Physical Activity Patterns and Preferences Among Latinos in Different Types of Public Parks

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Running Head: Latinos physical activity

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Abstract

Background: Centers for Disease Control (CDC) data suggest that Latinos are less likely to be physically active and more likely to be overweight and suffer from resulting complications than Whites; and that within the Latino population, Latina women are especially at risk. Therefore, promoting physical activity among Latinos, and understanding gender participation patterns within that population, is particularly important. One strategy for encouraging physical activity is to promote active uses of public parks.

Methods: A national, multiyear, multi-site study funded by the USDA Forest Service sought to understand Latino and Latinas use of public parks in Los Angeles, Minneapolis, and Chicago. Results: More than 50% of our sample visited parks to engage in physical activity, and in part, activity choice was related to gender. Further, nearly half of all respondents walked to city park sites while few or none walked to state or regional park sites. Conclusions: Our data suggest that Latinos are using some parks repeatedly and, in the case of city parks, are using them for physical as well as social activity. Therefore, we suggest specific ways that parks could be managed to encourage more physical activity while taking into account gender variations.
The World Health Organization defines health as more than just the absence of disease and instead asserts that health encompasses aspects of physical, mental and social well-being. Active lifestyles provide one of the key components of this holistic health definition. In particular, physical activity has been shown to not only reduce the risk factors for some diseases, but also to promote greater physiological and mental health. However, physical inactivity has become a major concern across all age, social, ethnic and economic categories in the United States; and is most prevalent among ethnic and racial minority groups, particularly among Hispanics/Latinos. The National Health Interview Survey found that while 63.3% of non-Latino Whites abstain from any regular leisure time physical activity, the same was true for 79% of Hispanic adults (often agencies use the terms “Latino” and “Hispanic” interchangeably). Moreover, Crespo found that regular physical activity was less prevalent among Latina women than Latino men, regardless of their education, occupation, and marital status. These findings are particularly alarming because evidence suggests that low rates of physical activity are linked to higher risks of obesity and in turn, obesity is often linked to diabetes. Again, Centers for Disease Control (CDC) data indicate a higher prevalence of diabetes among the Latino population than White population, and a higher prevalence of diabetes among Latina women.
Latinos physical activity versus Latino men. Therefore, promoting physical activity among Latinos, especially Latina women, is one important way to help alleviate their high rates of obesity and diabetes while also promoting the holistic health agenda set forth by the World Health Organization.

One strategy for promoting physical activity in both men and women is to encourage active uses of parks and public lands. As public lands are often low cost or free of charge, and usually quite accessible, they have the added potential for providing recreation sites for urban residents who may not have access to alternative recreation spaces, such as backyards. As such, studying park activity patterns has been an area of interest for several years (i.e., 10-16). For example, Collingwood and colleagues examined visitor’s hiking patterns in Rocky Mountain National Park while other studies examined the relationship between living near a park and people’s subsequent physical activity levels. Other studies have used infrared counters or environmental audits to examine park and trail features; however, these studies did not address factors that influence regular physical activity within local park boundaries nor did they examine park user preferences or variability by race, ethnicity or gender. Indeed, few studies of park and park trail activity have examined gender; and even fewer (i.e., 21, 22) have focused specifically on the park use patterns of Latinos despite studies that show this population is at particular risk for the health consequences of physical inactivity. Without a better understanding of Latinos’ park use patterns both as a group but also in terms of gender, methods to encourage active park use among this sub-group may be ineffective or misguided. Further, understanding how Latinos’ use different types parks, such as city parks and regional parks, for physical activity would be helpful.

However, park activity patterns alone do not tell the whole story, and simply providing park lands and walking trails may not be sufficient to promote increased physical activity among
the Latino population. Rather, many other important factors affect whether or not people are active. The leisure constraints literature has been particularly useful in understanding this issue, and constraints scholarship suggests that variables which could potentially limit activity include, but are not limited to, safety\textsuperscript{23}, weather\textsuperscript{24} perceived racial boundaries\textsuperscript{13,25}, fatigue\textsuperscript{26}, time\textsuperscript{27}, cultural expectations\textsuperscript{3} and family obligations\textsuperscript{28}, and all play a role in whether or not people visit parks and the activities they choose while at the parks. Moreover, constraints are not universal\textsuperscript{29} and instead may vary by gender\textsuperscript{30}. Therefore, studying constraints in the context of people’s life situations and how these constraints impact park use is important.

