

Evaluating a Model of Youth Physical Activity

Carrie D. Heitzler, PhD, MPH; Leslie A. Lytle, PhD, RD; Darin J. Erickson, PhD; Daheia Barr-Anderson, PhD; John R. Sirard, PhD; Mary Story, PhD, RD

Objective: To explore the relationship between social influences, self-efficacy, enjoyment, and barriers and physical activity. **Methods:** Structural equation modeling examined relationships between parent and peer support, parent physical activity, individual perceptions, and objectively measured physical activity using accelerometers among a sample of youth aged 10–17 years (N=720). **Results:** Peer support, parent physical activity, and perceived

barriers were directly related to youth activity. The proposed model accounted for 14.7% of the variance in physical activity. **Conclusions:** The results demonstrate a need to further explore additional individual, social, and environmental factors that may influence youth's regular participation in physical activity.

Key words: physical activity, children, peers, self efficacy, social support

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