

Review IDs determinants of physical activity in women

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(HealthDay)—For women, positive and consistent determinants of

moderate-to-vigorous physical activity (MVPA) include higher self-efficacy, self-rated health and intentions, and perceived behavioral control, according to a review published online July 28 in *Obesity Reviews*.

Stephanie A. Prince, Ph.D., from the University of Ottawa Heart Institute in Canada, and colleagues searched six databases to identify prospective cohort studies that reported on intrapersonal, social, and/or physical environmental determinants of MVPA in women aged 18 to 65 years. Ninety-seven studies were included in the analysis.

The researchers found that 87 of the studies reported on one or more intrapersonal determinants. Thirty-four of the studies examined factors in the social and physical environments; none of them examined social policy. Higher self-efficacy, self-rated health and intentions, and perceived behavioral control were positive and consistent influencers of being physically active. There was a negative correlation between having children in the household and MVPA.

"Physical activity intervention studies should consider a woman's level of self-efficacy and perceived [behavioral control](#) to be physically active," the authors write. "Additional studies are needed on the impact of children in the household, having a spouse/partner, and using group goal setting. More evidence is needed to evaluate the impact of environmental factors."

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