Therefore, the purpose of this paper was to utilize survey data to empirically examine Latino men and Latina women’s use of different types of public parks for physical activity as well as the constraints they may face in using these sites more often for physical activity. In particular we wanted to understand gender differences in order to be more sensitive to variations within the Latino population.

Methods

This national, multiyear study funded by the USDA Forest Service sought to identify and compare park visitors’ use patterns and the health benefits gained by visiting urban-proximate (e.g., city park) and urban-distant (e.g., national forest or state or regional park 50 miles or more from city) parks.. For this particular paper, comparisons were made between Latina women and Latino men in order to gain insight into potential gender differences.

The methods used for this study included on site questionnaires which were employed to interview users at two sites selected in each of the following metropolitan areas: Los Angeles, Minneapolis, and Chicago for a total of six sites. At each metropolitan area, an urban-proximate site and an urban-distant site were selected (See Table 1). These sites were selected after
carefully examining both types of parks in each of the metropolitan areas. As much as possible, efforts were made to select urban-primate parks and urban distant parks that had similar amenities and urban density across the three geographic areas. One of the researchers visited each park to determine comparability. Major cities were selected due to their proximity to the three primary investigators.

Both English and Spanish versions of the surveys were utilized, although most park visitors completed the English version. The survey underwent human subjects review at each contributing institution and was peer reviewed at the USDA Forest Service before being pilot tested. Informed consent was obtained from each participant. The sample was selected by using the saturation sampling technique wherein interviewers attempted to contact all available visitors who were 18 years of age or older at the park sites during the data collection times. Data collection took place during both weekends and weekdays through the spring, summer and fall of 2006. Data collection times varied throughout the day in order to obtain information from all types of visitors. In addition, multiple visits were made to each location in order to reach the target sample size. Trained interviewers kept track of response rates and logged information (e.g., number in group, reason could not approach, activity, etc) about “unapproachable” visitors, those who were actively participating in an activity and could not be stopped. The response rates were as follows: 83.3% for MN sites, 60.4% for CA sites, and 79.0% for IL sites. Survey interviews typically lasted under 30 minutes.

From a total sample of 1,726 respondents, 37.9% \( n = 639 \) self-identified as “Hispanic or Latino,” and for the purposes of this paper, only the data obtained from these respondents are considered. In each metropolitan area, there were greater percentages of visitors at the urban-
proximate sites who self-identified as “Hispanic or Latino” as compared to the urban-distant sites (see Table 1).

The surveys covered a range of issues about parks, but of particular interest to this study are items related to park use patterns, activity choices, site attributes, constraints to park use, and general physical activity. To begin, respondents were asked several general questions about their visit including: “How did you get here today?” “How long did it take you to get here?” and “How long will you stay here?” Respondents were also asked to indicate if this was their first visit to the area, and if not, how many total times they had visited the area previously. To determine the activities participants were engaged in during their park visit, they were asked “What is your main activity today?” and were given a list of various activities (e.g. jogging, playing with kids, swimming, relaxing, biking, etc) to choose from along with the option of “other, fill in the blank.” They were also asked “Do you come here for physical activity?” and were given a dichotomous yes/no response choice.

In a separate question, all respondents were asked about specific site attributes with the question, “How important are each of the following to whether you choose this area for physical activity?” A list of attributes was provided and respondents were asked to rate each attribute on a 5-point Likert-type scale (ranging from 1=very important to 5=very unimportant). Attributes included such items as restrooms, parking, benches, feeling safe from crime, and beauty.

For this particular study, respondents who indicated that they used the site for physical activity were also asked “How much do you agree or disagree that the following keep you from coming to this area more often for physical activity?” Again, we provided a list of constraints which was compiled from those constraints typically found in general leisure scales (e.g., not enough time, not enough money, fear of physical assault) as well as items that are utilized in
Latinos physical activity research on parks and open space\textsuperscript{32}. As before, respondents were asked to rate each of these constraints on a 5-point Likert-type scale (ranging from 1=strongly disagree to 5=strongly agree).

