

## **HOUSEHOLD ACTIVITIES AND HEALTH AMONG LATINO ELDERS WITH CANCER**

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Physical inactivity is a major factor relating to chronic illness and cancer. A higher percentage of older Latinos are less active as compared to their White counterparts. The purpose of this study was to examine the direct effects of specific household activities on mental and physical health among a group of older Latinos diagnosed with cancer. The study was conducted using data from the second wave of the Hispanic Established Populations for the Epidemiologic Studies of the Elderly (H-EPESE). We used a sub sample of 169 men and women with a diagnosis of cancer and applied multiple regression analyses to examine the effects of household activities on four indicators of health: self-reported health, cutting down on activities, satisfaction with life, and depression. The results indicated that heavy household activities were significantly related to self-reported health, cutting down on activities and depression. Implications for practice, policy and future research are discussed.