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**Date Coverage**

1972–present

**Geographic Coverage**

International

**Publisher**

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TI  
AU  
PUB

**Patterns and Determinants of Physical Activity in U.S. Adolescents**

Kahn, Jessica A ; Huang, Bin ; Gillman, Matthew W ; Field, Alison E ; Austin, S Bryn ; et al. **Journal of Adolescent Health** 42.4 (Apr 2008): 369-377.

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AB

 **Abstract (summary)** [Translate](#)

**Purpose** The objectives of this study were to describe longitudinal trends in adolescent physical activity in a sample of U.S. adolescents and to assess the effect of multiple individual, parental, and environmental factors on initial level and rates of change in adolescent physical activity. **Methods** Study subjects were 12,812 boys and girls 10 to 18 years of age who were participating in the Growing Up Today Study and their mothers. We used accelerated longitudinal analysis to describe trajectories of physical activity from 1997-1999, and random effects linear mixed models to determine which factors were independently associated with baseline physical activity and changes in physical activity over time. **Results** Mean hours of physical activity ranged from 7.3-11.6 hours per week in boys and from 8.0-11.2 hours per week in girls. Physical activity was best modeled as a quadratic function of age, increasing until early adolescence and declining after age 13 in boys and girls. **Multivariable modeling** demonstrated that variables associated with physical activity level at baseline in boys and girls were age, body mass index, psychosocial variables, personal attitudes about body shape, perceived peer attitudes about body shape/fitness, parental attitudes about physical activity, parental physical activity, and environmental barriers to physical activity. Age was the only factor that predicted change in physical activity over time. **Conclusions** Interventions to increase physical activity in adolescents should begin before adolescence. Interventions may be more effective if they are multimodal and focus on modifiable individual, parental, and environmental factors. [Copyright 2008 The Society for Adolescent Medicine; published by Elsevier Inc.]

SU

 **Indexing (details)**  [Cite](#)

**Subject** \*Health policy;  
\*United States;  
\*Children;  
\*Physical fitness

IF

**Identifier (keyword)** Population groups, population policy, and demographics - Children and youth, Health conditions and policy - Health and health policy

TI  
AU

**Title** Patterns and Determinants of Physical Activity in U.S. Adolescents  
**Author** Kahn, Jessica A <sup>1</sup>; Huang, Bin; Gillman, Matthew W; Field, Alison E; Austin, S Bryn; Colditz, Graham A; Frazier, A Lindsay

AF

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LA  
DTYPE

**Language** English  
**Document type** Journal Article

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AN

**First available** 2010-05-05

FAV

**Database** PAIS International (1972 - current)

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Abstract	AB	ab(adolescent near/5 "physical activity")	Use Adjacency and/or Boolean operators to narrow search results.
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All fields	ALL	all(environ* near/5 biomass)	Searches all fields. Use proximity and/or Boolean operators to narrow search results.
All fields + text	--	environ* near/5 biomass	Same as ALL field code. Searches all fields.
Author affiliation	AF	af("dept politics international relations") af(oxford)	Includes as much data as is available in the original document, such as department, organization, address, city, state, country, author email, etc.
Author <sup>1</sup> Author First Name Author Last Name	AU AUFN AULN	au(webber, david j) aufn(david) auln(webber)	Includes all Authors.
First author	FAU	fau(reiss, claire)	First name listed in Author field. It is included in author browse, but its position cannot be specified in the author browse.
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Corporate author	CA	ca(united nations)	
CODEN	CODEN	coden(jahcd9)	
Date revised	DREV	drev(20060928) drev(>=20121118)	The date on which the information provider revised the document. Date range searching is supported.
Document title	TI	ti(palm oil)	Includes non-English titles. Does not include Publication title (PUB).
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Field name	Field code	Example	Description and Notes
Identifier (keyword)	IF	if("population groups")	Keywords (uncontrolled vocabulary terms). Also searchable using SU. Search also contains terms from throughout the document which are calculated to be relevant.
ISBN	ISBN	isbn(1 85864 537 9)	
ISSN	ISSN	issn(1054-139x)	Also searchable via the Look Up Citation tool.
Issue	ISS	iss(12) iss(supp*)	Also searchable via the Look Up Citation tool.
Journal title	JN	jn("journal of planning education and research")	Displayed in Publication title. Look-Up list available under Publication title.
Language	LA	la(french)	The language in which the document was originally published.
Note	NT	nt(reprint)	Note and Availability can contain similar information.
Page count	PCT	pct(9)	Number of printed pages, when supplied
Pagination	PG	pg(369-377)	The start page is searchable on the Look Up Citation tool.
Start page	PAGE	page(369)	First page number – displayed within Pagination. Searchable on the Look Up Citation tool.
Publication date	PD	pd(20110415) pd(>=20110415) pd(20120101 - 20130430) pd(2010-10-18)	Date range searching is supported.
Publication title <sup>1</sup>	PUB	pub(proceedings political science) pub("australian journal of international affairs")	Includes all Publication names. Journal names also searchable using JN.
Publication type	PT	pt(scholarly journals)	Preferred search uses Document type (DTYPE).
Publication year	YR	yr(2012) yr(2009-2011) yr(>2009)	Single year or a range of years may be searched. Displayed within Publication date.
Publisher	PB	pb(elsevier) pb(new york)	Publisher name - can also contain city/state information.
Publisher location	PBL	pbl(united states)	When provided, tends to be country rather than city/state information.
Report number	RP	rp(sd-nps-cp-4)	
Series	SR	sr(panorama)	
Source details	SRC	src("part b")	Includes Publication Title, Volume, Issue, Publication Date, Pagination, and similar items. Also searchable by the Look Up Citation tool.
Subject <sup>1</sup>	SU	su("health policy") su(children)	Contains descriptors from controlled vocabulary (broader terms prefixed by a *). Also includes uncontrolled terms displayed as Identifiers (keywords); these are displayed separately except in older records.
Title	TI	ti(palm oil)	Includes non-English titles. Does not include Publication title (PUB).
Updates	UD	ud(2012) ud(2012-08-13)	Date(s) when updates provided by the supplier reached a certain point within the ProQuest load/update process.
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