

CAREGIVING AMONG HISPANIC ADULTS

2021–2022 Behavioral Risk Factor Surveillance System (BRFSS) Data from
Hispanic adults in 47 States and Puerto Rico



1 in 7 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
Over a third have
provided care for at least
20 hours per week



HOW DO CAREGIVERS HELP?



Over 75% manage
household tasks

Over half assist
with personal care



WHO ARE CAREGIVERS?

58% are women

10% are 65 years old or older

37% are caring for a
parent or parent-in-law

20% of caregivers are
providing care to someone
with dementia



FUTURE CAREGIVERS

1 in 6
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