

Applicant

Dr. Meghan McDonough, University of Calgary

E-mail Address

meghan.mcdonough@ucalgary.ca

Project Title

Cross-lagged associations between social connections and physical activity in older adults: Understanding synergies and direction of effects

Project Summary

Physical activity (PA) and positive social connections are important for well-being, but physical inactivity and social isolation are common in older adults, particularly in marginalized populations. PA and social connections may have reciprocal effects, as social support can enable PA, and PA contexts can be a source of social connections. Several social factors are associated with PA in older adults, and some associations are moderated by factors associated with increased risk of social isolation including sex, living arrangements, and income, but longitudinal designs are needed to examine the direction of effects. This longitudinal cross-lagged panel study will examine bi-directional effects between social connection variables and PA, and whether these associations are moderated by sex, living arrangement, and income. Results of this study will be used to help design ways to improve social connectedness and PA among older adults.

Keywords

social connection, social support, social participation, physical activity, social isolation