Title: Sociodemographic Correlates of Physical activity amongst Iranian Women of Reproductive Age

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Abstract: Sociodemographic Correlates of Physical activity amongst Women of Reproductive Age in Iran
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Introduction
Determining the physical activity of women during the important period of reproduction provides valuable information for designing efficient interventions for advancing women’s health. The aim of this study was to examine the sociodemographic factors associated with physical activity among Iranian women of reproductive age.

Materials & Methods
This study was a population-based cross-sectional survey in which, 1359 women of reproductive age (15-49 years) were selected by proportional random multistage cluster sampling of the 22 main municipal sectors of Tehran, Iran. Data were collected using a questionnaire about socio-demographic characteristics and physical activity subscale of Health Promoting Lifestyle Profile (HPLP-II). Questionnaires were completed through a face-to-face interview. Linear regression coefficients were used to estimate the adjusted association between each of the independent variables and the dependent variable.

Results
The mean score of physical activity was 2.04 ±0.64 (mean ± SD; range: 1 to 3.88). The multivariable results showed that marital status, number of children, crowding index, education and wealth index were predictors of physical activity (P<0.001).

Discussion & Conclusions
The results of this study shows physical inactivity is common among Iranian women of reproductive age and provides some insights on factors predictive of physical inactivity that need to be considered if effective interventions are to be designed to promote women’s health.

Keywords: Physical activity, Women’s health, Health promotion

Presentation: Poster