

Abstract

- Body image is a key component of social comparison whereby individuals may establish an inferiority complex based on the image standards and threshold set by those in their social scene.
- As the Hispanic/ Latino population grows in the U.S., youth may experience culture shock based on body image, resulting in the development of health and mental health issues (Adler, 1977).
- The study makes use of secondary data from the Health Behavior in School-Aged Children (HBSC) study that includes over N=12,642 students
- Multiple Chi-Square tests were performed to analyze if there was a relationship between health, mental health, and body image among Hispanic/Latino youth.
- The study findings suggest that there is a positive relationship between overall health and body image among Hispanic/Latino youth.

Introduction

Significance of Study

- Hispanic/Latino youth. Hispanic/Latino youth is the population of interest given that it is one of the fastest growing minority/immigrant groups in the U.S
- This research study examines body image as the central aspect of social comparison and health and mental health issues among Hispanic/Latino youth.

Purpose

- This study seeks to test the relationship between health and mental health and body image among Hispanic/Latino youth

Research Question

- What is the relationship between health and mental health and body image among Hispanic/Latino youth?

Literature Review

- Health and mental health denote a point of convergence for a majority of the stressors that human beings experience daily.
- Braveman and Barclay (2009) argue that incidences of mental health issues increase as Latino youth immigrate to the U.S., attributable to culture shocks.
- Latino youth may experience inequalities in the health sector, such as access to health insurance (Ortega et al., 2015).
- The increase in mental health conditions such as anorexia, body dysmorphia, bulimia, and depression has heightened the prevalence of body image disturbance in societies worldwide
- The socio-economic status of Hispanic/Latino youth is a fundamental predictor of body image issues.
- The existing literature does not include a comparison between Hispanic/Latino youth living in Latin America and those in the U.S. and other developed nations

Methods

Research Design

- This study is a secondary analysis, relying on data from the Health Behavior in School-Aged Children (HBSC) survey.
- This World Health Organization-collaborative survey is a cross-sectional study, occurring every four years.
- The investigators collected data using questionnaires that had three variations, depending on the respondents' school grade (level).
- The current study is cross-sectional quantitative study, using data collected from the HBSC survey between 2009 and 2010.

Sample

- The HBSC survey consisted of 12,642 school-aged children in public, Catholic, and other private schools in grades 5 to 10 or equivalent in all U.S. states.
- The sample consisted of about 54.1% males and 48.5% females, aged between 10 and 17.
- There were 3,407 Hispanic or Latino children in the original sample, representing 26.9% of the total sample size.
- The investigators followed three stages in selecting the final sample, following stratified and random sampling techniques.

Measures

Independent Variable: Health and Mental Health

- Overall Health Rating
- Have You Felt Sad in The Past Week
- Have You Felt Lonely in The Past Week

Dependent Variable: Body Image

- Your Thoughts on Your Body
- Are you Frustrated with Your Appearance
- Are you Satisfied with Your Appearance
- Do You Hate Your Body

Results

- A significant association was found ($\chi^2(2) = 718.8, p < 0.01$), while a Cramer's V statistic suggested a moderate relationship (0.27).
- Participants who are in excellent health reported self-thought on body image to be about the right size (76.2%) versus participants who were in good, fair, and poor health ratings (62.6%, 37.7%, 15.3%, respectively).
- Participants who had poor health rating reported their self-body image as much too fat (29.3%) compared to only 1.4% of participants with excellent health rating.

- A significant association was found ($\chi^2(2) = 554.2, p < 0.01$), while a Cramer's V statistic suggested a moderate relationship (0.24).
- Participants who are in excellent health strongly disagree feeling frustrated with their appearance (56.2%) versus participants who were in good, fair, and poor health ratings (30.8%, 14.7%, 13.0%).
- Participants who had poor health rating strongly agree feeling frustrated with their appearance (34.9%) compared to only 5.0% of participants with good health rating.

