

NORTHROP GRUMMAN

DEFINING THE FUTURE

Leisure Time Sedentary Behaviors Among African-American Adults

2005 BRFSS
DeKalb County, Georgia

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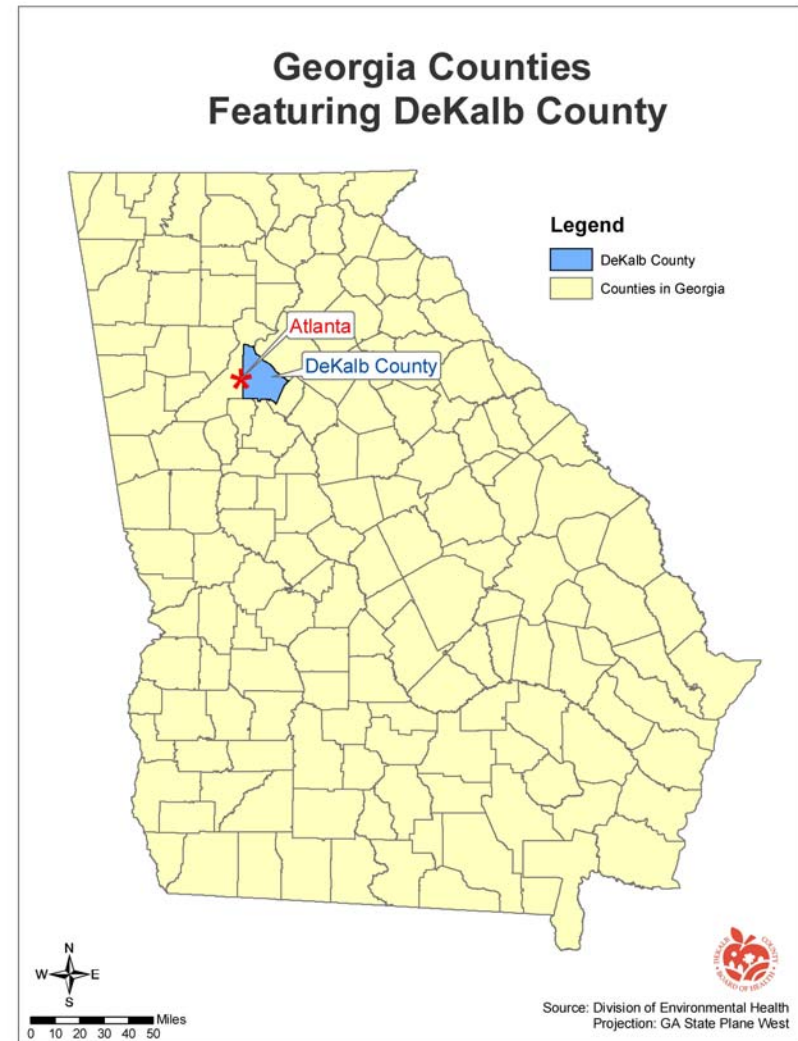
Evaluation Coordinator
DeKalb County Board of Health

