

Low Discretionary Time as a Barrier to Physical Activity and Intervention Uptake

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Objective: To determine whether self-reported discretionary time was associated with physical activity and uptake of a physical activity promotion intervention in a multi-ethnic urban sample. **Methods:** We examined the association of self-reported discretionary time with hours/week of leisure-time physical activity at baseline and physical activity intervention uptake. **Results:** Low levels of discretionary time were significantly ($P < 0.01$) associated

with fewer hours/week ($\beta = -0.78$, 95%CI = -1.34, -0.22) of physical activity at baseline. Discretionary time was not associated with physical activity intervention uptake. **Conclusion:** Lack of discretionary time may serve as barrier to physical activity, but its importance on intervention uptake is less clear.

Key words: physical activity, socioeconomic status, personal barriers

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