ABSTRACT

**Title**: A Feasibility Study and Promising Effect of a Community-Based Zumba® Program on Health and Physical Activity Among Midlife Filipino Women

**Background:** The purpose of this study was to assess the effects and impacts of a culturally relevant physical activity program on physical and psychological measures among middle-age Filipino women.

**Methods:** 21 participants (*M* age = 55.88, *SD* = ± 9.479) were recruited through Filipino community based organizations located in the Greater Philadelphia region. Participants attended three Zumba® classes per week at the Filipino affiliated CBOs and were led by a certified Zumba instructor of Filipino ethnicity. A paired samples t-test was conducted to detect the differences between the pre-and post- outcome measures.

**Results:** A total of 16 out of 21 participants completed the intervention and the post-intervention assessment (76% retention rate). Adherence to the Zumba classes was 42.46% among participants who completed the post-intervention. With regards to pre- and post- primary outcome measures, there was a significant reduction in body weight (-3.18±2.6 lbs., p < 0.001), BMI (-0.44±0.49 kg/m2, *p* = 0.002), and increase in flexibility (1.93±3.22 cm, *p* = 0.035) among the participants. There were no statistically significant differences in exercise motivation inventory (EMI-2) subscales, except affiliation scores increased among participants overall (-0.750±1.384, *p* = 0.047).

**Discussion:** Findings from this study suggest that the Zumba intervention helped to significantly reduce weight and BMI and increase flexibility in participants. From a practical standpoint, the incorporation of this culturally relevant programs can potentially enhance health outcomes for Filipino women. Future research can examine the long-term impacts of Zumba and other exercise modalities for chronic disease prevention and management.

**Learning objectives:**

Describe the effects of a culturally-based physical activity program implemented in a diverse ethnic population.

Demonstrate the improvement of health outcomes from a physical activity intervention program.

**Suggested sections:**

Student Assembly

Asian & Pacific Islander Caucus for Public Health

Women’s Health