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Project Title

Social Factors and Physical Activity in Older Adults: Identifying Predictors Across Vulnerable Populations

Project Summary

Physical activity is important for maintaining and improving health and independence, but most older adults do not meet physical activity recommendations. Older adults who have more social support tend to be more active, suggesting that social support is an important mechanism for physical activity promotion. However, it is unknown what forms of support predict physical activity, particularly across vulnerable segments of the population. This cross-sectional study will examine which social support factors assessed in the CLSA predict physical activity among adults age 65 and older. Furthermore, it will examine whether the predictors of physical activity are similar, or different for vulnerable populations including those who live alone, have low incomes, are members of an ethnic minority, immigrants to Canada, women, LGBTQ, and caregivers.

Keywords

Social support, Physical activity, Vulnerable populations, Social participation