Background

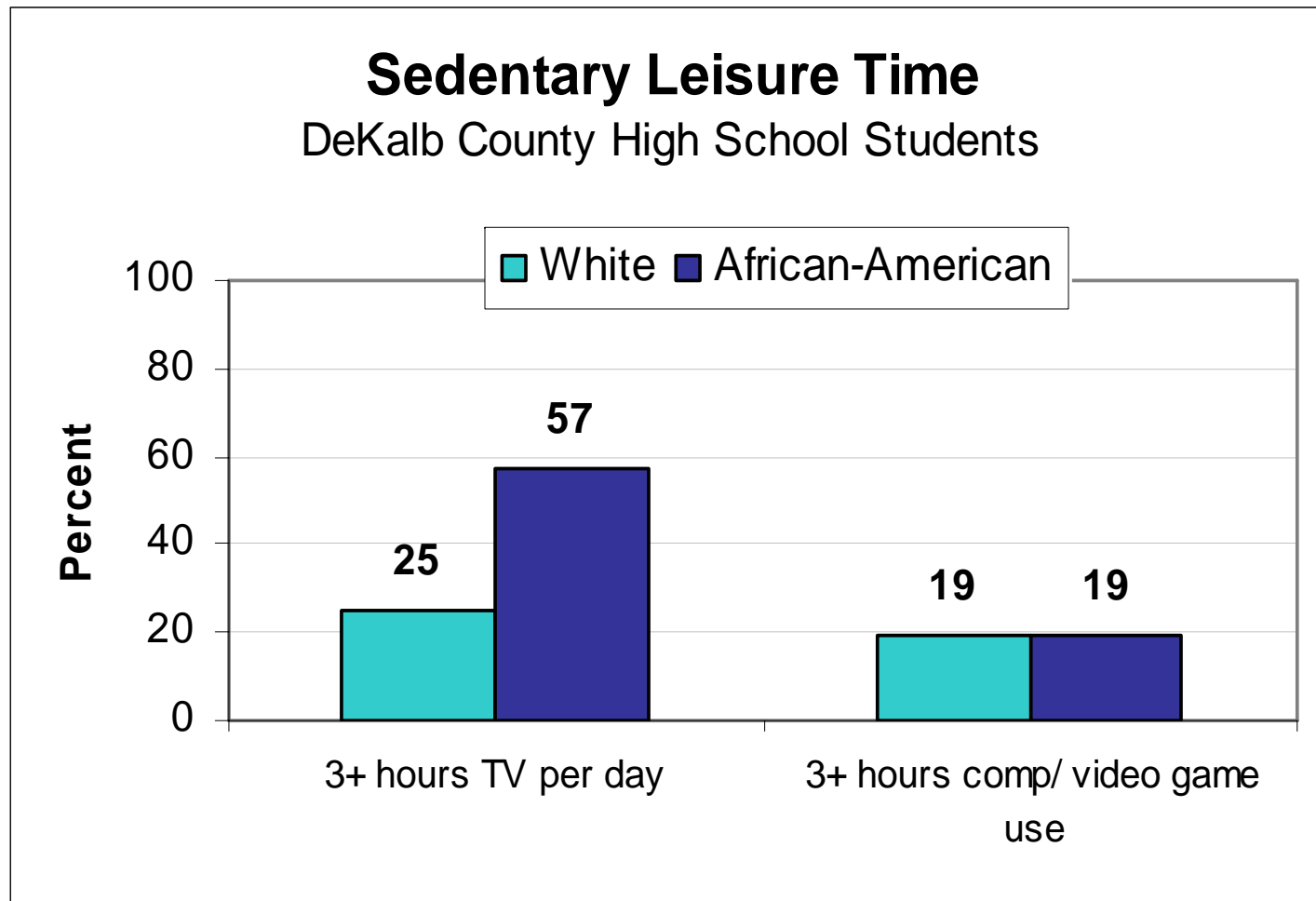
- **Steps to a Healthier DeKalb**
 - CDC Cooperative Agreement
 - Focus on African-American population in south DeKalb
- **Goals**
 - Prevent obesity, diabetes, asthma
 - Improve health behaviors including physical activity, nutrition, and smoking
- **2005 BRFSS provides baseline for evaluation**

Population Demographics

- **Urban/Suburban Atlanta**
- **55% African-American**
- **34% White**
- **9% Hispanic/Latino**
- **4% Asian**
- **South DeKalb**
 - 86% African-American



Sedentary Lifestyle



Sedentary Lifestyle

- **Relation to physical activity**
 - Quantify leisure time
 - Increase amount of active leisure time
 - Decrease amount of sedentary leisure time
- **Independent risk**
 - Abnormal glucose metabolism
 - CVD risk factors, including obesity and diabetes

Methods

- **Followed CDC guidelines for data collection**
 - Steps funded survey
 - Modified questionnaire
 - Stratified by region
 - Conducted in Oct-Dec 2005
 - 1,953 completed interviews
- **SAS/SUDAAN analysis**
 - Weighted results reported

Methods, cont.

