

The UMass Worcester Prevention Research Center, located at UMass Medical School in Worcester, MA, is a member of the CDC's Prevention Research Center (PRC) network. Our work promotes healthy lifestyles through increased opportunities for physical activity, healthy eating and healthy weight. For more information, visit: [www.umassmed.edu/prc](http://www.umassmed.edu/prc)

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# Research Brief

## Characteristics of neighborhoods that influence the physical activity of Latino adults in Massachusetts

### Overview

-BXXXXXXXXXXXXXFCXBOBSXTMMBSXBTX  
 BOXMMTBOMIQQMSXSXLMXXXXBT  
 BMBMMXBMMXBBMMXBSXQXMMBSXBOVXBXT  
 SXSBOMMSXIX  
 BBSBBLXXXMXXXXTQBVSSSIX  
 SBSBBSXIQ-BBBSXOMXIXSXBOBVOSTBOBSBXT  
 QXMMBSXSBMMBSOXBBXCMXMOBSIX

-BMMMXBMTXBSXBSBXO

SBBXCVT

### Main Questions

- 8I BUBSUFIDIBSDUFSXJUTO FX ICP SIPPEBSF  
 SFNUFEUPQIXXMBMDUWXXX BHS PVQPG-BUIP  
 BEVMUT
- 8IBUOFXICPSIPPEDIBSDUFSX TUXTBSFSFMBUFEUP  
 TFEFOUBSXFTTPSUIXFTQFOUT XUXHXBHSPVQPG  
 XBXDDBBEVULT  
 XBSBXBXSTXVMXBO BOBMMXBSX  
 BMBOMIX BMM X BMBMMX X  
 BSBXTBMTX BBSX VOX  
 BBSBX SXQSXB TMMX X  
 BBSX OXXSTMX B TLX  
 -BSXB B X XS-BS XOX  
 BBS-BS XBMXVX BSXOX X  
 X OBXT TMMX B MX  
 QBSEBOIX TMDT BTVMIX B T  
 BMVB B QBSBX BBSX  
 XMBMMX BBSX TMMX  
 QXMMB BMMVMLX OMBSEXX S  
 BOMX OMBX BBSX XXTVBT  
 BOMXVX SBBS BX CVT  
 BOMX BMLBCMXXSXX XOX  
 XBSBMBXX XMVX  
 SBMTBIX OMBB BTBOBMTX X  
 BBSX



### Spotlight on Results

- -BBSMLBCMBSXT  
 BTTBOSETMXXIX  
 OXMMBMXBMXVQS  
 IX
- SSSSVVBSXTBT  
 BTTBSBSBXX  
 Qr r

### The Bottom Line

SBMM XXXMVMXIX X  
 BOMXMBX XMMXMLX  
 X SXOX OVXQSBSX BT  
 X SMLBCMVMTX BMLTMMBSX  
 TBSX BBSX XBSX  
 XBSOX TMMX  
 BTBOBT TBSX XMBM  
 BSBX BOSX BOBXX TX

**Contact**  
 BMSIX BBSIX BOMX SBMX  
 BBSIX STTTB MXX BMM  
 X BSBT TMMT-B LBVBSX  
 BMSIX MBTTM

### Source

XXX X TBM SX BSX SBX XOX X CS XX X  
 XOXOXOX XSMBSX QXX BMBX XBOBBSBXX  
 BBSX BBSX XBSX

### Call for Action

- X BOXLBBSXSMLCMXX  
 TVXXBTBSXMLTBOBLOVVSX  
 XBSXBQMBXMLBSBTX  
 QXMBX BMMXSXBT  
 BBSBXBXOXMMBSX  
 BBTQXX