

# Examining the Role of Acculturation in Health Behaviors of Older Mexican Americans

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**Objectives:** To determine if acculturation is associated with smoking, alcohol use, and physical activity among older Mexican Americans. **Methods:** Multivariate analyses of data from the Hispanic Established Populations for the Epidemiologic Studies of the Elderly (H-EPESE) were used. **Results:** Those who were more proficient in English were more likely to be former or current smokers than nonsmokers and former or current drinkers than

abstainers. In addition, those who had greater contact with Anglo-Americans were more likely to be former or current smokers than nonsmokers and former or current drinkers than abstainers. **Conclusions:** These results can assist health promotion programs in identifying those most at risk of engaging in negative health behaviors.

**Key words:** acculturation; health behavior; Hispanic; older  
*Am J Health Behav.* 2006;30(6):684-699

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