- **County-added questions**
 - Hours per day spent watching TV while sitting or lying down
 - Hours per day spent using a computer or playing video games while not at work
 - Sum to calculate total screen time (n=1,797)
- **Results compare Non-Hispanic Whites (White adults) to Non-Hispanic Blacks (African-American adults)**

Sample Demographics

	n	Weighted %
Male	690	48%
Female	1,263	52%
White	977	37%
African-American	799	50%
Age 18-34	359	40%
Age 35-44	412	23%
Age 45-54	477	17%
Age 55+	705	20%

Results

- **56% of DeKalb adults engage in 3 or more hours of sedentary leisure time activity (“screen time”) every day**
- **Each day, DeKalb adults spend an average of...**
 - 2.29 hours watching TV while sitting or lying down
 - 1.25 hours playing video games or using a computer while not at work
 - 3.53 hours total screen time

Results, cont.

	White adults n=925	African- American adults n=717
TV Watching (hours per day)	2.0 (1.8, 2.1)	2.6 (2.4, 2.8)
Computer/Video Game Use (hours per day)	0.9 (0.8, 1.1)	1.4 (1.2, 1.6)

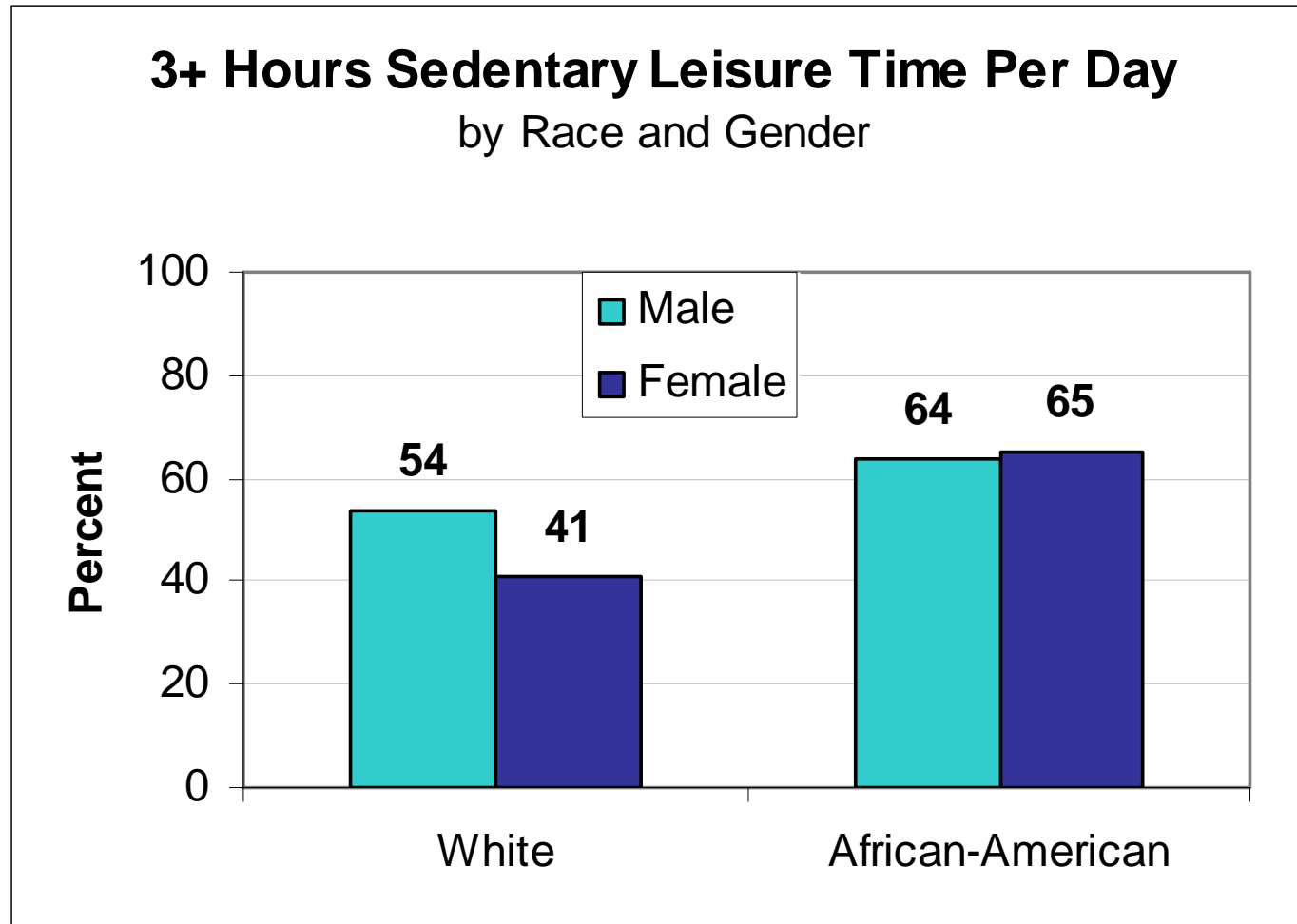
Note: Racial differences are statistically significant with $p < 0.001$.

