Cultural Implications of Discontinued Participation in Athletic Activities Among Female Adolescents

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JUNE 1, 2009
Where have all the girls gone?
Cultural Concept

○ Population:
  ◦ Adolescent females

○ Prevalence:
  ◦ US (10% fewer girls)
  ◦ UAE (n=1475)
  ◦ Hong Kong (n=1496)
Current Theories

- Lack of behavioral control, self-efficacy, and enjoyment (US)
- Health problems, social problems, financial, familial, decreased interest, school work-load (Dubai)
- Arousal avoidance, mastery, optimism (Hong Kong)
- Personal, social, and physical/environmental factors
Early Benefits of Exercise

- Decreased risk factors for CVD
- Improved bone mineral density
- Decreases factors associated with chronic disease

Additional Benefits

- Improved self esteem
- Reduced anxiety disorders
- Reduced stress disorders
- Reduced depression rates
- Reduced suicide rates
- Improved lifestyle (nonsmokers, nutrition)
Why do we continue to care?

### 10 Leading Causes of Death by Age Group, United States – 2004

<table>
<thead>
<tr>
<th>Rank</th>
<th>Age Group</th>
<th>Cause</th>
<th>1-4</th>
<th>5-9</th>
<th>10-14</th>
<th>15-24</th>
<th>25-34</th>
<th>35-44</th>
<th>45-54</th>
<th>55-64</th>
<th>65+</th>
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<td>Congenital Anomalies</td>
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<td>11,262</td>
<td>14,757</td>
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Source: National Vital Statistics System, National Center for Health Statistics, CDC.

Produced by: Office of Statistics and Programming, National Center for Injury Prevention and Control, CDC.
Effects on Health Status
Future Research

- Health Education Intervention Programs
- Cross-cultural programs related to mediated intervention effects
- Development of targeted programs
- Use of reversal theory to increase activity
- Examine relationship between participation in sports and emotional or behavioral disorders
- Examine familial influence on fitness activities
Leading by Example


