

48. SWACSM Abstract

Gender Differences in Physical Activity Level by Domain

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ABSTRACT

Engaging in regular physical activity and exercise has been demonstrated to increase life expectancy, improve mental health, and prevent or manage noncommunicable diseases. Although the health benefits are well known, estimates suggest that the majority of women and men do not obtain the recommended amounts of physical activity per week. **PURPOSE:** The purpose of this study was to assess how physical activity levels differed by domain (i.e., domestic/household, transportation-related, occupational, leisure-time) between genders. This information can be useful for tailoring future interventions to promote activity. **METHODS:** After obtaining ethical approval, participants (79 men, 35 women; mean age: 36 ± 10 years) completed an online survey to assess physical activity behavior. Physical activity in each domain (domestic/household, transportation-related, occupational, leisure-time) was assessed using the International Physical Activity Questionnaire. **RESULTS:** Independent *t*-tests revealed no differences in physical activity in domestic/household ($p = .08$), transportation-related ($p = .16$), or occupational ($p = .15$) activity. Leisure-time and total physical activity were significantly higher among men ($ps = .02$ and $.03$, respectively). **CONCLUSION:** Results suggests that men might perform more leisure-time and overall physical activity. Although nonsignificant, men also tended to obtain more occupational physical activity, transportation-related physical activity, and domestic/household physical activity than women. The small sample size likely resulted in an underpowered analysis and a failure to achieve statistical significance for several comparisons.