Results, cont.

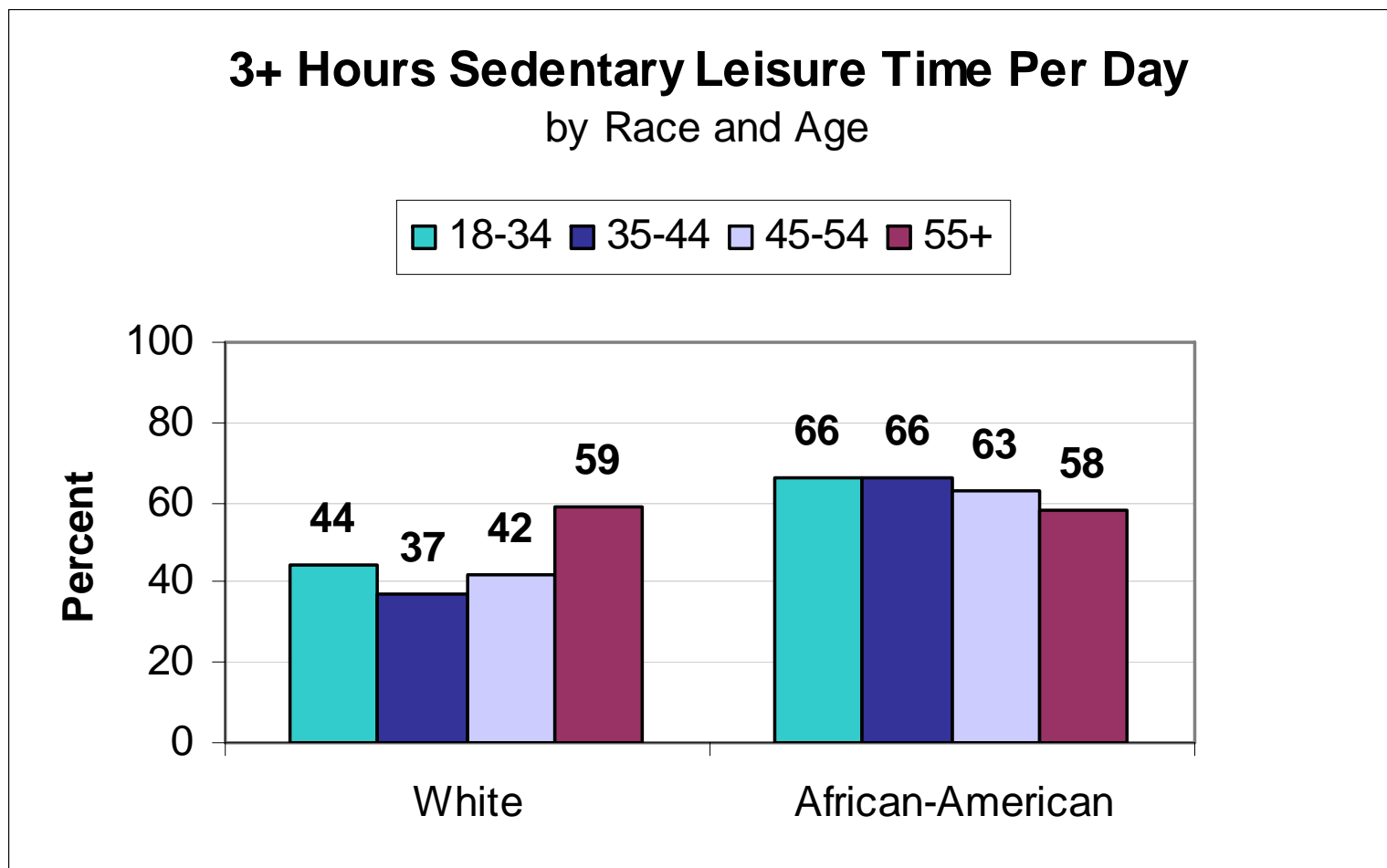
	White adults	African-American adults
Total screen time (hours per day)	2.9 (2.7, 3.0)	4.0 (3.6, 4.3)
3+ hours screen time per day (%)	47.3% (43.2%, 51.9%)	64.3% (59.1%, 69.2%)

