

Aging in Mexico: COVID-19

MHAS Fact Sheet: 23-1, March 2023



The Mexican Health and Aging Study (MHAS) is a national study of adults aged 50 and older in Mexico (n=15,000) that has produced over 320 publications. The first longitudinal study of older Mexicans with a broad socioeconomic perspective, MHAS was designed to evaluate the impact of disease on health, function, and mortality.

Six waves of data have been collected between 2001 and 2021. A sub-sample of the 2018 wave was used for the ancillary study on cognitive aging (Mex-Cog 2021, n=4,066). MHAS is supported by the National Institutes of Health/National Institute on Aging (R01AG018016) and the Instituto Nacional de Estadística y Geografía (INEGI) in Mexico. Mex-Cog is supported by the National Institutes of Health/National Institute on Aging (NIH R01AG051158).

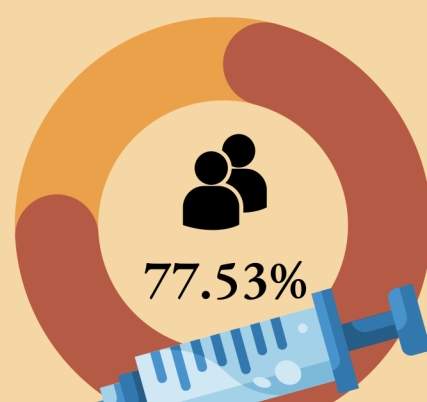


Global Outcomes

- As of January 2023, more than 659 million cumulative cases and more than 6.6 cumulative deaths worldwide¹
- Covid-19 prevalence 3x higher in high income countries than other countries²
- 25% increase in prevalence of anxiety and depression worldwide³
- In 2020, more than 144 million lost jobs and lost working hours equivalent to 255 million full time jobs⁴

In Mexico⁵

- As of January 2023, more than 7.2 million cumulative cases and more than 331,000 cumulative deaths in Mexico
- Vaccine doses administered: 226, 063, 079
- People receiving at least 1 dose: 99,071,001
- Percent of population receiving at least 1 dose: 77.53%

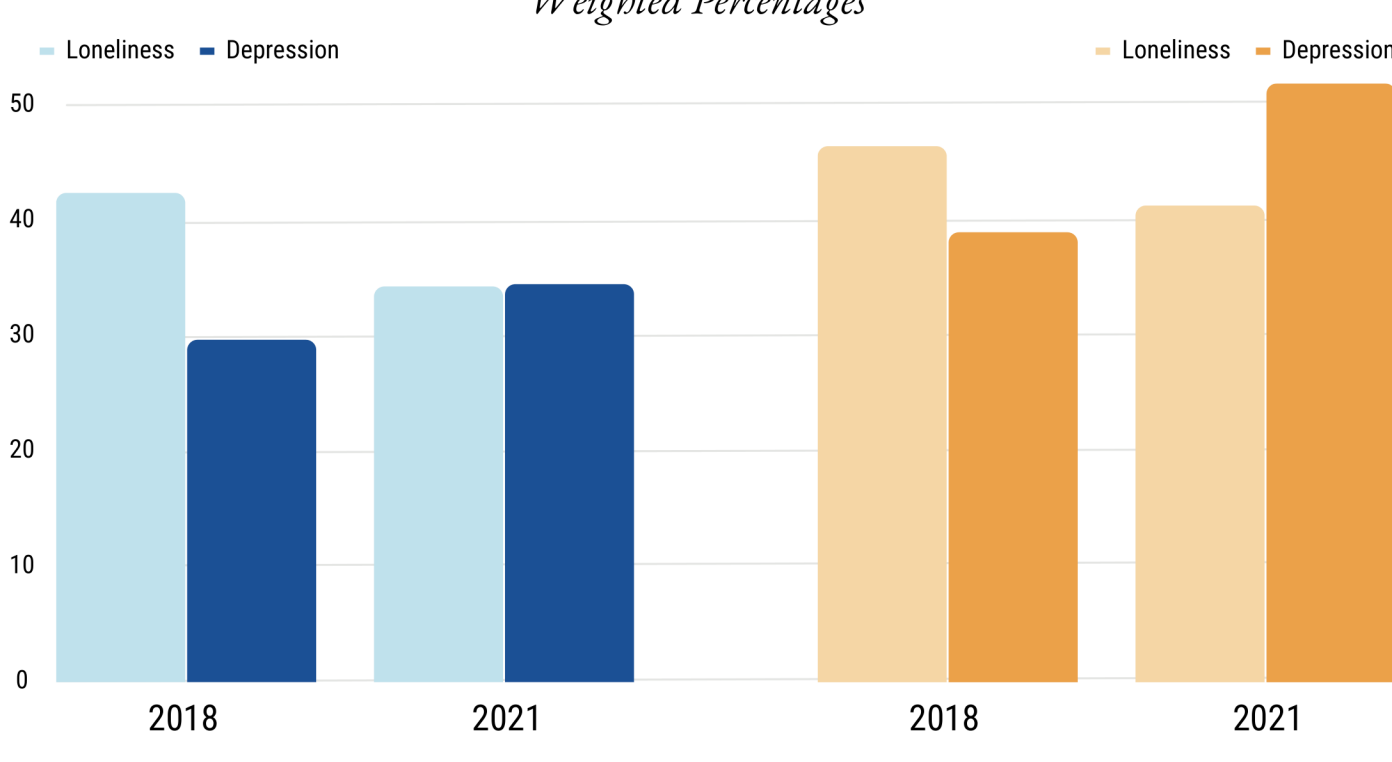


Findings

Mex-Cog 2021

Loneliness & Depression

Weighted Percentages



Compared to how they felt in 2018 older adults who had COVID-19 reported more depressive symptoms in 2021 but felt less lonely. Those who did not have COVID-19 reported about the same depressive symptoms compared to 2018, and less loneliness.