Several questions were asked to gain greater insight into respondents’ overall health including “Where do you usually do your physical activity?” which had the following response options: “this area,” “a different park/recreation area,” “home,” “school,” ”fitness center,” and “other.” Respondents were also asked, “Would you say your health, in general is ____” and the options included “poor,” “fair,” “good,” “very good,” “excellent,” or “not sure.” Additionally, the survey included items modeled after the International Physical Activity Questionnaire\textsuperscript{33} and the Behavioral Risk Factor Surveillance System\textsuperscript{34}. For instance, respondents were asked to indicate “how many days per week do you participate in a physical activity at a moderate level (causes small increases in breathing or heart rate) for at least 10 minutes?” and this was followed by a question that asked “On days when you do moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?” The same format was also used for vigorous physical activity which was defined as activity that “causes large increases in breathing or heart rate.” Additionally, respondents’ height and weight information were collected to calculate each respondent’s Body Mass Index (BMI). In accordance with CDC scales, respondents with a BMI of 25-30 were considered to be overweight, whereas respondents with a BMI over 30 were considered to be obese\textsuperscript{36}. Finally, the survey contained general demographic items including education level, language preferences, race, gender, and age. In accordance with the purpose of the study (to make comparisons by gender) Analyses of Variance (ANOVA) and chi-square analyses were used to determine differences.

Results
The overall sample was made up of equal numbers of Latina women and Latino men (317 each—gender information was missing for 5 respondents), and as a reminder only these Latino respondents were included in this study. In general, the men in the sample were slightly older than the women (men’s $M = 37$; women’s $M = 35$; $F = 4.32$; $p < .05$). The largest proportion (42.3%) had completed high school or a GED, followed by eighth grade (26.7%) and some college (12.6%). Among the respondents, 66.5% reported that they were not born in the United States; however, they had lived in the United States for a mean of 14.9 years with a range of less than one year to 45 years.

The majority of respondents suggested an overall preference for bilingual communication in their responses to the question, “What languages do you prefer to use at home, for radio/television, for magazines/newspapers, for music, and at parties/get-togethers?” For instance, 44.7% of respondents preferred to use only non-English at home while 45.3% preferred to use two languages equally. Only 10% of respondents spoke only English at home.

Across all sites, it took respondents an average of 25 minutes (SD = 42 minutes) to travel to the site. The shortest travel time was reported to Humboldt Park (12 minutes), followed by Hawkins Park (15 minutes) and Powderhorn Park (18 minutes). The urban-distant parks had longer travel times (Channahon Access = 43 minutes, San Gabriel Canyon = 54 minutes, and Wild River State Park = 1 hour 26 minutes).

Overall, respondents traveled to the sites most frequently by car (59%) followed by walking (36.5%). However, only those who were visiting the urban-proximate sites walked (46.5% at Hawkins Park, 45.7% at Humboldt Park, 59.6% at Powderhorn Park) whereas none of the respondents indicated that they had walked to the urban-distant sites. These responses did
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not statistically vary by gender. Although the option of “bus/train” was given, only seven respondents indicated they had used this type of transportation to get to the site.

The amount of time respondents planned to stay at the various sites differed. The shortest average time was at the urban-proximate sites (1 hour 16 minutes at Powderhorn Park, 2 hours 10 minutes at Hawkins Park, and 2 hours 38 minutes at Humboldt Park). At the urban-distant sites, respondents expected to stay longer periods of time (2 hours 30 minutes at Wild River State Park, 3 hours 30 minutes at Channahon Access, and 5 hours 06 minutes at San Gabriel Canyon). Again there was no difference by gender as the average trip stay for women was 2 hours 37 minutes compared to men at 2 hours 53 minutes.

The majority of visitors at all sites were repeat visitors (ranging from 59.3% repeat visitors at San Gabriel Canyon to 96.1% at Humboldt Park) and women and men did not vary in their responses. Humboldt Park repeat visitors had visited the park an average 397 times, followed by Powderhorn Park who reported an average of 269 times. The other reported averages were much lower (Channahon Access = 25.0 times, San Gabriel Canyon = 19.86 times, Hawkins Park = 10.97 times, and Wild River State Park = 4.6 times). Men and women did not statistically differ in how many times they had visited any of the sites.

