1. Title:
   Racial comparison of physical activity

2. Writing Group:
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3. Timeline:
   Immediate

4. Rationale:
   Mounting evidence supports the notion that physical inactivity is an important risk factor for cardiovascular disease. The beneficial effects of physical activity include, but appear not to be limited to, weight reduction and modification of lipid levels. Racial differences in physical activity might underlie the excess risk of diabetes and vascular disease among African Americans. An understanding of the racial differences in physical activity would provide a context for further investigation of racial differences in cardiovascular disease and diabetes that aim to measure and/or modify physical activity. For example, physical activity is likely to be the principal target for intervention in an NIDDK-funded multi-center trial of primary diabetes prevention which will be structured to examine black-white differences. Unfortunately, population-based data regarding black-white differences in physical activity is sparse and has generally not accounted for confounding by racial differences in socioeconomic status.

5. Main Hypotheses:
   Compared to their white counterparts, African Americans are more physically active at work, but less physically active at leisure.

   This disparity is greater among women than among men and is largely explained by racial differences in socioeconomic status.

6. Data:
   Dependent variables: Estimated calorie expenditure (total, work-related, and leisure-related), frequency of breaking a sweat (total, work-related, and leisure-related)

   Independent variables: Race, gender, socioeconomic status