

Exploring Health Patterns, Lifestyle, and Wellness Across Demographic Groups in Adults Aged 35–80

Kiana Ghaus and Amisi Ghaus

MyEdMaster, LLC

Leesburg Virginia, USA

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ABSTRACT

This study looks into health patterns, lifestyle and overall wellness of adults between 35-80 years old. This study utilized survey data from 251 participants who belong to Asian, Latino, White, Black, and Mixed demographic groups and registered on MyYouthspace, a health focused platform that provides additional feedback to their health. The differences in physical and mental health between the demographic groups were quite significant. Data showed that 23.08% of Black men aged 46 and older reported high cholesterol, compared to 6.67% of Asian men in the same age group. The data also showed 25% of Latina women reported having anemia, while only 7.14% of White women had the condition. Although, most respondents described themselves as generally healthy and capable of managing their well-being. There was a clear gap shown between what people think about their health and what the data shows.

INTRODUCTION

The article by Mena et al., (2019) reviews how intersectionality is used in quantitative health research, focusing on ethnicity and gender. The authors explain that most studies look at factors like gender or ethnicity separately instead of examining how these factors interact to affect health outcomes. They also discuss challenges such as limited data, unclear definitions of gender, and difficulty using appropriate statistical methods. The paper concludes that improving these approaches is important for better understanding health inequalities. The article by Bambra et al. (2021) looks at how social factors like income, race, and gender affect health and access to healthcare. It explains that health differences often come from overlapping disadvantages, which can create unfair gaps between groups. The study stresses that understanding these combined factors is important for improving health equality and making better health policies. The paper published by Weissman et al., (2018) This article examines racial, ethnic, and gender differences

in access to health care among U.S. adults experiencing serious psychological distress. The study finds that individuals from racial and ethnic minority groups are less likely to receive adequate mental health care compared to non-Hispanic White adults. These disparities persist even after considering factors like income and insurance status. The article by Lee et al. (2019) discusses how social inequalities affect access to healthcare and health outcomes. It shows that people from disadvantaged backgrounds often face more barriers to getting the care they need. The study highlights the need to consider social factors together to better understand and reduce health inequalities, ensuring everyone has fair access to healthcare. The article by Yoon et al. (2021) looks at how social and economic factors influence health inequalities. It shows that people with lower income and education levels often have worse health and less access to healthcare. The study emphasizes that addressing these social and economic issues is important to reduce health gaps and ensure fair health opportunities for everyone..This paper by Hansen et al., (2024) examines how race and gender are often linked to specific diseases in large collections of text, such as medical literature and online sources. The authors show that these patterns can reinforce stereotypes by repeatedly associating certain demographic groups with particular health conditions. They analyze these associations at a large scale to demonstrate how bias can appear even without explicit intent. The paper argues that recognizing and addressing these biases is important to prevent them from influencing research, medical practice, and AI systems.

METHOD

Participants

251 people that were 35-80 years old participated in this study. 128 responses were from females and 123 were from male. They were not paid for their participation.

Materials

A Google Form with 5 questions is provided below. We also asked the participants to make an account on MyYouthspace, which is part of a platform called MyYouthspan. This is a health-related platform where individuals are able to learn and post about a certain health topic.

<https://myyouthspan.com/signin?url=https://myyouthspace.com>
<https://docs.google.com/forms/d/e/1FAIpQLSez08faT2pg3p7zpiAihizXtSX6ONUAeRgAxbX5azVMvzzWVA/viewform>

1. What is your gender? Male or Female
2. What is your age range? The options are listed below
35-45

46-56

57-67

68-78

80+

Other

3. What is your ethnicity? Asian, White, Black, Latina, Mixed, Pacific Islander, Native American, Other.
4. Do you have any current health problems? If yes please specify. no or prefer not to say. Written response option.
5. What are your future health goals/aspirations? Options were: To stay fit and healthy, Be able to manage your health conditions efficiently, Learn more about ways to improve your health, Help educate others on the importance of a healthy lifestyle, Live a longer life, Other.

PROCEDURE

Participants were asked to fill out the questionnaire and answer all the questions in the google form. There were 5 questions on the survey relating to health and lifestyle.

