48% rate overall health as much healthier or healthier than most people their own age.

HOW HISPANIC MILLENNIALS DEFINE "HEALTH":
- 43% define health as eating a good diet
- 37% define health as feeling good
- 31% define health as exercising

HOW HISPANIC MILLENNIALS RATE THEIR LEVEL OF STRESS:
- 30% rate their overall stress level as being "stressful" or "very stressful" versus 38% for non-Hispanic Millennials.
- 5% are very stressful versus 10% of non-Hispanic Millennials.

THE ILLNESSES THAT HISPANIC MILLENNIALS ARE CONCERNED ABOUT GETTING:
- Diabetes 42%
- High blood pressure 34%
- Heart condition 33%
- Cancer 31%
- High cholesterol 31%
- Obesity 30%

TOP THREE THINGS HISPANIC MILLENNIALS AVOID WHEN IT COMES TO FOOD:
- Calories 24%
- Sugars 15%
- Trans fats 12%