

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

**Author/s:** Caperchione, Cristina Kolt, Gregory Tennent, Rebeka Mummery, W. K. | **Year:** 2011 | **Publication type:** Journal article | **Peer reviewed:** | **Topic area/s:** General Wellbeing, Physical Activity

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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