

Do Latino Immigrants Link Self-rated Health with BMI and Health Behaviors?

Deanna Kepka, MPH, MA; Guadalupe X. Ayala, PhD, MPH
Andrea Cherrington, MD, MPH

Objectives: To assess the association between self-rated health, obesity, and self-reported health behaviors of Latino immigrants

Methods: Two hundred two Latino immigrants (mean age=31.63, SD=8.30, 54% female) participated in a 15-minute interview and height and weight measurements. **Results:** Participants reporting good to excellent health reported engaging in physical activity during the past month ($P \leq .05$), eating more fruits and

vegetables ($P < .001$ and $P < .01$ respectively), and watching less television ($P < .01$) than did those who reported fair to poor health. Self-rated health was not associated with BMI. **Conclusions:** Greater attention to Latinos' self-perception of health in relation to weight is needed to develop interventions to improve health status.

Key words: Latinos, self-rated health, overweight, lifestyle behaviors

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