Comparisons were also made in terms of park activity choice. When considering all sites together, Latino males and females participated in similar activities but with some variation. For women, the most common activities, in order of frequency, were playing with kids, relaxing, picnicking, walking/hiking, and biking whereas for men the order was relaxing, playing with kids, walking/hiking, picnicking, and group sports. Main activities did vary by location and a summary of activities by site can be found in Table 2. Male and female visitors did not respond
differently to the question, “Do you come here for physical activity?” as 61% of the men and 56% of the women indicated yes.

Analyses of Variance (ANOVA) indicated women and men differed in their responses on two items related to important park characteristics in that women rated “feeling safe from crime” and “feeling safe from injury” more important than did men (see Table 3). Overall, across all sites, the most important amenities/characteristics were “beauty,” “maintenance,” and “cleanliness of facilities.” The least important items were “parking,” “lighting,” and “rental equipment available.” It is noteworthy that out of all the amenities/characteristics, only two items (lighting and rental equipment available) had means greater than 2.0. In other words, almost all the items listed on the questionnaire were very important or important to visitor’s choice of the site for physical activity.

We asked the respondents who used the parks for physical activity about the factors that constrain them from coming to the site for physical activity more frequently. Analyses of Variance (ANOVA) results indicated that overall across the six sites, women and men responded differently to several items (see Table 4). Women were significantly more likely to be constrained by “not enough lighting,” “fear of physical assault,” “fear of theft,” and “fear of sexual assault” than were men. Although not always statistically significant, in general men indicated a lesser degree of constraint for most factors except they were slightly more constrained by “there are too many people here” than were women. This finding could be related to women’s concern about safety and thus feeling better when more people are present.

When men’s and women’s responses were combined, the highest rated constraints were “family obligations” (48.7% agreed or strongly agreed that family obligations kept them from coming to the site for physical activity more often) and “not enough time” (52.9% agreed or
strongly agreed that not having enough time kept them from coming to the site for physical activity more often).

The greatest percentage (46.5%) of respondents participated in physical activity at the study site where they were surveyed, followed by at home (39.4%), at a different park/recreation area (19.4%), at a fitness center (11.7%) and at school (1.7%). There were significant differences between women and men in their response to two items in particular; more women than men reported that they usually exercised at home ($X^2=5.93; p < .9$), and more men than women reported that they exercised at the site where they were surveyed ($X^2 = 4.61; p < .05$).

Furthermore, some respondents also wrote in places where they regularly participated in physical activity. Most notably, 49 respondents reported that they usually get physical activity at work. It also became clear that urban-proximate park sites were more likely to be used for regular physical activity than were urban-distant sites. Specifically, 66.7% of respondents from Powderhorn, 66.7% of respondents from Humboldt, and 46% from Hawkins reported that they usually do their physical activity at those locations compared to 25% at Wild River State Park, 9% at Channahon and 16.3% at San Gabriel Canyon.

When respondents were asked about their perceived health status, women and men across all sites rated their overall health differently ($X^2 = 11.61; p < .05$) in that more men reported that their health was “very good” or “excellent” whereas more women reported that their health was “poor,” “fair,” or “good.” Interestingly however, there was not a statistical difference by gender in average BMI’s (Women’s $M = 26.49$; Men’s $M = 27.21$). Moreover, when respondents were asked about the number of days per week they participated in moderate physical activities (defined as causes small increases in breathing or heart rate), women and men did not differ in their responses (Women’s $M = 4.17$ days; Men’s $M = 4.33$ days). However, men did report
spending more total time per day participating in moderate activities than did women (Women’s $M = 1:34$; Men’s $M = 2:01$; $F = 5.60$; $p < .05$). Further, when asked about physical activity at a vigorous level (defined as causes large increases in breathing or heart rate), there was a significant gender difference in terms of the frequency of vigorous physical activity (Women’s $M = 1.91$ days; Men’s $M = 2.50$ days; $F = 8.74$; $p < .05$) and in the amount of time spent on vigorous activity on those days (Women’s $M = 1:00$; Men’s $M = 1:30$; $F = 11.20$; $p < .01$).

