

Exercise Is Less Likely to Help Black Girls Control Weight

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Working out seems less likely to prevent obesity among teenage African-American girls than their white peers, according to a study published in the Archives of Pediatric and Adolescent Medicine and reported by [HealthDay News](#).

For the study, researchers at the University of Bristol in England examined data from 538 black girls and 610 white girls participating in the long-running National Heart, Lung and Blood Institute Growth and Health Study. Scientists looked at factors associated with obesity and heart disease risk factors and measured physical activity, height, weight, body-mass index (height to weight ratio) and daily calorie intake.

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<http://beta.docker.realhealthmag.com/article/Exercise-and-Obesity-22538-1253>