

## Physical Activity Trends among Black and Latina Women of Childbearing Age in the United States, 2008-2014

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### Purpose:

To present and examine physical activity (PA) participation trends, prevalence, and areas of strategic development among minority, Black women & Latinas.

### Background:

Physical inactivity is a major public health concern. Studies show that Black women and Latinas have lower levels of PA and are at higher risk for chronic diseases including cardiovascular disease, diabetes, and obesity.

### Methods:

Secondary analysis from the National Health Interview Survey 2008-2014 was explored to assess PA among Black women N=23,162, & Latinas N=37,103. Logit modeling was used to differences between groups and related variables. The social ecological framework was used and considers a multilevel approach.



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### Results:

Black women had increased odds of meeting moderate aerobic activity (MAA) guidelines with:

- ❖ Increased education [OR=1.054, CI=0.137-8.135]
- ❖ Increased income [OR=7.236, CI=0.678-77.27]

Black women had increased odds of meeting strength guidelines with:

- ❖ Increased education
- ❖ Increased income

★ **None of MAA data among Latinas was significant** ★

Yet, Latinas are more likely to meet MAA guidelines with:

- ❖ Increased education
- ❖ Increased acculturation

Latinas had increased odds of meeting strength guidelines with:

- ❖ Increased education [OR=1.879, CI=1.182-2.988, p=.008]
- ❖ Increased income [OR=2.148, CI=1.264-3.651, p=.005]
- ❖ Increased acculturation [Eng/FB (OR=.681, CI=.502-.925, p=.014); Sp/FB (OR=.456, CI=.296-.702, p=.000).

Odds of Latinas meeting strength guidelines decrease with pregnancy [OR=.107, CI=0.026-0.442, p=.002].



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### Recommendations:

For both Black women and Latinas, trends showed decreased odds of meeting PA guidelines with increased BMI. Practitioners who serve these populations should be aware of these results and trends when discussing PA with their patients and tailor their approach according to the education level, acculturation status, and BMI of their patients.

#### Social Ecological Framework

- ❖ Intrapersonal (individual) - Center on ethnic-specific attitudes & culture. Emphasize fitness vs weight since fuller, curvaceous hips are more socially desirable. Give attention to personal hygiene (e.g., hair maintenance & sweating)
- ❖ Interpersonal – Family, friends, peers and coworkers. Identifying support systems & setting up buddy programs
- ❖ Organizational – PA programs at places of employment / church.
- ❖ Community/environmental - Address neighborhood safety, accessibility, and parks.
- ❖ Public policy - Securing funds for programs to foster and help maintain PA. Nurses can advocate for new legislation to address safety issues in low-income.



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