

Neighborhood Social Cohesion Partially Mediates the Association Between Seeing People Walk and Leisure-time Walking in Latino Adults

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INTRODUCTION

BACKGROUND

- Seeing others walking and neighborhood social cohesion (i.e., solidarity and connectedness within a group of individuals) have been shown to contribute to leisure-time (LT) physical activity.
- Seeing others walking is also associated with neighborhood social cohesion.
- However, no studies have examined the association between seeing people walk and walking among Latino adults, and the role of neighborhood social cohesion in this association.

OBJECTIVE

- To examine the association between seeing people walk and walking among Latino adults, and whether neighborhood social cohesion mediates this association.

METHODS

STUDY POPULATION

National Health Interview Survey (NHIS)

- Analyses included 4,669 self-identified Latino 2015 NHIS participants aged ≥ 18 years.

KEY STUDY MEASURES

Seeing People Walk

- Individuals indicated how often they saw people walking within sight of their homes, with higher scores indicated seeing people walking more frequently.

Leisure-time Walking

- Leisure-time walking was categorized into low, medium, and high levels of walking based on approximate tertiles.
- Low: 0-37 min/week; medium: 38-180 min/week; high: ≥ 181 min/week

Neighborhood Social Cohesion

- Low, medium, and high categories created based on responses to four items (“People in this neighborhood help each other out”; “There are people I can count on in this neighborhood”; “People in this neighborhood can be trusted”; and “This is a close-knit neighborhood”).
- Higher score=Higher social cohesion

STATISTICAL ANALYSES

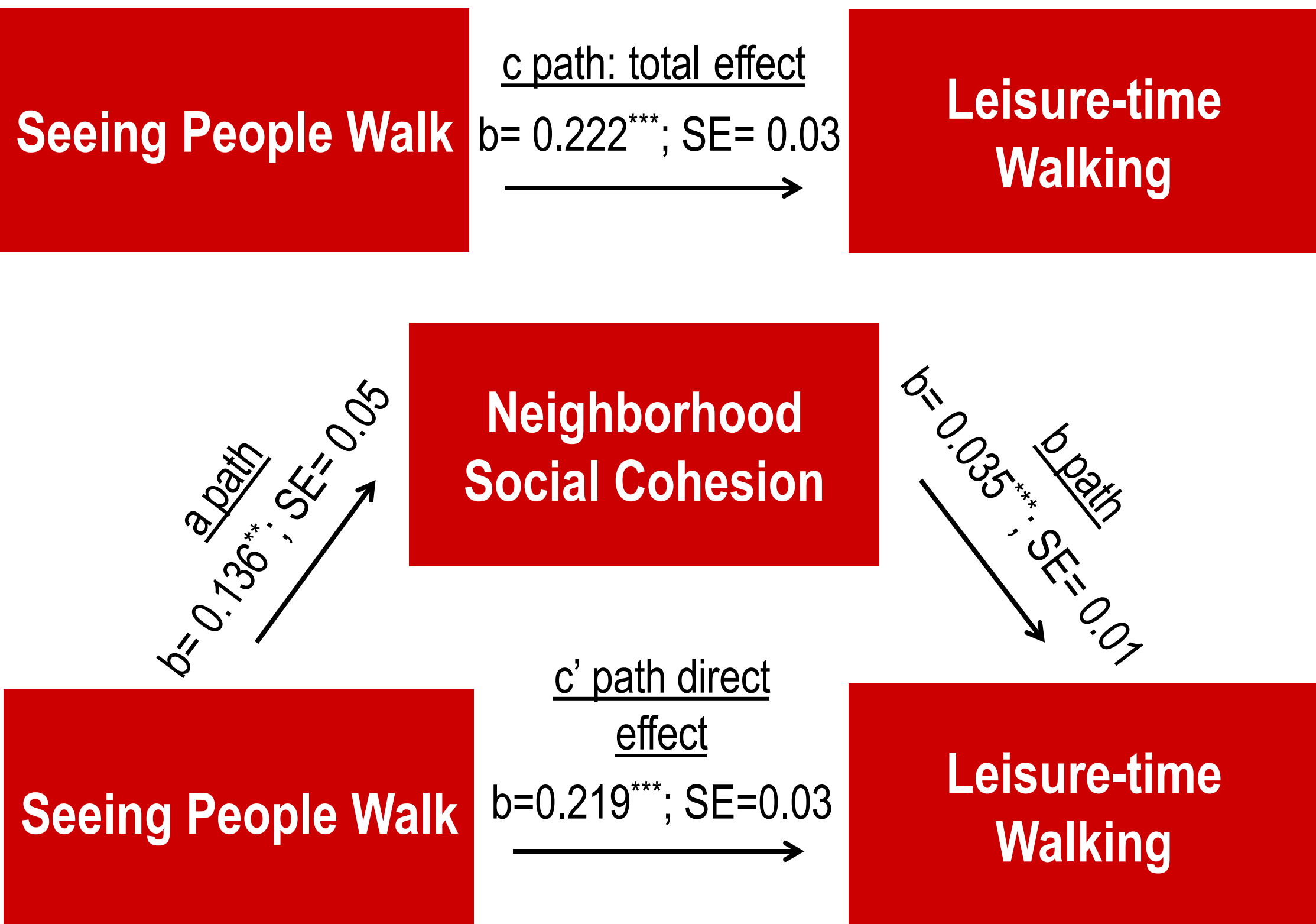
- Logistic regression models were used to estimate the adjusted odds ratios (OR) for the likelihood of engaging in high levels of LT walking relative to low levels of LT walking.
- Indirect effects were assessed using bootstrap methods outlined by Preacher and Hayes, to quantify the extent to which social cohesion mediates the seeing people walk-walking association.
- All models controlled for age, gender, education, and acculturation.

