

# Opportunities for healthy diet, exercise influence behaviors

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(HealthDay)—Practical opportunities for healthy diet and activity are

associated with intentions, achieved behaviors, and body mass index (BMI), according to a study published in the March/April issue of the *Annals of Family Medicine*.

Robert L. Ferrer, M.D., M.P.H., from the University of Texas Health Science Center at San Antonio, and colleagues examined how practical opportunities for diet and [physical activity](#) influence behavioral intentions and achieved behaviors in a study involving 746 adults who visited eight large primary care practices. Achieved diet, physical activity, and BMI were modeled as a function of opportunities (resources or conversion factors influencing resource use), behavioral intentions, and demographic covariates.

The researchers found that resources (P behavioral intentions for activity in path models. Diet intentions were predicted by conversion factors (P

"Assessing opportunities as part of health behavior management could lead to more effective, efficient, and compassionate interventions," the authors write.

**More information:** [Full Text \(subscription or payment may be required\)](#)

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