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**Project Title**

Active aging in a foreign-land: The physical activity and mobility of immigrants in the CLSA

**Project Summary**

"Aging in a foreign land" poses significant health challenges: foreign-born older adults (FBOAs) report a high prevalence of chronic conditions, poorer self-rated health, and greater difficulties with instrumental activities of daily living (IADLs) compared with their Canadian-born peers. Physical activity (PA) and mobility reduce the risk for many chronic diseases and preserve physical function as individuals age. Only seven small studies have examined the PA and mobility of FBOAs in Canada. The CLSA provides a timely opportunity to examine the PA and mobility of FBOAs. We will conduct an analysis of CLSA baseline data (2010-2015) to characterize the mobility and PA of FBOAs, using the PASE and Life Space Index measures.

**Keywords**

Physical activity, Mobility, Immigrants, Health behaviours, Intersectionality