The correlates of physical activity among adult Métis: evidence from the 2006 Aboriginal Peoples Survey and Métis Supplement

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Background

Métis and health inequalities
Background

Physical activity and health
Background

Leisure-time physical activity

Active transportation
Background

Cultural identity and health

Aboriginal-specific determinants of health
Purpose: Predicting PA

Culturally-specific variables

Demographic, geographic, socioeconomic, health-related covariates

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Methods: predicting levels of LTPA and active transportation

• Data: 2006 Aboriginal Peoples Survey and Métis Supplement
• Sample: 5,810 Métis adults, 20 to 64
• Binary and ordinal logistic regression
Results: levels of activity

- 51.3% reported 3 or more hours of LTPA/week
- 27.9% reported more than 5 hours of active transportation/week
- 38.5% reported 1 to 5 hours of active transportation/week
Odds of participating in 3 or more hours of LTPA per week by last time having attended a Métis cultural event, Métis aged 20 to 64

Last time having attended a Métis cultural event

- Never
- 5 or more years ago
- From 1 to 5 years ago
- Less than 1 year ago
Odds of participating in a high level of active transportation by last time having attended a Métis cultural event, Métis aged 20 to 64

Last time having attended a Métis cultural event

- Never
- 5 or more years ago
- From 1 to 5 years ago
- Less than 1 year ago

Odds ratio:
- Never: 0.8
- 5 or more years ago: 1.5
- From 1 to 5 years ago: 1.4
- Less than 1 year ago: 1.6
Odds of participating in 3 or more hours of LTPA per week by level of spirituality, Métis aged 20 to 64

Level of spirituality

Not at all
Not very
Moderately
Very

Odds ratio

0
0.2
0.4
0.6
0.8
1
1.2
1.4
1.6
1.8

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How can we interpret the significant associations between culturally-specific determinants of health and physical activity?

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Other significant findings relating to LTPA

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Other significant findings relating to active transportation

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Limitations

- No data on frequency and duration of specific leisure-time activities
- Métis Supplement only measured walking for transportation
- Cross-sectional data
Concluding remarks

• Culturally-specific factors: further research needed to contextualize findings

• Address barriers imposed by demographic, socioeconomic and health-related factors
Thank you