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**Factors Associated with Tweens' Intentions to Sustain Participation in an Innovative Community-Based Physical Activity Intervention**

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Background: Participation in free-time play, including individual and group activities, is important during youth as patterns of physical activity established then persist into adulthood. The VERB Summer Scorecard (VSS) intervention is an innovative physical activity promotion initiative that offers tweens (8-13 year-olds) opportunities to be active during the summer months when increased sedentariness can occur, leading to weight gain and a predisposition for further inactivity. Purpose: This study identified factors associated with intentions to participate in VSS among tweens previously exposed to the intervention. Methods: We conducted a cross-sectional study of 1,063 middle school youth using a 39-item survey and performed a multi-level analysis. Results: Being female (OR=1.43), having tried a new physical activity (OR=1.59), not currently participating in out-of-school activities but wanting to (OR=2.60), and self-monitoring of physical activity (OR=4.42 to 7.50) were associated with future intention to participate in VSS. Discussion: Adoption of the VSS seemed to inspire some tweens to initiate and sustain activity. VSS appealed to tween girls, an especially important priority audience because of the observed tendency of girls' physical activity to decline during the teen years. Moreover, VSS offered youth the opportunity for trying a variety of games, sports, and other activities. Additionally, the tangible practice of monitoring physical activity (via the scorecard) appeared to have a favorable impact on intention to participate again in VSS. Translation to Health Education Practice: Implications for school and community based physical activity interventions include structures that incorporate trialability and observability as mechanisms for increasing likelihood of intervention adoption.

**The Relationship of College Students' Perceptions of Their BMI and Weight Status to Their Physical Self-Concept**

**Sue Ellen Binkley, Mary D. Fry, and Theresa C. Brown**

Background: Limited research has investigated the relationship between individuals' perceptions of their weight status and their physical self-concept. Purpose: The purpose of this study was to examine the accuracy of college students' Body Mass Index (BMI) scores (i.e. based on actual and self-reported data), and whether students' physical self-concept scores differed according to their perceived weight status classification. Methods: Undergraduate students (N=192) completed the Physical Self-Description Questionnaire and self-reported their height, weight and weight status classification. Actual height and weight measurements were also obtained. Results: Analysis using t-tests revealed females had significantly higher actual than self-reported BMI scores ( $t = 2.16, df = 125, P < 0.05$ ), but not males. ANOVA analyses revealed a significant difference for both females and males in physical self-concept scores based on their weight status category. Discussion: Results suggested that males, but not females, accurately reported their height and weight scores, but neither gender tended to

accurately identify their weight status. Females and males who perceived themselves to be of normal weight reported the highest physical self-concept scores. Translation to Health Education Practice: To understand and assess students' health risks better, health educators should provide students information about (1) accurately identifying and understanding their BMI scores, (2) their weight status implications, and (3) the effects that weight status may have on physical self-concept.

### **Motivators of and Barriers to Engaging in Physical Activity: Perspectives of Low-Income Culturally Diverse Adolescents and Adults**

**Marie A. Bragg, Carolyn M. Tucker, Lily B. Kaye, and Frederic Desmond**

Background: Obesity rates are rising in the United States, especially among low-income and racial/ethnic minority individuals. Exploring motivators and barriers relative to engaging in physical activity is imperative. Purpose: The purpose of this study was to identify motivators and barriers relative to engagement in physical activity as reported by culturally diverse low-income adolescents and adults. Methods: A total of 91 adolescent (11 to 15 years of age) and adult (18 years of age or older) participants who self-identified as African American, Hispanic, or non-Hispanic White engaged in age group-, race/ethnicity-, and gender-concordant focus groups. Results: Qualitative data analysis indicated that the motivators and barriers most commonly identified among the adolescent and adult focus groups were: social influence; time and priorities; physical environment; fun and enjoyment; inherently physical activities; weight concerns; fatigue, physical discomfort and current fitness level; and immediate positive feelings. Discussion: Findings were generally similar across age group, gender and race/ethnicity. Age group-specific, gender-specific and race/ethnicity-specific motivators and barriers were related to how commonly the motivators and barriers were identified among each group. Translation to Health Education Practice: Implications for increasing physical activity among low-income culturally diverse adolescents and adults are discussed.

### **Multivitamins, Folic Acid and Birth Defects: Knowledge, Beliefs and Behaviors of Hispanic Women in North Carolina**

