

Overcoming barriers to physical activity among culturally and linguistically diverse older adults: A randomised controlled trial

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Key Words:

physical activity, Macedonian, Polish, health promotion

Research aim:

To investigate by randomised trial, health professional facilitated sessions aiming to overcome barriers to physical activity (PA), improve readiness to undertake PA, increase PA participation and improve fitness among older Australian adults from Macedonian and Polish backgrounds.

Results/Conclusion:

No significant differences were found between experimental groups in primary (Stages of Change Questionnaire (SocQ), steps per day and Human Activity Profile) or secondary outcomes.

Implications:

This study has highlighted methodological considerations for PA health promotion and research with older adults from culturally and linguistically diverse (CALD) backgrounds in a community setting. Investigation of older CALD adults' perceptions of what are 'adequate levels of PA' and methods of increasing PA is warranted

Cultural Group(s):

Macedonian, Polish

Location of study:

Victoria (Melbourne)

Age group:

70 (mean age)

Number included in study:

121

Type of participants:

Older people from Macedonian and Polish backgrounds

Research approach:

Quantitative

Type of data:

Secondary data sources used:

Specific scales or analytical techniques used:

Implications/ Recommendations:

Notes: