

Shared Health Behaviors Among Older Mexican American Spouses

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Objective: To assess the association of health behaviors among husbands and wives. **Methods:** Cohort study of 553 Mexican American couples aged 65 years or older from the Hispanic Established Populations for the Epidemiologic Studies of the Elderly (H-EPESE). Multivariate regression analyses test the association of body mass index, smoking, and alcohol consumption among husbands and wives. **Results:** Body

mass index is positively associated among couples. Risk of smoking or drinking was higher if the partner had ever smoked or drank alcohol. **Conclusion:** Health behaviors are associated among older Mexican American couples. Intervention efforts should be directed at both spouses.

Key words: marriage, spouses, Mexican Americans, health behavior

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