

Association of Body Mass Index to Meeting Physical Activity Recommendations

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Objective: To investigate the association between BMI and physical activity based on the CDC-ACSM recommendation and a more demanding standard consistent with the IOM recommendation. **Methods:** A random-digit-dialed survey (n=1810) used 2001 BRFSS questions to measure physical activity. **Results:** Data revealed a monotonic association between BMI and physical activity level. Lower odds of meeting both recommendations were associated with higher BMI.

The proportion meeting the CDC-ACSM recommendation was at least 3 times that of persons meeting the IOM-based recommendation. **Conclusions:** Meeting either recommendation was associated with BMI; however, a larger proportion of persons were meeting the less demanding CDC-ACSM recommendation.

Key words: body mass index, physical activity, Behavioral Risk Factor Surveillance

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