

Correlates of Physical Activity Among African American and White Women

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Objective: To compare potential correlates of physical activity between African American and white women. **Methods:** A random-digit-dialed telephone survey was conducted in central South Carolina. Bivariate and multivariate analyses focused on women aged 18+ (N = 1176). **Results:** African American women reported greater maintenance of sidewalks and public parks than did white women, who reported higher physical activity, exercise self-efficacy, access to

indoor walking facilities, and knowledge of mapped-out walking routes. Exercise self-efficacy was the only significant correlate of physical activity among both African American and white women. **Conclusions:** Self-efficacy was a robust cross-sectional correlate of physical activity in women.

Key words: physical activity, women, self-efficacy, environmental supports

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