

Is Church Attendance Associated With Latinas' Health Practices and Self-reported Health?

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Objectives: To evaluate (a) the relation between frequency of church attendance, self-rated health, and health behaviors controlling for potential confounders and (b) the influence of acculturation on church attendance and health behaviors. **Methods:** Physical activity and dietary patterns, demographics, and acculturation levels were compared among Latinas who attended church frequently, infrequently, and not at all. **Results:** Church attendance was independently and positively associ-

ated with healthier dietary and physical activity behaviors, but not with self-rated health. Acculturation attenuated the relation between physical activity and church attendance. **Conclusion:** Latinas' health behaviors and self-rated health may be related to other variables that explain the salutary effects of church attendance.

Key words: Latinas, church attendance, health behaviors, acculturation

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