

Preliminary findings indicate that more electronics in the bedroom, less physical activity self-efficacy, and less friend social support is related to higher body fat percentage among rural Latina/o adults in south Texas.

Social-ecological determinants of body fat percentage among rural Latina/o adults: Preliminary results

Vanessa L. Errisuriz, Marisol D. McDaniel, & Deborah Parra-Medina



INTRODUCTION

- 47% of Latino adults in the U.S. are obese, compared to 38% of non-Latino Whites.
- Rates of obesity are also higher among rural (35.6%) versus urban (30.4%) adults.
- We must identify determinants of obesity to develop intervention strategies for

METHODS

1. 62 Latino adults recruited from rural counties in South Texas to participate in Healthy Frio: A Rural-Community Partnership to Advance Latino Obesity Research ($M_{age} = 37.1$ years, 89% female, 57% married, and 76.7% completed high

Assessment Visit 1	Assessment Visit 2	Assessment Visit 3
<ul style="list-style-type: none"> PA Self-Efficacy Family and Friend PA Social Support Home Environment Neighborhood Environment Accelerometry (GT3X) Schedule Visit 2 in 7 Days 	<ul style="list-style-type: none"> Accelerometer Check If meet wear time, re-issue monitor and schedule Visit 2 in 7 Days 	<ul style="list-style-type: none"> Accelerometer Check

RESULTS

Hierarchical linear regression analysis examined associations between % body fat and individual level factors (i.e., time in MVPA, self-efficacy), social environment level factors (i.e., family and friend social support), and physical environment level factors (i.e., home and neighborhood environment).

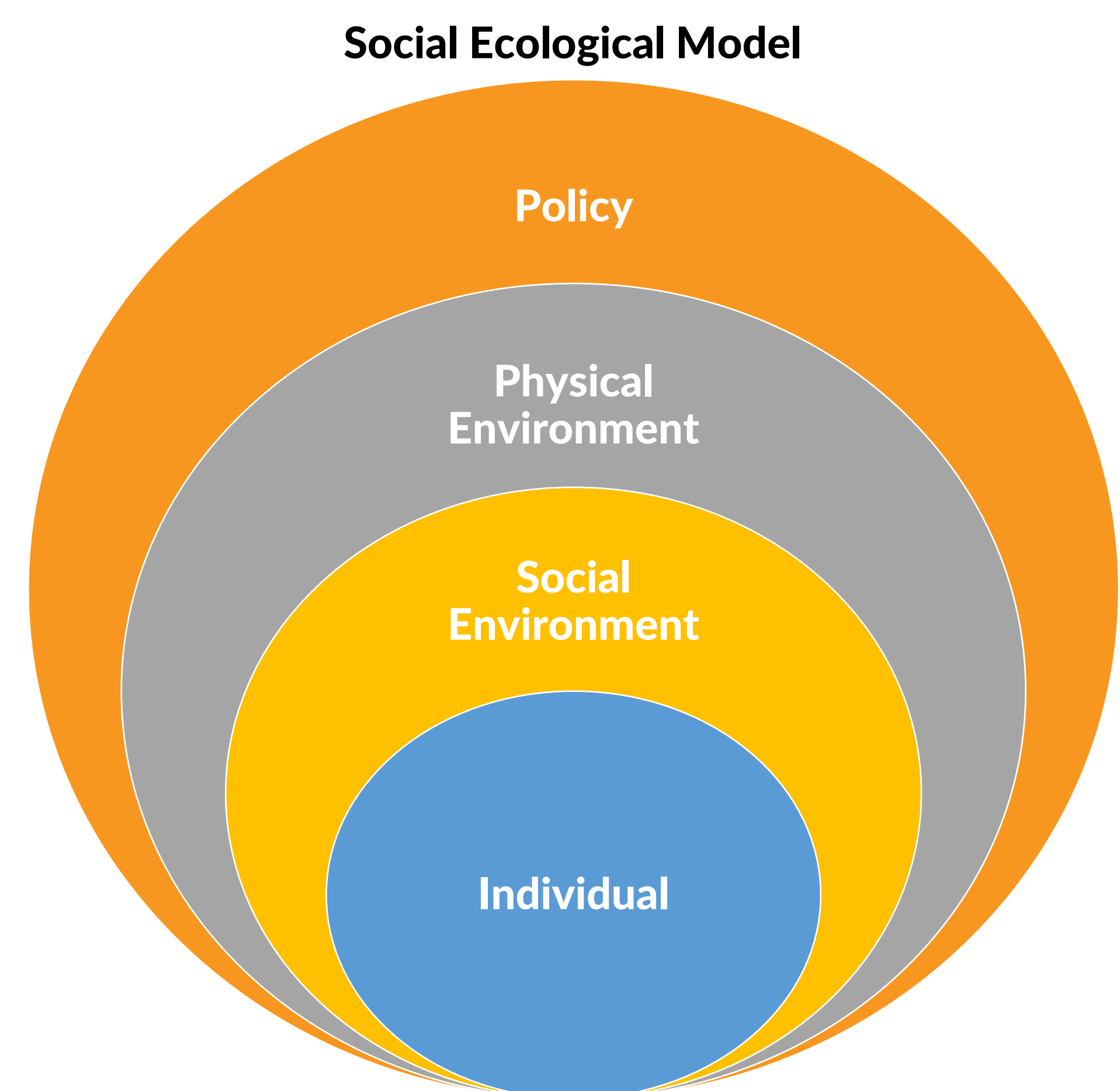
Covariates were age, sex, education, marital status.

Variable	Covariates Only	Individual Level	Social Environment	Physical Environment
Age	Beta	Beta	Beta	Beta
Age	-.38*	-.34*	-.40**	-.49**
Sex	.27+	.31+	.19	.21
Marital Status	.34*	.35*	.45**	.44**
Education	.01	.02	.06	-.01
MVPA (min)		-.06	.04	-.03
Self-Efficacy		.09	.21+	.28*
Family Social Support			-.12	-.10
Friend Social Support			-.33+	-.36*
Electronics in Bedroom				.26*
PA Equipment at Home				.08
Neighborhood Environment				.09

+p ≤ .10; *p ≤ .05; ** p ≤ .01

MY AMMO BAR

Outcome	
% body fat	Tanita SC-331S
Determinants	
Time in MVPA (min per week)	Accelerometry (Actigraph GT3X+)
Friend and Family Social Support (Sallis et al., 1987)	Physical Activity Social Support; 13 items summed for each scale
Self-Efficacy (Sallis et al., 1998)	Physical Activity Self-Efficacy; 12 items summed and averaged
Home Environment	<ul style="list-style-type: none"> Number of electronics in the bedroom (3 items, summed) PA equipment available at home (11 items, summed)
Neighborhood Environment (Sallis et al., 2002)	Physical Activity Neighborhood Environment (16 items summed and averaged)
Control Variables: age, sex, education, marital status	



Scan for more information about Healthy Frio

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