

Oxford Journals > Medicine > Journal of Pediatric Psychology > Volume 32, Number 1 > Pp. 13-23

◀ [Previous Article](#) | [Next Article](#) ▶

Journal of Pediatric Psychology Advance Access originally published online on November 8, 2006

Journal of Pediatric Psychology 2007 32(1):13-23; doi:10.1093/jpepsy/jsl041

© The Author 2006. Published by Oxford University Press on behalf of the Society of Pediatric Psychology. All rights reserved. For permissions, please e-mail: journals.permissions@oxfordjournals.org

Adolescents' Eating, Exercise, and Weight Control Behaviors: Does Peer Crowd Affiliation Play a Role?

Eleanor Race Mackey, MS and Annette M. La Greca, PhD

University of Miami

All correspondence concerning this article should be addressed to Eleanor Race Mackey, MS, PO Box 249229, University of Miami, Coral Gables, FL 33124. Email: erace@miami.edu

This Article

- ▶ [Full Text](#) **FREE**
- ▶ [FREE Full Text \(PDF\)](#) **FREE**
- ▶ All Versions of this Article:
32/1/13 *most recent*
[jsl041v2](#)
[jsl041v1](#)
- ▶ [Alert me when this article is cited](#)
- ▶ [Alert me if a correction is posted](#)

Services

- ▶ [Email this article to a friend](#)
- ▶ [Similar articles in this journal](#)
- ▶ [Similar articles in ISI Web of Science](#)
- ▶ [Similar articles in PubMed](#)
- ▶ [Alert me to new issues of the journal](#)
- ▶ [Add to My Personal Archive](#)
- ▶ [Download to citation manager](#)
- ▶ Search for citing articles in:
[ISI Web of Science \(1\)](#)
- ▶ [Request Permissions](#)
- ▶ [Disclaimer](#)

Google Scholar

- ▶ [Articles by Mackey, E. R.](#)
- ▶ [Articles by La Greca, A. M.](#)
- ▶ [Search for Related Content](#)

PubMed

- ▶ [PubMed Citation](#)
- ▶ [Articles by Mackey, E. R.](#)
- ▶ [Articles by La Greca, A. M.](#)

Social Bookmarking



[What's this?](#)

▶ Abstract

Objective To examine the association between peer crowd affiliation (e.g., Jocks, Populars, Burnouts, Brains) and adolescents' eating, exercise, and weight control behaviors. The roles of gender and ethnicity were also examined.

Method Ethnically diverse adolescents ($N = 705$; 66% girls) completed the *Peer Crowd Questionnaire*, eating and exercise items from the *Youth Risk Behavior Surveillance System*, and weight control behaviors from the *Eating Attitudes Test-12*. **Results** Controlling for gender and ethnicity, adolescents affiliating with the Burnouts reported more unhealthful eating and more bulimic behaviors than others; adolescents affiliating with the Brains reported more healthful eating, less unhealthful eating, and more dieting; those affiliating with Jocks and Populars reported engaging in more

exercise; and Populars also reported more unhealthful eating. In addition, boys exercised more than girls; girls reported more dieting and bulimic behaviors. Black adolescents reported more unhealthful eating and less dieting than other adolescents. **Conclusions** Along with gender and ethnicity, peer crowd affiliation is related to adolescents' eating, exercise, and weight control behaviors. Prevention programs should consider adolescent peer crowds in developing health promotion and obesity prevention programs.

Key words: adolescents; eating; ethnicity; exercise; friendships; peer crowds; weight control.

 [CiteULike](#)  [Connotea](#)  [Del.icio.us](#) [What's this?](#)

Disclaimer:

Please note that abstracts for content published before 1996 were created through digital scanning and may therefore not exactly replicate the text of the original print issues. All efforts have been made to ensure accuracy, but the Publisher will not be held responsible for any remaining inaccuracies. If you require any further clarification, please contact our [Customer Services Department](#).

Online ISSN 1465-735X - Print ISSN 0146-8693

Copyright © 2008 [Society of Pediatric Psychology](#)



[Site Map](#) [Privacy Policy](#) [Frequently Asked Questions](#)

Other Oxford University Press sites: