

Influences on Physical Activity Participation Among Latinas: An Ecological Perspective

Ivette A. López, PhD; Carol A. Bryant, PhD;
Robert J. McDermott, PhD, FAAHB, FRIPH, FRSH

Objectives: To explore intrapersonal, social environmental, and physical environmental influences that promote or impede total physical activity (TPA) among Latinas in Lee County, Florida. **Methods:** In-depth interviews (n=41) and face-to-face surveys (n=358). **Results:** Women who worked outside the home had positive attitudes about activity, perceived themselves to have access to activity facilities, and perceived their neighborhood to be safe reported higher TPA. Women

who had more education and whose health information source was radio had lower TPA. **Conclusions:** Intrapersonal and environmental factors influence TPA levels among Latinas. Segmenting Latina groups using these factors may promote more involvement in physical activity through targeted programs and messages.

Key words: physical activity, Latina health, minority and cross-border health

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