Depressive symptoms and sedentary behavior among Hispanic/Latino adults: Perceived neighborhood crime safety as a moderator

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BACKGROUND: Hispanic/Latinx adults face disproportionate rates of chronic disease. Linked to chronic disease development are sedentary behavior, depressive symptoms, and perceived neighborhood crime safety.

## **METHODS**

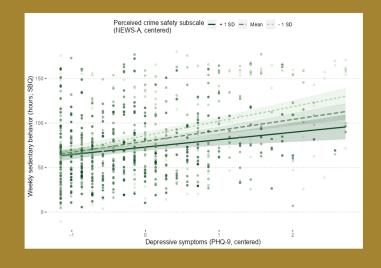
Participants (N = 798) recruited via Qualtrics Panels for an online survey Survey: demographic characteristics, sedentary behavior, depressive symptoms, and perceived neighborhood crime safety Multiple linear regressions

## **RESULTS**

Depressive symptoms were positively associated ( $\beta$  = 2.15, p < .001) while perceived neighborhood crime safety was inversely associated ( $\beta$  = -3.27, p < .001) with sedentary behavior. Perceived neighborhood crime safety moderated the association between depressive symptoms and sedentary behavior ( $\beta$  = -4.02, p < .01). (Scan for more results!)

conducted

Perceived neighborhood crime safety matters when it comes to depressive symptoms and sedentary behavior.



Average Age: 39.6 ±15.1years

Gender:

58.6% female

Ethnicity: 52% Mexican/Mexican American

Employment: 49.7% work full time

Average time in sedentary behavior: 81.28 + 44.23 hours

Average depressive symptoms: 8.04 ± 6.98 (range: 0 – 27)

Average perceived neighborhood crime safety: 8.78 ± 2.92 (range: 3 -12)

+1 SD from Mean:  $\beta$  = 8.31, p < .001 -1 SD from Mean:  $\beta$  = 16.26, p < .001

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