Example of a Review Article


Authors: Thompson WM; Barksdale DJ
Affiliation: University of North Carolina, Greensboro, NC
Publication Type: journal article - review, tables/charts
Language: English

Major Subjects: Blacks -- In Adolescence
Health Behavior -- In Adolescence
Health Promotion -- In Adolescence
Life Style, Sedentary -- In Adolescence
Physical Activity -- In Adolescence

Minor Subjects: Adolescence ; Attitude to Health ; Cardiovascular Risk Factors ; Child ; Chronic Disease -- Ethnology ; Churches ; Community Programs ; Energy Metabolism ; Female ; Health Resource Utilization ; Hispanics ; Obesity ; Parents ; Social Class ; Social Environment ; Support, Psychosocial ; United States ; Whites ; Young Adult

Abstract: Physical inactivity is a major public health problem and there is a higher prevalence of physical inactivity in female African-American adolescents. Physical inactivity is an independent risk factor for many chronic diseases such as heart disease, hypertension, diabetes, and obesity, which are associated with increased morbidity and mortality. Therefore, addressing physical inactivity during adolescence may be a key to reducing health disparities and to improving the health of female African-American adolescents both now and in their future womanhood. This paper presents an overview of the substantial health and economic consequences that are associated with physical inactivity, in addition, family focused, community-oriented, and church-based strategies that are aimed at increasing physical activity in female African-American adolescents are discussed.

Journal Subset: Nursing; Peer Reviewed; USA
Special Interest: Pediatric Care; Women’s Health
ISSN: 0885-6028
MEDLINE Info: PMID: 20857775 NLM UID: 8703519
Publisher Info: URL: www.cinahl.com/cgi-bin/refsvc?jid=425&accno=2010739436
Entry Date: 20100827
Revision Date: 20101001
Accession 2010739436
Number:
Database: CINAHLL

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