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Evaluation of the Reliability and Validity of an Adult Version of the Salutogenic Wellness Promotion Scale (SWPS)

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Background: Traditional health measurement tools use a pathogenic, or disease origins framework, to assess for the absence of disease or risk factors. Good or positive health, however, is more than the absence of disease and current tools do not reflect this. **Purpose:** The purpose of this study was to test the psychometric properties of the adult version of the multidimensional Salutogenic Wellness Promotion Scale (SWPS), a tool designed to measure positive health. **Methods:** Building on the previously validated young adult version of the SWPS, new scale items were developed for working adults. A sample of 304 administrative, academics, and staff personnel tested the psychometric properties of the adult version of the SWPS. **Results:** The SWPS demonstrated it had a seven factor multidimensional structure, had good internal consistency, and was positively correlated with perceived health ($p < .0001$) and life satisfaction ($p < .001$). Validity was also supported by negative correlations between the SWPS and both a depression and symptom measure. **Discussion:** The SWPS demonstrated good evidence of reliability and validity and fills a positive health status assessment need. **Translation to Health Education Practice:** Using the SWPS with adult populations could assist health educators in their development of effective health promotion practices.

Perception and Accuracy of Hispanics in South Florida in Estimating Energy Expenditure for Physical Activity

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Background: In 2004, in an attempt to address the current obesity epidemic, the United States Department of Health and Human Services announced a strategy to focus on educating the public on the concept of energy balance. The premise of “Calories Count” was that energy balance is primarily a function of calories in (energy in food) versus calories out (energy for physical activity). **Purpose:** The purpose of this study was to gain further insight into the accuracy of perceived energy expenditure for various intensities of physical activity. **Methods:** Over 600 individuals (21- 64 years of age), identifying themselves as Hispanic, were recruited from sites of the Department of Motor Vehicles in Miami, Florida. Participants were surveyed in English by a Hispanic interviewer and asked to provide information on their age, education, leisure time physical activity, height and weight. Participants were also asked to report how many calories they used/expended for ten standard physical activities. **Results:** Overall, only 30% of the participants accurately assessed their energy expenditure. The range in estimated calories for sedentary and vigorous physical activity for one hour was 0 to 4,000, and 0 to 20,000 calories, respectively. A majority of the participants underestimated energy expenditure for most activities. There was a significant ($p < 0.001$) relationship between education and accuracy. **Discussion:** These findings suggest that further efforts are needed to educate at-risk populations about the “Calories Count” approach and energy balance. **Translation to Health Education Practice:** Future efforts should be made in collaboration with community gatekeepers to determine culturally sensitive methods to teach the public about: (1) the caloric value of various daily physical activities based on the duration and intensity of the activity in reference to body weight; and (2) the concept of energy balance and the component of physical activity.

The Coronary Health Improvement Projects Impact on Lowering Eating, Sleep, Stress, and Depressive Disorders

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Background: The Coronary Health Improvement Project (CHIP) is designed to lower cardiovascular risk factors among a group of generally healthy individuals through health education. Purpose: This study will evaluate the efficacy of the CHIP intervention at improving eating, sleep, stress, and depressive disorders. Methods: A health education randomized experimental study was used, with 348 participants, ages 24 to 81 years, from metropolitan Rockford, Illinois. Results: Higher Beck Depression Inventory (BDI) scores at baseline were significantly associated with being overweight, being physically inactive, eating little or no breakfast, eating fast, sleeping less than six hours per night, restless sleep, insomnia, very few vacations, feeling under pressure, being easily emotionally upset, feeling muscular tension, and feeling fearful or depressed. Each of these items showed a significantly greater improvement through six weeks and six months among those in the intervention group compared with the control group. BDI scores through six weeks and six months of follow-up were also significantly lower among those in the intervention group compared with the control group. Discussion: Selected eating and sleep practices were associated with depression. Eating little or no breakfast has been associated with health-compromising behaviors that may increase stress and depression. The health education intervention designed to reduce cardiovascular risk improved eating and sleep practices and reduced stress and depression. Translation to Health Education Practice: Lifestyle change programs such as CHIP aimed at improving physical health behaviors can likewise have a profound influence on mental health.

