

Levels and Correlates of Exercise in a Border Mexican American Population

Nelda Mier, PhD; Marcia G. Ory, PhD; Dongling Zhan, MS; Suojin Wang, PhD
James N. Burdine, DrPH

Objective: To examine personal and environmental correlates of exercise among Mexican Americans living in the Texas-Mexico border region. **Methods:** The study was based on data from a community health assessment conducted in 2 counties at the Texas-Mexico border region. A random-digit-dialed community survey was used in this cross-sectional study (n=933). **Results:** A majority of border Mexican Americans (52%) did not exercise at all. Gender,

age, and self-rated health were statistically significant correlates to exercise. **Conclusions:** Understanding personal and environmental factors that influence physical activity and exercise in this minority population is critical for the development of culturally sensitive health interventions.

Key words: physical activity, Mexican Americans, border, personal correlates

Am J Health Behav. 2007;31(2):159-169
