

Using a Reasoned Action Approach to Predict organized Exercise in Hispanics: Preliminary Findings

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BACKGROUND

- Researchers have found that Hispanics prefer engaging in group-oriented physical activities.
- Organized exercise is defined as planned or structured group activities, classes, and team sports.
- Studying pathways to participation in organized exercise can help promote physical activity in Hispanics.

The **aims of this study** were to use a reasoned action approach (RAA) to:

- Explore salient beliefs about organized exercise
- Assess influence of RAA constructs on attendance to organized exercise

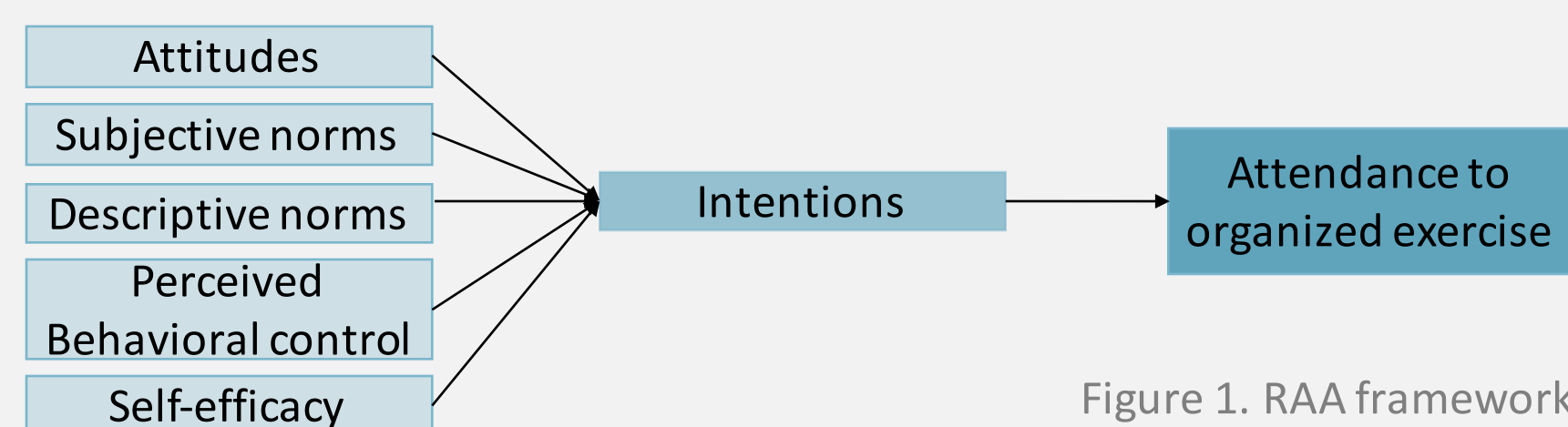


Figure 1. RAA framework

METHODS

- We use a sub-sample of participants from **Healthy Fit**, a prospective cohort study conducted in El Paso, Texas.
- Participants were recruited from local health fairs, Mexican consulate, and community centers.
- Data was collected between 2015 and 2016.
- Participants completed a questionnaire containing open- and closed-ended questions at baseline and after 30 days.
 1. **RAA constructs** – assessed by five 7-point scales
 2. **Intentions** – assessed by a standardized score of intentions, determination and motivations to attend organized exercise in the next 30 days.
 3. **Organized exercise** – assessed by the number of group exercise activities attended in last 30 days
- Statistical analyses were conducted in Stata V. 13. Text data was categorized by hand.

