

Adolescents' Perceptions of Environmental Influences on Physical Activity

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Objectives: To examine African American adolescents' perceptions of environmental influences on physical activity and identify physical activity promotion strategies. **Methods:** Concept mapping with 50 adolescents was used to obtain cluster maps of conceptual domains affecting physical activity. **Results:** Seven domains were identified, including physical activity settings, social support, negative social influences, parental control, negative environmental influences,

transportation and technology issues, and financial issues. Their relative importance to physical activity varied by gender. **Conclusions:** This research identified salient environmental characteristics that can be measured in future studies as well as strategies for increasing physical activity in urban youths.

Key words: physical activity, adolescents, African Americans, qualitative research

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