Note: Racial differences are statistically significant with $p < 0.001$.

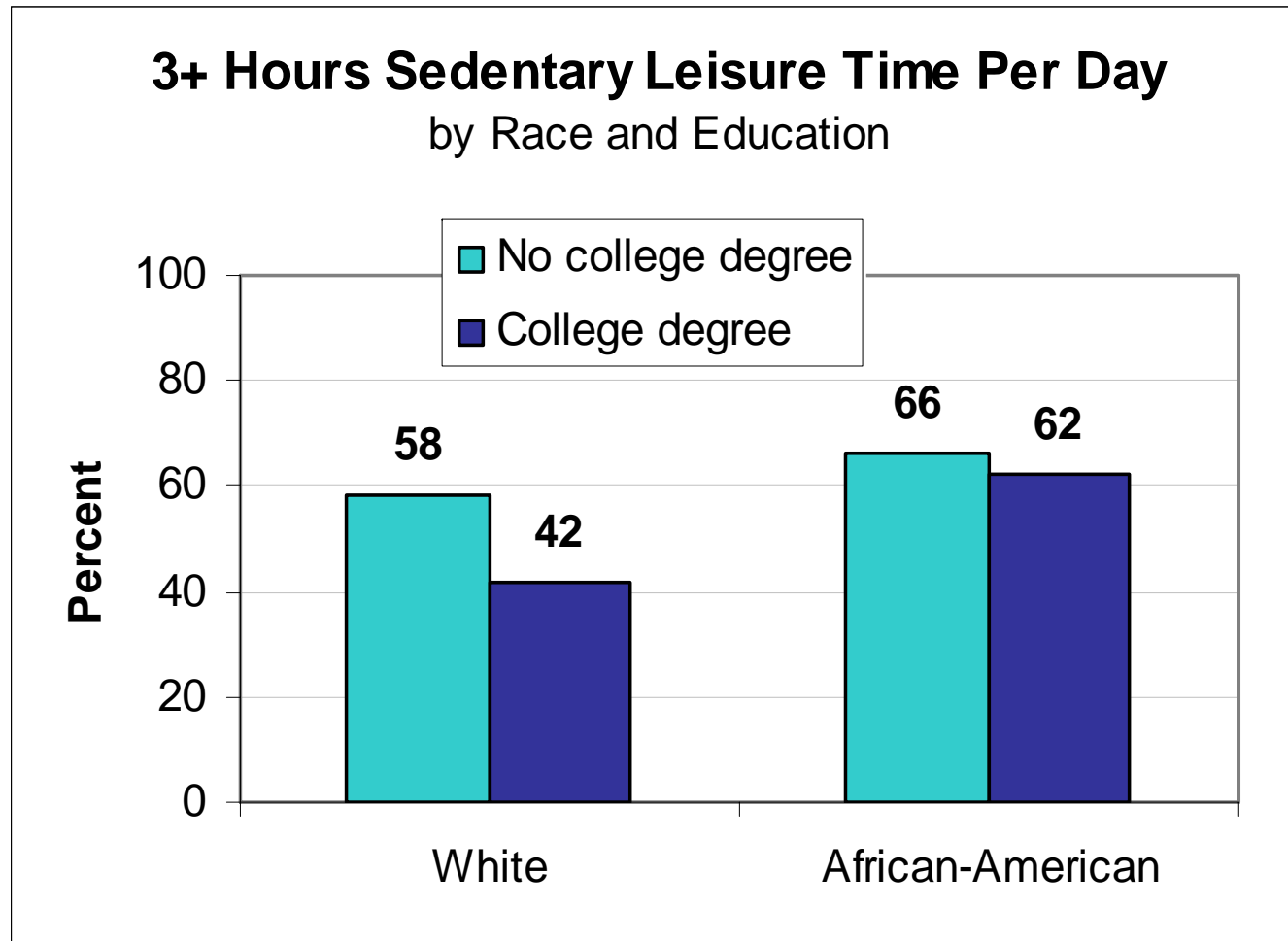
Results by Race and Gender



Results by Race and Age



Results by Race and Education



Results by region

	Non- Intervention Area n=918	Steps Intervention Area n=879
Total screen time (hours per day)	3.1 (2.8, 3.4)	4.0 (3.7, 4.3)
3+ hours screen time per day (%)	47.1% (42.3%, 52.0%)	66.8% (62.4%, 71.0%)

Note: Regional differences are statistically significant with $p < 0.001$.

Conclusions

- **African-American adults in DeKalb County spend more time engaging in sedentary leisure time activities compared to white adults**
- **Among white adults...**
 - Females tend to engage in less sedentary leisure time.
 - Seniors tend to engage in more sedentary leisure time.
 - College graduates tend to engage in less sedentary leisure time.
 - **However, these trends are not evident among African-American adults**

Conclusions, cont.

- **Limitations and Considerations**
 - Seasonal variation
 - Adjust for socio-economic status using larger sample size
 - 2006 data set has approx. 3,800 completes
 - Future research in this area should be race-specific

Interventions

- **Prevention efforts in south DeKalb**
 - Encourage active leisure behaviors
 - Neighborhood gardening
 - Faith groups
 - Address importance of limiting screen time
 - Social marketing campaign
 - Interventions in the school system

More Information

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Steps to a Healthier DeKalb

<http://www.dekalbhealth.net/community-collaborations/dekalbsteps.asp>

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References

1. **Dunstan DW, et al. Physical Activity and Television Viewing in Relation to Risk of Undiagnosed Abnormal Glucose Metabolism in Adults. *Diabetes Care* 27(11): 2603-09, 2004.**
2. **Hu FB, et al. Television watching and other sedentary behaviors in relation to risk of obesity and type 2 diabetes mellitus in women. *JAMA* 289(14):1785-91, 2003.**
3. **Kronenberg F, et al. Influence of leisure time physical activity and television watching on atherosclerosis risk factors in the NHLBI Family Heart Study. *Atherosclerosis* 153(2):433-43, 2000.**