Physical activity participation among adult refugees living in the United States

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Background

- In the US there is a growing population of refugees.
- Refugees experience life-altering events and must adjust to a new lifestyle and culture, predisposing them to developing chronic disease.
- There is a higher incidence of conditions such as cardiovascular disease, obesity, chronic pain, as well as other psychological conditions.
- PA is an effective strategy for promoting psychological well-being, physical health, and reducing the risk for chronic diseases.
- Engaging in PA may help refugees cope with the stress and trauma they’ve experienced while addressing modifiable risk factors.
- There are many barriers that make engaging in PA especially difficult for refugees.

Purpose

- Identify common barriers to PA across the literature
- Identify characteristics of successful community-based interventions
- Create a framework that can help physical therapists and other healthcare providers facilitate PA participation among refugees
- Find current gaps in the literature and suggest future research directions

Methods

- Timeline: Jul 2018 - Feb 2019
- Databases: Academic Search Premier, CINAHL, MEDLINE, PubMed, Google Scholar
- Search terms: Refugee, asylum, displaced people, evacuees, barriers, obstacles, restrictions, physical activity, exercise, physical therapy, recreation, quality of life, well-being, and general health

References