Conclusions and Discussion

To put our results in context within the Latino population (recognizing that it is a large and diverse group), it is important to note that the majority of our sample (66.5%) was born outside of the United States but had been living in the U.S. for an average of 14.9 years. As such, our data is likely most appropriate for providing insight into the physical activity behavior and public park use patterns of Latino immigrants who have been living in the United States for extended periods of time but who were not born in the United States. Moreover, we found strong preferences for bilingual communication among these Latino respondents which may also indicate the specific subpopulation that our data is best suited to address.

Both women and men in this study reported high rates of moderate physical activity, contrary to other studies (e.g., 6). This high level of activity may be due to surveying people who were already at a park and are therefore more likely to be active, or it may reflect various gendered definitions of physical activity (i.e. women were more likely to report that they engaged in moderate physical activity at home than were men – this moderate activity may include gendered activities including childcare or household duties as opposed to walking on a home treadmill). Nonetheless, it may also be the case that our findings are limited by using self-reported physical activity data rather than more objective measures (e.g., accelerometers). While
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self-report measures tend to overestimate physical activity levels, they are common for population studies due to practicality (cost and low participant burden) and because they do not alter behavior\textsuperscript{37}. Moreover, even overestimated values are useful in relative terms to look at relationships and compare groups within a sample, as we have done in this study.

More than 50\% of respondents overall reported coming to the site for physical activity. The most frequently mentioned activity among men was “relaxing” whereas among women it was “playing with kids.” This finding may relate to ethic of care considerations\textsuperscript{38} and may also suggest the persistence of distinct gender roles and activities within park settings. As some studies have reported, Latina women are culturally expected to engage in high levels of household and care-giving duties\textsuperscript{39,40} and as such Castro and colleagues\textsuperscript{41} identified lack of childcare as one of the barriers for minority (particularly Latina) women’s exercise and planned physical activity participation. As family leisure researchers have long suggested\textsuperscript{38,42,43} these constraints and expectations may extend into leisure time activities and may also influence park use patterns and activity choices.

Despite their higher reported physical activity levels, the average BMI for both women and men in this study was in the “overweight” category. However, the average Mexican-American is even more overweight than were our respondents. Although our respondents were not just from Mexico but instead were from all over Latin America, if we use the available statistics concerning Mexican Americans as a point of comparison, our female respondents’ average BMI was 26.49 and our male respondents’ average BMI was 27.21, while the National Health and Nutrition Examination Survey reported Mexican-American women’s average BMI was 29.0 and Mexican-American men’s average was 28.0\textsuperscript{44}. This comparison suggests that our respondents, particularly the women, had lower BMIs than the national average despite being in
the overweight category. This may correlate to their higher rates of activity and/or it may be related to self-reporting error, or it may reflect respondent’s unwillingness to reveal their weight in front of their park companions or to survey workers. Moreover, even though men were on average slightly more overweight than women, they were nonetheless more likely to indicate that their health was “good” or “excellent.” While we recognize that health encompasses more than weight, this finding, when considered in tandem with our finding that men and women also participate in comparable amounts of moderate activity, may suggest that Latino men may feel more confident regarding their health status than do Latina women. We cannot speculate as to why this may be without understanding each person’s medical history, however we found it an interesting and clear pattern across all sites.

We also uncovered barriers to more frequent physical activity across our sample as a whole in that both men and women indicated that they did not visit the sites for physical activity as much as they would like because of family obligations and lack of time. However, we also found gender variations in terms of the constraints to physical activity experienced by our respondents at the sites. Our findings indicate that Latina women who use the park sites for physical activity were not doing so as often as they would like due to safety concerns including fear of theft, fear of physical assault, fear of sexual assault and not enough lighting. Our findings specific to fear support the findings of Bialeschki\textsuperscript{23} and others who have found that women experience more fear-based barriers to public land use than do men.

Our findings also indicate that transportation may also play a role in park visitor’s physical activity levels. When we examined our data set overall, we found that the majority of respondents drove to reach the park sites; however, when we examined only urban-proximate locations, we found that nearly half of all respondents walked, taking an average of 14 minutes to
reach the park. This finding suggests that city parks may influence people’s physical activity levels not only inside but also outside their boundaries by acting as destinations. This suggestion supports the work of Greenburg and Renne\(^45\) and others who have found that walkable neighborhoods promote physical activity, as well as those who noted the importance of parks as destinations within walkable neighborhoods\(^46\).

