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Project Title

Individual and Environmental Determinants of Physical Activity Among Older Canadians

Project Summary

Less than 15% of older Canadians meet exercise guidelines despite associated benefits to physical and mental health. Older adults report that individual (e.g., mobility, health problems) and environmental factors (e.g., facilities, weather) can be barriers to exercise and physical activity. However, the influence and interactive effect of individual and environmental characteristics on physical activity among older adults has not been examined in a large cohort. We aim to examine the independent and interactive associations between individual and neighbourhood characteristics and physical activity among older Canadians. We will characterize individual health and function as well as neighbourhood characteristics (social and structural). We will examine how these characteristics are associated with physical activity levels and whether there are interactions between individual and neighbourhood characteristics. Understanding how environmental characteristics influence physical activity across individuals with varied health and function can enable better planning on individual and government levels.

Keywords

Physical activity, individual characteristics, neighbourhood characteristics