RESULTS

Participant Characteristics

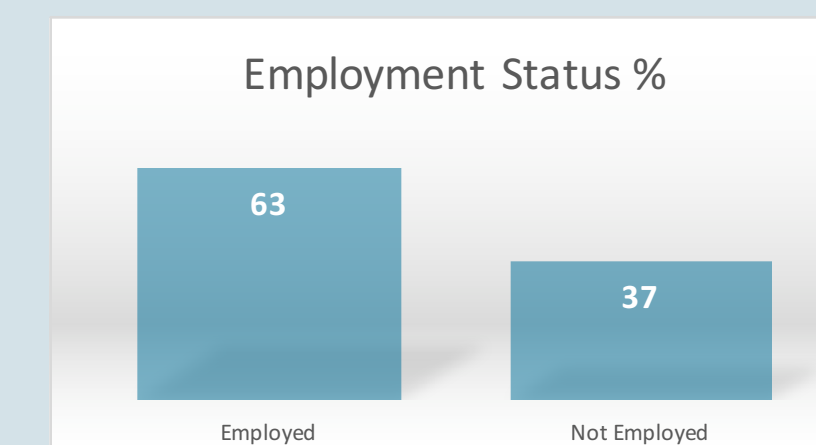
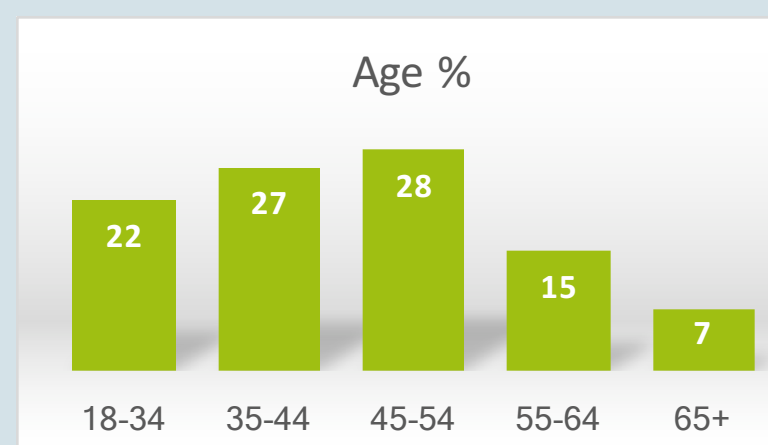
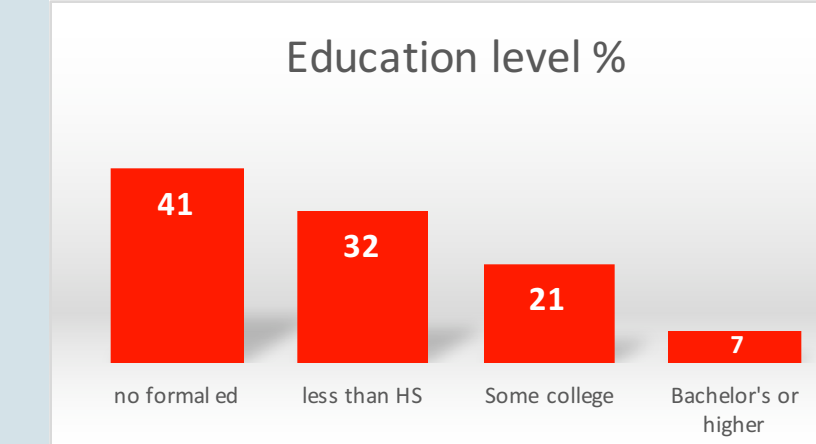
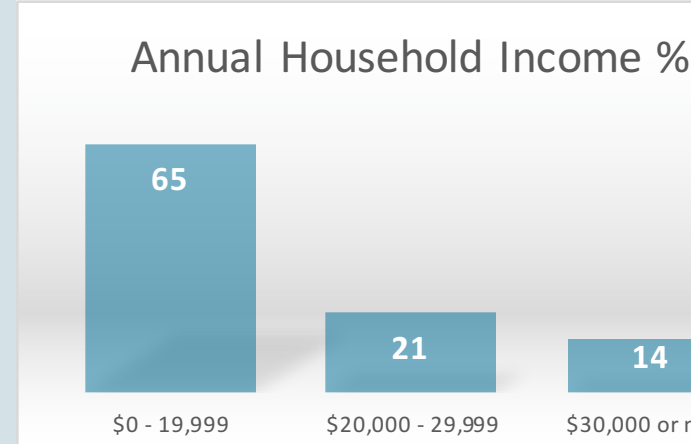
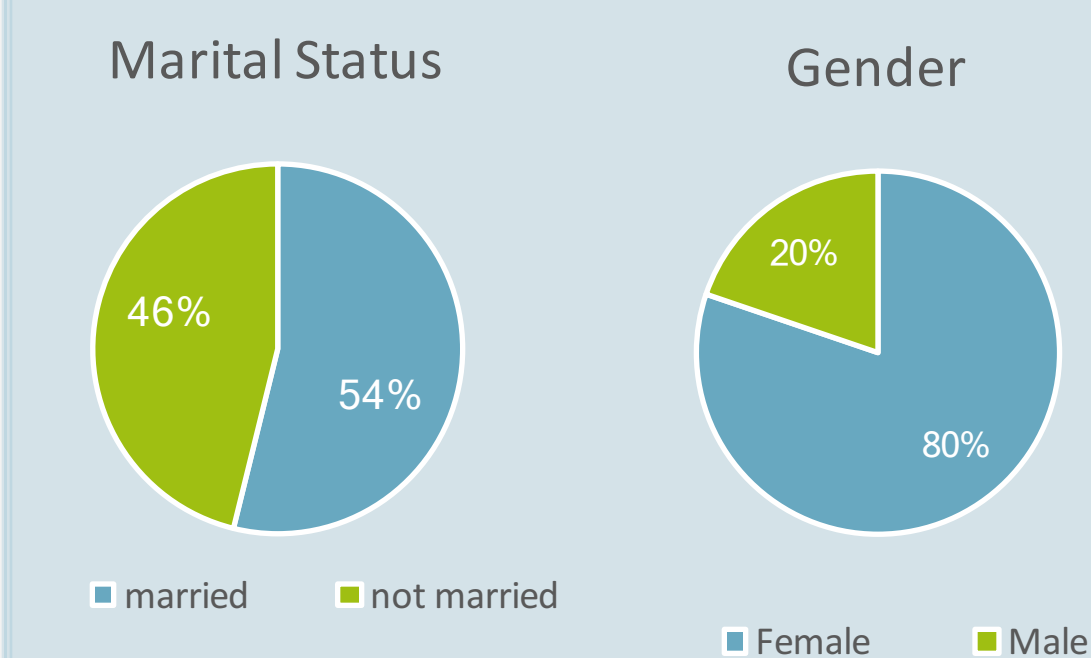


