

CAREGIVING AMONG HISPANIC ADULTS

2015–2018 Behavioral Risk Factor Surveillance System (BRFSS) Data from
Hispanic adults in 44 States, Puerto Rico, and the District of Columbia



1 in 6 Hispanic
adults are caregivers

CAREGIVERS provide regular care
or assistance to a FRIEND or FAMILY
member with a health problem
or disability

CAREGIVING CAN BE

LENGTHY
Nearly half
have provided care for at
least two years



INTENSE
One third have
provided care for at least
20 hours per week



HOW DO CAREGIVERS HELP?



Nearly 80%
manage household tasks

Over 50% assist
with personal care



WHO ARE CAREGIVERS?

58% are women

9% are 65 years old or older

39% are caring for a
parent or parent-in-law

8% of caregivers are
providing care to someone
with dementia



FUTURE CAREGIVERS

Nearly 1 in 5
NON-CAREGIVERS
expect to **BECOME**
CAREGIVERS within
2 years



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

cdc.gov/aging