

Diagnostic Risk Factors & Improvement Activities Among Rural Hispanics

Obesity & Weight Control

- A slightly higher percentage of Hispanic adults residing in urban areas are obese when compared to rural Hispanic adults (metro = 25.1%, non-metro = 23.3%), however, all Hispanics have a higher prevalence of Obesity than urban Whites (21.4%).
- Rural Hispanics are more likely to report doing *nothing* in regard to their weight (50.6%) than urban Hispanics (48.0%) and rural Whites (45.8%).

Diabetes

- Reported prevalence of Diabetes among Hispanics was similar in rural and urban areas (non-metro = 6.4%, metro = 6.2%) but higher than among urban Whites (5.3%).

Hypertension & Cholesterol

- The self-reported prevalence of hypertension in Hispanic adults was similar in urban and rural areas (metro = 15.9%, non-metro = 16.2%) but lower than rural Whites (25%).
- *Half* of all rural Hispanic adults have *never* had their blood cholesterol levels checked (non-metro = 50.6%, metro = 43.2%). Both urban and rural figures are substantially higher compared to urban Whites (29.9%).

Prevalence of Diagnostic Risk Factors

