The Seamos Saludables study: A randomized controlled physical activity trial of Latinas.

Submitted by admin on Fri, 03/14/2014 - 8:53am

Title
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Publication Type
Journal Article

Year of Publication
2013

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Journal
Am J Prev Med

Volume
45

Issue
5

Pagination
598-605

Date Published
2013 Nov

ISSN
1873-2607

Keywords
Adult, Cognition, Exercise, Female, Follow-Up Studies, Health Behavior, Health Promotion, Health Status Disparities, Hispanic Americans, Humans, Language, Motor Activity, Outcome Assessment (Health Care), Poverty, Self Efficacy, Time Factors

Abstract

BACKGROUND: Latinas in the U.S. are less physically active than non-Latino white women and also report higher levels of diabetes, obesity, and other conditions related to inactivity. Interventions are needed to address disparities in this high-risk group.

PURPOSE: To evaluate the efficacy of a culturally adapted, Spanish-language, individually tailored, computer expert system-driven physical activity print-based intervention for adult Latinas.

DESIGN: RCT.

SETTING/PARTICIPANTS: Participants were 266 inactive adult Latinas who participated between 2009 and 2012.

INTERVENTION: Participants were randomized to one of two treatment arms: a 6-month tailored physical activity intervention condition or wellness contact control. For both conditions, print materials were delivered by mail.

MAIN OUTCOME MEASURES: The main outcome measure was change in weekly moderate-to-vigorous physical activity (MVPA) measured by the 7-Day Physical Activity Recall interview, which was administered at baseline and post-intervention (6 months). Participants also wore accelerometers for a week at baseline and follow-up. Analyses were conducted in 2013.
RESULTS: Increases in minutes/week of MVPA measured by the 7-Day PAR were significantly greater in the intervention group compared to the control group (mean difference=41.36, SE=7.93, p<0.01). This difference was corroborated by accelerometer readings (rho=0.44, p<0.01). Further, results indicate that intervention participants had greater increases in self-efficacy, cognitive processes, and behavioral processes at 3 months compared to control participants (p's<0.05).

CONCLUSIONS: The tailored Spanish-language intervention was effective in increasing MVPA among predominantly low-income, less-acculturated Latinas. Such print-based interventions are poised for widespread dissemination, and thus may help address health disparities.

DOI 10.1016/j.amepre.2013.07.006
PubMed ID 24139773
PubMed Central ID PMC3864768
Grant List NR011295 / NR / NINR NIH HHS / United States
R01 NR011295 / NR / NINR NIH HHS / United States
T32 HL079891 / HL / NHLBI NIH HHS / United States
U54 CA153719 / CA / NCI NIH HHS / United States