

Promoting Physical Activity for Low-income Minority Women in Primary Care

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Objectives: To examine the effects of a primary-care weight management intervention on physical activity (PA) among overweight/obese women. **Methods:** This randomized controlled trial included 139 women (92% African American). The effects of a physician-delivered tailored intervention were compared with standard care. Repeated measures analyses of variance (ANOVA) were used to examine changes in PA (measured by a 7-day physical activity recall) and physical fitness (measured by heart rate recovery following exercise). **Results:** Although the intervention

group demonstrated an increase in PA, this did not differ significantly from standard care. A significantly greater proportion of intervention participants (90%) achieved current PA recommendations compared with standard care (77%), $P < .03$. **Conclusions:** These results provide novel information suggesting that a physician-delivered intervention may have limited effectiveness for increasing PA among this at-risk population.

Key words: physical activity, primary care, African American, women, obesity

Am J Health Behav. 2007;31(6):622-631
