

*Introduction*

*Current Knowledge*

*Purpose*

*Hypotheses*

*Next Steps*

## *Understanding the Impact of a Unique Socio-Cultural and Geographical Context on Physical Activity*

*Alain P. Gauthier  
Laurentian University*

*Dr. Nancy Young  
Laurentian University*



*Dr. Michel Larivière  
Laurentian University*

*Dr. Raymond Pong  
Laurentian University*



*Dr. Susan Snelling  
Sudbury & District Health Unit*



*Second report on the health of Francophones in Ontario*

*Picard, L, & Allaire, G. (2005).*

*Introduction*

*Current Knowledge*

*Purpose*

*Hypotheses*

*Next Steps*

		<b>Cardiovascular Disease</b>	
<b>Francophones</b>	<b>North</b>	8.1%	
	<b>South</b>	7.6%	
	<b>East</b>	4.7%	
<b>Non-Francophones</b>	<b>North</b>	7.1%	
	<b>South</b>	5.1%	
	<b>East</b>	5.2%	
<b>Ontario</b>		5.3%	

*Statistics Canada, 2005*

*Second report on the health of Francophones in Ontario*

*Picard, L, & Allaire, G. (2005).*

*Introduction*

*Current Knowledge*

*Purpose*

*Hypotheses*

*Next Steps*

		<b>Obesity</b>	<b>Overweight</b>
<b>Francophones</b>		17.7%	36.8%
<b>Anglophones</b>		16.0%	35.2%
<b>Allophones</b>		12.2%	27.8%
<b>Ontario</b>		15.3%	33.3%

*Statistics Canada, 2005*

**NE LHIN: 56.6%** of northeastern resident are overweight/obese compared to 48.5% for the provincial average (NE LHIN, 2006).

# Current Knowledge

---

*Introduction*

*Current Knowledge*

*Purpose*

*Hypotheses*

*Next Steps*

- The World Health Report (World Health Organization, 2002):
  - **22%** of all ischemic heart diseases were due to physical inactivity and an additional **21%** were due by excess weight (BMI Greater than 21 kg/m<sup>2</sup>).
  
- Among the determining factors of obesity, **energy imbalance** is a key component (Canadian Public Health Initiative, 2004).

## Second Report on the Health of Francophones in Ontario (2005)

Introduction

Current Knowledge

Purpose

Hypotheses

Next Steps

		Physical Activity Index	Daily Physical Activity	Smoking	Alcohol Consumption	Fruits and Vegetables
<b>Franco</b>	<b>North</b>	25%	64%	-	-	30.0%
	<b>South</b>	19%	59%	-	-	36.5%
	<b>East</b>	20%	62%	-	-	38.6%
	<b>All Franco</b>	21%	61%	27.1%	83.4%	-
<b>Anglo</b>	<b>North</b>	30%	-	-	-	31.9%
	<b>South</b>	-	-	-	-	37.8%
	<b>East</b>	27%	-	-	-	36.9%
	<b>All Anglo</b>	25%	64%	23.3%	83.6%	-
<b>Ontario</b>			61%	21.3%	79.3%	37.4%

Statistics Canada, 2005

## *Purpose*

---

*Introduction*

*Current Knowledge*

*Purpose*

*Hypotheses*

*Next Steps*

1. To explore 'hypotheses' explaining the contradictory findings among Franco-Ontarians in the North
2. To justify the need for a more comprehensive understanding of the physical activities of Franco-Ontarians in the North

# Hypotheses

---

*Introduction*

*Current Knowledge*

*Purpose*

*Hypotheses*

*Next Steps*

## 1. Genetic Predisposition

- Engert and colleagues (2007) indicated that there is a strong genetic predisposition to cardiovascular disease (CVD) among French Canadians

# Hypotheses

*Introduction*

*Current Knowledge*

*Purpose*

*Hypotheses*

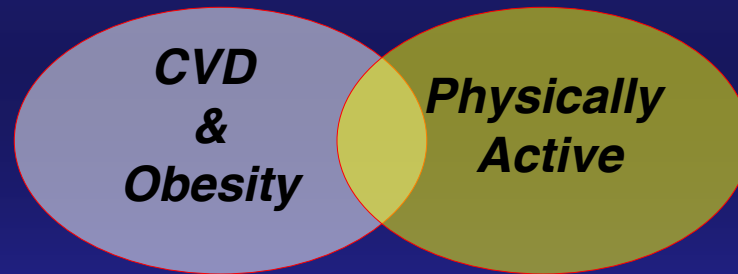
*Next Steps*

## 2. Health Behaviours



# Hypotheses

## 3. Ecological Fallacy



**Inactive**

**Healthy**

Introduction

Current Knowledge

Purpose

Hypotheses

Next Steps

Introduction

Current Knowledge

Purpose

Hypotheses

Next Steps

## 4. Measure of Physical Activity

- *Participation in Daily Physical Activity (PDPA): 15 minutes of daily physical activity (12 times per month).* (Statistics Canada, 2006)
  - **“60-90 minutes of moderate intensity or lesser amounts of vigorous intensity activity” (Saris et al., 2003, p.111)**
- Physical Activity Index (PAI): categorical variable based average leisure-time daily energy expenditure where greater than 3 kcal/kg/day is considered ‘Active’. (Statistics Canada, 2006)
  - **60 minutes of swimming (3 Mets)**
  - **30 minutes of basketball (6 Mets)**
  - **20 minutes of jogging (9.5 Mets)**

