Motives and Barriers to Lifestyle Physical Activity in Midlife South Asian Indian Immigrant Women

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Disclosure

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• **Learning objectives:**
  • To identify motives for lifestyle physical activity in midlife South Asian Indian immigrant women
  • To identify barriers to lifestyle physical activity in midlife South Asian Indian immigrant women

• There is no **conflict of interest** in this presentation

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Background

• Age adjusted predicted risk for coronary artery disease
  – 0.88% for South Asian Indian immigrant (SAI) women

• Prevalence rate for diabetes
  – 13.8% for SAI women

• Low lifestyle physical activity (PA) in SAI women
  – Average daily step counts (6813.8)
  – Leisure-time (52.2%); Household (15.9%); Occupational (52.2%)

• Gap: Limited evidence regarding culturally sensitive factors that influence lifestyle PA of SAI women
Purpose

• To examine the motives and barriers to lifestyle physical activity behavior in midlife SAI women at risk for cardiovascular disease and diabetes.
Figure 1. The Physical Activity Framework for SAI Immigrants

Client Singularity

- Background Characteristics
  - Demographic
  - Current health
    - Physical
    - Psychological
  - Social influence
    - Acculturation
    - Discrimination
    - Social support
  - Environmental

Intrapersonal Characteristic

Self-efficacy

Client Health Outcome

- Lifestyle PA
- Household
- Leisure time
- Occupational
Method

- **Design**
  - Qualitative approach comprising five focus groups

- **Eligibility**
  - Age between 40 and 65 years
  - Born in India
  - Immigrated directly from India
  - No disability
  - Provided informed consent

- **Sample**
  - 40 midlife SAI women
Method: Recruitment

- Recruitment sites
  - SAI Faith based organizations
  - SAI Non-faith based community organization

- Recruitment strategies
  - Distribution of flyers (English and Hindi)
  - Presentations
  - Weekly announcements
  - Social networking
  - Bilingual research team
Method: Focus Groups

• Three focus groups of 40-50 years of age
• Two focus groups of 51-65 years of age
• Open-ended and semi-structured discussion questions
• Translated from English into Hindi
• Focus:
  • Motives to be more physically active
  • Barriers to be physically active
Method: Analysis

- Digitally recorded and transcribed verbatim
- Coded independently by three researchers
- Data analyzed using Atlas-ti software
- Motives and Barriers categorized into themes and subthemes
## Results: Participant Characteristics

<table>
<thead>
<tr>
<th>Demographics</th>
<th>Mean (SD)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>50 (7.0)</td>
</tr>
<tr>
<td>Years living in the United States</td>
<td>20.1 (10.5)</td>
</tr>
<tr>
<td>Household size</td>
<td>4.3 (1.25)</td>
</tr>
<tr>
<td>Married</td>
<td>95</td>
</tr>
<tr>
<td>Have Children</td>
<td>95</td>
</tr>
<tr>
<td>Graduated college</td>
<td>87.5</td>
</tr>
<tr>
<td>Currently employed</td>
<td>65</td>
</tr>
<tr>
<td>Annual household income &gt; $50,000</td>
<td>97.5</td>
</tr>
</tbody>
</table>
Results: Participant Characteristics (cont.)

Regional background:
- Central: 5%
- West: 15%
- North: 40%
- South: 40%

Religion:
- Sikh: 35%
- Hindu: 63%
- Christian: 2%
Results: Themes and Subthemes

- Core theme for motives
  - Self-motivation
    - The first thing a person needs is motivation from within oneself. If we are motivated, we can make some time for ourselves to exercise (51-65 age group).
    - Even when people are aware of the importance of PA, if they are not motivated, they are not going to be physically active (40-50 age group).
Results: Subthemes for Motives

- Optimal physical and psychological health
  - Unless health is a concern, we may not think of the importance of physical activity (40-50 age group).
  - The minute you stop your exercise routine, the depression comes right back and you feel more tired (51-65 age group).
Results: Subthemes for Motives (cont.)

• **Emphasis on external beauty**
  – I know what motivates me to exercise, to be able to wear beautiful sarees and blouses (40-50 age group).

• **Strong social support network**
  – Kids can build motivation in their parents (40-50 age group).
  – When my husband is ready to go to a walk with me that really helps (51-65 age group).
Results: Themes and Subthemes for Barriers

• Core theme for barriers
  – Role expectation
    • Obligations related to their role as a wife, mother, daughter-in-law in the context of their culture hinder their participation in leisure-time PA

• Subthemes for barriers
  – Lack of time
    • We are too busy doing cooking, making fresh chapati, cleaning and taking care of the family needs and there is no time for exercise (51-65 age group).
Results: Subthemes for barriers (cont.)

• **Lack of internal locus of control**
  – Prioritizing their family’s needs over their own
  – Loss of self-esteem and lack of self-worth
  – Loss of balance in their lifestyle

• **Diminished social support network**
  – Indian women like to have company of their family members to go for a walk otherwise they don’t feel like going (40-50 age group).
  – When husbands and children don’t help us make time for ourselves it really discourages us from exercising (51-65 age group).
Results: Subthemes for barriers (cont.)

- Subthemes for barriers
  - Environmental constraints
    - In winter, most of us come home after 4:30 pm and by that time it starts to get dark. When the weather is cold and gloomy and when there is snow, going for a walk is impossible (51-65 age group).
    - Thought of sweat and body odor actually drives me away from exercising at work during lunch hour (40-50 age group).
Discussion

• **Self-motivation**: Core theme related to motives
  – Creative ways to become more physically active
  – Participation in motivational groups
  – Having role models

• **Role expectation**: Core theme related to barriers
  – Strong influence of cultural trends and traditions
  – Prioritizing family’s needs over their own health
  – Physical and mental exhaustion
  – Loss of interest
Discussion

• Women viewed PA as leisure-time PA:
  – Walking for exercise, riding a bike, dancing, doing a yoga routine
  – Walking was most frequent and preferred leisure-time PA

• Religious institutions are an ideal intervention site:
  – Walking program
  – Motivational workshops
  – Acceptable by family and community
Implications

• Future research needs to:
  – Culturally target and tailor PA interventions
    • Use religious institutions
    • Group walking program
    • Motivational groups
    • Group yoga
    • Group stretching/toning exercises
    • Group Indian dance
    • Community stakeholders
Limitations

- Only three religious groups
- Female participants
- Midlife sample
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