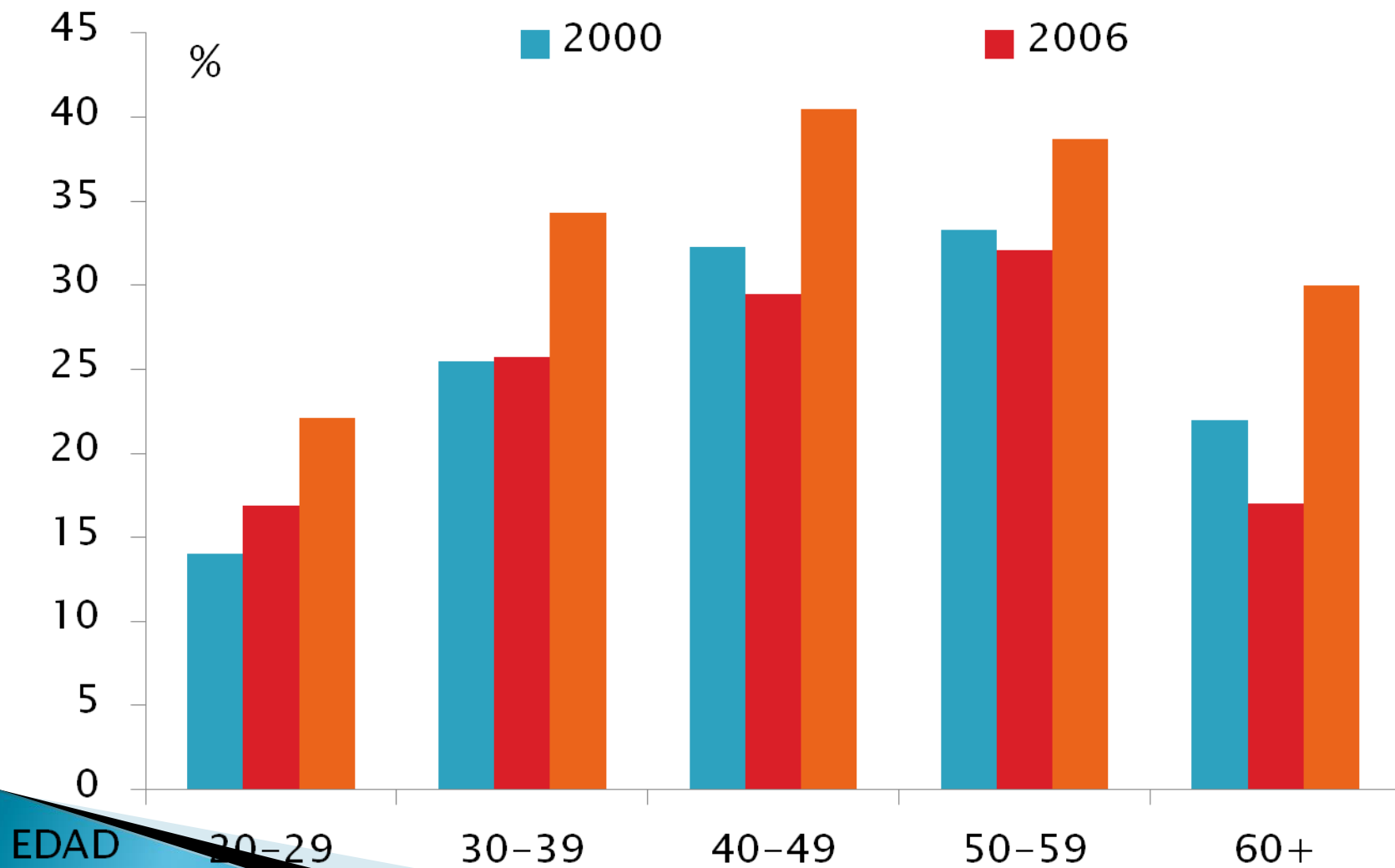
Infant undernutrition




Overweight in adults



Obesity in adults



Causes

- ▶ Decrease in regular physical activity
 - Increased urbanisation
 - Use of motorised transportation
 - Less leisure exercising spaces (insecurity)
 - ▶ Change in type of food
 - Fast food
 - Female labour
 - ▶ Ethnicity
 - Genetic predisposition for Diabetes Mellitus and low High Density Lipoprotein (HDL)
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Policy Implications

- ▶ Decrease availability of “damaging” foods
 - Elimination from schools
 - Decreased portion sizes or caloric content
 - Increased cost
 - Increased taxes
- ▶ Education
 - Improved formal education
 - Reduction of illiteracy or low literacy
 - Specific health and nutrition education

THANK YOU!!

