

BEING WOMAN IS NOT A KEY ELEMENT TO HAVE A SEDENTARY LIFESTYLE

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ABSTRACT

Introduction: This study makes the assumption that physical activity has a positive impact on improving the individual health and well being (USDHHS, 2008). The aim of this study is to determinate if the sex are one of the variables best explain the concurrence in sedentary or active lifestyles.

Methods: The methodology was based on a combination of quantitative techniques. The first phase was carried out by a computer assisted telephone interview (CATI) on a sample of 2018 randomly selected Spaniards from different age groups. Beginning with a first incursion into the data with the Lifestyle Index, and making use of the software program Answer Tree, a multivariate segmentation analysis of the Lifestyle Index has been carried out. This analysis permits determine which variables (sex, age, civil state, educational level, employment situation and having active or inactive parents) best explain the concurrence with one or the other lifestyle.

Results and conclusions: The results show that only three of the six variables introduced in the analysis predict changes in lifestyle: educational level, employment situation and having active or inactive parents. The educational level is the variable which best explains differences in the lifestyle of the population: 82 percent of persons with no formal education are sedentary. The second variable with the most influence on lifestyles is employment situation This variable differentiates into one group which includes those that don't work, the unemployed and homemakers, among whom there is almost absolute predominance of sedentarism; and to two other groups composed of those who study, work or are retired, but are differentiated based on whether they have parents with active or inactive pasts. The sex variable does not appear as a differentiating element of lifestyles. The educational level and employment situation are the most determinant variables of active or sedentary lifestyles.

References.

United States Department of Health and Human Services (2008). *Physical Activity Guidelines Advisory Committee Report*. <http://www.health.gov/paguidelines/>