

Title:

Correlates of Lifestyle Physical Activity in Older Latinos

Shannon Halloway*College of Nursing, Rush University Medical Center, United States, IL, USA***Session Title:**

Rising Stars of Nursing Invited Posters - Group 2

Slot (superslotted):

RSG STR 2: Friday, September 26, 2014: 10:00 AM-10:30 AM

Slot (superslotted):

RSG STR 2: Friday, September 26, 2014: 11:45 AM-1:00 PM

Slot (superslotted):

RSG STR 2: Friday, September 26, 2014: 3:00 PM-3:30 PM

Keywords:

Latino, Older adult and Physical activity

References:

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Ham, S. A., Yore, M. M., Kruger, J., Heath, G. W., & Moeti, R. (2007). Physical activity patterns among Latinos in the United States: putting the pieces together. *Preventing Chronic Disease*, 4(4), A92.

Powell, K. E., Paluch, A. E., & Blair, S. N. (2011). Physical activity for health: What kind? How much? How intense? On top of what? *Annual Review of Public Health*, 32, 349–365. doi:10.1146/annurev-publhealth-031210-101151

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Learning Activity:

LEARNING OBJECTIVES	EXPANDED CONTENT OUTLINE	TIME ALLOTTED	FACULTY/SP EAKER	TEACHING/LEARNING METHOD	EVALUATION/FEEDBACK
Example Critique selected definition of the term,	Example Definitions of "curriculum"	Example 20 minutes	Example Name, Credentials	Example Lecture PowerPoint presentation Participant feedback	Example Group discussion: What does cultural training mean to you?

"curriculum"	Course of study Arrangements of instructional materials The subject matter that is taught Cultural "training" Planned engagement of learners				
Present the correlates or predictors of moderate/vigorous physical activity in this older urban Latino population	Describe similarities and differences in the correlates of three moderate/vigorous physical activity variables: total moderate/vigorous physical activity (self-report), moderate/vigorous leisure activity (self-report), and total moderate/vigorous physical activity per accelerometer.	5 minutes	Shannon Halloway, BSN, RN	Poster presentation Participant feedback	Participant and presenter discussion

Offer recommendations for research implications and future intervention development.	Future research and intervention development must consider: Environment (distance to parks) Both light and moderate/vigorous physical activity Self-efficacy	3 minutes	Shannon Holloway, BSN, RN	Poster presentation Participant feedback	Participant and presenter discussion
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Abstract Text:

Aims: The purpose of this secondary analysis is to identify the background (demographics, acculturation, environment, current health, and light physical activity [PA]) and intrapersonal (self-efficacy) correlates of moderate/ vigorous PA in older community-dwelling Latinos. Despite growing numbers, relatively poor overall health status, and low levels of PA, few studies have examined the impact of these characteristics on PA in older Latinos. Current correlate studies have not included environment and social-cognitive variables in the study of older Latinos, and rarely utilized both subjective and objective measures of PA.

Methods: The design was descriptive cross-sectional. Participants were: self-identified Latinos, without disability, a score <14 on a 21-point Mini-Mental State Examination. They were recruited from predominantly Latino Chicago communities at health fairs and community/senior centers. Background characteristic measures included gender, age, marital status, education, perceived income, Acculturation Rating Scale for Latinos, chronic health problems, depressive symptoms, and environment. Environment was measured with one subjective measure (perceived neighborhood problems) and three objective measures utilizing geocoded participant addresses (concentrated disadvantage, rates of crime, and proximity to parks). For the intrapersonal correlate, self-efficacy (confidence) for overcoming barriers to PA was used. Light and moderate/vigorous PA was captured by self-report with the Community Healthy Activities Model Program for Seniors PA (minutes/week), and objectively with accelerometer (minutes/day), worn for 7 days. The three outcome variables included a) total moderate/vigorous intensity PA (self-report), b) leisure moderate/vigorous PA (self-report), and c) total moderate/vigorous PA (accelerometer).

Results: Participants were 174 Latino men (n = 46) and women (n = 128) aged 50-84 (M = 65.9). Regression analyses showed that light PA ($\beta = .23$) and self-efficacy ($\beta = 2.19$) were significantly associated with self-report moderate/vigorous PA. Likewise, proximity to parks ($\beta = -.05$), self-reported health ($\beta = -59.08$), light PA ($\beta = .20$), and self-efficacy ($\beta = 2.13$) had significant independent effects on self-report leisure moderate/vigorous PA. However, when background and intrapersonal characteristics were regressed on moderate/vigorous PA from accelerometer, age ($\beta = -.62$), gender ($\beta = -14.82$), depressive symptoms ($\beta = -13.43$), light PA ($\beta = .10$), and self-efficacy ($\beta = .35$) had significant effects.

Conclusions: Consistent with previous research, being older, male, and more depressive symptoms were significantly related to moderate/vigorous PA per accelerometer. Furthermore, better self-rated health (good, excellent) was related to more leisure MVPA per self-report. Researchers should consider individual differences in PA intensity (both light and moderate/vigorous PA), and the impact of neighborhood environment on leisure PA, such as distance to parks, in the development of culturally-tailored interventions that promote PA in older adults.