



# The Influence of the Home Environment on Physical Activity and Sedentary Time among Latino Children

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## Background

### Physical Activity:

- Recommended physical activity for children is 60 minutes a day (CDC, 2023)
- Less than 24% of children between the ages of 6 to 17 meet the recommended PA guidelines (CDC, 2022)

### Screentime Behavior:

- Children in the U.S ages 6 to 17 years old spend an average of 7.5hrs a day on a screen (CDC, 2018)
- Screen time recommendations for children for U.S children 5 to 17 years old is less than 2 hours a day (Legner, 2021)
- In 2021, 79% of U.S. children were not meeting the screen time recommendation (Dixon, 2022)
- It is recommended that children limit their screen time to help reduce poor health outcomes (WHO, 2020)

### Home Environment & Physical Activity:

- Studies show that if there is more workout equipment in homes, children are more likely to participate in physical activity (Sirard et al, 2010)

## Objective / Hypothesis

### Objective

- The purpose of this study was to determine if children who had workout equipment in their home environment were more likely to participate in physical activity compared to those who did not have workout equipment in their homes. Sedentary behaviors was also compared to physical activity.

### Hypothesis

- H<sub>1</sub>: Access to workout equipment in the home has a significant positive association with the amount of physical activity among children.



## Methods

### Study Design & Participants:

- Cross-sectional data from the Eat, Play, Go! study
- 190 Latino/Hispanic children

### Eligibility of Participants:

- Identify as Latino/ Hispanic, Children between the ages of 10-13 years old, Living in the City of Long Beach

### Measures:

#### Workout Equipment (1-item):

- "What types of workout equipment do you have in home?"
  - Examples: Basketball hoop, Active video games ex. Dance, Dance Revolution, Wii Fit, Swimming pool, Skateboard,
  - Response Options: 0 = Don't have one, 1 = Available but never use, 2 = Once a month or less, 3 = Once every other week, 4 = Once a week or more
  - Sum of relative availability and use (0 – 44); 44 = more

#### Physical Activity (1-item):

- "How often are you physically active on each day of the week?"
  - Responses Options: 0 = I am not physically active, 1 = Less than 1 hour, 2 = 1 – 2 hours, 3 = 2 – 3 hours, 4 = More than 3 hours, 555 = I don't know
  - Sum of relative frequency (0 – 28); 28 = more physical activity

### Sedentary behavior (2-items):

- "On an average day, how many hours do you watch shows or movies on TV or on an electronic device?" Ex. a computer, tablet, phone (include time spent on things such as Netflix, cable, Hulu, YouTube)
- "On an average day, how many hours do you play video or computer games or use a computer for something that is not school work?" (Count time spent on things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media.)
  - Recoded: 1 = meets screen recommendation limit (2 hours or less); 0 = does not meet screen recommendation limit (> 2 hours)

### Statistical Analysis

- Bivariate Pearson correlation and Independent t-test
- Descriptive statistics
- SPSS v 29, p<.05

## Conclusion

- Results supported our hypothesis that the availability of PA equipment in the home is positively associated with PA among children indicating that children were more likely to engage in a form of PA if they had one of the PA equipment available to them.
- Results were not sustained for screen time-sedentary behavior indicating there may be other factors such as access to screens outside their home, parental influences regarding screen time, and parental awareness of screen time recommendations. All these factors go beyond the availability of PA equipment in the home, contributing to children meeting or not meeting the recommended screen time limit.
- Future Interventions should analyze child screen time behavior and the influence it has on the child's desire to engage in PA along with parental influences regarding screen time.

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## Results

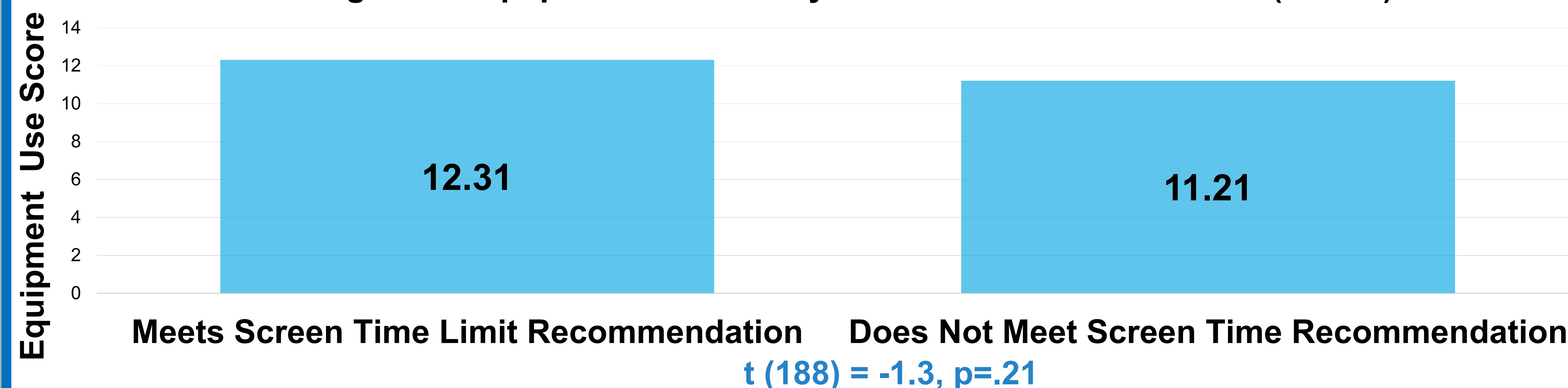
Table 1: Demographic Characteristics (N= 190)

	N (%)	M (SD)
Female	96 (50.5%)	
Age		11.11 (1.06)
Equipment in Home		11.80 (6.01)
Physical Activity		12.82 (6.24)
Sedentary Behavior		8.49 (3.04)

Table 2. Pearson Correlation (N=190)

	Physical Activity	
	r	p
Equipment Availability	.251	<.001

Figure 1. Equipment Availability & Use x Screen Time Limit (N=190)



## References

