SLLS 2023 Seminar Series: Session 1
Tuesday 7th March   15:00 – 16:00 (London, GMT)

TALK 1: Rebeca Wong, Director of the Mexican Health and Aging Study
The Mexican Health and Aging Study: Its Potential for National and Cross-National Research on Aging

ABSTRACT

The Mexican Health and Aging Study (MHAS) follows a sample of adults aged 50 and older with national and urban/rural representation from Mexico (n~15,000). Wave 1 was completed in 2001 and wave 6 in 2021. Sample refreshers were added in 2012 and 2018 to once again represent adults aged 50 and older. MHAS is one of the sister studies of the U.S. Health and Retirement Study (HRS) and applies similar core survey protocols and instruments adapted to the Mexican context.

The study now supports ancillary studies, including sub-samples for physical performance, detailed cognitive function (applying the harmonized cognitive aging protocol HCAP), and with blood and saliva biomarkers for genetics, and hair for metal exposures. The study data bases have been linked to other data at the community level, including historical population census variables, health services census, air pollution from monitoring stations, mortality rates, and social programs enrollment.

The study is supported by the National Institute on Aging in the United States (grant AG018016) and the Statistical Bureau (INEGI) in Mexico. Data sets and documentation are available free of charge in www.MHASweb.org in English or www.ENASEM.org in Spanish. The website includes a search engine for a list of more than 300 publications that have used the databases.

Rebeca Wong will provide a brief presentation of the MHAS study, including examples of published work to highlight the MHAS unique features and potential to study aging in a middle-income country that has aged fast, and to support cross-national comparisons with other sister studies.