This study also illustrates the importance of understanding people’s lives in context. A study of physical activity patterns cannot focus on planned exercise alone. Instead, we must recognize the gender differences that may cause some people to engage in more utilitarian types of physical activity during their daily work lives (i.e. manual labor or childcare) with the result that park visitation time becomes a chance for relaxation and socialization. Therefore, future surveys of park activity patterns should also include questions about people’s work/family lives in order to create a more complete picture of their physical activity levels. Although respondents in this study were provided with an “other, fill in the blank” option for listing their physical activities, not all respondents may think to list work or home-based activity unless they are specifically asked. We used modified versions of the IPAQ questionnaire\(^33\) and BRFSS\(^34\) for this study, and we did not include questions about work. If a certain segment of the population is getting a large amount of physical activity at work or in day-to-day childcare activities, parks may serve to fill important health needs, but those needs may not be as clear as walking or jogging and instead may be more passive, such as relaxing or spending time with family (the very activities that our respondents reported they participated in frequently at the study sites). And as noted earlier, these types of activities are also important to the World Health Organization’s definition of health that encompasses aspects of physical, mental and social well-being.
Finally, this study suggests specific action points for park professionals. Overall, our data suggest that Latinos are using parks for physical activity; and specifically, our data suggests some ways of promoting and enhancing this type of usage. For instance, our data suggest that Latina women who visit parks are not only engaging in physical activity, but would also engage in more activity if certain safety concerns were addressed. Moreover, the particular subpopulation of Latinos that we accessed (i.e. those born outside the United States) showed a preference for bilingual modes of communication. While we did not specifically ask about signage, we did notice that all signs in all parks were only in English. As such, it may be beneficial to include Spanish signs in order to communicate fully with some Latinos.

In conclusion, the purpose of this paper was to examine Latino men and Latina women’s use of different types of public parks for physical activity as well as the constraints they may face in using these sites more often for physical activity. In particular we wanted to understand gender differences in order to be more sensitive to variations within the Latino population. Hopefully, with a better understanding of Latinos’ park use patterns both as a group but also in terms of gender, methods for encouraging active park use among this sub-group may be more effective.
References


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35. Centers for Disease Control. About BMI for adults, 2006. Available at:


Table 1

Study Sites

<table>
<thead>
<tr>
<th>Park Name</th>
<th>Humboldt Park (IL)</th>
<th>Channahon Access (IL)</th>
<th>Hawkins Park (CA)</th>
<th>San Gabriel Canyon Recreation Area (CA)</th>
<th>Powderhorn Park (MN)</th>
<th>Wild River State Park (MN)</th>
</tr>
</thead>
<tbody>
<tr>
<td>N</td>
<td>129</td>
<td>22</td>
<td>187</td>
<td>147</td>
<td>146</td>
<td>8</td>
</tr>
<tr>
<td>Type</td>
<td>Urban-Proximate</td>
<td>Urban-Distant</td>
<td>Urban-Proximate</td>
<td>Urban-Distant</td>
<td>Urban-Proximate</td>
<td>Urban-Distant</td>
</tr>
<tr>
<td>Location &amp; Access</td>
<td>located in West Chicago accessible by bus, bicycle, foot and car</td>
<td>located one hour southwest of Chicago accessible by car; also connected by foot and bike path to local trail system</td>
<td>located in South Central Los Angeles accessible by bus, bicycle, foot and car</td>
<td>located one hour northeast of the Los Angeles accessible by car</td>
<td>located in south Minneapolis accessible by bus, bicycle, foot and car</td>
<td>located one hour northeast of the Minn./St. Paul accessible by car</td>
</tr>
<tr>
<td>% Latino</td>
<td>53.3%</td>
<td>11.8%</td>
<td>89.9%</td>
<td>64.5%</td>
<td>31.5%</td>
<td>2.2%</td>
</tr>
</tbody>
</table>
Table 2

