



Leisure Time Physical Activity Preferences in Hawai'i Across Diverse Racial/Ethnic Groups

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BACKGROUND/PURPOSE

- Regular leisure time physical activity (LTPA) contributes to numerous health benefits¹⁻³
- Health disparities across racial/ethnic groups in Hawai'i⁴⁻⁵ suggest need for relevant LTPA interventions for diverse communities⁶⁻¹⁰

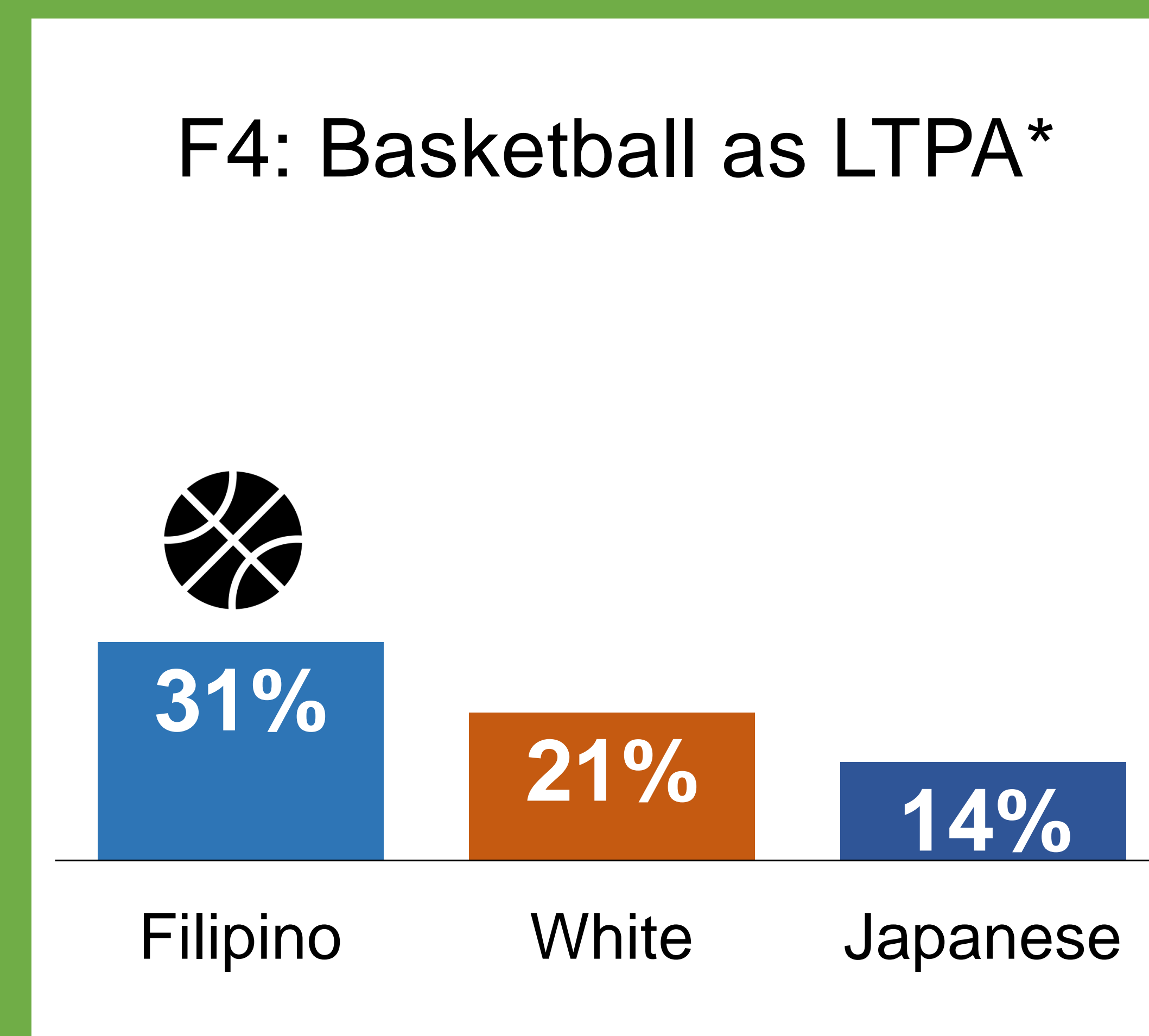
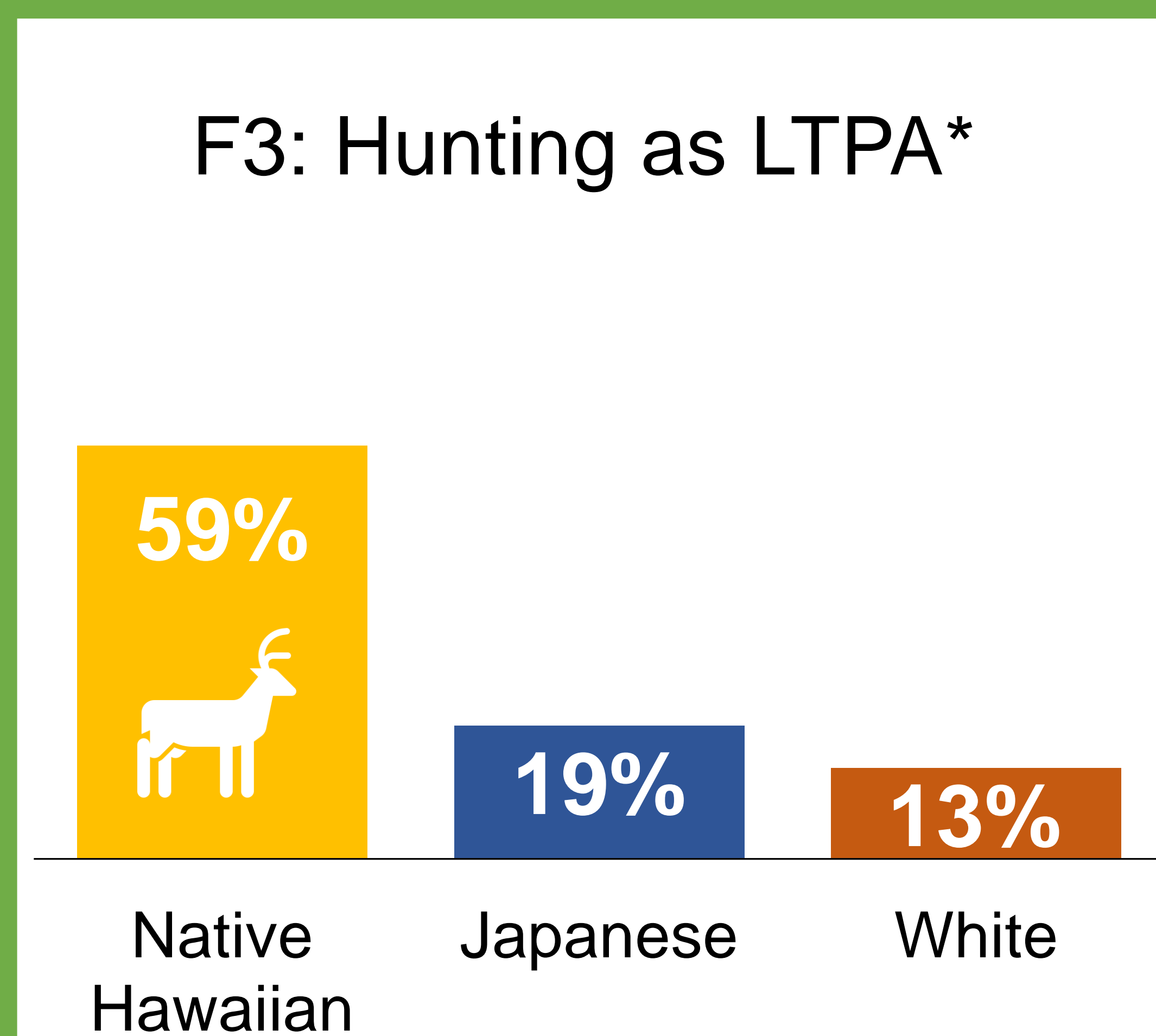
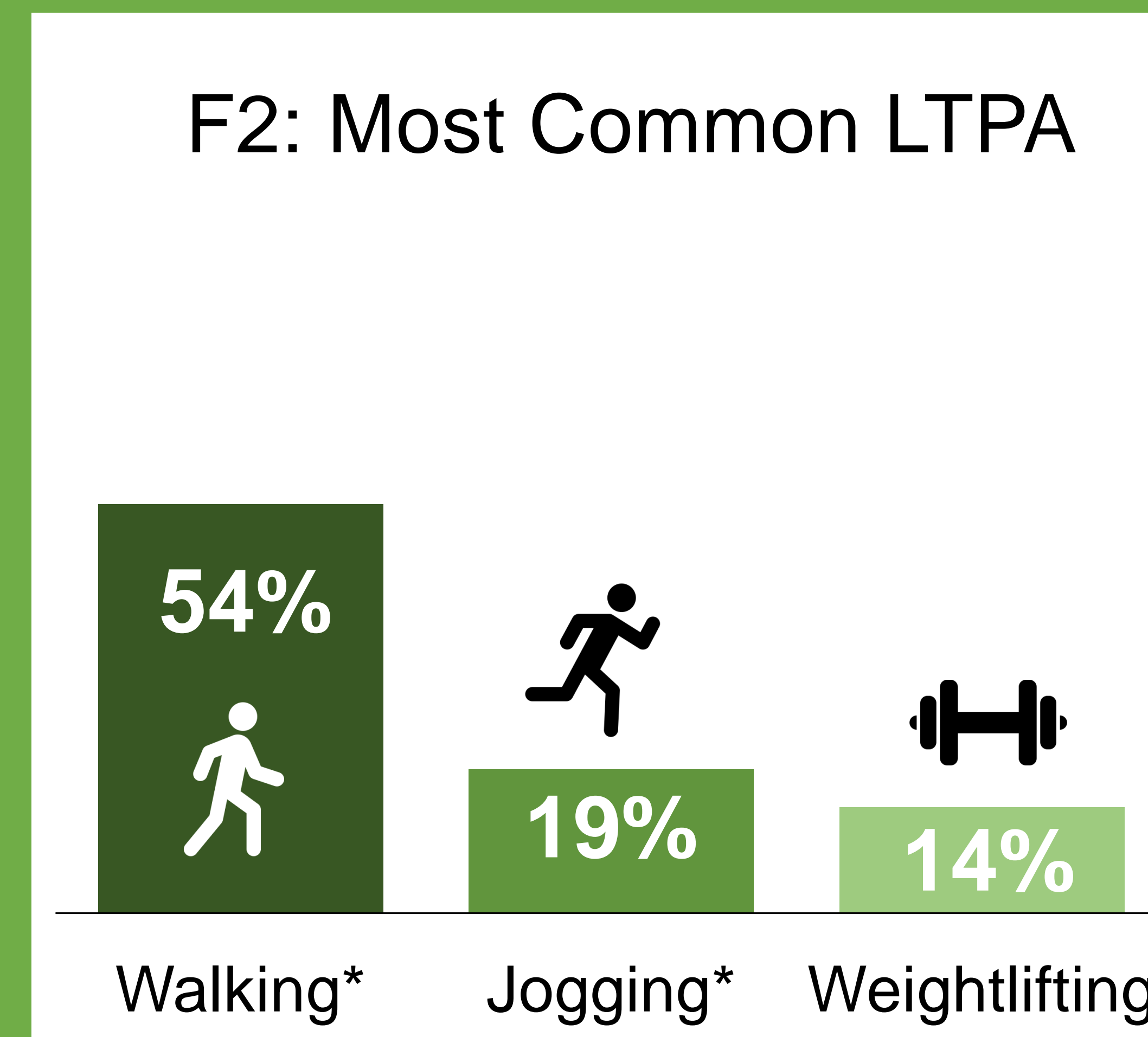
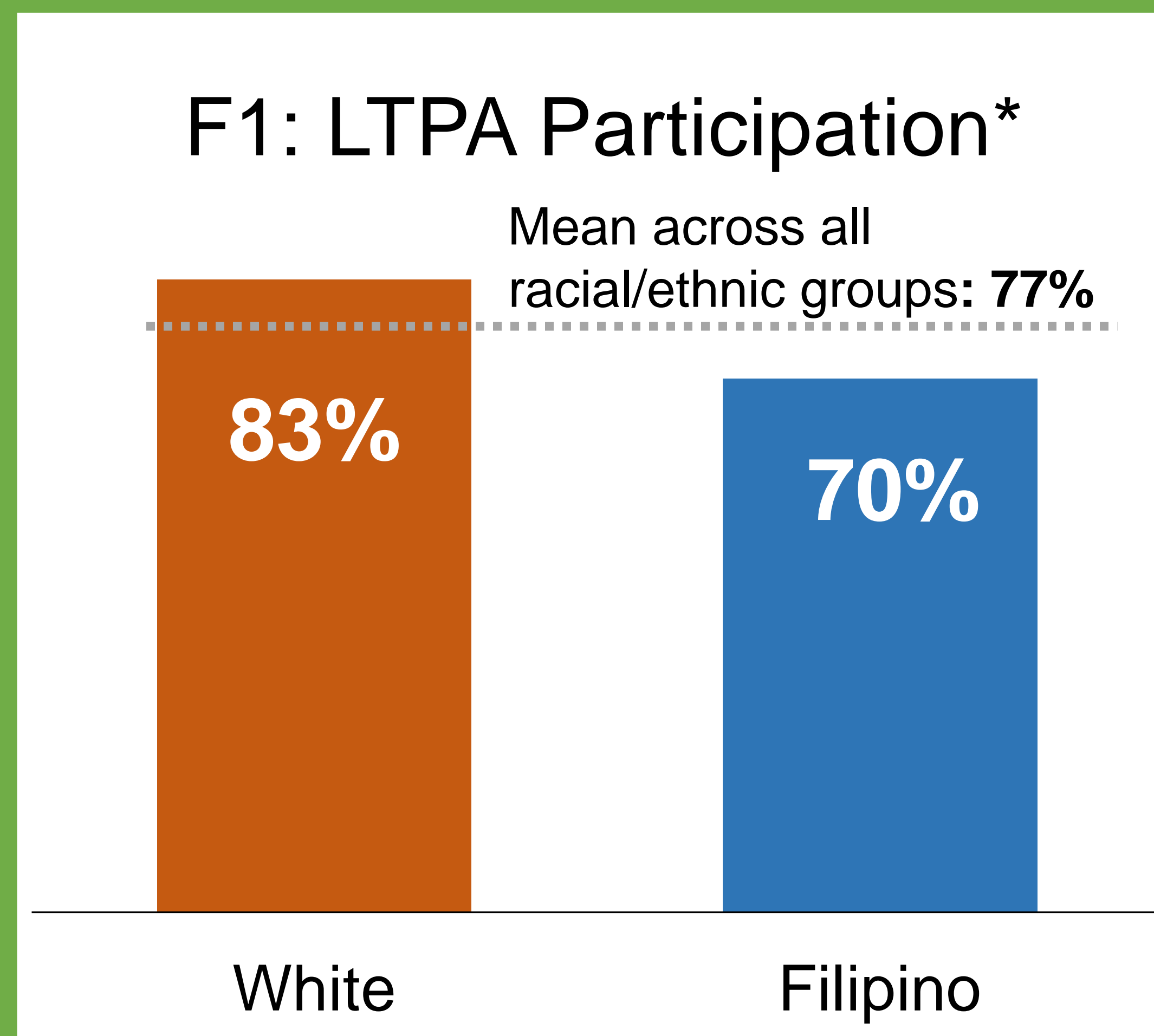
OBJECTIVE

