

Texas Obesity Research Center

Physical Activity Interventions among Hispanics: A RE-AIM Review

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ABSTRACT

Purpose: To determine the degree to which physical activity interventions for Hispanic populations reported on both internal and external validity factors using the RE-AIM framework (reach & representativeness, effectiveness, adoption, implementation, maintenance). **Methods:** We systematically identified English (PubMed; EbscoHost) and Spanish (SCIELO; Biblioteca Virtual en Salud) language studies published between 2001 and 2012 that tested physical activity, exercise, or fitness promotion interventions in Hispanic populations. We reviewed 142 abstracts and identified 40 studies that met the eligibility criteria (27 in English and 13 in Spanish). A validated 21-item RE-AIM abstraction tool was used to determine the quality of reporting across studies (0-7=low, 8-14=moderate, and 15-21=high). Additional items were included to provide more detail about the methods used across the RE-AIM dimensions (n=29 items). **Results:** The number of indicators reported ranged from 4-14 with the majority of studies falling in the moderate quality-reporting category. English and Spanish language articles did not differ on the number of indicators reported (8.1 vs 7.9), but Spanish articles were superior in reporting reach (59% vs 43% of indicators) while English articles were superior in reporting effectiveness (69% vs 56%). Representativeness of participants and settings was rarely reported regardless of publication language with no studies reporting on characteristic differences between settings that participated and those that did not. Only 14% of the studies reported on participant representativeness. Further, only 11% of studies reported on cost of implementation, none reported on costs associated with start-up or maintenance of the intervention, and no study conducted a cost effectiveness analysis. **Conclusions:** Regardless of language of publication, physical activity intervention research for Hispanics should increase the attention to, and measurement of, external validity and cost factors that are

critical in the decision making process in practice settings and can increase the likelihood of translation into community or clinical practice.

KEY WORDS: Physical Activity, Hispanics, Interventions, Systematic Review