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**Differences in Vigorous and Moderate Physical Activity by Gender, Race/Ethnicity, Age, Education, and Income among U.S. Adults**

Dong-Chul Seo and Mohammad Torabi

Background: Inconsistent findings exist regarding correlates of physical activity (PA) in the literature. Leisure-time physical activity among U.S. adults has declined for the last decade. Purpose: This article examines differences in vigorous-intensity and moderate-intensity physical activity by gender, race/ethnicity, age, education, and income among a representative sample of U.S. adults. Methods: A total of 1,000 adults participated in a random-digit telephone survey in 2005 (62% response rate and 82% cooperation rate). Non-Hispanic Blacks and Hispanics were oversampled to produce reliable estimates for these groups. Standard errors and odds ratios were calculated utilizing SUDAAN, reflecting differential probabilities of selection. Results: After adjusting for differences in existence of a serious health problem, body mass index, marital status, employment status, and smoking status in the multivariable logistic models, none of the five demographic variables except race/ethnicity were predictive of meeting the moderate PA guideline, whereas each of the five variables was predictive of meeting the vigorous PA guideline. Discussion: Because most U.S. adults fail to meet physical activity guidelines, health practitioners must be vigilant in helping people adopt and adhere to active lifestyles. Translation to Health Education Practice: The results of this study support different approaches for different intensity levels of PA. Given the lack of evidence about the efficacy of moderate-intensity PA on reducing body weight, health educators must be cautious against providing expectation that people could lose substantial weight by engaging in moderate PA.

**Using Prototype Theory to Examine Prototypical Patterns of Risk Behaviors among U.S. Adolescents**

Cody Ding and Michael Young

Background: Prototype theory is an emerging theoretical framework. Purpose: The purpose of this study was to examine the patterns of prototypical risk behaviors among adolescents in the United States. Methods: The study involved a secondary analysis of data from the World Health Organization data set, Health Behavior of School-Aged Children. Specifically, we investigated the association between the prototypical risk behavior profiles identified from the data and the observed group membership of adolescents such as gender, ethnicity, grade level, and residence location. Results: Two risk behavior profiles were identified, and they showed differing risk behavior patterns and experiences during early and middle adolescence. Discussion: The study extended and complemented the literature by incorporating the notion of prototypicality into risk behavior patterns and identifying some unique behavioral challenges typically facing different subgroups of adolescents. Translation to Health Education Practice: Understanding the different patterns of adolescent risk behaviors could greatly enhance

the abilities of practitioners to intervene in these behaviors and to help adolescents find suitable alternatives for meeting their developmental needs.

### **The Effects of Leisure-Based Screen Time**

Mary Dawn Meier, Ronald L. Hager, Susan D. Vincent, Larry A. Tucker, and William J. Vincent

Background: Use of television, computers, and video games competes with physical activity and may be a health risk factor. Purpose: This study assessed the relationship between leisure-based screen time and physical activity in families to determine whether assignment to a limited screen time group results in more physical activity. Methods: Ninety-four families participated for six weeks. Families were randomly assigned to unlimited or limited screen time viewing groups. Participants wore a pedometer to measure steps. Results: Results indicate no statistically significant differences in steps for adults ( $F(1,165)=0.81, p\leq.369$ ) or 13-to-18-year-olds ( $F(1,63)=0.21, p\leq.647$ ). Among the 5-to-12-year-olds, statistically significant group differences ( $F(1,165)=5.63, p\leq.019$ ) for steps were found between the unlimited viewing group and the limited viewing groups. Discussion: Lower amounts of leisure-based screen time yielded increased amounts of physical activity in the 5-to-12-year-olds, but this trend was not found in the 13-to-18-year-olds or adults. Additional research is needed in order to more fully understand the screen time and physical activity relationship. Translation to Health Education Practice: In general, promotion of physical activity at home and school could increase physical activity and decrease leisure-based screen time; otherwise, other sedentary activities may only replace the time not spent in front of a screen.

### **Intention to Obtain Genetic Testing for Melanoma among Individuals at Low to Moderate Risk for Hereditary Melanoma**

Susan T. Vadaparampil, Lora Azzarello, Jennifer Pickard, and Paul B. Jacobsen

Background: Melanoma is a serious skin cancer that has been on the rise in the United States. Some genetic component is apparent. Purpose: The purpose of this study was to identify demographic, clinical, attitudinal, and health belief factors associated with intention to obtain genetic testing for hereditary melanoma among unaffected first-degree relatives of melanoma patients at low to moderate risk for hereditary melanoma. Methods: Using contact information provided by index cases diagnosed with melanoma, 92 unaffected first-degree relatives were asked to complete questionnaires via mail. Results: The average age of respondents was 45.7 (+12.8) years, and the majority were female (59%), currently married (80%), and Caucasian (98%). Only 11% of the sample was aware of genetic testing for hereditary melanoma prior to the survey. However, once such a test was described, 48% said they would take the test in the next six months if it were made available to them. Logistic regression analyses revealed that being married, physician recommendation, and helping family members make health care decisions were associated with intention to obtain genetic testing. Discussion: In light of these results, health education efforts for low-to-moderate-risk patients should include information about the clinical utility of genetic testing and the implications of test results for family members. Translation to Health Education Practice: As genetic testing for cancer

becomes more widely available, demand for information will increase as well. Health educators will be instrumental in meeting the increased demand for such information and ensuring that those at low risk are appropriately informed and reassured.

### **Entering the Public Health Genomics Era: Why Must Health Educators Develop Genomic Competencies?**

Lei-Shih Chen and Patricia Goodson

Although the completion of the Human Genome Project will offer new insight into diseases and help develop efficient, personalized treatment or prevention programs, it will also raise new and non-trivial public health issues. Many of these issues fall under the professional purview of public health workers. As members of the public health workforce, health educators are being called upon to deal with genomic-related public health topics. Thus, we propose five arguments supporting the need for health educators to develop their genomic competencies and integrate public health genomics (PHG) into health promotion. These arguments highlight various dimensions of health educators' professional goals and range from professional responsibilities and competencies to the availability of funding for genomic-related research or interventions and opportunities for future employment. Alongside these arguments, we present key PHG terms to facilitate understanding and to establish a common set of meanings for readers. Moreover, we discuss the current efforts being made by the field of health education to integrate genomics into research and practice, as well as implications and next steps required to optimize this integration.

### **Health Care 101: An Analysis of John Q**

Michele L. Pettit and Kathy A. DeBarr

Objectives: Students will recognize major types of healthcare insurance coverage; identify examples of access, cost, and quality of healthcare as depicted in the film, John Q; identify barriers to accessing healthcare services; describe pros and cons of HMOs; and identify challenges to advocating for policies relative to the healthcare crisis. Target Audience: College undergraduates.

### **Analyzing the Impact of Drugs, Violence, and Sex in the Media**

Karl Larson

Objectives: Have students select a form of media that depicts drug use, violence, and/or sexual reference; analyze media for potential influences of drug, violence and sexual content; present the analysis to the class in an effective manner; and respond to questions from teacher and students about the media. Target Audience: Middle school to college.

### **An Initiative for the Development of a Rural Church-Based Adolescent Sexuality Education Intervention**

William Alvin Torrence and Jeffrey Joseph Guidry

The African American church plays a fundamental role in imparting sexuality education to its members. This initiative seeks to delay adolescent sexual activity in the rural African American community through the development of a replicable curriculum. The curriculum documents appropriate processes of communicating health hazards and solutions to parents, adolescents, and ministers. One of the key components of this initiative is the inclusion of parents as change agents to facilitate the process.