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The Power of Social Networks and Social Support
in Promotion of Physical Activity and Body Mass
Index among African American Adults

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Title: The Power of Social Networks and Social Support in Promotion of Physical Activity and Body Mass Index among African American Adults

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Abstract

Social support and social networks can elucidate important structural and functional aspects of social relationships that are associated with health-promoting behaviors, including Physical Activity (PA) and weight. A growing number of studies have investigated the relationship between social support, social networks, PA and obesity specifically among African Americans; however, the evidence is mixed and many studies focus exclusively on African American women. Most studies have also focused on either functional or structural aspects of social relationships (but not both) and few have objectively measured moderate-to-vigorous physical activity (MVPA) and body mass index (BMI). Cross-sectional surveys of adult African American men and women living in two low-income predominantly African American

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