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## A143: Influence of Sports Participation on Females' Health in the Cold Cities of Northeast China

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## A143: Influence of Sports Participation on Females' Health in the Cold Cities of Northeast China

### Abstract

**Purpose:** People living in the northeastern, cold region of China have been enduring a severe climate. It's well known that sports participation can promote health. However, there is a lack of research on sports participation among urban females in cold areas of China. Therefore, this study aims to analyze the influence of sports participation on urban females' health in northeastern China. **Methods:** A total of 305 urban females (aged 39 years) from Harbin completed an online survey, which asks about demographic information, health status, and sports participation. Health status was assessed by measuring three dimensions of health-related indicators (BMI, chronic illness, and healthcare utilization) and six dimensions of health-related behaviors (participation, years, exercise times, intensity, duration of exercise and organization). **Results:** Results showed that 41.6% of the participants had a sedentary lifestyle, 65.8% had participated in physical activity, and 68.3% worked out in summer and stopped participation in winter. There was a significant correlation between the health status and chronic illness ( $r = -0.32$ ), participation ( $r = 0.49$ ), exercise times ( $r = 0.32$ ), intensity ( $r = 0.32$ ), years ( $r = 0.37$ ), and organization ( $r = 0.49$ ). Multiple regression revealed that all the significantly corrected variables predicted health status,  $\beta_{\text{chronic illness}} = -0.17$ ,  $\beta_{\text{participation}} = 0.52$ ,  $\beta_{\text{exercise time}} = 0.22$ ,  $\beta_{\text{exercise intensity}} = 0.35$ ,  $\beta_{\text{years}} = 0.06$ , and  $\beta_{\text{organization}} = 0.08$ . **Conclusion:** Females' sports participation in the northeastern cities of China is mainly characterized by a lack of physical activity in general and a seasonal participation pattern (being physically inactive in winter). Their chronic illness, participation, exercise times, intensity, years, and organization all had a significant impact on their health status.

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*Keywords:* Sports participation, physical activity, health, urban