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Project: Understanding how adults living with obesity participate in daily activities outside the home: a mixed methods study using ethnography and participatory geospatial methods



Background

Participation in meaningful activities and life roles is important for health and well-being. This is especially true for activities that take place in the community, such as employment, family, leisure, and social activities. Obesity is a complex, chronic disease, associated with increased rates of disability, health risk, and difficulties managing everyday activities. Aspects of the social and built environment such as interpersonal interactions and accessibility can restrict

participation, increasing risk for social isolation, which may have negative health impacts. Individuals with obesity report restricted participation in daily activities, including travel, employment, and accessing public spaces, including health care facilities. We need to learn more about the experiences of adults with obesity as they participate in activities outside the home to inform evidence-based tools and recommendations to address participation restrictions. The purpose of this study is to describe participation in everyday activities outside the home for adults with obesity and identify barriers and facilitators in the social and built environment that influence participation.