



# Toward a long-term, community-based research program on Indigenous Wixárika health in Jalisco, MX

## BACKGROUND

Indigenous Wixáritari historically reside in the Sierra Madre Occidental mountains in rural communities and have largely maintained their traditional culture. *There is a high degree of internal migration with attendant risks for loss/restructuring of social networks, greater exposure to stress and discrimination, and loss of traditional lifeways. Research on health and wellbeing among Wixárika migrants is therefore a critical need.* Pilot work from 2021-2023 compares sleep, physical and mental health, and social safety measures between rural (n = 61) and urban (n = 66) participants.



## KEY FYAP GOALS

1. Analyze 2021-2023 data, prepare manuscripts (n = 3)
2. Research group meetings and community reports
3. Plan grant submissions for next phase(s)

## CURRENT FYAP RESULTS

1. Results presented at ISEMPH conference, Durham UK
2. Planning symposium on Wixárika health in Guadalajara, 2025
3. Preparing reports for distribution in-person and WhatsApp (see example below)

## KEY FINDINGS TO DATE

1. Perceived safety is greater in rural community; safety only predicted better sleep in urban women (in prep for *American Journal of Human Biology*).
2. Loneliness and negative social interactions impacted mental and physical health directly or through effects on sleep (in prep for *Evolution, Medicine, and Public Health*).
3. Connectedness to nature (an element of traditional beliefs) predicted better physical health in the rural community, but not the urban community (in prep for *American Journal of Human Biology*).

## NEXT STEPS

1. Apply for symposium funding through Wenner-Gren.
2. Distribute results in the community.
3. Plan next wave of data collection (community concerns include chronic health conditions and diet/nutrition).
4. Discuss integrating biomarkers (e.g., saliva, dried blood spots) into data collection with the community.

