



Neighborhoods and physical activity in the Jackson Heart Study

Purpose of the study

Neighborhoods can be important in determining the health of the people who live in them. For example, the neighborhood you live in can impact your ability to be active, eat healthy foods, and feel safe. A study in the Jackson Heart Study (JHS) wanted to see if participants living in neighborhoods that were more rural or with families of different levels of education and income participated in different kinds of physical activity. We looked at two kinds of physical activity:

- 1) **Active lifestyle** that includes activities like walking or biking to and from work every day, and
- 2) **Sports and exercise** that includes activities like playing baseball, football or doing Zumba.



Major findings

JHS participants who live in rural neighborhoods had a more active lifestyle (e.g., daily walking). In neighborhoods with higher numbers of families with less than a high school education, participants had a less active lifestyle and spent less time playing sports and exercising.

Take away message

In the JHS, where a participants lives impacts the physical activities they are able to do.

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Citation: Robinson JC, Wyatt SB, Dubbert PM, May W and Sims M. The impact of neighborhood on physical activity in the Jackson Heart Study. *Prev Med.* 2016;90:216-22. PMID: PMC5074390