

GENDER DIFFERENCES IN PHYSICAL ACTIVITY AND PARK AND RECREATION FACILITY USE AMONG LATINOS



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BACKGROUND

- Within Latino communities, the obesity epidemic has reached a crisis, with many states and communities reporting Latino obesity at staggering proportions (National Hispanic Caucus of State Legislators, 2012).
- The prevalence of obesity is disproportionately greater among Latinos than other populations (Flegal, et al., 2008).
 - The rates are confounded based on gender (Calloway & Corbett, 2007)
 - Latinas have a 30% greater chance of being overweight than non-Latino white women (USHHS, 2010)

BACKGROUND

■ Some Latina Statistics

- Greater risk for obesity and diabetes (McNair, 2009)
- Leisure Time Physical Activity (LTPA)
 - Lower than Latino men (Sallis et al., 1996)
- More family responsibilities (Tortolero et al., 1999)
- Perceive higher barriers to Physical Activity (PA) (Casper et al., 2012)

WHY PUBLIC PARKS AND RECREATION

1. Public park and recreation services' central role in promoting and providing physical activity has been increasingly documented by scientific research.



2. Public park and recreation services are now recognized as part of the healthcare system of the United States (Godby & Mowen, 2010)



PUBLIC PARKS AND RECREATION

- A growing body of research demonstrates:
 - The cumulative amount of physical activity (exercise) obtained from park and a recreation agency is significant and provides health benefits.
 - 4 out of 5 Americans used P&R services in past year.
 - 4 of 10 used P&R services more than once a week.



PUBLIC PARKS AND RECREATION

Godbey & Mowen, 2010

- P&R have been found to be critical resources of PA in minority communities
- Logical place to address Latino health issues
 - Community-based
 - Low cost programming/services

**Parks
Make
Life
Better!**



OBJECTIVES

The objectives of our study were to investigate gender differences with Latinos related to

- (1) self-reported work and leisure-time PA,
- (2) perceptions/feelings about PA and park and recreation services,
- (3) park and recreation usage,
- (4) and preferences for activities/programming.



METHODS - PARTICIPANTS

- Partnered with El Pueblo, a NC non-profit advocacy organization for Latinos
- Collected data through Latino community leaders (promotores) who distributed questionnaires to local Latino constituents.
 - N = 457 (91% return rate)
 - Age: 18 to 69 years old ($M = 35$)
 - 58% female
 - 61% married
 - 74% had high school education
 - 78% first generation immigrants
 - 52% born in Mexico



METHODS - INSTRUMENTATION

- Stanford Brief Physical Activity Survey (Taylor-Piliae et al., 2006) – measured LTPA and Work/Household PA (coded: 1 = none; 5 = very hard)
- Attitudinal items – benefits of PA and Parks and Recreation (1=strongly disagree; 5=strongly agree)
- Behavioral items – park/recreational services use, frequency, duration, park activities.
- Preferences – parks and recreation services preferences (1 = not interested; 2 = somewhat interested; 3 = very interested)

RESULTS – PHYSICAL ACTIVITY

PA Category	SBAS Activity Level					Test Statistics		
	Inactive	Light-Inactive	Moderate	Hard	Vigorous	Chi-Square	<i>p</i>	Eta
Leisure Time PA								
Male	80 (44.7%)	32 (17.9%)	43 (24%)	17 (9.5%)	7 (3.9%)	3.282	0.512	0.086
Female	142 (53.4%)	41 (15.4%)	54 (20.3%)	20 (7.5%)	9 (3.4%)			
Work/Household PA								
Male	23 (12.8%)	43 (24.0%)	45 (25.1%)	35 (19.6%)	33 (18.4%)	97.165	< .001	0.467
Female	108 (40.6%)	98 (36.8%)	45 (16.9%)	8 (3.0%)	7 (2.6%)			

RESULTS – PHYSICAL ACTIVITY

- Perceptions of PA benefits (improves health, quality of life, and strength/ energy)
 - (Men $M = 4.6$; Women: $M = 4.7$; $t = -.945$, $p = .345$)
- Perceptions of Parks and Recreation benefits (improves health, community, and is important)
 - (Men $M = 4.6$; Women: $M = 4.5$; $t = 1.73$, $p = .863$)