Top Five Park Activities by Site

<table>
<thead>
<tr>
<th>Humboldt Park (IL)</th>
<th>Channahon Access (IL)</th>
<th>Hawkins Park (CA)</th>
<th>San Gabriel Canyon (CA)</th>
<th>Powderhorn Park (MN)</th>
<th>Wild River State Park (MN)</th>
</tr>
</thead>
<tbody>
<tr>
<td>playing with kids (32%)</td>
<td>Biking (27%)</td>
<td>playing with kids (32%)</td>
<td>Picnicking (41%)</td>
<td>walking/hiking (32%)</td>
<td>Biking (38%)</td>
</tr>
<tr>
<td>relaxing (27%)</td>
<td>playing with kids (27%)</td>
<td>Relaxing (32%)</td>
<td>Relaxing (22%)</td>
<td>playing with kids (25%)</td>
<td>walking/hiking (25%)</td>
</tr>
<tr>
<td>walking/hiking (9%)</td>
<td>Fishing (22%)</td>
<td>Picnicking (15%)</td>
<td>Swimming (15%)</td>
<td>Relaxing (16%)</td>
<td>Canoeing (13%)</td>
</tr>
<tr>
<td>fishing (9%)</td>
<td>Picnicking (9%)</td>
<td>walking/hiking (9%)</td>
<td>walking/hiking (7%)</td>
<td>group sports (10%)</td>
<td>Relaxing (13%)</td>
</tr>
<tr>
<td>Picnicking (7%)</td>
<td>Relaxing (9%)</td>
<td>dog walking (4%)</td>
<td>Biking (4%)</td>
<td>Picnicking (4%)</td>
<td>Fishing (13%)</td>
</tr>
</tbody>
</table>
Table 3
Importance of Site Attributes Between Latino Women and Men

<table>
<thead>
<tr>
<th>Site Attributes</th>
<th>Overall Mean</th>
<th>Men’s Mean</th>
<th>Women’s Mean</th>
<th>F-value</th>
<th>p-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beauty</td>
<td>1.37</td>
<td>1.38</td>
<td>1.34</td>
<td>0.59</td>
<td>0.44</td>
</tr>
<tr>
<td>Maintenance (e.g., fountains work)</td>
<td>1.40</td>
<td>1.40</td>
<td>1.35</td>
<td>0.77</td>
<td>0.38</td>
</tr>
<tr>
<td>Cleanliness of facilities (e.g., toilets)</td>
<td>1.40</td>
<td>1.38</td>
<td>1.34</td>
<td>0.90</td>
<td>0.34</td>
</tr>
<tr>
<td>Restrooms</td>
<td>1.41</td>
<td>1.40</td>
<td>1.32</td>
<td>2.77</td>
<td>0.10</td>
</tr>
<tr>
<td>Feeling safe from crime</td>
<td>1.43</td>
<td>1.49</td>
<td>1.33</td>
<td>8.34</td>
<td>0.00</td>
</tr>
<tr>
<td>Walking/hiking/biking paths</td>
<td>1.44</td>
<td>1.43</td>
<td>1.44</td>
<td>0.01</td>
<td>0.91</td>
</tr>
<tr>
<td>Feeling safe from injury</td>
<td>1.52</td>
<td>1.61</td>
<td>1.42</td>
<td>8.56</td>
<td>0.00</td>
</tr>
<tr>
<td>Easy to get here</td>
<td>1.55</td>
<td>1.55</td>
<td>1.54</td>
<td>0.01</td>
<td>0.94</td>
</tr>
<tr>
<td>Benches</td>
<td>1.56</td>
<td>1.56</td>
<td>1.52</td>
<td>0.35</td>
<td>0.56</td>
</tr>
<tr>
<td>Drinking fountains</td>
<td>1.61</td>
<td>1.57</td>
<td>1.49</td>
<td>1.39</td>
<td>0.24</td>
</tr>
<tr>
<td>Close to home</td>
<td>1.65</td>
<td>1.62</td>
<td>1.66</td>
<td>0.34</td>
<td>0.56</td>
</tr>
<tr>
<td>Being near water</td>
<td>1.73</td>
<td>1.66</td>
<td>1.67</td>
<td>0.03</td>
<td>0.87</td>
</tr>
<tr>
<td>Parking</td>
<td>1.95</td>
<td>1.79</td>
<td>1.66</td>
<td>2.07</td>
<td>0.15</td>
</tr>
<tr>
<td>Lighting</td>
<td>2.85</td>
<td>1.84</td>
<td>1.72</td>
<td>1.52</td>
<td>0.22</td>
</tr>
<tr>
<td>Rental equipment available</td>
<td>4.13</td>
<td>2.36</td>
<td>2.14</td>
<td>3.40</td>
<td>0.07</td>
</tr>
</tbody>
</table>

