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Title of Research *	Gender differences in the perceived environmental, social, and policy determinants of physical activity in rural lowan adults
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Introduction & Purpose *

Few adults are meeting national physical activity recommendations to achieve health benefits. Rural adults, including those in Iowa, are less likely to meet physical activity recommendations than their urban or suburban counterparts. To better understand this disparity and to inform public health interventions, it is important to identify environmental, social, and policy-related determinants of physical activity in this understudied population. Because the amount and type of physical activity varies by gender, it is helpful to examine such determinants separately for men and women.

Experimental Design *

A cross-sectional survey was administered in-person in 2003 to adults (n=407) in two rural lowan towns to examine perceived environmental, social and policy determinants of physical activity of these adults. The survey included environmental questions such as access to places to exercise, social questions related to whether the adults exercised alone or with someone, and policy questions related to using government funds for exercise facilities. Chi-square analyses were used to examine the differences between genders.

Results *

Women perceived greater levels of social support, reported more barriers to exercise, and had more favorable attitudes towards using government funds for exercise facilities. Men were more likely to report getting enough exercise at their job

Conclusions *

Men and women differ in some aspects of their perceived determinants of physical activity. Findings from this study can be used to tailor interventions based on gender in rural lowan adults.

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