

**Adherence to U.S. Physical Activity and Dietary Guidelines  
Among A Mexican American Cohort**

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ABSTRACT

**Purpose:** The purpose of this study is to examine adherence to risk factors for chronic diseases among Mexican Americans residing along Texas / Mexico border. **Methods:** Data was derived from the Cameron County Hispanic Cohort (CCHC), a prospective cohort study of over 2600 Mexican American adults aged 18 years and older living in a large and poor city along the Texas / Mexico border. Descriptive statistics and regression analysis were used to analyze the data. **Results:** The sample (67.06% female) has a mean age of  $48.06 \pm 15.60$  years, 48.81% employed, 45.66% has less than high school education, 77.57% completed the survey in Spanish, and 31.65% has some type of public or private insurance. More than 85% of the sample were either overweight ( $25 \leq \text{BMI} < 30$ ) or obese ( $\text{BMI} \geq 30$ ). Only 30.59% Mexican Americans met physical activity guidelines and 16.29% met fruit and vegetable daily intake guidelines. Logistic regression analysis for Mexican Americans along the border showed that those aged under 50 years were more likely to meet physical activity guidelines [AOR = 1.58 (CI: 1.22, 2.05)] than those aged over 50 years, and those who were overweight were more likely to meet physical activity guidelines [AOR = 1.40 (CI: 1.07, 1.83)] than those who were obese. We also found that those who were born in Mexico were less likely to meet physical activity guidelines [AOR = .75 (CI: .57, .98)] but more likely to meet fruit and vegetable guidelines [AOR = 1.50 (CI: 1.03, 2.19)] than those born in the U.S. **Conclusions:** Preventive behaviors including regular moderate to vigorous physical activity and a diet rich with fruit and vegetables are uncommon among Mexican Americans. Younger age and lower BMI were associated with meeting preventive behavior guidelines along Texas / Mexico border Mexican Americans.

KEY WORDS: Mexican Americans, Physical Activity Guidelines, Dietary Guidelines, Adherence