



Mexican Americans and Health: ¡Sana! ¡Sana! (The Mexican American Experience)

Adela de la Torre, Antonio Estrada

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Given recent developments in health care and policy and a steadily increasing population of people of Mexican origin in the United States, a comprehensive look at Mexican American health has never been more necessary. Adela de la Torre and Antonio Estrada first accomplished such an overview with *Mexican Americans and Health* in 2001, and they have since continued to revise and expand their initial work. With a multitude of additions and renovations, *Mexican Americans and Health, 2nd Edition* provides a timely and accessible description of current topics in Latino health.

De la Torre and Estrada once again present a broad and nuanced understanding of recent issues involving Mexican American health and well-being, this time with the addition of discussions on:

- * the new U.S. Human Development Index to contextualize the health, education, and income status of Mexican Americans relative to other population groups,
- * emerging diseases, such as diabetes and obesity,
- * recent health-care reforms under the Obama administration,
- * substance abuse, sexual risk, and psychological distress among HIV-positive individuals in the gay/bisexual community,
- * and predictions of future trends for the next decade.

This new volume has been updated throughout to reflect the many developments in health care since its first edition. *Mexican Americans and Health, 2nd Edition* continues to present data on a large number of health issues that are important and relevant to the Mexican American population, while describing the social contexts in which they are occurring. Its comprehensive and interdisciplinary approach brings originality and focus to a dynamic literature.

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