

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

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Key Words:

barriers to 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:

Personal barriers to physical activity, such as poor health, lacking the energy to exercise, being too tired and low motivation, were highly prevalent in all groups. Specific factors, such as 'being self-conscious about my looks', were more prevalent among the Vietnamese, as were concerns about the weather among Macedonians and Croatians. Across all groups, perceptions of health and safety strongly influenced physical activity behaviour, more so than the external environment.

Implications:

Some of the barriers can be addressed with a common approach, but others in some communities will require particular strategies.

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:

Quantitative

Type of data:

Primary

Secondary data sources used:

Specific scales or analytical techniques used:

Implications/ Recommendations:

Notes:

Article about complete study - see other journal article by same authors that focuses on CALD older women from 3 birthplace groups. Results from this study were also presented in a report by the same authors in 2007