Table 1. Most frequently reported behavioral, normative, and control beliefs about attending organized exercise activities (N=91)

Categories	Count
Behavioral Advantages	
Improves physical health	43
Improves psychological health	26
Controls weight	24
Improves social life	8
Increases energy	6
Behavioral Disadvantages	
Time constraints	9
Referents in support of beh.	
Children	30
Spouse or significant other	27
Relatives	20
Friends	9
Referents against behavior	
Family members	9
Barriers	
Lack of transportation	16
Lack of time	9
Long distances	8
Lack of money	7
Facilitators	
Having free time to attend	17
Feeling motivated	11
Free of cost	9
Location close to home	5
Having a car	9
Having support from family	6

*counts do not add up to 100 because participants may have provided multiple answers.

Table 2. Model assessing association between intentions to attend organized exercise activities and RAA variables, adjusting for employment status (N=88)

Predictor	B	95% C.I.	P value
Attitudes	0.24	0.04 - 0.43	0.01
Subjective Norms	-0.04	-0.24 - 0.15	0.67
Descriptive Norms	-0.03	-0.19 - 0.12	0.67
Perceived Behavioral Control (PBC)	0.26	0.06 - 0.45	0.01
Self-efficacy	0.05	-0.07 - 0.18	0.39
Employment status			
Employed	0.15	-0.13 - 0.44	0.29
Not employed	ref	-	-

Table 3. Model predicting attendance to organized exercise activities on intentions, adjusting for employment status (N=88)

Predictor	IRR	95% C.I.	P value
Intentions	1.30	1.02- 1.66	0.03
Employment status			
Employed	1.81	1.23 - 2.67	0.00
Not employed	ref	-	-

CONCLUSIONS

- Our findings suggest that participants:
 - value physical and behavioral benefits of attending organized exercise activities;
 - feel the approval of family and friends to attend organized exercise activities;
 - identify transportation, time, distance, and costs as factors that could enhance or impede their attendance to organized exercise activities.
- The RAA framework helped us identify constructs that would predict attendance to organized exercise.
- Our findings contribute to the applicability of health behavior theories to Hispanic sub-populations, but more research is needed.
- Study limitations include a small sample size and self-reported data, so results should be interpreted with caution

NEXT STEPS

- Constructing and testing direct and indirect measures of RAA constructs for our target population based on these findings.
- Creating culturally-sensitive strategies that could enhance engagement in organized exercise activities, such as:
 - decreasing barriers,
 - developing motivational messages, and
 - identifying supportive relationships in their personal and community networks

Acknowledgments

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