The Majority ofLatinas 50+
Experience Discrimination Regularly

59% of Latinas 50-plus feel discriminated against regularly.*

The most common types of discrimination are:

- **Ethnicity/Race /Skin Tone**: 63%
- **Accent**: 44%
- **Weight**: 42%
- **Age**: 40%

76% of Latinas 50-plus who experience discrimination regularly try to avoid discriminatory behavior.

Avoidance tactics used most often include:

- **60%**: Carefully observe what happens around you
- **58%**: Carefully watch what you say and how you say it
- **52%**: Consider how safe or comfortable you may feel

71% of working Latinas age 50-plus who experience discrimination regularly have felt pressured to look or act a certain way at work.

*defined as “sometimes,” “often,” or “almost always”

Discrimination Impacts the Mental Health of Latinas 50-plus

Latinas 50-plus who experience discrimination regularly rate their current mental health lower than those who do not (57% vs. 31% say they have low/moderate mental health).

Discrimination based on ethnicity/race/skin tone appeared to have the greatest impact on mental health.

Source: Mirror/Mirror: AARP Survey of Women’s Reflections on Beauty, Age, and Media™ (2022)

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