Probability and Statistics Seminar

Effectiveness of an Education Program on Improving Border Hispanics' Physical Activity Behaviors for Weight Loss/Control

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Objectives: Hispanics adults have lower physical activity (PA) prevalence and higher weight loss/control needs than other ethnicity groups. The study assessed the effectiveness of lifestyle interventions on PA and diet for weight loss/control, PA behaviors, and correlates among this population.

Methods: Utilizing a pre-post-post design, the study administered surveys and collected anthropometrics from 2,107 participants recruited at 12 federally-qualified health centers for a prevention education program. Logistic regression was conducted to analyze data.

Results: Participants' weight loss/control intention, diet and PA for weight loss/control significantly improved over the period. The largest intervention effect found was on PA for weight. Factors associated with PA status improvement were marital status, insurance, glucose level, not having a family history of diabetes, and claim of PA for weight. Correlates to improvement on PA for weight loss/control were age, employment, obesity, health status, hypertension, diabetes, physical limitations, and weight loss/control intention. Attending group sessions versus individual sessions and program lasting 12 or more weeks positively impacted PA improvements.

Conclusions: The interventions effectively improved participants' weight loss/control intention, diet and PA for weight loss/control. The findings can used to guide design of future lifestyle interventions.

Note by Dr. Wang: this is the study completely changed my lifestyle since June 2017. Will it change yours? Some noticeable effects of the lifestyle changes will be shared at the seminar.

Date: Friday November 3, 2017

Time: 10:00 to 11:00 AM

Location: EMAGC 2.416 and BSTUN 2.22A

Please direct any questions or requests to Dr. Tamer Oraby at tamer.oraby@utrgv.edu