Preventive Medicine 2018
EuroSciCon
9th Edition of International Conference on
Preventive Medicine & Public Health
July 16 -17, 2018 London, UK



PURDUE NURSING
BUILDING A LEGACY, SHAPING THE FUTURE

Title: The Impact of Major Life Events on Physical Activity

Authors: Elizabeth A. Richards, PhD, RN; Patricia A. Thomas, PhD; Zachary Hass, PhD; Anna Forster, MS Purdue Univeristy West Lafayette, IN, USA

Abstract: (Up to 250 words)
Introduction: Regular physical activity (PA) can prevent and manage chronic diseases yet physical inactivity remains a global public health concern. Determinants of PA are complex and vary between men and women. Specifically, the impact of intrapersonal factors such as how major life events impact PA behavior is less understood. Therefore, the purpose of this study is to examine the effects of life events on adults' PA levels.

Methods: Nationally representative panel data from the Americans' Changing Lives survey (1986-2012) were used to analyze the impact of major life events on age-based trajectories of PA separately for men and women using latent growth curve models.

Results: Among women, death of a parent or retiring was associated with greater PA at baseline. When examining across time among women, experiencing death of a parent or close friend, entering into marriage, or moving were all associated with greater PA while entering into retirement was associated with less PA as women aged. Among men, becoming a caregiver was associated with greater PA at baseline, and experiencing death of a close friend or entering into marriage were associated with more PA as men aged.

Discussion: Findings of this study suggest that major life events do affect PA behaviors at varying levels for men and women. Considering the impact of life events is important in planning effective health promotion interventions to increase PA, and it appears to be important to consider these impacts separately for men and women.

Biography: Dr. Richards has completed her PhD from Purdue University. Dr. Richards' research efforts focus on understanding and intervening on the individual, interpersonal, and environmental influences on physical activity behavior. In addition, she serves in several leadership positions in the field of public health, including as a Board Member for the Indiana Public Health Association and chair of the American Public Health Association Physical Activity Section. Dr. Richards is a highly productive scholar, she has authored or co-authored 25 research-based articles focused on phyiscal activity promoiton.

Presenting author details
Full name: Elizabeth A. Richards, PhD, RN
Contact number: 1-765-427-9338
Email id: erichards@purdue.edu
Category: Oral presentation
Session name: Preventive Medicine and Public Health
Research interest: Physical Activity Promotion