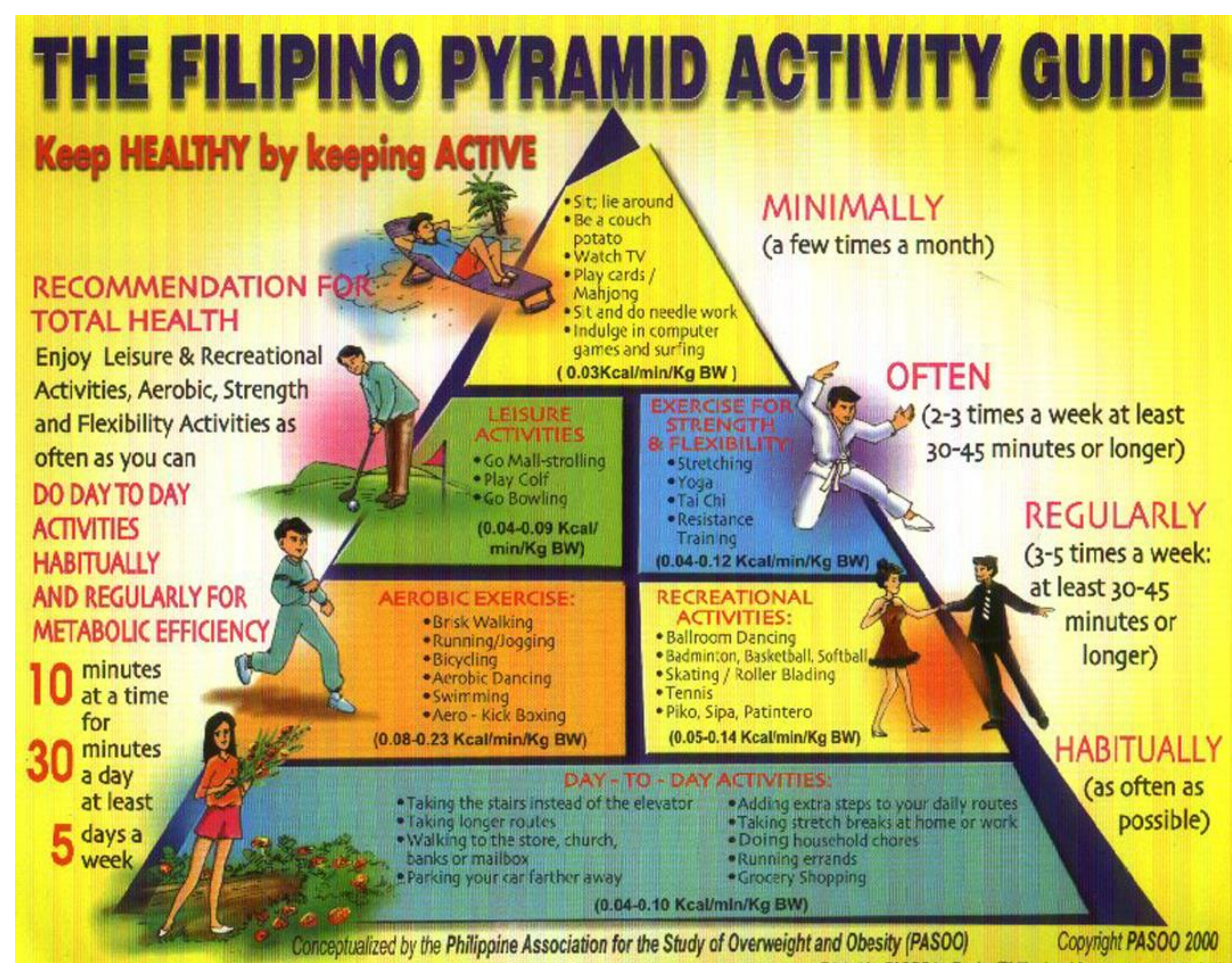


## BACKGROUND

- ❖ The Filipino American (FA) population is the second largest Asian subgroup in the United States, and is rapidly growing.<sup>1</sup>
- ❖ There is a higher prevalence of cigarette smoking, obesity, physical inactivity, diabetes, hypertension, and dyslipidemia in FAs than in other Asian American populations.<sup>2</sup>
- ❖ Modifying lifestyle factors, such as diet and physical activity, can decrease the risk of cardiovascular disease.<sup>2</sup>
- ❖ Interventions aimed at, as little as a 5%, weight reduction can prevent many chronic health conditions.<sup>3</sup>
- ❖ While FAs may have a high level of awareness of the causes of cardiovascular disease, they do not meet the minimum recommendations for physical activity and diet from the American Heart Association and Center for Disease Control.<sup>1,4,5</sup>
- ❖ There is a need to understand how to engage FAs to adapt a healthy lifestyle that includes physical activity and healthy eating.



