Correlates of Physical Activity among Adult Métis

Background (Optional):

Objectives:
The purpose of this study was to identify demographic, geographic, socioeconomic, health-related and Aboriginal-specific correlates of leisure-time physical activity and active transportation among adult Métis. A particular focus of this research was to examine how modifiable health behaviours and culturally-specific variables were associated with the two different types of physical activity.

Methods:
Sequential logistic regression was used to analyze data from the 2006 Aboriginal Peoples Survey and Métis Supplement to determine the odds of self-reported physical activity participation. The sample included 5580 adult Métis between the ages of 20 and 64. Data were accessed at the Southwestern Ontario Research Data Centre (SWORDC).

Results:
Results demonstrated that leisure-time physical activity participation was positively associated with self-perceived health and having attended a Métis cultural event, whereas smoking and body mass index (BMI) were associated with lower odds of participation. Level of active transportation was also positively associated with self-perceived health and having attended a Métis cultural event, while a negative association was observed between level of active transportation and BMI. The two types of activity demonstrated differences in how they were associated with demographic and socioeconomic variables.

Conclusions:
The results of this study demonstrate that leisure-time physical activity and active transportation are associated differently with the correlates that were examined in this study, and such differences should be considered when designing policy to increase participation. In addition, this research suggests that cultural engagement and culturally-specific events may be important for promoting active lifestyles and bettering the overall health of adult Métis.

What are the implications of your research on practice or policy?
This study provides evidence that modifiable health behaviours and culturally-specific factors may be particularly important to consider when designing interventions to promote physical activity among adult Métis.