



Background

Obesity

- Among Hispanic/Latino children obesity prevalence is 26.2% (CDC, 2022).
- Childhood obesity can lead to cardiovascular disease, asthma and type 2 diabetes, which are highly prevalent in the Hispanic population, especially during adulthood (Vigo-Valentín, 2017).

Sedentary Behavior (SED)

- Children spend up to 6.0 h/day and adolescents spend up to 8.5 h/day in SED (Santiago-Rodríguez et al., 2022).
- Sedentary lifestyles increase all causes of mortality and can double someone's risk of obesity, diabetes, and other chronic diseases (WHO, 2002).