

HISPANIC MILLENNIALS (18-34) OVERALL HEALTH

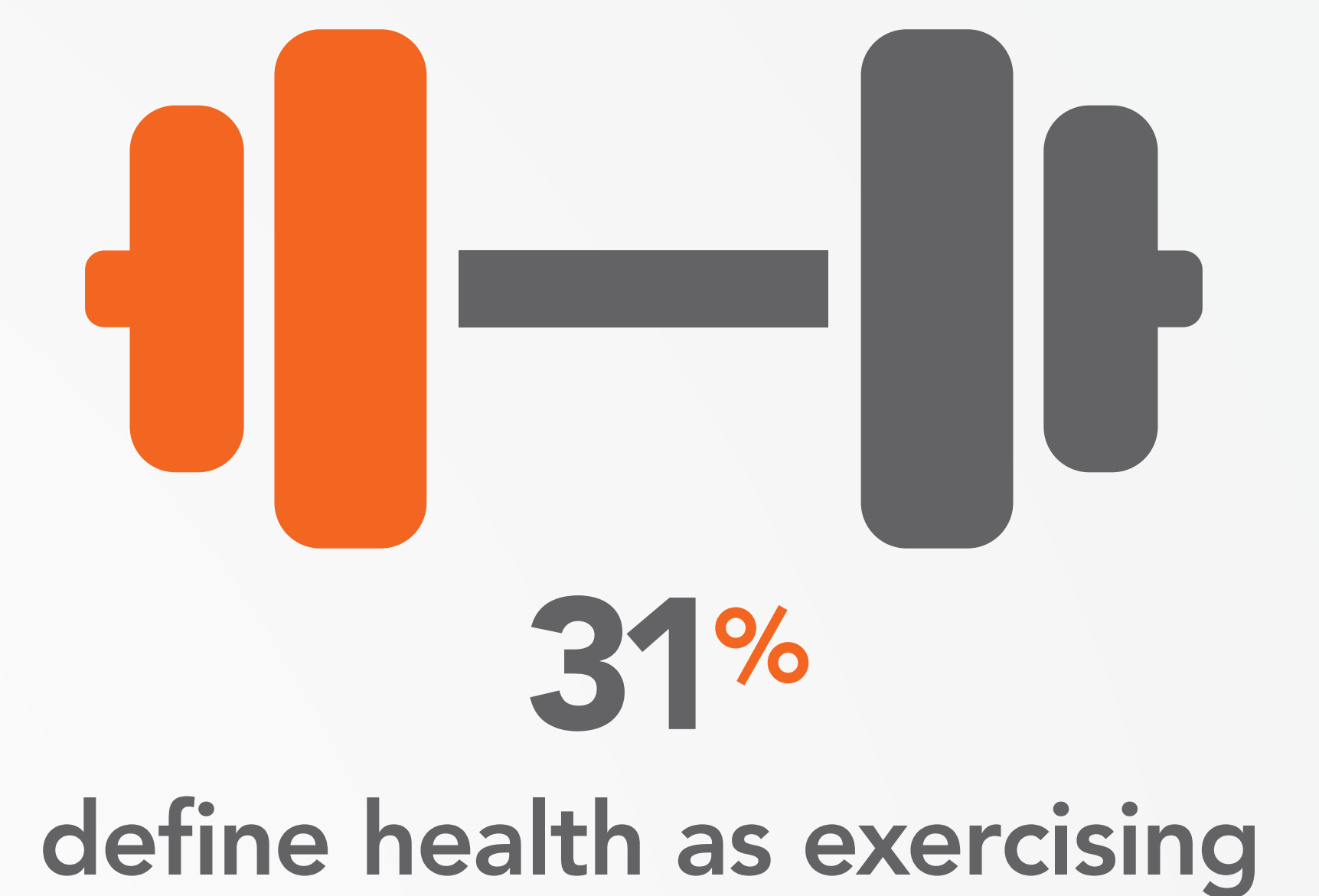
48% rate overall health as much healthier or healthier than most people their own age



HOW HISPANIC MILLENNIALS DEFINE "HEALTH":



37%
define health as feeling good



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%