Abstract

Assessing physical activity (PA) in primary health care may improve PA awareness and provide meaningful opportunities for PA promotion to large segments of the population.

PURPOSE: To determine the proportion of clinic patients that self-report meeting national guidelines of recommended, weekly aerobic PA, if there is a difference in self-reported PA between men and women, and whether there is a difference in confidence reporting PA by gender.

METHODS: Patients reported to a physical activity vital sign (PAVS) typical weekly minutes of moderate or vigorous PA (MVPA). Patients also reported how confident they felt their responses to the PAVS were accurate, where 1=very unsure and 5=very sure.

RESULTS: Only 2.3% of all participants (N=97) met PA recommendations of an approximate combination of 150 minutes/week of MVPA. There was no statistical difference in mean min/week of MVPA and confidence reporting PA to a physical activity “vital sign”. However, this study should be repeated with a larger sample to confirm results.

Conclusions

Female primary care patients appear to be more active than their male counterpart. Younger primary care patients seem to be more active in physical activity that older patients. Both ages and genders feel confident reporting PA to a physical activity “vital sign”. However, this study should be repeated with a larger sample to confirm results.

References & Acknowledgments


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Abstract

GENDER AND AGE DIFFERENCES IN PHYSICAL ACTIVITY REPORTED TO A PRIMARY HEALTH CARE PHYSICAL ACTIVITY “VITAL SIGN”

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Introduction

Physical inactivity is the leading cause of death and considered to be the biggest public health problem of the 21st century. To determine gender and age differences in self-reported PA between men and women and between younger and older adults. Chi-square test for the difference in confidence.

METHODS

Patients reported to a physical activity vital sign (PAVS) typical weekly minutes of moderate or vigorous PA (MVPA). Patients also reported how confident they felt their responses to the PAVS were accurate, where 1=very unsure and 5=very sure.

RESULTS

Only 2.3% of all participants (N=97) met PA recommendations of an approximate combination of 150 minutes/week of MVPA. There was no statistical difference in mean min/week of MVPA and confidence reporting PA to a physical activity “vital sign”. However, this study should be repeated with a larger sample to confirm results.

Participants characteristics are prescribed in Tables and Figure.

Table 2. Gender differences in weekly moderate-vigorous intensity physical activity (MVPA) measured in primary health care.

<table>
<thead>
<tr>
<th></th>
<th>Female</th>
<th>Male</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>59.24</td>
<td>60.34</td>
</tr>
<tr>
<td>Edu</td>
<td>3.4</td>
<td>3.2</td>
</tr>
<tr>
<td>Race</td>
<td>3.6</td>
<td>3.8</td>
</tr>
<tr>
<td>PAVS1</td>
<td>56.96</td>
<td>37.87</td>
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<tr>
<td>PAVS2</td>
<td>4.56</td>
<td>4.19</td>
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<tr>
<td>Intensity</td>
<td>1.86</td>
<td>1.53</td>
</tr>
</tbody>
</table>

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