Physical Medicine-2013
OMICS Group Conferences
Accelerating Scientific Discovery
International Conference and Exhibition on
Physical Medicine & Rehabilitation
August 19-21, 2013 Embassy Suites Las Vegas, USA

The role of body mass index and body fat percentage on physical function in sedentary African American adults

Carole C. Burnett

Howard University, USA

Background: Obesity is prevalent in sedentary African Americans and there are different methods used to measure obesity. The presence of obesity can reduce physical function in the population. It would be helpful to this population to know which measure to use.

Purpose: .The purpose of this study is to assess the relationship between measures of body composition and functional mobility in sedentary African-American adults between 40-69 years of age.

Methods: A convenience sample of African American adults was chosen from residents living in the greater Washington, DC metropolitan area. The sample consisted of 50 adults. In addition to demographic data, .the outcome measures were Late Life Function and Disability Instrument-Function component (LLFDI) and the Short Physical Performance Battery (SPPB). The statistical analysis was performed using the SPSS 20

Results: The results found that there was an inverse relationship between BMI and percentage body fat with the LLFDI and the SPPB.

Conclusion: In this preliminary study, the results found that here was .stronger relationship between BMI than percentage body fat in the LLFDI and the SPPB. The findings of this study should not be construed as cause and effect relationships and cannot be generalized beyond this sample.

Key words: Body fat, BMI, obesity, African-Americans, mobility, SPPB, LLFDI

Biography

Carole Campbell Burnett, PT, DSc, Ed.M, is an Associate Professor in the College of Nursing and Allied Health Sciences in the Department of Physical Therapy at Howard University for. Dr. Burnett has served on the faculties of Northeastern University, the University of Maryland Baltimore and Eastern Shore and Central Buganda University in Uganda, East Africa. Dr Burnett has also served as a member of the District of Columbia Licensure Board of Physical Therapy. She has presented at numerous national and international conferences.

cburnett@howard.edu