

Western University

Scholarship@Western

---

Inspiring Minds – Showcasing Western’s Graduate Research, Scholarship and Creative Activity

---

September 2021

## Impact of Social Determinants of Health on Physical Activity

Jane Yuan

Western University, [jyuan58@uwo.ca](mailto:jyuan58@uwo.ca)

Follow this and additional works at: <https://ir.lib.uwo.ca/inspiringminds>

---

### Citation of this paper:

Yuan, Jane, "Impact of Social Determinants of Health on Physical Activity" (2021). *Inspiring Minds – Showcasing Western’s Graduate Research, Scholarship and Creative Activity*. 84.

<https://ir.lib.uwo.ca/inspiringminds/84>

My research aims to investigate the association between social determinants of health and physical activity and to understand which social determinants of health are the strongest predictors of physical activity among middle-aged to older adults. The health benefits of physical activity in the prevention and treatment of chronic disease are well-established. However, those who are more socially advantaged are more likely to have the time and resources to engage in regular physical activity and less likely to experience the negative health outcomes of physical inactivity. Knowledge of the social determinants of health and its impact on physical activity engagement is needed to effectively promote physical activity equitability. It is inappropriate to recommend 150 minutes of physical activity a week as a blanket solution to all individuals without taking into consideration the social context in which health behaviours take place, which ultimately shapes how an individual experiences health.