



Pathways between acculturation and health behaviors among residents of low-income housing: The mediating role of social and contextual factors

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ABSTRACT

Acculturation may influence health behaviors, yet mechanisms underlying its effect are not well understood. In this study, we describe relationships between acculturation and health behaviors among low-income housing residents, and examine whether these relationships are mediated by social and contextual factors. Residents of 20 low-income housing sites in the Boston metropolitan area completed surveys that assessed acculturative characteristics, social/contextual factors, and health behaviors. A composite acculturation scale was developed using latent class analysis, resulting in four distinct acculturative groups. Path analysis was used to examine interrelationships between acculturation, health behaviors, and social/contextual factors, specifically self-reported social ties, social support, stress, material hardship, and discrimination.

Of the 828 respondents, 69% were born outside of the US. Less acculturated groups exhibited healthier dietary practices and were less likely to smoke than more acculturated groups. Acculturation had a direct effect on diet and smoking, but not physical activity. Acculturation also showed an indirect effect on diet through its relationship with material hardship.

Our finding that material hardship mediated the relationship between acculturation and diet suggests the need to explicate the significant role of financial resources in interventions seeking to promote healthy diets among low-income immigrant groups. Future research should examine these social and contextual mediators using larger, population-based samples, preferably with longitudinal data.

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1. Introduction

Acculturation has been defined as the process by which the attitudes, values, beliefs and behaviors of one culture are adopted by an individual from another (Clark and Hodges, 1998). Often, acculturation is equated with language proficiency and preference, as well as generational status (Abraido-Lanza et al., 2005; Lopez-Class et al., 2011). Acculturation has traditionally been viewed as a process of assimilation, which assumes a unidirectional, linear trajectory in which immigrants adopt the “dominant culture” (Berry and Sam, 1997). More recently, there has been

acknowledgment that acculturation is a multidimensional, reciprocal and dynamic process (Abraido-Lanza et al., 2006; Lara et al., 2005; Lopez-Class et al., 2011) that is affected by societal structures and policies (Abraido-Lanza et al., 2006; Lopez-Class et al., 2011). The concept of acculturation has been criticized because it is commonly conceived as an individual-level factor, potentially masking the societal-level factors that prompt, co-exist, or are the result of immigration experiences (Acovedo-Garcia et al., 2012).

Nonetheless, a large body of literature has examined relationships between acculturation, health status (Kaplan et al., 2004; Singh and Subphansu, 2002) and health behavior (Abraido-Lanza et al., 2005; Andrieva et al., 2011; Ayala et al., 2008). Increased time spent in the United States (US) has consistently been associated with increased physical activity, presumably because of changes in cultural norms (Abraido-Lanza et al., 2005; Lara et al., 2005; Perez-Encarnilla and Putnik, 2007). However, acculturation

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Pathways To Health The Role Of Social Factors

Robert R. Redfield



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Aging and Quality of Life Helen Gift, PhD, Marcia G. Ory, PhD, MPH, Ronald P. Abeles, PhD, 1994-07-12 In this timely and important work expert gerontologists review what has been learned about the aged and the process of aging and link this knowledge to interventions for improving the quality of life This volume highlights the development of preventive therapeutic and rehabilitative interventions designed to assist older people maintain their independence and quality of life In addition to the editors chapter authors include Robert N Butler Matilda White Riley Carroll Estes and a foreword by James O Mason

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Table of Contents Pathways To Health The Role Of Social Factors

1. Understanding the eBook Pathways To Health The Role Of Social Factors
 - The Rise of Digital Reading Pathways To Health The Role Of Social Factors
 - Advantages of eBooks Over Traditional Books
2. Identifying Pathways To Health The Role Of Social Factors
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Pathways To Health The Role Of Social Factors
 - User-Friendly Interface
4. Exploring eBook Recommendations from Pathways To Health The Role Of Social Factors
 - Personalized Recommendations
 - Pathways To Health The Role Of Social Factors User Reviews and Ratings
 - Pathways To Health The Role Of Social Factors and Bestseller Lists
5. Accessing Pathways To Health The Role Of Social Factors Free and Paid eBooks
 - Pathways To Health The Role Of Social Factors Public Domain eBooks

- Pathways To Health The Role Of Social Factors eBook Subscription Services
- Pathways To Health The Role Of Social Factors Budget-Friendly Options
- 6. Navigating Pathways To Health The Role Of Social Factors eBook Formats
 - ePub, PDF, MOBI, and More
 - Pathways To Health The Role Of Social Factors Compatibility with Devices
 - Pathways To Health The Role Of Social Factors Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Pathways To Health The Role Of Social Factors
 - Highlighting and Note-Taking Pathways To Health The Role Of Social Factors
 - Interactive Elements Pathways To Health The Role Of Social Factors
- 8. Staying Engaged with Pathways To Health The Role Of Social Factors
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Pathways To Health The Role Of Social Factors
- 9. Balancing eBooks and Physical Books Pathways To Health The Role Of Social Factors
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Pathways To Health The Role Of Social Factors
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Pathways To Health The Role Of Social Factors
 - Setting Reading Goals Pathways To Health The Role Of Social Factors
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Pathways To Health The Role Of Social Factors
 - Fact-Checking eBook Content of Pathways To Health The Role Of Social Factors
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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