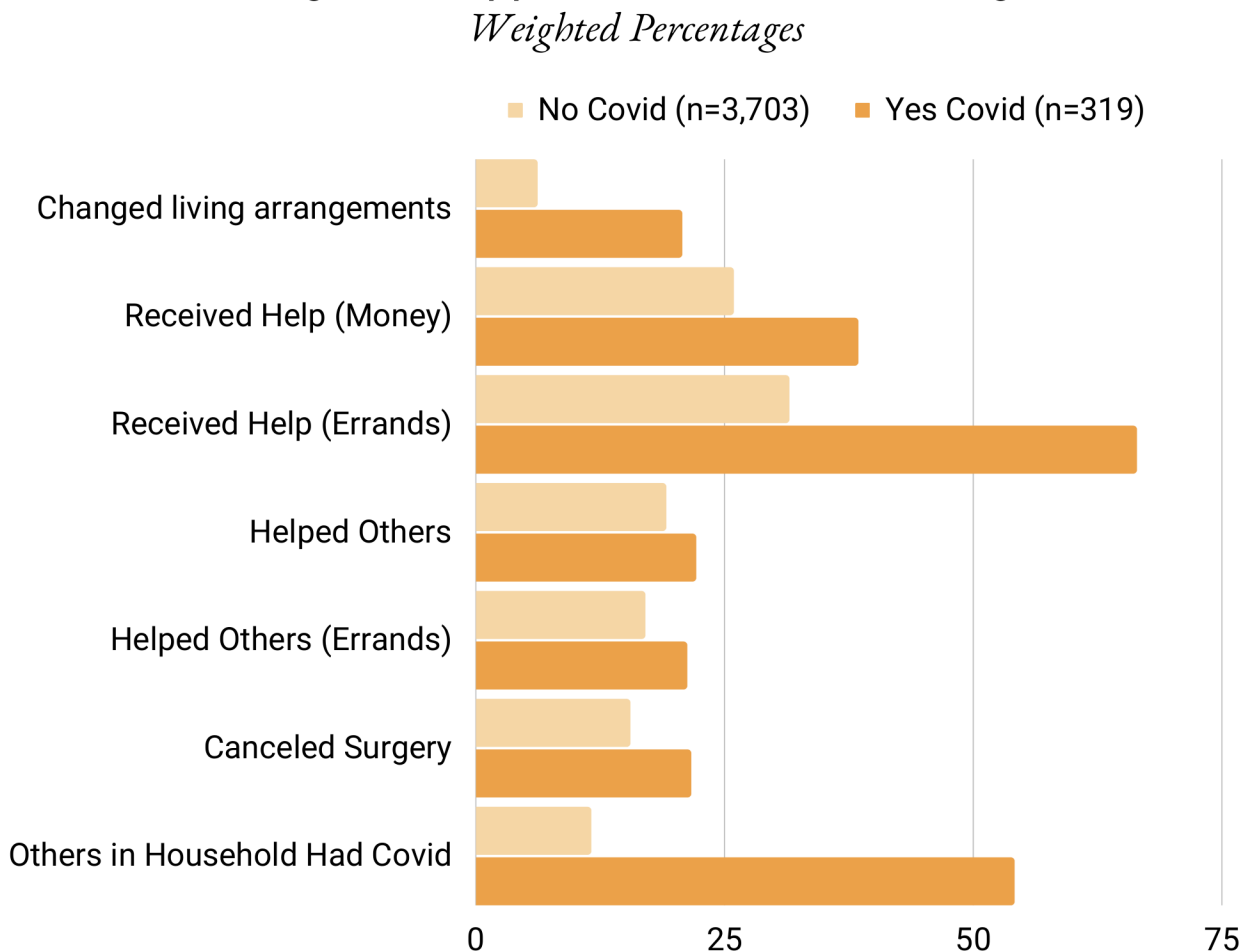
Respondents reported having Covid-19



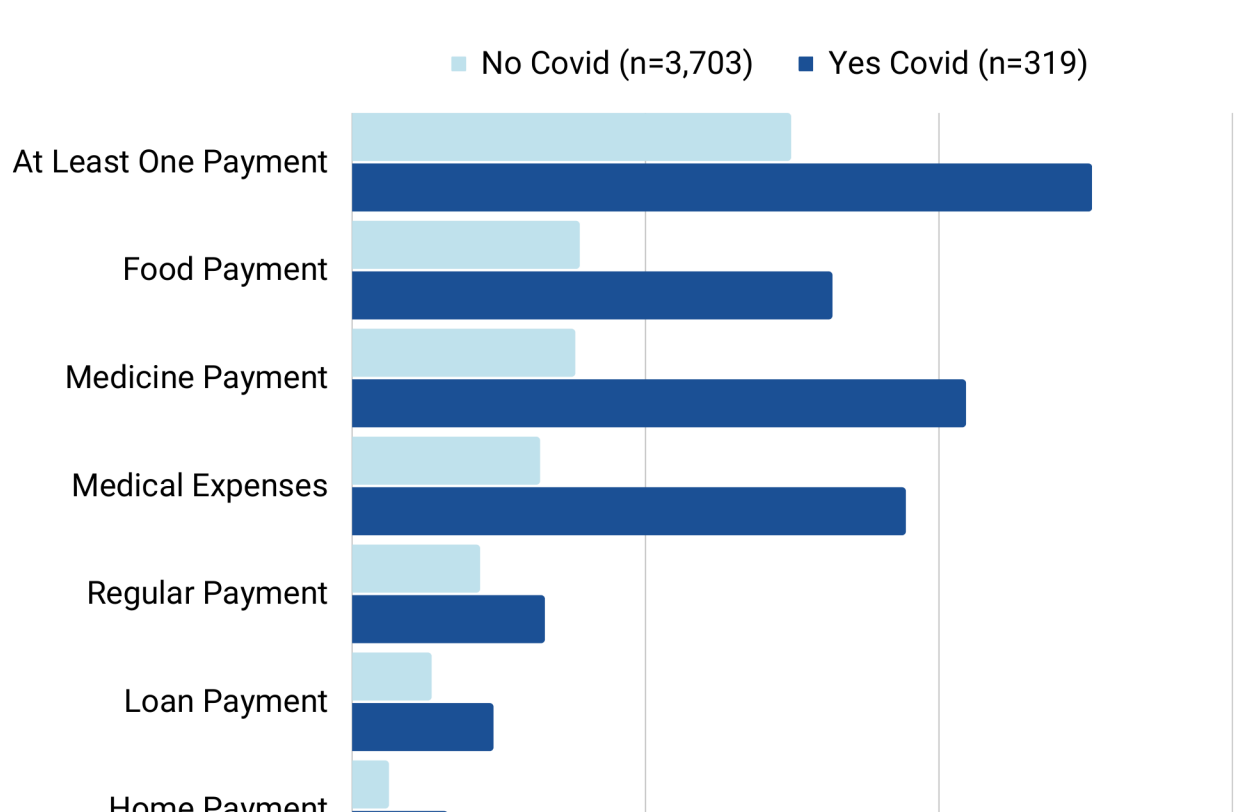
Respondents reported that others in their household had covid-19

Changes in Support & Financial Challenges

Weighted Percentages



Respondents who had Covid-19 were more likely to miss payments of all types than those who had not. More respondents who had Covid-19 received help (e.g., running errands) and were more likely to have others in their household who had Covid-19.



Future Studies

- What is the trajectory of cognitive and physical function of older adults who got COVID-19 compared to those who did not?
- How did the pandemic affect older adults' mental and physical health, as well as their savings, wealth, and outlook (e.g., retirement plans)?
- What is the long-term prevalence of chronic diseases of those who got COVID-19? How does this prevalence compare for those who received vaccines and those who did not?

Current Statistics on Covid-19 in Mexico

Our World in Data <https://utmb.us/8jt>

References

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