



# Physical Activity Assessment in Hispanic Families

— KEY INSIGHTS FROM CLINICAL RESEARCH —

**Fewer than half of U.S. adults (46.9%) meet the Physical Activity Guidelines for Americans for aerobic physical activity.**

**This rate drops further among Hispanic adults, where only 44.4% meet these recommendations.<sup>1</sup>** In the case of adolescents in grades 9 through 12, less than one quarter manage to adhere to the guidance of achieving at least one hour of moderate-to-vigorous-intensity physical activity daily. Notably, the adherence rate among Hispanic adolescents mirrors that of adults, standing at just 20.9%.<sup>1</sup>



# First Clinical Study Investigates How Avocado Intake Impacts Physical Activity

In a cluster-randomized controlled trial<sup>2</sup> involving 72 families (comprising 235 participants), researchers assessed the influence of avocado consumption on physical activity over a six-month period. Every family in the study received culturally relevant, in-home nutrition education based on MyPlate. The study determined mean avocado intake using a validated food frequency questionnaire, and physical activity levels were measured using the validated Global Physical Activity Questionnaire.



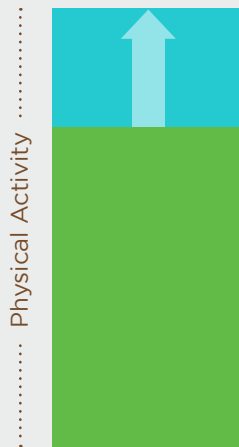
WITHIN THE **INTERVENTION GROUP**, PARTICIPANTS CONSUMED AN AVERAGE OF APPROXIMATELY **FOUR AVOCADOS PER WEEK**.

*(4.10 and 4.03 avocados at the 3-month and 6-month follow-up visits, respectively).*



IN CONTRAST, INDIVIDUALS IN THE **CONTROL GROUP** REPORTED SIGNIFICANTLY LOWER AVOCADO INTAKE, WITH AVERAGES OF **1.25 AND 1.48 AVOCADOS PER WEEK**.

SELF-REPORTED PHYSICAL ACTIVITY INCREASED FROM BASELINE IN THE **INTERVENTION GROUP** BY 27% BUT DECREASED IN THE **CONTROL GROUP**.



The differences between the groups were primarily observed in moderate-intensity physical activity, rather than vigorous-intensity activity, and these variations were not linked to changes in overall calorie intake during the study. Moreover, changes in sedentary behavior were similar in both groups, and there were no discernible alterations in body mass index or blood pressure among either group.

The study boasts several strengths, including its randomized controlled trial design, a study duration of six months, and the inclusion of a free-living population. Notably, families in the control group continued their usual avocado consumption, maintaining cultural relevance within the study population. Nevertheless, the extent to which the study's findings can be applied to larger and more diverse populations remains uncertain, warranting further research in various demographic subgroups. The Avocado Nutrition Center provided support for this study, contributing to the expanding body of evidence that underscores the role of avocados in promoting a healthy lifestyle.



# Translating The Science On Physical Activity Among Hispanic Families

**THE STUDY FOCUSED ON EVALUATING PHYSICAL ACTIVITY,** A CRUCIAL ELEMENT CONTRIBUTING TO OVERALL HEALTH AND WELL-BEING.

Engaging in regular physical activity is associated with a longer lifespan and a decreased risk of serious health issues such as heart disease and obesity. Importantly, for individuals with chronic health conditions, physical activity can play a pivotal role in managing these conditions and their associated complications.

THE AMERICAN HEART ASSOCIATION RECOMMENDS **A HEALTHY DIETARY PATTERN THAT INCLUDES A VARIETY OF FRUITS AND VEGETABLES,** COUPLED WITH REGULAR PHYSICAL ACTIVITY.


This holistic approach can effectively manage weight and improve cardiovascular health.

AS SHOWN IN THE CLINICAL STUDY, **THERE IS A VALUABLE CONNECTION BETWEEN PATIENTS AND TRAINED COMMUNITY HEALTH WORKERS** FOR THE DELIVERY OF CULTURALLY-RELEVANT NUTRITION EDUCATION.

Furthermore, providing patients with recipe suggestions and guidance on handling fresh fruits and vegetables can be essential for their success in adopting healthier dietary habits.

**AVOCADOS CARRY CULTURAL SIGNIFICANCE** AS HERITAGE FOODS AMONG HISPANICS.

This underscores the importance of aligning with the Dietary Guidelines for Americans, which emphasize the need for people to make personalized choices that respect their cultural and traditional preferences. This emphasis highlights the significance of incorporating heritage foods like avocados into their diets to promote both cultural preservation and better health.



*Fresh avocado stand out as a beneficial option. **They are a sodium, sugar, and cholesterol-free fruit that offers nearly 20 essential nutrients,** including vitamins, minerals, dietary fiber, and phytonutrients.*

## Reference:

1. Centers for Disease Control and Prevention. National Center for Chronic Disease Prevention and Health Promotion, Division of Nutrition, Physical Activity, and Obesity. Data, Trend and Maps [online]. [accessed Aug 30, 2023]. URL: <https://www.cdc.gov/nccdphp/dnpao/data-trends-maps/index.html>.
2. Allen, TS, et al. "Nutritional Avocado Intervention Improves Physical Activity Measures in Hispanic/Latino Families: A Cluster Randomized Controlled Trial." American Journal of Preventive Medicine Focus. 2023.
3. Centers for Disease Control and Prevention. National Center for Chronic Disease Prevention and Health Promotion, Division of Nutrition, Physical Activity, and Obesity. Adult Obesity Facts [online]. [accessed Aug 30, 2023]. URL: <https://www.cdc.gov/obesity/data/adult.html>.

# Avocado In A Variety Of Ways

*Nutrient-dense avocados are versatile and can be eaten alone or used in many tasty recipes.*

These options align seamlessly with a healthy eating pattern, making it easy to incorporate avocados into snacks and meals throughout the day for individuals looking to enhance their health and well-being.



## AGUA FRESCA DE AGUACATE

A refreshing drink with no added sugar

## MINI TOSTADAS

An easy-to-grab snack and a good source of fiber



## AIR FRIED AVOCADO TACOS

A quick, tasty meal for the whole family

Visit [www.LoveOneToday.com/recipes](http://www.LoveOneToday.com/recipes) for more meal and snack ideas for your patients.