

Physical activity behaviours of Culturally and Linguistically Diverse (CALD) women living in Australia: A qualitative study of socio-cultural influences

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Key Words:

physical activity, health, chronic disease, women, socio-cultural influences

Research aim:

The purpose of this study was to examine the socio-cultural influences on the physical activity behaviours of CALD women living in Australia by identifying the barriers, constraints and possible enablers to physical activity participation for this population.

Results/Conclusion:

Common themes included: knowledge of physical activity, differing physical activity levels, and the effects of psychological and socio-cultural factors, environmental factors, and perceptions of ill-health and injury, on physical activity behaviours. Ethnic-specific themes indicated that post-war trauma, religious beliefs and obligations, socio-economic status, social isolation and the acceptance of traditional cultural activities, greatly influenced the physical activity behaviours of Bosnian, Arabic speaking, Filipino and Sudanese women living in communities throughout Australia.

Implications:

This study demonstrates that attitudes and understandings of health and wellbeing are complex, and have a strong socio-cultural influence. The findings of the present study can be used not only to inform further health promotion initiatives, but also as a platform for further research with consumers of these services and with those who deliver such services.

Cultural Group(s):

Bosnian, Arabic-speaking, Filipino, Sudanese

Location of study:

Sydney, Brisbane, Melbourne

Age group:

not specific to older people

Number included in study:

110

Type of participants:

women from Bosnian, Arabic speaking, Filipino and Sudanese communities in three regions

Research approach:

Qualitative

Type of data:

Primary

Secondary data sources used:

Specific scales or analytical techniques used:

Implications/ Recommendations:

Notes:

Not specific to older people