RESULTS - PARK AND RECREATION USE

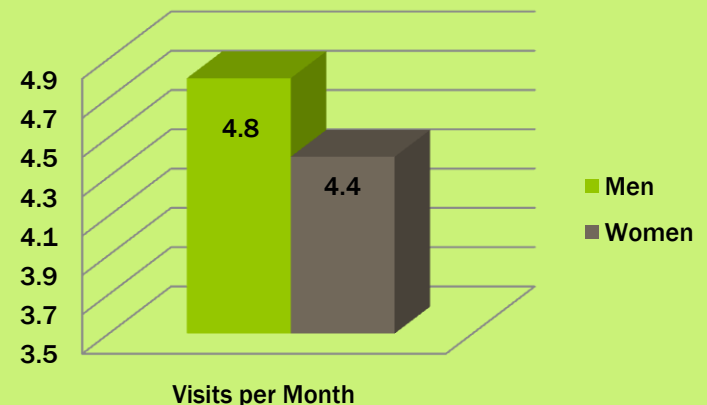
Visited a public park or recreation facility in the past year (84.4% male; 85.0% female)

Participated in rec. services (6.8% male, 8.6% female)

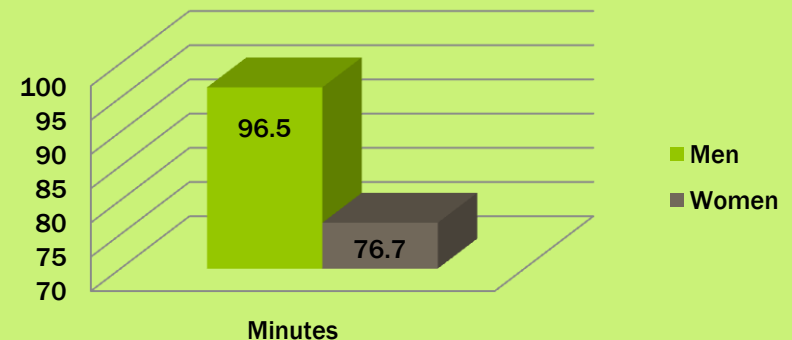
For those that did visit (n = 390):

- Park Use(days per month - June)
 - (Men $M = 4.75$; Women: $M = 4.38$; $t = .612$, $p = .541$)
- Duration (in minutes) while at the park
 - (Men $M = 96.5$; Women: $M = 76.7$; $t = 3.15$, $p < .001$; effect size $r = .17$)

Park Visits per Month



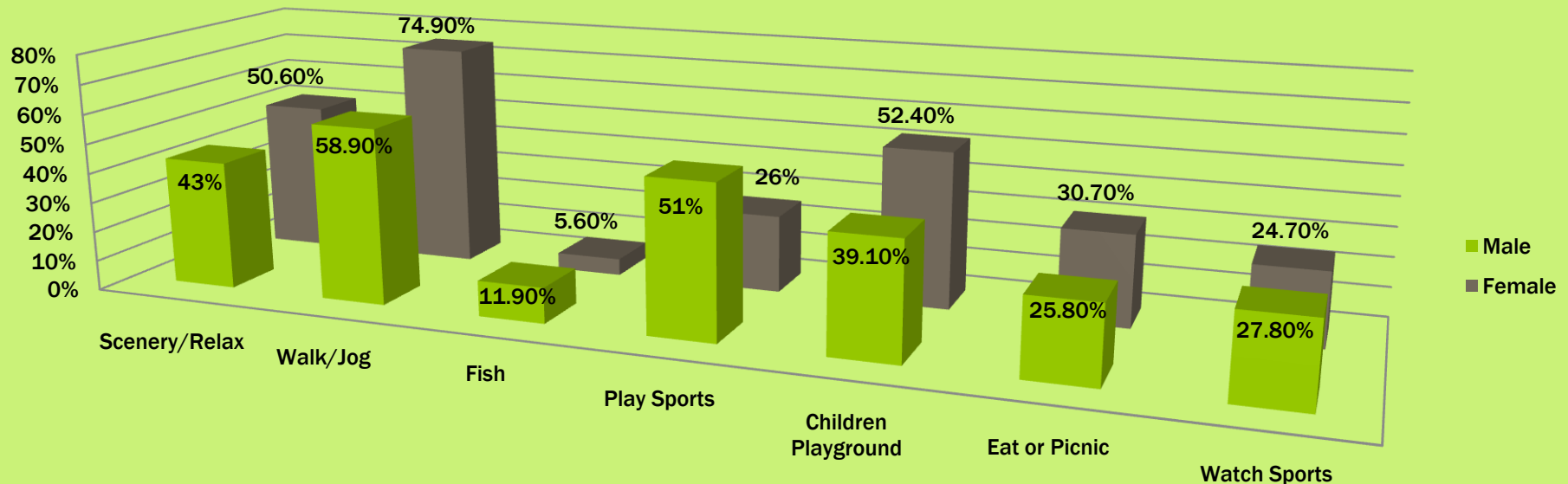
Duration at Park (Minutes)



RESULTS- PARK ACTIVITIES

Significant Differences:

- Women more likely to:
 - Walk/jog (Chi-square = 10.78; $p = .002$; Eta = .168)
 - Take children to playground (Chi-square = 6.49; $p = .012$; Eta = .130)
- Men more likely to:
 - Play sports (Chi-square = 24.85; $p < .001$; Eta = .255)



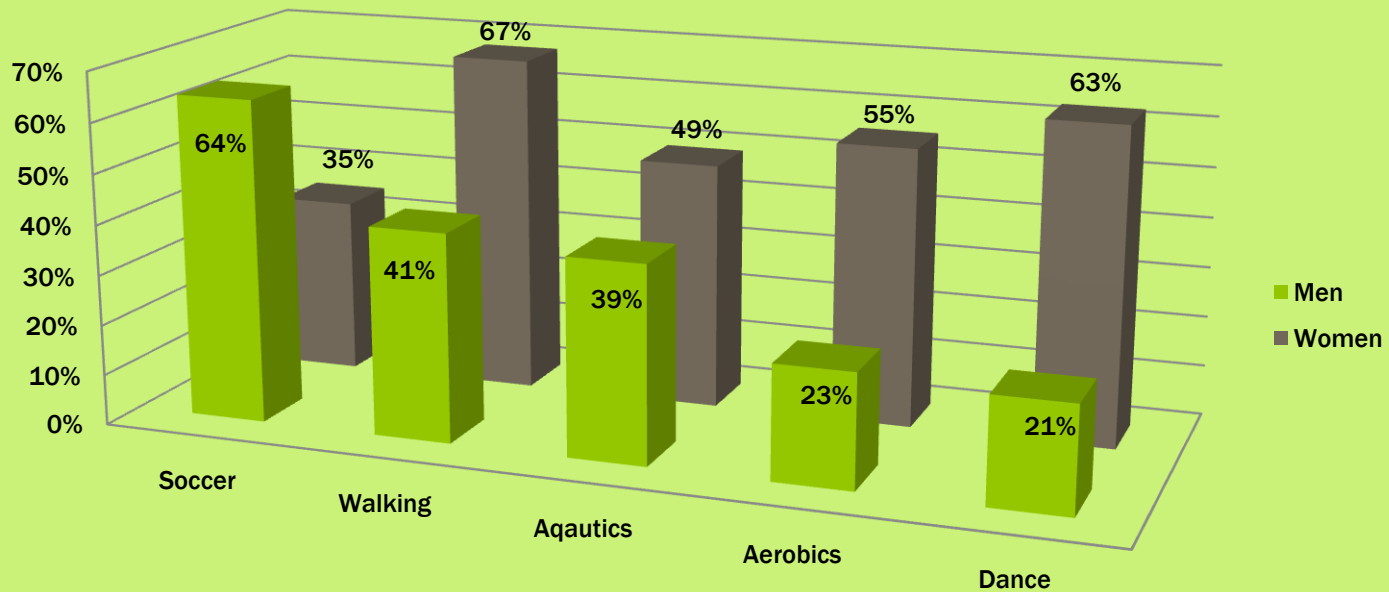
RESULTS – PROGRAMING

- **Recreational programming preferences:**
 - Aerobics programs (Men $M = 1.7$; Women $M = 2.4$; $t = 8.66$, $p < .001$, effect size $r = .39$),
 - Aquatic programs (Men $M = 2.0$; Women: $M = 2.2$; $t = 3.13$, $p = .002$, effect size $r = .15$),
 - Dance (Men = 1.6; Women: $M = 2.4$; $t = 10.09$, $p < .001$, effect size $r = .45$),
 - Soccer (Men $M = 2.4$; Women $M = 1.9$; $t = 6.05$, $p < .001$, effect size $r = .29$),
 - Walking programs (Men $M = 2.1$; Women: $M = 2.5$; $t = 5.74$, $p < .001$, effect size $r = .30$).
 - No significant differences existed for adventure programming, baseball, basketball, flag football, dodge ball, kickball, tennis, and volleyball.



RESULTS – PROGRAMING

VERY Interested



CONCLUSIONS

■ Self Report Physical Activity

- 63% of men are moderate to vigorously active at work/household activity; while only 22% of women.
- LTPA modifiable
 - Intervention for women important



- Perceptions – no disparities, perceptions are VERY positive for benefits of PA and use of parks and recreation services.

CONCLUSIONS

- **Parks and Recreation Services are USED!**
 - Both genders reported high visitation rates
 - Men stay longer
 - 74.9% women are walk/jogging, but also reported more inactive activities (54% are watching kids at playground)
 - Recreational services rates are very low!



CONCLUSIONS

- Recommended Women Programs
 - Aerobics
 - Aquatics
 - Dance
 - Walking



CONCLUSIONS

- Recommended Men's Programs
 - Sports - especially organized soccer
 - Walking for “inactive”

