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der Differences in Physical Activity among Swedish lts

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Prevalence Study (IPS) is a collaboration between 19 countries verall purpose is to collect nationally representative, internationally n health enhancing physical activity (HEPA). The data collected tifying those in society that may benefit the most from interventions sed HEPA.

n that the relative importance of factors associated with HEPA may en and women, the aim of this study was to identify possible gender g Swedish adults.

study included 1472 Swedish adults, 52.9 % women, mean age, e core instrument was the short version of the International Physical naire (IPAQ). The data were treated according to the IPAQ scoring aq.ki.se). A stepwise multinomial regression was performed for both using the IPAQ categories as dependent variables i.e. inactive, and sufficiently active, controlling for age, BMI, sociodemographic d self-rated health.

self-rated health was an important factor for being in the sufficiently r both genders. Men with an academic degree was less likely to be in tive category compared to men with a basic education (OR: 0.51, 95 and men that lived in a village were more than twice as likely as men be in the sufficiently active category (OR: 2.68, 95 % CI: 1.51-4.74). l weight were more likely than obese women to be in the sufficiently DR: 6.40, 95 % CI: 1.46-28.10), and single women were twice as sufficiently active category compared to women living with a partner CI: 1.24-3.25).

Having an academic degree was negatively associated with PA among hat even if they do more intentional exercise this is counteracted by manding jobs. Women living with a partner was less likely to be in tivity category compared to single women, implying persistent gender e new findings highlight the importance of assessing the total amounts ored interventions can be designed and implemented.

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anges in Levels of Physical Activity According to Socio-nomic Level, After Five Years of an Intervention gram

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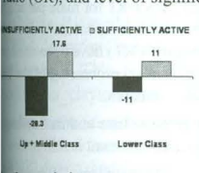
ve-year analysis of Agita Sao Paulo Program has shown a positive of physical activity (PA) and sedentarism, which was even stronger To evaluate the impact of the program on PA level according to socio- (SES), during a five-year period.

level (Insufficiently Active: Sedentary + Irregularly Active, and ve: Active + Very Active) was determined using the International Questionnaire (IPAQ), version 8, short, last week form, obtained me-based interview. It was carried out in three cities of São Paulo a. Total sample comprised 1295 subjects, over 18 yrs-old; n:645 n and 326 women); and n:650 in 2004 (318 men and 333 women); nd women. Sample was randomized according to sex, age, and socio- According to SES they were classified as: Upper (U), Upper-Middle Middle (MM), and Lower Class (L). Data were analyzed through Chi ratio (OR), and level of significance adopted was p<.05.



RESULTS: Insufficient active people rates declined in the total group from 53.9% to 37.1%, corresponding to a 16.8% decreased in the period. In the other hand, sufficiently active people rates improved from 46.1% to 62.9% in the total group, corresponding to a

in that period.

S data evidenced that the diffusion of the Agita Sao Paulo message ective to decline sedentarism and improve PA in all SES, with a trend impact on Upper, Upper- Middle and Middle-middle classes than in

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Familial Aggregation of Physical Activity Levels: A Study with Families From Northeast of Portugal

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Physical activity (PA) lifestyle is known to have significant health benefits. Familial resemblance reflecting genetic and environmental factors shared by family members could be an important determinant of habitual PA levels. However, in the literature the results in familial resemblance are controversial.

PURPOSE: to analyze familial resemblance in habitual PA, sport participation, and sedentary behavior.

METHODS: sample comprised 1136 individuals from 284 families (284 parents and 284 sibling pairs). The offspring were 6 to 19 years old (14±2.30). All the families live in the northeast region of Portugal. PA was evaluated with two questionnaires: IPAQ short version and Baecke et al. (1982). Intra-familial correlations adjusted for age and heritability were calculated respectively with FCOR and ASSOC routines from S.A.G.E. 5 software package.

RESULTS: In the habitual PA and sport participation indicators the correlations between spouses are higher (0.26 to 0.52) than between parents and offspring (0.08 to 0.24), and between siblings (0.13 to 0.51). In inactivity indicator the correlations are identical between all family relationships (0.31 to 0.40). The heritability values are all significantly different from zero ($P<0.05$) and vary between 0.14 and 0.42 in PA and sport participations indicators. In physical inactivity heritability is 0.49.

CONCLUSION: These results suggest that families tend to resemble in habitual PA, sport participation and in sedentary behavior. The pattern of correlations found is indicates that the environment factors have more influence than genetic factors in PA and sport participations. It seems that sedentary behavior is more genetic dependent than habitual PA and sport participation.

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Familial Resemblance in Physical Activity: The Flemish Longitudinal Offspring Study (FLOS)

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Scientific evidence demonstrates that regular physical activity reduces the risk of morbidity and mortality from a number of chronic diseases. In order to implement appropriate strategies for the promotion of physical activity, it is important to understand the factors explaining the wide variation of physical activity levels in the population. In addition to social and physical environment, demographic and psychological factors, familial factors, both genetic and environmental, may also play a role.

PURPOSE: To investigate familial resemblance in physical activity and to determine if this could be best explained by genetic and/or environmental factors.

METHODS: 292 Flemish families (271 fathers, mean age 45 yrs; 243 mothers, mean age 42 yrs; 238 sons, mean age 15 yrs; 195 daughters, mean age 14 yrs) participated in the Flemish Longitudinal Offspring Study (FLOS) conducted within the framework of the Policy Research Centre *Sport, Physical Activity and Health*. Physical activity was assessed using the Flemish Physical Activity Computerized Questionnaire (FPACQ). Pearson correlations were used to investigate resemblance between family members. To further explore these familial correlations underlying variance components models were tested using model fitting techniques.

RESULTS: Several significant and moderate correlations were found between parents (0.16-0.30), parent-offspring (0.14-0.36) and siblings (0.16-0.52). Generally, significant similarities between parents (0.16-0.30) and between siblings (0.24-0.52) were higher than between parent-offspring (0.15-0.36). For almost all variables, a model including common environmental (Vc) and unique environmental (Ve) factors explained most of the observed variability in physical activity. Only for time per week spent on vigorous sports and on moderate activities, an additional genetic factor (Vg) further improved the model fit. Maximal transmissibility (Ve + Vg) ranged from 7% for frequency per week of moderate activities to 23% for time spent watching TV. This could be completely explained by Vc, except for time per week spent on vigorous sports and on moderate activities where also a Vg of respectively 4% and 11% was estimated.

CONCLUSIONS: The results of this study suggest familial resemblance in several dimensions of physical activity. For most physical activity variables the maximal transmissibility could be completely explained by common environmental factors. This is an important finding in the light of the development of effective strategies for the prevention of inactivity.

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POSTER SESSIONS