Abstract

Objective. To examine the independent association of household food insecurity (HFI) with diabetes and hypertension in a nationally representative cross-sectional sample from Mexico. Materials and methods. We assessed the association between HFI and self-reported doctor diagnosed diabetes and hypertension among 32,320 adult individuals using multiple logistic regression. HFI was measured using an adapted version for Mexico of the Latin American and Caribbean Food Security Scale (ELCSA). Results. HFI was a risk factor for diabetes among women but not men and for hypertension among both genders. Diabetes odds were higher by 31, 67 and 48%, among women living in mild, moderate, and severe food-insecure (vs. food-secure) households, respectively. Living in moderate to severe food-insecure (vs. food-secure) households was associated with hypertension odds that were 28 and 32% higher, respectively. Conclusion. Decreasing HFI may help improve public health and national development in Mexico.

Keywords

diabetes mellitus; food security; hypertension; nutrition surveys; Mexico