Middle School Students' Weight Perceptions, Dieting Behaviors, and Life Satisfaction

Laura Esch and Keith J. Zullig

Background: Previous research has posited that significant relationships exist between health status and psychological measures of health (e.g., self-esteem). Less is known about the relationship between perceived quality of life (e.g., life satisfaction), weight perceptions, and dieting behaviors, particularly among middle school adolescents. Purpose: This study investigated the association between weight perceptions and unhealthy dieting behaviors and overall life satisfaction among middle school students. Methods: Separate models were created for 245 7th and 8th grade males and females using the CDC's 2005 Youth Risk Behavior Survey (YRBS). ANOVA analyses and Tukey Honest Significant Difference (HSD) tests compared weight perceptions and dieting behaviors to overall life satisfaction. Results: Females were significantly more likely to report reduced life satisfaction if reporting being overweight, eating less, fasting, or taking diet pills to lose weight (effect sizes 0.96-5.80) ($p < .01$). Males were significantly more likely to report reduced life satisfaction if reporting being overweight or fasting to lose weight (effect sizes 4.58-4.75) ($p < .05$). Discussion: Unhealthy weight perceptions and dieting behaviors develop early in adolescence and impact life satisfaction. Translation to Health Education Practice: Comprehensive educational programs for prevention and intervention of weight misperceptions and unhealthy dieting are needed and must acknowledge gender differences.

Cultural Dance and Health: A Review of the Literature

Anna E. Olvera

Physical activity has many physical and mental health outcomes. However, physical inactivity continues to be common. Dance, specifically cultural dance, is a type of physical activity that may appeal to some who are not otherwise active and may be a form of activity that is more acceptable than others in certain cultures. The purpose of this paper is to summarize literature describing the health benefits of cultural dance. Several databases were searched to identify articles published within the last 15 years, describing physical and mental health outcomes of cultural dance or interventions that incorporated cultural dance. In the seven articles reviewed there is evidence to support the use of cultural dance for preventing excessive weight gain and cardiac risk, reducing stress, and increasing life satisfaction. Cultural dance is a practical form of physical activity to promote physical and mental health among subgroups of populations that often have lower amounts of participation in physical activity. There is a need for additional research to isolate how and in what ways cultural dance can be offered to promote physical activity. Practitioners should consider non-traditional forms of physical activity, offered in partnership with community organizations.

That's Blog Worthy: Ten Ways to Integrate Blogging into the Health Education Classroom

Sloane Burke and Jody Oomen-Early

Blogs are popular, innovative, online platforms for learning. Blogging allows for synthesis of content and helps sustain student engagement in the health education classroom setting.

Objectives: Students will define a blog, execute a blog to apply learned health content, and post and respond to other students' health-related blogs. Target Audience: Students in high school health courses.

Applying the Principles of Coordinated School Health to Community Program Planning: A Semester Project

Heidi Hancher-Rauch and Lisa Hicks

Objectives: This teaching idea* is designed to increase students' understanding about the principles of a Coordinated School Health Program and apply these principles as they plan a community health program. As students work through the planning process, they will address many of the AAHPERD/AAHE Standards for Health Education Programs.¹ Target Audience: This teaching strategy is designed for post-secondary students in areas of school and/or community health. Also, practitioners in the field may be able to use these techniques when planning community health education programs for wider audiences.

*This teaching idea was successfully used in a community health course, which is a core requirement for health and physical education teaching majors at a small, private university.

Dimensions of Women's Health across the Lifespan

Cheryl A. Vamos and Sandra D. Vamos

Objective: This teaching strategy provides students with an opportunity to promote women's health literacy via construction of a creative health information booklet. Students will be able to: (1) Identify health issues that affect women during one particular lifespan stage; (2) Categorize issues according to the seven dimensions of health; (3) Highlight disparities; and (4) Discuss various influences/implications. Target Audience: This strategy is geared towards high school/collegiate students enrolled in health and/or disease courses.