RESULTS

Table 1. Selected Participant Characteristics

Characteristic	Low LT Walking Level	Medium LT Walking Level	High LT Walking Level
N	2,383	1,017	1,269
Age, years	40.38 (0.40)	39.69 (0.69)	41.92 (0.55)
Male, %	53%	51%	47%
Education, %			
Less than high school	34%	32%	29%
High school graduate	30%	28%	27%
Some college	26%	25%	28%
College degree or higher	11%	15%	17%
Acculturation, %			
US-born	42%	46%	45%
Foreign-born, living in US <10 years	9%	9%	7%
Foreign-born, living in US ≥ 10 years	49%	45%	48%
Frequency of people walking within sight of home, %			
Every day	71%	78%	83%
Every 2-3 days	10%	9%	8%
About once a week	6%	6%	3%
Less than once a week	13%	7%	5%
Neighborhood Social Cohesion, %			
Low	37%	29%	31%
Medium	33%	37%	30%
High	30%	35%	39%

Figure 1. Mediation Model of Association of Seeing People Walk with LT Walking via Neighborhood Social Cohesion among Latino Adults



- There was a significant total effect $b = 0.222$, CI [0.16, 0.28]; and direct effect $b = 0.219$, CI [0.16, 0.28] of seeing people walk on walking engagement.
- There was a significant indirect effect of seeing people walk on LT walking through neighborhood social cohesion $b = 0.005$, CI [0.001, 0.01].

Table 2. Association of seeing people walk with Leisure Time Walking

	Model 1	Model 2
	OR (95% CI)	OR (95% CI)
Independent variable		
Seeing people walk	1.31 (1.21–1.42)***	1.30 (1.20–1.40)***
Mediating variable		
Neighborhood social cohesion	---	1.05 (1.02–1.07)***

SUMMARY OF CONCLUSIONS

- Seeing people walk within sight of a home was significantly associated with LT walking among Latino adults.
- Neighborhood social cohesion partially mediated the association of seeing people walk with LT walking.
- Our findings highlight the role of neighborhood social cohesion in walking among Latino adults, and the importance of continuing to promote walkable neighborhoods.
- Future physical activity interventions and programs should consider the role of neighborhood social cohesion in promoting physical activity that occurs in neighborhoods among Latino adults.

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