

Adaptation of the IPEN Project for Implementation in a Latin American Context: IPEN-MEXICO



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This study is funded by the CDC Foundation via an unrestricted training grant from The Coca Cola Company

Background: The IPEN Study



OBJECTIVE: To accurately assess the effect of built environment variables upon physical activity using pooled data from all the studied countries

Measurement tools:

- ✓ PA: International Physical Activity Questionnaire (IPAQ) and Accelerometers
- ✓ Built Environment: GIS data, Neighborhood Environment Walkability Scale Survey (NEWS)

Objective and methods

- To describe the methodological, structural and practical *adaptations* necessary to implement the *IPEN study in a Mexican setting* (Cuernavaca, Morelos).



1. Training with Brazilian and Colombian colleagues, *Multi-country* and *multi-disciplinary collaboration*
2. IPEN-Mexico research and coordination *team assembly* and *protocol review and adaptations*
3. Field worker training and 2-week pilot test

Theme 1: Sampling Units

IPEN	Situation in Mexico
Primary sampling units → Neighborhoods	- Neighborhoods are not official administrative units - There are no official maps indicating neighborhood limits and characteristics

- Barrier Type: Political and practical
- Possible Solutions: Use “Localidades” or Census Tracts

Localidades
<ul style="list-style-type: none">• Available maps (shapefiles)• Smallest administrative unit in a city in Mexico• Vary in size and shape• 29 in Cuernavaca

Census Tracts
<ul style="list-style-type: none">• Available maps (shapefiles)• Used only for the census• 18 to 25 blocks• 126 in Cuernavaca

Theme 2: Logistics

IPEN	Situation in Mexico
Recruitment, survey application and accelerometry → Phone and/or mail	<ul style="list-style-type: none">- Not culturally accepted- Low acceptance and compliance rates- Unreliable postal service

- Barrier Type: Cultural and socioeconomic
- Possible solutions: Door to door recruitment, institutional recruitment (schools, hospitals); in person survey application and accelerometer delivery and recovery

Door to door recruitment

- ↑ Resources
- Field work and planning is more challenging
- Can control which census tracts and blocks the participants come from
- Low labor costs for professional field workers



Theme 3: Measurement Instruments

IPEN	Situation in Mexico
IPAQ and NEWS → Self or phone application	- Field workers are in charge of in person application of the surveys - They do not include the assessment of certain characteristics of Latin American environment

➤ Barrier Type: Cultural and practical

➤ Solutions:

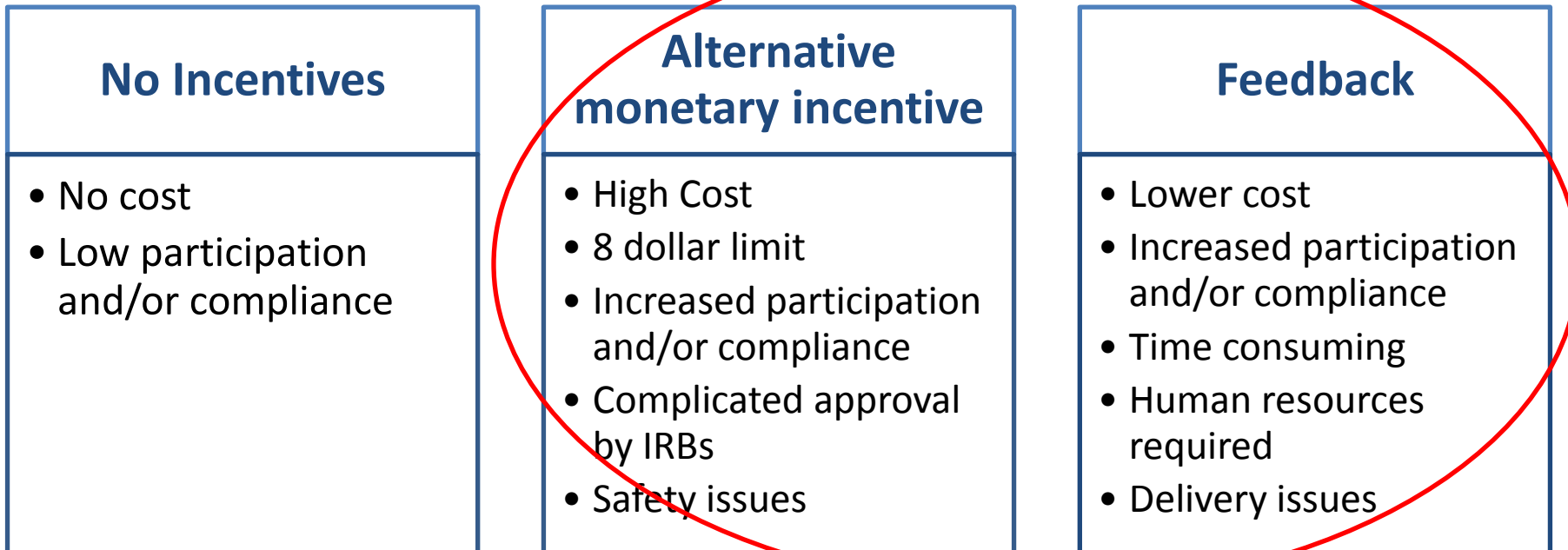
1. Modify **language for cultural appropriateness**.
2. Modify **structure for in person application** (standardized instructions to be read by fieldworker to avoid bias): Collaborative effort with Colombian and Brazilian teams.
3. **New section to assess PA in specific LA settings** (soccer fields, shopping malls, plazas): Collaborative effort with Colombian and Brazilian teams.
4. **New section to assess SES** at the individual level for Mexico
5. **Pilot test** for two weeks prior to data collection.

Theme 4: Incentives

IPEN	Situation in Mexico
Many countries provide monetary incentives for participation	It is legally not allowed to provide cash as an incentive for participation in a research study

➤ Barrier Type: Political and cultural

➤ Possible solutions:



Theme 5: Data Access and quality

IPEN	Situation in Mexico
Many “public access” information is required.	- This information is not always accessible. Eg: GIS shapefiles for land use, crime data at the census tract level, etc.

➤ Barrier Type: Political and cultural

➤ Solutions:



Identify an *adequate, well respected and influential local partner*:
INSP

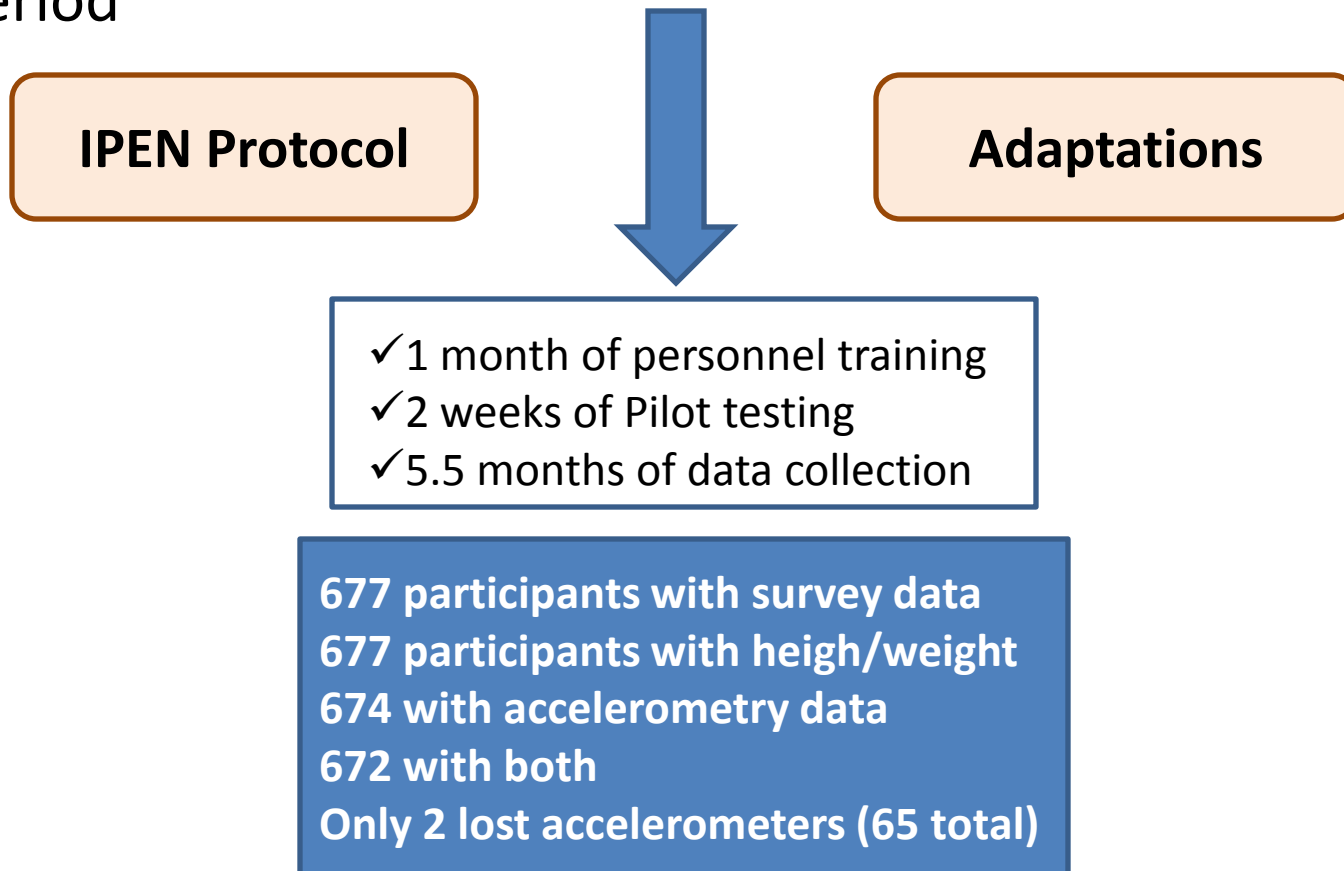


Optimize the available data : Eg. Digitalization of land use data and participants address

Study outcomes

➤ Initial aim:

To obtain accelerometry, weight/height and survey data from at least 650 eligible participants within a 6 month period



Conclusions

- Performing high quality physical activity epidemiological research in Latin American countries such as Mexico is challenging
- A committed, influential local partner is essential for success
- Creative solutions should be favored without sacrificing methodological rigor
- Cost-effective decisions based on the available monetary, time and human resources should be made
- Our study may be used as a model for future studies, programs and policies addressing physical activity and the environment in the Latin American region



THANK YOU!



FOLDER - RENOMBRAR - CLICK DERECHO - NEW -
PRG0 - CONECTAR AZULEPROMETRO (ESTADO DEBIENDO SI APARECE Y CERCIONARSE DE CONECTAR BIEN Y SE RECONOZCA EL DISPOSITIVO)
PRG0 - ACTILIFE - ABRIR SI LA MAQUINA TE ANRREZ ACTUALIZACION DEBE CLICK NO DOWNLOAD - CLICK ENCONTRAR LA CARPETA CON LA FECHA RENOMBRAR EL ARCHIVO DEL CODIGO DEL PARTICIPANTE - SI VA PRG0 - **4 -** ABRIR CONVERT DAT - CLICK - EN EL RECUADRO VECTOR - SELECT DIRECTORY - BUSCAR CARPETA FOR FECHA - CLICK - ABRIR CREATEO CSV - CLICK APARECE FINISH CREATED - APARCE DATOS Y VERIFICA CUANTOS VAN - SI CERRAR PROGRAMAR PRG0 - **5 -** ABRIR PETER PRG 0 - APARECE REGISTRO - CLICK EN VER - OPCION FILE - CLICK - OREN - DESTOR - BUSCAR LA CARPETA CON FECHA DEL DIA - BUSCAR DENTRO DE LA CARPETA CSV - CLICK - PARRAP APARECE ARCHIVO CON N.º DEL FOLIO SE SELECCIONA - OREN - PRG0 - CHECK PARAMETRO ACTIVITY - 3 DIAS - 10 HRS - FECHA QUE DEBASTE NO CUENTA Y CHECAR FECHAS INTERMEDIAS EL N.º DE HORAS Y SI HAYEN FALTA DEBARLO 1.9. DIA PAS A LA PERSONA. R

PRG0 - A SEGUA IRAN SOBRE ARCHIVOS
PRG0 - ENTAR A VARIO GRUPOS
PRG0 - DAN CLICK EN ENTRAR DA EL RECUADRO VERDE
PRG0 - ENTAR A TU CUENTA (CLICKAR NUMERO DEL PRG0 - **2 -** CLICK OPEN, PREGO, VIRON
PRG0 - CLICK EN ARCHIVO (LLEVA UNAL (LEGENDADO)
PRG0 - DAN CLICK EN LA CARPETA Y SELECCAR
PRG0 - DAN CLICK EN BROWSE (SELECCAR) Y ENMOSTRAR LA CARPETA QUE CONTIENE EL ARCHIVO A SUAR
PRG0 - DAN CLICK SOBRE EL ARCHIVO (EVENEMENTO)
PRG0 - DAN CLICK SOBRE EL ARCHIVO (EVENEMENTO)
PRG0 - DAN CLICK EN DESGLOSE LA FECHA EN QUE SE SURE LA INFORMACION
PRG0 - DAN CLICK EN SUBIR ARCHIVO VERIFICAR QUE APARECA LEVADO.

DIRECTORIO

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COORDINANDO LOS FACTORES AMBIENTALES
 EN LA ACTIVIDAD Y APLICANDO A LA CIDAD (MEXICO)
 EN LA ACTIVIDAD Y APLICANDO A LA CIDAD (MEXICO)

LOGISTICA DE RECLUTAMIENTO VISITA 1

1. UBICACION DEL HOGAR
 2. PRESELECCION DE BENEFICIARIO
 3. SELECCION DE VIVIENDA SELECCIONADA AL AZAR
 4. RECOMENDACIONES PARA LA PRUEBA DE LA COLONIA
 5. RECOMENDACIONES PARA LA PRUEBA DE LA COLONIA
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FORMATOS GENERALES A CAPTURAR