



Yessenia C. Villalobos & Elizabeth L. Budd PhD, MPH

Family and Human Services Program

College of Education, University of Oregon

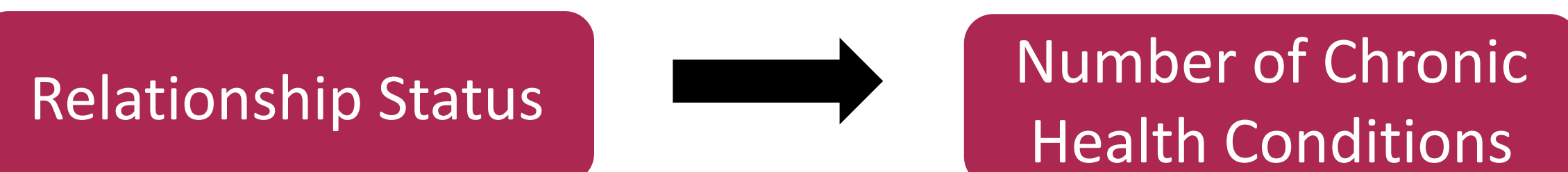
Introduction

- Chronic health conditions spending to treat conditions such as heart disease, cancer, and diabetes costs the US 90% of \$3.5 trillion¹.
- Heart disease and cancer are the leading causes of death among Latinx adults².
- Latinx adults have a 50% higher rate of death due to diabetes (4.7%) than Non-Latinx White adults (2.5%)².
- Relationship status has shown to be associated with the health of individuals. Whereas among Non-Latinx White adults, being married has shown to be the most supportive regarding the health of individuals⁴⁻⁸.
- Research has shown that men tend to have better health outcomes than women³.
- It is unknown whether relationship status is associated with number of chronic health conditions among Latinx adults, and if this association varies by gender.

Research Questions

RQ #1: Is relationship status associated with current number of chronic health conditions among U.S. Latinx adults?

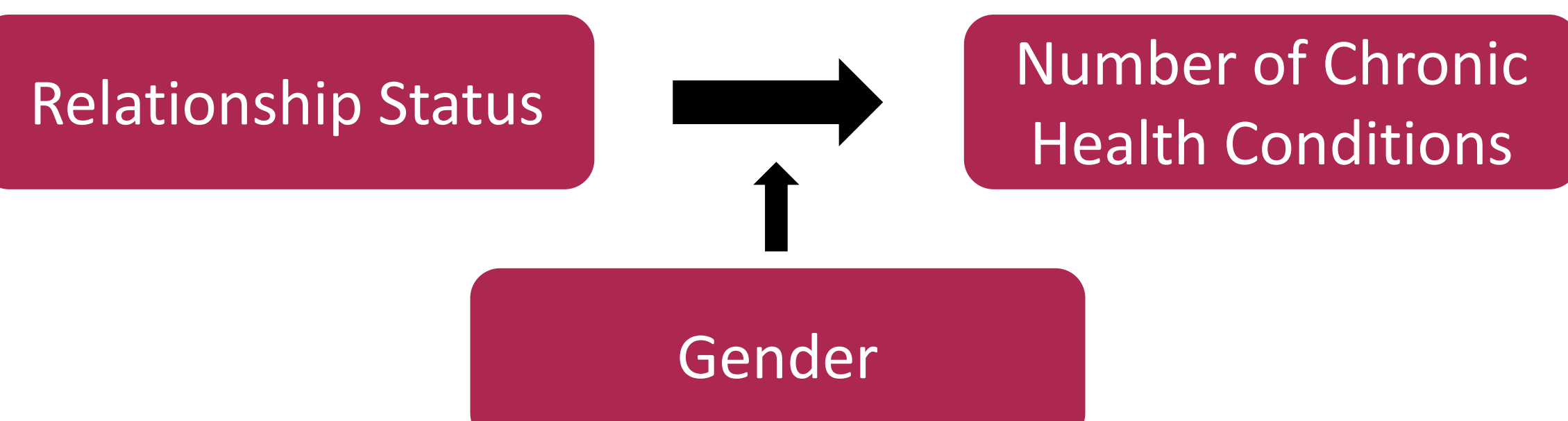
Hypothesis #1: Respondents who are married or in a civil union will have fewer number of chronic health conditions than those who are single, not married but in a relationship, or widowed.



RQ #2: Does the association between relationship status and number of chronic health conditions vary by gender among U.S. Latinx adults?

Hypothesis #2: Association will vary by gender, specifically:

- among women, relationship status will not be associated with number of chronic health conditions;
- among men, relationship status will be associated with number of chronic health conditions.



Method

Respondents were Latinx adults throughout the US meeting the following criteria:

- 18+ years
- Identified as Hispanic/Latino
- Fluent in English or Spanish

Data were collected between January & February 2018 through Qualtrics Panels

- Underwent informed consent
- 190 question survey, assessed culturally relevant correlates of physical and mental health

Results

The sample included 798 U.S. Latinx adults.

- Mean age 39.65 ± 15.05

Research Question #1:

- Hypothesis was not supported.
- Significant association [$F(3, 797) = 6.529, p < .001$] between respondents who were married or in a civil union and respondents who were currently not married, but in a relationship.
- Respondents who were currently not married, but in a relationship ($M = .674 \pm 1.001$) had significantly fewer number of chronic health conditions than respondents who were married or in a civil union ($M = 1.063 \pm 1.1135$).

Research question #2

- Both parts of the hypothesis were not supported.
- Among women, those who were not married but currently in a relationship had significantly fewer chronic health conditions than those who were married or in a civil union [$F(2,449) = 3.532, p < .05$].
- Among men: those who were single and those who were not married but currently in a relationship had significantly fewer chronic health conditions than those who were married or in a civil union [$F(2,314) = 6.826, p < .001$].

Special thank you to Dr. Budd for guidance and support throughout this project.

References available upon request

Table 1: Characteristic of Respondents (N=798)

Variables	N(%) ⁱ
Relationship Status	
Single, do not have a spouse or partner	284 (35.6)
Currently not married, but in a relationship	132 (16.5)
Married or in a civil union	364 (45.6)
Widowed	18 (2.3)
Total number of chronic health conditions	
Zero	368 (46.1)
One	237 (29.7)
Two	108 (13.5)
Three- Five	85 (10.7)
Gender	
Male	320 (40.2)
Female	467 (58.6)
Transgender	8 (1.0)
Other	2 (0.3)
Missing	1

ⁱValid Percentages

Discussion

- Results suggest that among Latinx U.S. adults being married may not be a supportive factor in regards to the health of individuals.
- Among women and men, results also suggests that the association does not vary by gender, where being married may not be a supportive factor in regards to the health of individuals.
- These findings are inconsistent with existing literature on Non-Latinx White adults⁴⁻⁸.
- However, these findings can aid in preventing chronic health conditions among Latinx U.S. adults by focusing on targeting married Latinx adults.
- Further research is needed to examine if other variables such as age or gender nonconforming relationships are associated with chronic health conditions among Latinx adults.

Contact

Yessenia Villalobos

yessenia@uoregon.edu