RESULTS

35-45 year age group Male					
Health condition	Asian Male (21)	White Male (9)	Latino Male (6)	Mixed Male(3)	Black male(4)
anxiety issue	4.76%	11.11%	0.00%	0.00%	0.00%
high blood pressure	9.52%	11.11%	16.67%	0.00%	0.00%
cholesterol	4.76%	0.00%	16.67%	0.00%	0.00%
hypertension	4.76%	0.00%	0.00%	0.00%	0.00%
prostrate	0.00%	0.00%	0.00%	0.00%	0.00%
not specified	0.00%	22.22%	16.67%	66.67%	0.00%
No health issues	76.19%	55.56%	50.00%	33.33%	100.00%
n = 43	21	9	6	3	4

>46 year age group Male					
Health condition	Asian Male (30)	White Male (23)	Latino Male (11)	Mixed Male (3)	Black Male (13)
anxiety issue	6.67%	8.70%	0.00%	16.67%	0.00%
high blood pressure	6.67%	17.39%	27.27%	16.67%	15.38%
cholesterol	6.67%	13.04%	9.09%	0.00%	23.08%
hypertension	6.67%	4.35%	18.18%	33.33%	15.38%
prostrate	3.33%	21.74%	9.09%	66.67%	0.00%
not specified	6.67%	8.70%	9.09%	0.00%	7.69%
No health issues	63.33%	26.09%	27.27%	0.00%	38.46%
n= 80	30	23	11	3	13

35-45 year age group Female					
Health condition	Asian Female (17)	White Female (14)	Latino Female (8)	Mixed Female (5)	Black Female (4)
anemia	5.88%	7.14%	25.00%	0.00%	0.00%
hypothyroid	5.88%	7.14%	0.00%	0.00%	0.00%
knee pain	0.00%	7.14%	0.00%	0.00%	0.00%
hypertension	0.00%	0.00%	12.50%	0.00%	0.00%
diabetes	0.00%	0.00%	25.00%	0.00%	25.00%
not specified	23.53%	7.14%	12.50%	20.00%	25.00%
No health issues	64.71%	71.43%	25.00%	80.00%	50.00%
n= 48	17	14	8	5	4
>46 year age group Female					
Health condition	Asian Female (11)	White Female (16)	Latino Female (20)	Mixed Female (8)	Black Female (25)
anemia	0.00%	0.00%	0.00%	12.50%	4.00%
hypothyroid	9.09%	0.00%	5.00%	0.00%	4.00%
knee pain	9.09%	18.75%	15.00%	12.50%	12.00%
hypertension	0.00%	18.75%	22.50%	31.25%	20.00%
diabetes	9.09%	18.75%	22.50%	31.25%	20.00%
not specified	9.09%	12.50%	10.00%	12.50%	8.00%
No health issues	63.64%	31.25%	25.00%	0.00%	32.00%
n= 80	11	16	20	8	25

> 46 year age group Male						
	Overall	Asian Male (30)	White Male (23)	Latino Male (11)	Mixed Male(3)	Black Male(13)
Do you have any current health problems? If yes please specify. no or prefer not to say.	Have Current Health problem	30.00%	65.22%	63.64%	100.00%	53.85%
What are your future health goals/aspirations	Stay fit and healthy and able to manage health conditions efficiently, help educate others on importance of healthy life style, live longer life	61.67%	54.35%	36.36%	58.33%	30.77%
	Stay fit and healthy and educate others on healthy lifestyle, Learn more about the ways to improve your health	38.33%	45.65%	63.64%	41.67%	69.23%

		> 46 year age group Female				
	Overall	Asian Female (11)	White Female(16)	Latino Female (20)	Mixed Female(8)	Black Female (25)
Do you have any current health problems? If yes please specify. no or prefer not to say.	Have Current Health problem	27.27%	62.50%	70.00%	62.50%	60.00%
What are your future health goals/aspirations	Stay fit and healthy and able to manage health conditions efficiently, help educate others on importance of healthy life style, live longer life	31.82%	43.75%	42.50%	68.75%	52.00%
	Stay fit and healthy and educate others on healthy lifestyle, Learn more about the ways to improve your health	68.18%	56.25%	57.50%	31.25%	48.00%

DISCUSSION

This study aimed to explore health-related patterns and lifestyle factors among adults over the age of 35, with a focus on variations across different demographic groups. We had Asian, White, Latino/a, Mixed, and Black Male and Female throughout the ages of 35-80 fill out the google form. Data collection via an online google form. After gathering about 251 responses, we broke down the results by gender, ethnicity, and age. Our study reveals that health and mental health issues, such as anxiety, high blood pressure, and cholesterol don't affect the groups the same way. For instance, 23.08% of Black men 46 years old and older, reported having high cholesterol. While on the other hand, only 6.67% of Asian men falling in this age range, reported having this same health problem. Most of the people continued to consider themselves generally healthy or feeling capable of managing their own health despite the differences. The divide between people's perception and actual health data is very significant. Also, the people over 46 years of age were very much interested in raising their level of wellness. A significant number of them expressed the desire to keep fit, get into the habit of eating healthy, and work on their mental health. Many of them were also enthusiastic about the idea of being involved in health-targeted groups, exchanging information, or being socially connected which indicates that community support is very important in the way they handle their health. Factors such as social bonds, access to information that feels personal, and communities that provide support seem to be making the difference. Customizing health resources for different demographic groups and giving people the insight into the importance of social networks and digital tools may result in better health conditions and a more balanced lifestyle for this age group.

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