

Leisure -Time Physical Activity Habits Among Physicians

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Objective: To estimate the prevalence of leisure-time physical activity habits among Ministry of Health Primary care doctors in Bahrain. Also, to identify the reasons for engagement in physical exercise among the study population, and the reasons for not engaging in physical activity.

Design: Cross sectional study.

Setting: Ministry of Health primary care Health Centers in Bahrain.

Subjects: 153 Ministry of Health Primary care physicians.

Main outcome measure: An activity level with an energy expenditure of more than 1000 Kilo calories per week.

Results: Active individuals formed 29.7 % of the studied population. Males were more active (44.3%) than females (18.2%). There was no statistical differences between Bahraini and non Bahraini in relation to level of activity. Activity increases as age increases. Smokers were more active (55.6%) than non-smokers (25.8%). The main reasons for engaging in physical activity were, fitness (31.25%), weight reduction (25.89%) and health (14.28%). The main reasons for not engaging in physical activity were lack of time (42.42%), home and children (18.18%), work and duties (15.15%), lack of interest (7.87%).

Conclusion: Primary care physicians are more active (29.7%) than the general population (8.3-22%). The older age groups and smokers were more active. The most common barrier to exercise was lack of time, and the most common motivator was fitness.