



PRESS RELEASE

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Contact: Abigail Hernandez • 202-797-4357 • ahernandez@hispanichealth.org

Lack of Access to Health Services and Healthy Food Options

Findings from 2014 Healthy Americas Survey Released

Washington, DC — “According to the CDC, Hispanics have the longest life expectancy but based on this poll we are at a tipping point in Hispanic health with risks on the horizon from drinking sugary sodas, not eating five or more servings of fruits and vegetables each day, and lack of access to health care,” said Dr. Jane L. Delgado, President and CEO of the National Alliance for Hispanic Health.

The Alliance today released results of the **2014 Healthy Americas Survey**, a bilingual phone survey with a nationally representative sample of 846 respondents fielded from February 16th to March 2nd of this year. The survey was supported by the Healthy Americas Foundation and a grant from the Robert Wood Johnson Foundation. Key findings included:

- **Soda Consumption.** During the past 30 days, half (53%) of Hispanics and non-Hispanic blacks (51%) report drinking sugary soda daily or weekly compared to 37% of non-Hispanic whites.
- **Fruits and Vegetables.** Hispanics (7%) and non-Hispanic blacks (8%) are significantly less likely than non-Hispanic whites (18%) to report eating 5 or more servings of fruits and vegetables on average each day.
- **Usual Source of Care.** About one in four (27%) Hispanics report not having a usual place to go to when they are sick or need advice about health compared to 17% of non-Hispanic blacks and 7% of non-Hispanic whites.
- **Worry About Cost of Care.** 40% of Hispanics report that they would be very worried about affording care if they got sick or had an accident compared to 22% of non-Hispanic blacks and 11% of non-Hispanic whites.

“We can do better as a nation in prevention. All communities need access to health insurance, affordable fruits and vegetables, and opportunities for physical activity. We need to give parents tools and support to create a healthier future for themselves and their children. It is an agenda for a Healthy America,” concluded Dr. Delgado.

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Editors Note: Downloadable version of the 2014 Healthy Americas Survey is available at the Alliance’s Healthy Americas Institute website at www.healthyamericasinstitute.org.

The National Alliance for Hispanic Health is the nation's foremost science-based source of information and trusted non-partisan advocate for the best health outcomes for all. The Alliance represents thousands of Hispanic health providers across the nation providing services to more than 15 million each year. For more information, visit <http://www.hispanichealth.org>, call the Alliance’s Su Familia Helpline at 1-866-783-2645, or find us on Facebook at healthyamericas or on Twitter at health4americas.