

Hispanics and Healthy Lifestyles - US - December 2017

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"In spite of higher overweight and obesity rates, Hispanics have a generally positive outlook on their personal health. Hispanics take pride in their health but are not necessarily willing to make changes to ensure a healthier life. A combination of complacency and confidence could prevent Hispanics from implementing new initiatives to make their lives healthier."

- John Poelking, Leisure Analyst

This report looks at the following areas:

- Health disparities weigh heavily
- Positive perceptions discourage change
- Lack of motivation, time, and perception of higher price primary barriers
- Little desire to diet

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