



CLSA Approved Project

Applicant

Dr. Phil St. John, University of Manitoba

E-mail Address

pstjohn@hsc.mb.ca

Project Title

Body Mass Index and Physical Activity in Rural Populations

Project Summary

There are reports that body mass index (BMI) is higher in persons living in rural areas than in their urban counter-parts, but past studies have been fairly small, or conducted in countries other than Canada. Physical activity may also differ in rural areas compared to urban areas as well. We plan to look at differences in body mass index and physical activity between persons living in rural areas of Canada, in peri-urban areas of Canada, and in urban areas. This information may be important in planning health and social care in rural and peri-urban areas.

Keywords

Body mass index, Physical activity