B1-7: The Mother-Daughter Bond: A Key to Promoting Physical Activity in Adolescent Girls

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Abstract:
Introduction: The mother-daughter bond may prove to be an essential asset in addressing health risk behaviors, such as sedentary behavior, in adolescent girls. Physical activity is an essential component for a healthy life, with implications for the prevention of chronic diseases and obesity. Despite the well-documented benefits of physical activity, it is on the decline, especially among adolescent girls. Only 31.5% of 9th grade girls meet recommended levels of physical activity, and by 12th grade the rate is even lower at 20.6%. The role of mother-daughter relations in the maintenance of healthy lifestyles may be the key to improving physical activity levels of adolescent girls.

Method(s): Baseline data from a health promotion program was used to explore factors in mother-daughter relationships that can promote physical activity among adolescent girls. The daughter participants (N=30) were predominately black girls (78.6 %) mean age 13.13.
Relationship satisfaction, physical activity communication, beliefs and expectations of physical activity within the family were explored by running Pearson correlations for both mothers and daughters.

**Results:** A positive association was noted between daughters’ comfort with communicating about exercise and relationship satisfaction with their mothers (r = .648, p = .001). Daughters’ relationship satisfaction was positively associated with the belief that exercise is important (r = .477, p = .008). Positive associations were found between exercise communication and the belief that exercise is important for both mothers (r = .571, p = .002, p < 0.01) and daughters (r = .407, p = .028, p < .05).

**Discussion & Conclusions:** Results are consistent with the current literature and suggest that the mother-daughter relationship is an important factor in the promotion of physical activity, especially among black adolescent girls. Relationship satisfaction is associated with a number of factors, such as exercise communication and beliefs in the importance of exercise within the family, for both mothers and daughters. Physical activity interventions that foster and enhance mother-daughter bonds may be an effective strategy for promoting physical activity among adolescent girls. Implications for health promotion interventions will be presented.

**Abstract History:**

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No, I (or a member of my immediate family) have not received something of value* from or own stock (or stock options) in a commercial company or institution related directly or indirectly to the subject of my presentation.

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