http://exercisescienceandfitnesstraining.blogspot.com/2012/10/physical-activity-and-physical-fitness\_5.html

## METHODS

- ❖ Studies from 2014-2019 were electronically searched using the following databases: Pubmed, CINAHL, and PsychINFO.
- ❖ Key terms used were "Filipino" and "lifestyle."
- ❖ Data collection involved reading selected articles and compiling specific data.
- ❖ Inclusion and exclusion criteria included "English" and "last five years."
- ❖ Fifteen (15) research articles reported strategies for FAs to adapt healthier lifestyle.
- ❖ Three (3) articles were used in the synthesis tables, which specifically studied Filipino lifestyle behaviors.

## RESULTS

- ❖ There are limited studies that address motivation for lifestyle modifications in Filipino-Americans.
- ❖ Table 1 shows the summary of studies among Filipino-Americans that are related to lifestyle changes which included use of community-based interventions, culturally-congruent strategies as well as wearable and smart technologies.
- ❖ Culturally-adapted interventions have shown to be beneficial in helping FAs lose weight.<sup>4</sup>



Image from <https://www.health.com/fitness/zumba-ladies>

**Table 1.** Evidence table for Filipino American's motivation to make lifestyle changes.

Citation	Aim	Sample/Setting	Findings/Clinical Implications
Bender, Cooper, Park, and Padash (2017)	Assess feasibility and potential efficacy of culturally-adapted mobile health weight loss lifestyle intervention Filipino Americans Go4Health (PilAm Go4Health)	45 FA adults in San Francisco Bay area with BMI of at least 23 and type 2 diabetes.	Engagement was close to 100%, and retention was 100%. Excellent adherence to wearing Fitbit to track physical activity and logging food, but self-monitoring weight adherence was low. Over 24% achieved a 5% weight loss. The use of mHealth and other promising intervention strategies may reduce obesity and diabetes risks in FAs.
Bender, Cooper, Flowers, Ma, and Arai (2018)	Assess the feasibility and potential efficacy of Fit&Trim (Diabetes Prevention Program or DPP-based) intervention to reduce T2D risks in Filipino Americans with overweight/obesity.	67 overweight or obese FAs in the San Francisco area.	90% of participants finished the program. 36% of the intervention group lost 5% of their weight during the first 3 months vs 6% of the control waitlist group. During Phase 2 when the control group received the intervention, 47% lost 5% of their weight. Overall 80% lost weight after receiving the intervention. Fit & Trim intervention is feasible and has potential efficacy for FAs.
Inouye, Matsura, Li, Castro, and Leake (2014)	Determine recruitment and retention feasibility, changes in self-efficacy for diet and exercise, and weight and fasting insulin level change after a lifestyle intervention in a community park	40 FAs in Oahu, Hawaii over age 30 at risk for Type 2 Diabetes.	Control group lost 3.3 pounds; 88% retention rate of participants. Dropouts tended to be heavier, male, never married, or separated. Reduced risk of developing diabetes by 24% (loss of 1 kg reduces risk by 16%). Flexible scheduling for community-based classes resulted in high turnout and overall satisfaction.

## CONCLUSIONS / IMPLICATIONS

- ❖ Using culturally-aware healthcare workers improves engagement and retention and reduces health disparities.<sup>6</sup>
- ❖ Flexible scheduling for community-based classes improves turnout and satisfaction with lifestyle interventions.<sup>7</sup>
- ❖ The use of technology, such as mobile phone applications, supports goals towards weight loss and health outcomes in lifestyle interventions; older adults can successfully learn to use technology to monitor their health.<sup>4,6</sup>
- ❖ This study can inform the development of culturally-congruent interventions to motivate FAs to adapt and sustain healthier lifestyles.
- ❖ One of the limitations of this review is the lack of studies on this topic among Filipino-Americans.
- ❖ More studies to understand what motivates Filipino-Americans towards achieving healthy lifestyle are recommended.

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