Purpose: Perceived levels of physical activity and attitudes were examined among low-income women and were compared to bio-psychosocial factors.

Methods: Self-reported physical activity information was gathered with an online survey in conjunction with completion of a web-based nutrition education module that included a lesson on physical activity. Eligibility criteria included being SNAP eligible and between 18-45 years of age.

Results/Findings: Participants (n=512) were selected from counties in Pennsylvania. Food insecurity was prevalent, 85% received SNAP benefits in the past year. Although 51% (n=256) denoted being physically active with 71% (n=362) reporting an activity level ≥ 30 minutes/day, 60% were overweight or obese. Those who considered themselves physically active were more likely to be younger (P<0.01), of normal weight (Chi Sq 33.4, P<0.001), more satisfied with their weight (Chi Sq 48.4, P<0.001), assigned a higher ranking to their eating habits (P<0.001), and worried less about having enough money for food (Chi Sq 13.7, P=0.008) compared to those who did not consider themselves to be physically active. Women, physically active ≥30 min/day, tended to dislike fewer foods (P=0.003), and had greater food preference (P=0.005). Eating Competence (EC), a bio-psychosocial construct of eating behavior measured with a validated survey, was higher among those who considered themselves to be physically active (Chi Sq 16.8, P=0.001) and those who reported exercising ≥30 min/day (Chi Sq 10.0, P=0.002).

Conclusions: A majority of low-income women self-reported being physically active. Association with positive eating behaviors supports education to increase physical activity of low-income women.

Regular physical activity reduces the risk of cardiovascular disease, type 2 diabetes, and obesity (Dini, 2010).

Low-income, specifically low-income women are more likely to be physically inactive (Ball, 2010). Internet access is widespread among low-income persons, and may be an effective means of providing education on physical activity and nutrition for this audience (Neuenschwander, 2012).

The purpose of this study was to examine the response of low-income women to an online module developed specifically to address physical activity for this target audience and to compare responses with psychosocial factors, including participation in physical activity.

Data Collection
• Data collection was part of a randomized, controlled study of an online nutrition education intervention called About Eating.
• One of the five lessons, About Being Active, was a lesson on physical activity.
• Online surveys administered at the start of the study, after each module, and at the study end provided qualitative and quantitative findings.

Eligibility & Recruitment
• Eligibility included SNAP-eligible women between the ages of 18-45 who were English literate, had access to the internet, and lived in selected counties in Pennsylvania. Persons with poor health (e.g. diagnosis of cancer or heart disease within the past 5 years) and who studied nutrition full-time were excluded.
• Two recruitment strategies were pursued: posting flyers in low-income venues; calling SNAP participants or mailing postcards using phone numbers and addresses from a list supplied by the PA Department of Public Welfare.

Data Analysis
Data were analyzed with t-tests and Chi-Sq using SPSS (version 19; IBM, Armonk, NY).

Data were analyzed with t-tests and Chi-Sq using SPSS (version 19; IBM, Armonk, NY).