# *Why study physical activity?*

---

*Introduction*

*Current Knowledge*

*Purpose*

*Hypotheses*

*Next Steps*

- Genetic Predisposition
- Health Behaviours
- Ecological Fallacy

# Next Steps

Introduction

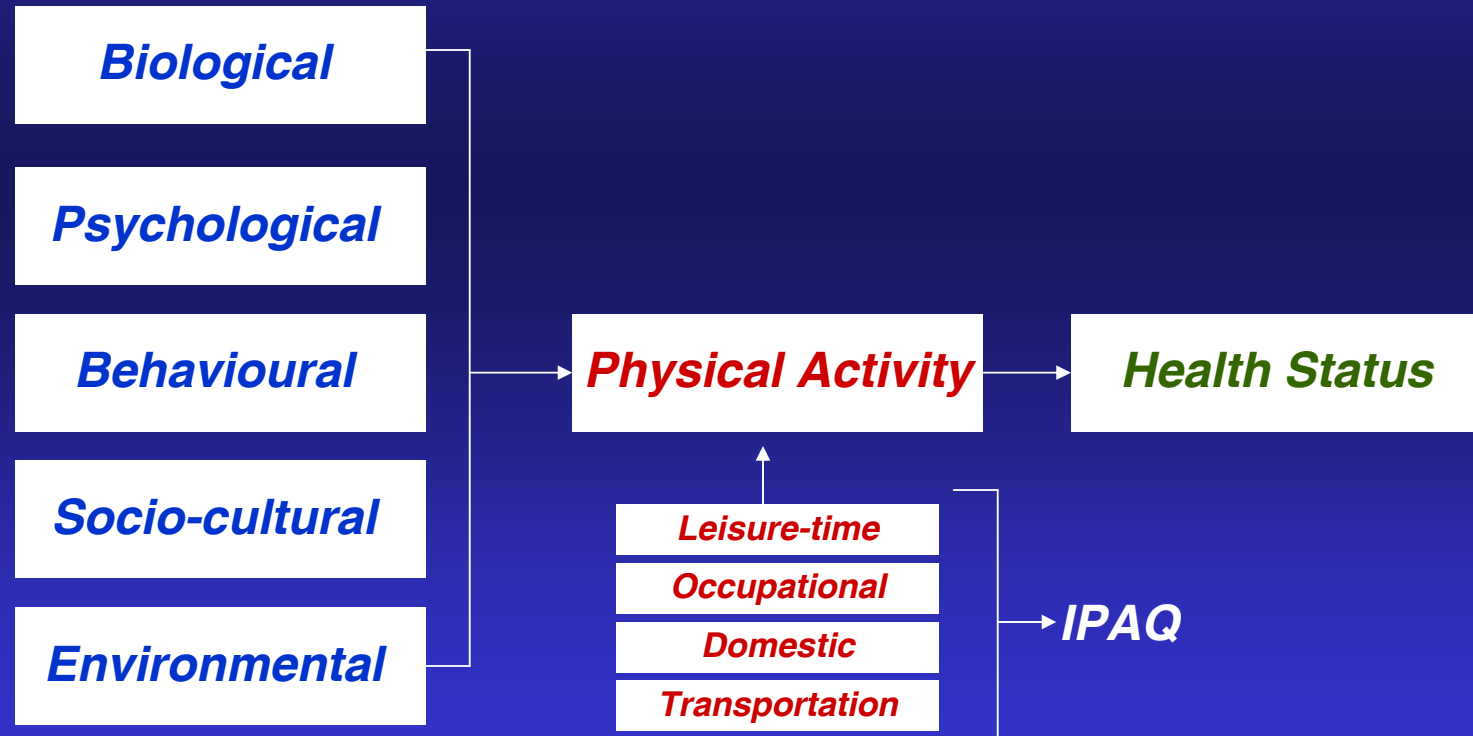
Current Knowledge

Purpose

Hypotheses

Next Steps

## ■ Measure of Physical Activity



*Thank you*

*Introduction*

*Current Knowledge*

*Purpose*

*Hypotheses*

*Next Steps*

