

# Factors influencing the physical activity levels of older people from culturally diverse communities: An Australian experience

**Author/s:** Bird, Stephen Feldman, Susan Radermacher, Harriet Browning, C. Thomas, Shane | **Year:** 2007 | **Publication type:** Report | **Peer reviewed:** | **Topic area/s:** General Wellbeing, Physical Activity

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**Key Words:**

physical activity, CALD older people, built environment

**Research aim:**

This study assessed the facilitators and barriers to physical activity in older people from culturally-diverse communities, and investigated the predictors of physical activity participation

**Results/Conclusion:**

Approximately one third of the study participants failed to attain the advocated 150 minutes of physical activity each week. Some of the barriers to physical activity were personal, such as perceived ill-health, lack of energy, fear of injury and lack of motivation. And some factors were environmental, such as the weather and concerns about safety.

**Implications:**

factors that could facilitate an increase in physical activity amongst older people living in this region included: providing paths that were shaded by trees and separated from the traffic by nature strips; recreation areas in which the older people could meet and socialise, including outdoor areas used by people of all ages; providing well-maintained footpaths that were free from litter; access to free or low cost recreation facilities; and the transport means to get there. Additionally, the data suggested that some of the older people, who were classified as inactive, were less well informed about physical activity opportunities in their area.

**Cultural Group(s):**

Greek, Vietnamese, Macedonian, Croatian, Italian, Maltese, Anglo-Celtic

**Location of study:**

Victoria (Melbourne)

**Age group:**

60+

**Number included in study:**

333

**Type of participants:**

older people from Greek, Vietnamese, Italian, Macedonian, Maltese, Croatian, Anglo-Celtic backgrounds

**Research approach:**

Mixed methods

**Type of data:**

Primary

**Secondary data sources used:**

**Specific scales or analytical techniques used:**

**Implications/ Recommendations:**

**Notes:**

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