

“A Nosotros, Todos Los Latinos, El Baile Nos Gusta”: A Qualitative Analysis of a Remote Latin Dance Program for Older Latinos

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Introduction

- Older Latinos have the highest prevalence of physical inactivity, leading to poor health outcomes.
- Remote culturally tailored physical activity (PA) programs, such as Latin dance, provide an engaging and accessible way to promote movement and improve overall health.

Aim

- This study explores the perceptions of Latinos participating in a six-month, remote Latin dance program, BAILAMOS™, identifying key facilitators and barriers to participation.

Methods

- A focus group was conducted via Zoom with four participants (Mage = 63.50 ± 5.12, 75% female) after they completed a six-month online program.
- Questions were asked regarding their perceptions of the program, including barriers and facilitators they experienced.
- The Zoom call was then transcribed and qualitatively analyzed in Spanish using grounded theory by two coders.

Conclusion

- Culturally relevant physical activity programs can effectively engage Latinos by addressing cultural preferences and barriers.
- Future programs should include more scheduling flexibility and digital access to promote participation.

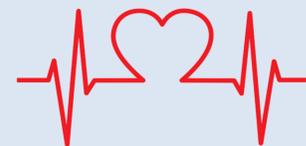
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Results

Three themes emerged from the focus group. 1) Positive behavior change, 2) Cultural and personal values, 3) Program's benefits, challenges, and opportunities for growth.

Theme 1: Positive behavior change described how the participants were motivated to participate in PA



Pre-intervention: "Y viene cansado por ahí que no tiene ganas. Tiene ganas de tirarse en el sofá, o no hacer nada"

"And I come around so tired that I don't feel like it. I feel like lying on the couch, or doing nothing."

Post-intervention: "Como que me han animado mucho a que, a bailar, a mover mi cuerpo, entonces eso también me a motivado a mi para poder caminar y a llegar el día de hoy."

"It's like they've really encouraged me to dance, to move my body, so that has also motivated me to walk and get to where I am today."

Theme 2: Cultural and personal values, emphasized the connection with their heritage through music and dance



"Yo disfruté mucho de la bachata, a mí me gusta mucho el merengue, la salsa me gusta, pero, como dije anteriormente, no lo sé bailar bien pero, aprendí nuevos pasos, y el flamenco me gusto, me gusto porque es algo diferente

"I really enjoyed bachata; I really like merengue and salsa too. I like salsa, but like I said before, I don't know how to dance it well. However, I learned new steps, and I liked flamenco, I liked it because it's something different."

"Oír la musiquita de nosotros es muy agradable, y no hay como así, no hay como haya que todas las fiestas bailan uno, aquí no, entonces eso exceso es bueno, para uno es bueno."

"Hearing our music is very pleasant, and it's not like, well, not all parties have dancing like we do here. So that excess is good, it's good for us."

Theme 3: Program's benefits, challenges, and opportunities for growth, where participants appreciated the accessible format while suggesting improvements such as more flexible scheduling.



"La música y el baile para mí personalmente, me da alegría, me mantiene viva, me mantiene pues con esa energía positiva."

"Music and dance, for me personally, gives me joy, keeps me alive, keeps me with that positive energy."

"Yo pienso que, dos horas seguidas es muy cansado, a mí se me ha hecho muy cansado."

"I think that two hours straight is very tiring; for me, it has been really exhausting."

Participant 25: "It was something we enjoyed doing—exercising—because daily life is hectic, and sometimes we don't have the time to move our bodies. I think dance is the best exercise there is; it moves the whole body and is a complete workout."