

$p < .001$), but MVPA showed significant effect modifications on both femoral walking significantly moderated the association between depression and lumbar spine was significantly inversely associated with femoral neck BMD (B p walking significantly moderated the association (B p depression was not significantly associated with BMD. **CONCLUSION:**

331 Board #172 May 30 9:30 AM - 11:00 AM
Cardiorespiratory Fitness, Different Adiposity Exposures, and Cardiovascular Disease Mortality Risk in Healthy Women

*The Cooper Institute, Dallas, TX.
 (No relevant relationships reported)*

PURPOSE: We examined the prospective associations among cardiorespiratory fitness

METHODS:

to-height ratio (W:HT), percent body fat (%Fat), and CRF quantified as duration of a maximal treadmill exercise test. Women were classified by CRF as low (quintile 1), moderate (quintiles 2-3), and high fit (quintiles 4-5) as well as by standard clinical

RESULTS:

joint analyses into CRF x adiposity categories, there was a significant positive trend

WC category ($p < .03$). CRF was not significantly associated with CVD mortality within

CONCLUSION:

These findings support the 2016 American Heart Association Scientific Statement

332 Board #173 May 30 9:30 AM - 11:00 AM
A Strategy To Reduce The Dropout Rate In A Volunteer-led Community Weight-loss Program

Ryoko Mizushima, Yoshio Nakata, Xinyu Zuo, Seiji Maeda,
Tsukuba University, Tsukuba, Japan.

(No relevant relationships reported)

PURPOSE:

METHODS:

completed the 3-month program (dropout rate, 44.4%); their mean (95% confidence

RESULTS:

significant difference was found in the dropout rate (44.4% vs 25.8%, $P < 0.05$).

CONCLUSION:

333 Board #174 May 30 9:30 AM - 11:00 AM
Physical Activity Guideline Attainment and Gender Influence Chronic Disease Risks Among African American College Students

Amanda A. Price, Georgia McCauley, Vanessa Duren-Winfeld,
Winston-Salem State University, Winston Salem, NC.

(No relevant relationships reported)

PURPOSE

METHODS

and stratified chronic disease risk profiles.

RESULTS

profiles, did not attain the PA guidelines for health (54%), were moderately stressed

.01); no other gender-specific differences

met PA guidelines. Females who met PA guidelines had significantly lower waist

PA guidelines (all $p < .05$). There were no significant differences between males by PA

CONCLUSIONS: We identified linkages between PA guideline attainment and chronic

334 Board #175 May 30 9:30 AM - 11:00 AM
The Prevalence of Hypertension in a Population of Former Professional Football Players

Tulane University School of Medicine, New Orleans, LA.

(No relevant relationships reported)

OBJECTIVE:

DESIGN:

RESULTS:

prevalence was only significantly different between age-specific racial groups at age 40-59. The majority of former players had a BMI > 30 kg/m

CONCLUSIONS:

Abstracts were prepared by the authors and printed as submitted.

335 Board #176 May 30 9:30 AM - 11:00 AM
Waist Circumference Influences Associations Between Physical Activity And Metabolic Syndrome Risk In College-aged Females

¹University of Georgia, Athens, GA. ²University of Alabama, Tuscaloosa, AL. ³East Carolina University, Greenville, NC. ⁴University of Tennessee Chattanooga, Chattanooga, TN. ⁵Elon University, Elon, NC.

(No relevant relationships reported)

PURPOSE

influence the effect of MVPA on other MetS components. Thus, this study aimed to

METHODS

risk factors using standard clinical methods with factor presence being defined by the

associations. Linear regression was used to examine whether there was a significant

RESULTS: Among those with normal WC (NWC; n = 287), MVPA was significantly

r r r r r r
 r r p
 magnitude or stronger, and significant for SBP (r r r r r r
 $p < 0.05$). Only the association between MVPA and SBP was significantly

^p
CONCLUSIONS

336 Board #177 May 30 9:30 AM - 11:00 AM
The Prevalence of Obesity and Diabetes Mellitus in a Former Professional Football Player Population

Tulane University, New Orleans, LA.

(No relevant relationships reported)

PURPOSE:

METHODS:

and DM status based on BMI, FBG, HbA1c, and questionnaire results, and stratified

WEDNESDAY, MAY 30, 2018