**Leslie deRosset, Amy Mullenix, and Lei Zhang**

Background: Consumption of folic acid prior to conception can prevent up to 70% of neural tube defect (NTD)-affected pregnancies. In 1992, the U.S. Public Health Service (USPHS) issued a recommendation that all women of childbearing age capable of becoming pregnant consume 400 µg of folic acid daily to reduce their risk for a NTD-affected pregnancy. A 26% decrease in the overall NTD rate in the United States was observed between 1995 and 2000, after the fortification of cereal grain products. However, the NTD prevalence for Hispanics remains almost twice that of the general population, both nationally and in North Carolina. Purpose: To measure the baseline knowledge, beliefs and behaviors about multivitamins, folic acid and birth defects of Spanish-speaking Hispanic women ages 18-35 in North Carolina. Methods: Face-to-face oral interviews with Spanish-speaking Hispanic women were conducted by native Spanish-speaking data collectors using a culturally appropriate survey instrument in 12 North Carolina counties. Results: Thirty-three percent of the total respondents (n = 896)

reported taking a daily multivitamin. Of those who reported currently planning a pregnancy or trying to become pregnant ( $n = 134$ ), 22% reported taking a daily multivitamin. Knowledge was highest about birth defects (79%), followed by multivitamins (64%), and then folic acid (54%). Ninety-nine percent of respondents who did not take a daily multivitamin reported they would do so upon the recommendation of their health care provider. Discussion: Multivitamin consumption is low among this group at increased risk, and even lower among those actively attempting or contemplating pregnancy. Health care professionals play a critical role in increasing the knowledge and influencing the behaviors of this population. Translation to Health Education Practice: Folic acid education in all preconception encounters with Hispanic women is critical to address this health disparity and help prevent NTD-affected pregnancies.

### **Comparison of School Food Policies and Food Preparation Practices before and after the Local Wellness Policy among Indiana High Schools**

**Dong-Chul Seo**

Background: Federal legislation requires local education agencies or school districts to develop a local wellness policy. No data-based research using a prospective cohort of a representative sample of secondary schools has been conducted to investigate the impact of the local wellness policy. Purpose: To investigate changes in school food policies and food preparation practices before and after the local wellness policy was implemented in Indiana high schools. Methods: The principal or food service director of 226 food-serving Indiana high schools participated in a survey in February-March 2006. Of the 226 schools, 150 participated in the follow-up survey in April-May 2007 (response rate: 66%). Results: The proportion of schools that offered chocolate candy (63% to 39%), non-low-fat cookies or crackers (79% to 53%), soda pop (83% to 63%), and non-low-fat salty snacks (72% to 43%). The proportion of schools that prohibited junk foods from being offered significantly increased (29% to 68%). However, no significant increase was observed in the proportion of schools that offered fruit (75% to 76%), vegetable salads (71% to 75%), or 100% fruit juice (83% to 84%). Also, little significant improvement was observed in food preparation practices. Discussion: Additional improvement should be made in food preparation practices and providing more healthy foods. Translation to Health Education Practice: More schools should offer students fruits, vegetables, and 100% fruit juice and make an effort to improve food preparation practices as little improvement was observed in these areas after the local wellness policy was developed. Positive effects of local wellness policies are limited. School health educators and professionals need to advocate the adoption of a minimum federal standard for the school wellness policy rather than allowing each LEA or school district to develop its own wellness policy.

**HPV Vaccine Acceptance in a Clinic-based Sample of Women in the Rural South**  
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**Background:** Human papillomavirus (HPV) is a very common sexually transmitted infection linked to cervical disease. Vaccines for some types of HPV were in development at the time of the study. **Purpose:** The study examined HPV vaccine acceptability among underserved women in a rural region of the southeastern U.S. with high rates of cervical cancer for development of future educational interventions. **Methods:** A clinic-based sample of women (aged 18-64; ASCUS or higher and tested for HPV DNA) completed a telephone interview (response rate = 78%). **Results:** Among participants who had ever heard of HPV (n=108), 81% were “very likely” to get the vaccine and 72% would have their daughter vaccinated. These participants desired information about vaccine safety (100%), efficacy (100%), side effects (100%), clinician recommendation (96%), cost (94%), and composition of the vaccine (94%). Cost was identified as the main barrier (55%). Among a subset of participants who reported HPV positivity (n=49), younger age, being single, and high HPV knowledge level were associated with specific types of desired information before getting the HPV vaccine. **Discussion:** Similar to previously reported vaccine acceptability studies, acceptance among participants in this rural region of the south was also high. Participants also desired more information about the vaccine. **Translation to Health Education Practice:** Public health educational efforts must address health education issues related to vaccine acceptability and increase HPV knowledge and understanding.

### **Tick-Associated Diseases: Symptoms, Treatment and Prevention** **Alice Anderson and Elizabeth Chaney**

According to the Centers for Disease Control and Prevention (CDC), there are eleven tick-associated diseases prevalent in the United States. Most commonly diagnosed are Lyme disease, anaplasmosis (ehrlichiosis) and babesiosis, with Lyme disease being the most common vector-borne disease in the country. In southeastern states, studies have shown the prevalence of southern tick-associated rash illness (STARI), which is similar to Lyme disease. Healthy People 2010's 14-8 objective is to reduce Lyme disease, with a “44 percent improvement” by the year 2010. A key component for success of this objective is to provide the public with important information that can yield early detection or prevention against tick-associated disease, such as Lyme disease. Additionally, awareness of signs, symptoms and how to protect oneself from tick-borne illnesses is critical for individuals living in regions where these diseases are most prevalent. Therefore, the purpose of this paper is twofold: (1) to convey the signs, symptoms, and clinical tests for early detection of Lyme disease and STARI, and (2) to provide guidelines and discussion of some treatment controversies for health educators to utilize in educating the public on personal protection against tick-associated illnesses.