Table 3
Chi-Square Results of Relationship between Health Rating and Your Thoughts on Your Body

Health Rating	Your Thoughts on Your Body									
	Much Too Thin		A Bit Too Thin		About The Right Size		A Bit Too Fat		Much Too Fat	
	n	%	n	%	n	%	n	%	n	%
Excellent	23	3.2	70	9.8	542	76.2	66	9.3	10	1.4
Good	30	1.7	183	10.7	1075	62.6	407	23.7	22	1.3
Fair	11	1.5	51	7.0	273	37.7	350	48.3	40	5.5
Poor	6	4.0	10	6.7	23	15.3	67	44.7	44	29.3

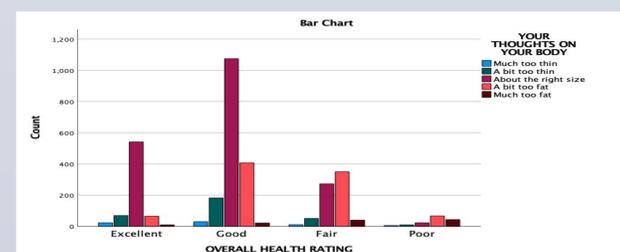
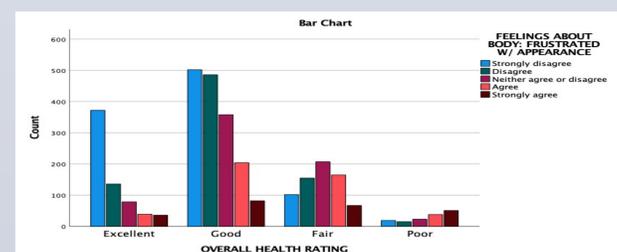


Table 4
Chi-Square Results of Relationship between Health Rating and Feeling Frustrated with Appearance

Health Rating	Feelings About Body: Frustrated with Appearance									
	Strongly Disagree		Disagree		Neither Agree or Disagree		Agree		Strongly Agree	
	n	%	n	%	n	%	n	%	n	%
Excellent	372	56.2	136	20.5	79	11.9	39	5.9	36	5.4
Good	502	30.8	486	29.8	358	21.9	204	12.5	82	5.0
Fair	102	14.7	155	22.3	207	29.7	165	23.7	67	9.6
Poor	19	13.0	15	10.3	23	15.8	38	26.0	51	34.9



Discussion

- This study aimed to examine the relationship between health and mental health and body image among Hispanic/Latino youth.
- In the present study, those with higher levels of overall health expressed feeling satisfied with their body image.

Major Findings

- The present study results suggest a positive relationship between overall health rating and self-body image.

Implications for Research and Practice

- Based on the study's findings, schools need to evaluate the effectiveness of their health education programs (e.g., physical activity classes, health classes) and ensure they discuss body image.

Strengths and Limitations

- The strengths of this study are the use of a large Hispanic/Latino youth sample.
- The present study is cross-sectional and thus no inference on causality can be made.
- Response bias could have played a factor due to study administrators' dual relationships with participants.

Reference

- Adler, S. (1977). Maslow's Need Hierarchy and the Adjustment of Immigrants. *The International Migration Review*, 11(4), 444-451. <https://doi.org/10.2307/2545398>
- Ortega, A. N., Rodriguez, H. P., & Vargas Bustamante, A. (2015). Policy Dilemmas in latino health care and implementation of the affordable care act. *Annual Review of Public Health*, 36(1), 525-544. <https://doi.org/10.1146/annurev-publhealth-031914-122421>

Acknowledgements

I would like to thank Dr. Lizano for being patient and simplifying portions of her lecture for me so that I could understand. Thank you for talking to me while I was struggling through the course. I'd like to thank The Veteran Resource Center for being the foundation of my academic success. Shout out to Director Mr. Cameron Cook, and Mr. Alex Ortega. A special shout out to a great friend and mentor in life Dr. Clint-Michael Reneau.