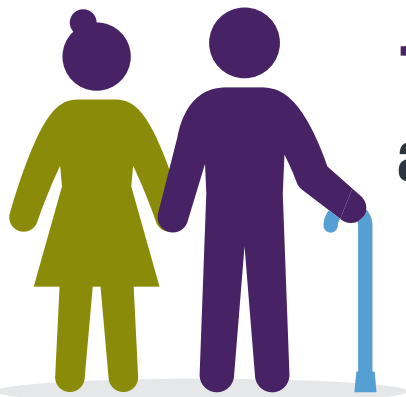


# CAREGIVING AMONG HISPANIC ADULTS

2015–2017 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

**38%** are caring for a  
parent or parent-in-law

**8%** of caregivers are  
providing care to someone  
with dementia



## FUTURE CAREGIVERS

**Nearly 1 in 4**  
**NON-CAREGIVERS**  
expect to **BECOME**  
**CAREGIVERS** within  
2 years



U.S. Department of  
Health and Human Services  
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