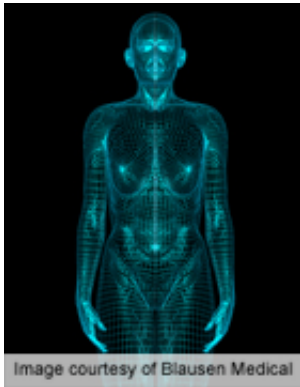


Racial difference in effect of physical activity on obesity

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thickness) between the highest and the lowest quartiles of accelerometer counts per day in white girls (odds ratio, 0.15; $P = 0.03$ for trend) but not in black girls (odds ratio, 0.85; 95 percent confidence interval, 0.32 to 2.26; $P = 0.93$ for trend).

"Higher levels of physical activity are prospectively associated with lower levels of obesity in white adolescent girls but not in black adolescent girls," the authors write.

More information: [Abstract](#)
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(HealthDay) -- Black adolescent girls are less sensitive to the effects of physical activity in preventing obesity than are white girls, according to a study published in the June issue of the *Archives of Pediatrics & Adolescent Medicine*.

James White, Ph.D., from Cardiff University, and Russell Jago, Ph.D., from the University of Bristol -- both in the United Kingdom, analyzed data from 1,148 [adolescent girls](#) who participated in the National Heart, Lung, and Blood Institute Growth and Health Study at ages 12 and 14 years. Accelerometer counts per day were used to assess [physical activity](#). [Obesity](#) was defined according to three measures: ?95th percentile of body mass index; using the International Obesity Task Force reference body mass index cut points; and the sums of skinfold thickness method (with obesity ?90th percentile in the cohort).

The researchers found that, in white girls, but not black girls, there was a strong negative dose-response association between quartiles of accelerometer counts per day at age 12 years and obesity at age 14 years (using all three measurements of obesity). There was a significant increased likelihood of obesity (based on skinfold

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