

## **Physical activity level in adults from two Brazilian areas: similarities and differences**

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Lack of comparability was always a major limitation among physical activity studies, due to the utilization of several instruments and inconsistent cut-off points. This study aims to compare the physical activity level in adults from two Brazilian areas: (a) Sao Paulo, the richest state in the country; (b) Pelotas, a medium-sized southern Brazilian city. Both sites used cross-sectional population-based designs, with multiple-stage sampling strategies. Physical activity level was assessed with the short version of the International Physical Activity Questionnaire. The prevalence of sedentarism was three times higher in Pelotas than in Sao Paulo. On the other hand, the proportion of very active subjects was significantly higher in Pelotas. The proportion of insufficiently active individuals (sedentary + irregularly active) was almost identical between the sites. Socioeconomic level was inversely related to physical activity level in both sites. Among the insufficiently active subjects, those living in Sao Paulo are at least doing a small amount of activity. On the other hand, among sufficiently active people, those living in Pelotas are more active.