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*

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

Keywords
sedentary behavior, cardiovascular disease, latino, adults

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

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

1 University 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 (β = .164, p < .001) and waist circumference (β = .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