

IMPROVING PHYSICAL ACTIVITY AND FRUIT AND VEGETABLE SOCIAL COGNITIVE AND BEHAVIOR VARIABLES IN FILIPINO ADOLESCENTS IN HAWAI'I: THE WAIPAHU HART PROJECT

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ABSTRACT

Filipino adolescents are one of the most overweight ethnic groups in Hawai'i. With limited research on health behaviors of Filipino adolescents (age 10-19) it is important to have research that focuses on decreasing health disparities in this adolescent population. This study aims to fill the gap on Filipino adolescent physical activity (PA) and fruit and vegetable (FV) social cognitive and behaviors using the Social Cognitive Theory through peer-to-peer influence to create positive health behaviors, examine Multiple Health Behavior Change (MHBC), and if peer educators (PEs) change their health behaviors through teach a health curriculum. This dissertation is embedded within the Waipahu Health Action Research and Training (HART) project, a peer-influence study based at Waipahu High School (WHS). It includes three manuscripts; 1) use peer influence to increase PA and FV social cognitive and behavior variables in Filipino adolescents, 2) examine transfer and compensation effects of PA, FV consumption, and sedentary behavior (SB) in Filipino adolescents, and 3) examine if PEs increase their PA and FV social cognitive and behavior variables through teaching a PA and nutrition curriculum. Findings suggest a peer-led PA and nutrition curriculum can benefit participants and PEs in terms of PA social cognitive and behavior variables. Multiple regression analysis showed a positive impact from group differences for PA knowledge ($\hat{\beta} = 0.95$, $p < 0.00$) and MVPA ($\hat{\beta} = 20.04$, $p < 0.00$) follow-up score. A trend towards PA self-efficacy ($\hat{\beta} = 0.36$, $p < 0.10$) and PA enjoyment ($\hat{\beta} = 0.41$, $p < 0.09$) group for predicting PA follow-up score was seen. The intervention had a positive effect on PA AT RISK (Stage of Change pre-contemplation, contemplation and preparation) students for PA knowledge ($F(df) = 6.69(65)$, $p < 0.01$). A trend towards a transfer effect of PA for Low vs. High SB ($F = 3.76(1, 76)$, $p < 0.06$) was seen. PEs were able to change increase their PA stage of change ($F(df) = 5.51(1)$, $p < 0.03$) and moderate and vigorous PA (MVPA) ($F(df) = 7.44(1)$, $p < 0.01$) over time through teaching the HART curriculum. Given current limited research on Filipino adolescents' health behaviors, this dissertation adds to the literature and gives guidance for future research with this population.