

The Influence of the Built Environment and Other Factors on the Physical Activity of Older Women from Different Ethnic Communities

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Key Words:

barriers to physical activity, Greek, Vietnamese, older women, built environment

Research aim:

Study aims were to assess the personal, social, and environmental facilitators and impediments to physical activity in older women from ethnic communities and to determine the factors associated with physical activity participation.

Results/Conclusion:

The most common barriers were: I am not in good health, I am self-conscious about my looks, I am too tired, I don't have time, and The weather is bad. When comparing the ethnic groups, the Vietnamese women reported fewer barriers than the Italian women (2.6 vs. 5.9). While the Vietnamese women were much more likely to report being 'self-conscious about my looks', the Italian women more commonly reported poor health, being too tired, and not liking exercise as barriers. Overall, those living alone were more likely to be active and those who reported fear of injury, less active.

Implications:

Recognizing ethnospecific differences in the prevalence of barriers may be important when devising strategies to increase activity levels of older women.

Cultural Group(s):

Greek, Vietnamese, Anglo-Celtic

Location of study:

Victoria (Melbourne)

Age group:

60-84

Number included in study:

20 Italian, 26 Vietnamese, 26 Anglo-Celtic women

Type of participants:

older women from different Greek, Vietnamese and Anglo-Celtic backgrounds

Research approach:

Quantitative

Type of data:

Primary

Secondary data sources used:

Specific scales or analytical techniques used:

Implications/ Recommendations:

Notes:

Highly relevant - compares groups of older CALD - see other journal article by same authors that reports on the larger project including other cultural groups and men and women