Note: Responses were based on a 5-point Likert scale with 1=very important and 5=very unimportant
Table 4
Constraints Affecting Physical Activity

<table>
<thead>
<tr>
<th>Constraints</th>
<th>Overall Mean</th>
<th>Men’s Mean</th>
<th>Women’s Mean</th>
<th>F-value</th>
<th>p-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not enough time</td>
<td>3.13</td>
<td>3.06</td>
<td>3.03</td>
<td>.04</td>
<td>.84</td>
</tr>
<tr>
<td>Family obligations</td>
<td>3.04</td>
<td>2.92</td>
<td>3.17</td>
<td>3.08</td>
<td>.08</td>
</tr>
<tr>
<td>Not enough energy</td>
<td>2.72</td>
<td>2.69</td>
<td>2.81</td>
<td>.15</td>
<td>.70</td>
</tr>
<tr>
<td>Not enough lighting</td>
<td>2.52</td>
<td>2.42</td>
<td>2.67</td>
<td>3.97</td>
<td>.05</td>
</tr>
<tr>
<td>Gangs coming here</td>
<td>2.44</td>
<td>2.38</td>
<td>2.51</td>
<td>.92</td>
<td>.34</td>
</tr>
<tr>
<td>Fear of physical assault</td>
<td>2.40</td>
<td>2.30</td>
<td>2.53</td>
<td>3.39</td>
<td>.05</td>
</tr>
<tr>
<td>Fear of theft</td>
<td>2.36</td>
<td>2.25</td>
<td>2.49</td>
<td>4.12</td>
<td>.04</td>
</tr>
<tr>
<td>Fear if sexual assault</td>
<td>2.32</td>
<td>2.09</td>
<td>2.54</td>
<td>15.28</td>
<td>.00</td>
</tr>
<tr>
<td>Location is not close enough to my home</td>
<td>2.30</td>
<td>2.15</td>
<td>2.14</td>
<td>.71</td>
<td>.40</td>
</tr>
<tr>
<td>Fear of racial conflict</td>
<td>2.29</td>
<td>2.19</td>
<td>2.37</td>
<td>2.41</td>
<td>.12</td>
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<tr>
<td>People drinking alcohol</td>
<td>2.25</td>
<td>2.16</td>
<td>2.33</td>
<td>2.16</td>
<td>.14</td>
</tr>
<tr>
<td>Having no one to go with</td>
<td>2.24</td>
<td>2.09</td>
<td>2.30</td>
<td>3.05</td>
<td>.08</td>
</tr>
<tr>
<td>This area does not offer activities I want</td>
<td>2.23</td>
<td>2.10</td>
<td>2.31</td>
<td>.01</td>
<td>.92</td>
</tr>
<tr>
<td>Not enough money</td>
<td>2.17</td>
<td>2.08</td>
<td>2.19</td>
<td>1.07</td>
<td>.30</td>
</tr>
<tr>
<td>There are too many people here</td>
<td>2.15</td>
<td>2.12</td>
<td>2.06</td>
<td>.07</td>
<td>.79</td>
</tr>
<tr>
<td>Feeling unwelcome</td>
<td>2.11</td>
<td>2.04</td>
<td>2.22</td>
<td>2.71</td>
<td>.10</td>
</tr>
<tr>
<td>The bus and train don’t come here</td>
<td>2.00</td>
<td>1.87</td>
<td>2.07</td>
<td>.33</td>
<td>.57</td>
</tr>
<tr>
<td>This area does not have enough trees and grass</td>
<td>1.89</td>
<td>1.82</td>
<td>1.85</td>
<td>3.04</td>
<td>.08</td>
</tr>
</tbody>
</table>

Note: Responses were based on a 5-point Likert scale with 1=strongly disagree and 5=strongly agree