

May 20th, 12:30 PM

Sedentary Behavior and Cardiovascular Disease Risk Factors among Latino Adults

Valerie J. Silfee

University of Massachusetts Medical School

Stephenie C. Lemon

University of Massachusetts Medical School

Vilma Lora

YWCA of Greater Lawrence

See next page for additional authors

Follow this and additional works at: http://escholarship.umassmed.edu/cts_retreat

 Part of the [Behavioral Disciplines and Activities Commons](#), [Cardiovascular Diseases Commons](#), [Clinical Epidemiology Commons](#), [Community Health and Preventive Medicine Commons](#), and the [Epidemiology Commons](#)

Silfee, Valerie J.; Lemon, Stephenie C.; Lora, Vilma; and Rosal, Milagros C., "Sedentary Behavior and Cardiovascular Disease Risk Factors among Latino Adults" (2016). *UMass Center for Clinical and Translational Science Research Retreat*. 81.
http://escholarship.umassmed.edu/cts_retreat/2016/posters/81

This material is brought to you by eScholarship@UMMS. It has been accepted for inclusion in UMass Center for Clinical and Translational Science Research Retreat by an authorized administrator of eScholarship@UMMS. For more information, please contact Lisa.Palmer@umassmed.edu.

Presenter Information

Valerie J. Silfee, Stephenie C. Lemon, Vilma Lora, and Milagros C. Rosal

Keywords

sedentary behavior, cardiovascular disease, latino, adults

Creative Commons License

This work is licensed under a [Creative Commons Attribution-Noncommercial-Share Alike 3.0 License](https://creativecommons.org/licenses/by-nc-sa/3.0/).

Title: Sedentary Behavior and Cardiovascular Disease Risk Factors among Latino Adults

Valerie J. Silfee, PhD¹, Stephenie C. Lemon, PhD¹, Vilma Lora², Milagros C. Rosal, PhD¹

¹University of Massachusetts Medical School Division of Preventive and Behavioral Medicine

² Director of Social Justice Initiatives, YWCA of Greater Lawrence; Health Task Force Coordinator, City of Lawrence Mayor's Health Task Force

Abstract

Background: Compared to other racial/ethnic subgroups in the U.S., Latinos experience increased rates of cardiovascular disease (CVD) and CVD risk factors such as hypertension, inactivity, and diabetes. Sedentary behavior has also been defined as an additional risk factor for CVD, independent of physical activity participation. However, while sedentary behavior has been associated with increased risk for CVD among primarily White samples, previous studies in Latinos have shown mixed results. **Purpose:** To explore the relationships between sedentary behavior and CVD risk factors, including BMI, waist circumference, blood pressure, physical activity, dyslipidemia, and diabetes, among a sample of Latino adults. **Methods:** Cross-sectional secondary analysis of the Latino Health and Well-Being Study. Latino adults were recruited from the Greater Lawrence Family Health Center (N= 602). Surveys of sedentary behavior and physical activity were verbally administered. Anthropometric measurements included weight, height, waist circumference and blood pressure. Medical record data for diabetes and dyslipidemia were obtained. **Results:** This study showed that individuals in older age strata, females, and individuals with a less than high school education were more sedentary than their younger, male, and more educated counterparts. Sedentary behavior was positively associated with BMI ($\beta = .164, p < .001$) and waist circumference ($\beta = .162, p < .001$). There were no associations between sedentary behavior and blood pressure, high cholesterol, diabetes, or physical activity. **Conclusions:** There is growing evidence that sedentary behavior may have its own unique set of metabolic consequences. However, the consequences of sedentary behavior may not be uniform across subgroups. Evaluating the relationship between sedentary behavior and CVD risk is critical in identifying behaviors, like sedentariness, that contribute to the development of CVD.

Corresponding Author:

Valerie J. Silfee, PhD

55 Lake Avenue North

Worcester, MA 01655-0002

Phone: (508)-856-7561

Email: Valerie.Silfee@umassmed.edu