



CSAAH Publication Community Brief

Correlates of Physical Activity among Middle-Aged and Older Korean Americans at Risk for Diabetes

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WHAT IS THE PURPOSE OF THIS STUDY?

- To examine physical activity (PA) patterns among middle-aged and older NYC Korean Americans at risk for diabetes mellitus (DM)
- To explore factors associated with physical activity patterns in this at-risk population

WHAT IS THE PROBLEM?

- Asian Americans are among the fastest growing racial groups and are at increased risk for developing diabetes.
- Studies have shown that regular physical activity reduces the rate of diabetes for those at risk.
- Few studies have focused on the physical activity patterns of middle-aged and older Korean Americans at risk for diabetes. Identifying physical activity barriers for this population can better inform targeted programs to prevent diabetes mellitus and its complications.

WHAT ARE THE FINDINGS?

- Among the study population, older (65-75 years old) Korean Americans were **2.7X more likely** than middle-aged (45-64 years old) Korean Americans to engage in sufficient physical activity. Men were **1.7X more likely** than women to report sufficient physical activity levels.¹
- Individuals with a body mass index (BMI) below 25 were **1.9X more likely** to engage in sufficient physical activity than those with a BMI above 25.²
- Limited English proficiency and years lived in the United States were not related to sufficient physical activity levels.³
- In both middle-aged and older Korean Americans surveyed, significant factors associated with sufficient physical activity were setting aside special time and knowing what exercises are healthy.
- Among middle-aged Korean Americans, being motivated, safe location, knowing what exercises to perform, and eating vegetables were factors associated with reporting sufficient physical activity.
- Among older Korean Americans, needing someone to exercise with, talking to others about the benefits of physical activity and liking exercise increased likelihood of engaging in physical activity.

¹The US Department of Health and Human Services 2008 Physical Activity Guidelines for Americans recommended all adults perform ≥150 min of moderate-intensity PA, ≥75 min of vigorous-intensity PA, or an equivalent combination each week

²BMI is calculated by person's weight in kilograms divided by the square of height in meters and is used to screen for weight categories that may lead to health problems.

³Limited English proficiency was defined as self-reporting speaking English "not well" or "not at all".



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WHO SHOULD CARE MOST?

- Researchers and policy-makers interested in developing culture-specific programs for disease prevention and management in minority communities
- Healthcare facilities, community organizations, researchers, health care providers and policy workers working with Asian American communities in the United States and the New York metropolitan area
- Health advocates working in Asian American communities

HOW DOES THIS PUBLICATION ADVANCE SCIENTIFIC RESEARCH?

- This publication identifies physical activity barriers for middle-aged and older Korean Americans living in an urban environment.
- These findings may inform future studies and targeted interventions for middle-aged and older Korean American at risk for diabetes..

CITATION

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LINKS

- PubMed Link: <https://www.ncbi.nlm.nih.gov/pubmed/26641597>
- CSAAH Community Briefs: <http://bit.ly/1kadOSM>

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