Identify common physical activities undertaken by adults in Hawai'i across disaggregated racial/ethnic groups from population-based surveillance data

METHODS

- Combined Hawai'i Behavioral Risk Factor Surveillance System data from 2013, 2015, & 2017¹¹
- Examined open-ended questions detailing primary/secondary activities for reported LTPA
- Common activities compared across seven self-identified racial/ethnic groups: Chinese, Filipino, Japanese, Native Hawaiian, Other Asian, Other Pacific Islander, White
- After excluding those missing data on key variables, an unweighted N=19,540
- Statistical Analysis: Stata 15
- Data weighted to state population
- Chi-square tests; significance set at p<0.05

Key Takeaway: a better understanding of existing leisure-time physical activity preferences among different racial/ethnic groups could inform health promotion and equity efforts in Hawai'i



*Results significant at *p<0.001

For references and additional information, please see handout or contact peckk@hawaii.edu

RESULTS

- F1: 77.2% reported any LTPA
- Whites most likely (82.6%) & Filipinos least likely (69.7%) to report LTPA (p<0.001)
- F2: Most common activities across all groups: walking (54.4%), running/jogging (19.3%), & weightlifting (13.6%)
- Participation varied significantly (p<0.001) by race/ethnicity in 21 activities, including:
 - F3: Hunting & surfing more popular among Native Hawaiian respondents
 - Tai Chi more popular among Japanese respondents
 - F4: Basketball more popular among Filipino respondents

DISCUSSION

- Walking and running/jogging remain key options for advancing health across diverse populations
- Many respondents indicated different LTPA preferences
- Engagement in types of LTPA can be used to inform culturally-relevant interventions
- Limitations: Self-report, does not account for non-leisure PA, additional options in newer data sets

CONCLUSION

- LTPA interventions should be considered in the context of culture, community, and place

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