

## The relationship between sport, physical activity, and social engagement: A profile of Canadian seniors

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## What we know:

**Successful Aging**

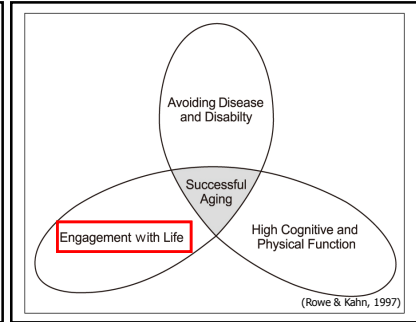
**Aging-Well**  
(Chapman, 2005)

**Positive Aging**  
(Bowling, 1993)

**Healthy Aging**  
(Keating, 2005)

**Robust Aging**  
(Garfein & Herzog, 1995)

**Productive Aging**  
(Kerschner & Pegues, 1998)



## What we know:

### Engagement with Life

**Regenerative Activities**

**Discretionary Activities**

(Maier & Klumb, 2005)

**Productive Activities**

**Consumptive Activities**

### Benefits of Engagement:

↓  
risk of mortality  
functional impairment  
cognitive decline  
depression/loneliness

↑  
self-reported health  
physical activity levels  
life satisfaction  
well-being/happiness



(Andrew, 2005; Bath & Gardiner, 2005; Bennett, 2005; Bourque et al., 2005; Hinterlong et al., 2007; Litwin, 2003; McAuley et al., 2000; Mendes de Leon, 2003; Menec, 2003; Murray & Crummett, 2010; Seeman et al., 2001; Thoits & Hewitt, 2001)

## What we don't know:

How does the **frequency** of participation in different activities affect physical and cognitive functioning during older adulthood?

How and **why** do engagement profiles change during different decades of older adulthood?





### Study 1: Engagement and Functional Health

**Participants:** 287 English speaking older adults (55-90 years)

**Design:** Survey quantifying (1) frequency of engagement, (2) physical function, and (3) cognitive function

**Findings:**

 **Highest % of activities**

 **Lowest % of activities**

**High Frequency Activities**

**Passive-Leisure**


- computer use

**Productive**

- light housework

**Active-Leisure**

- walking for fitness

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### Study 2: 'How' Engagement Profiles Change

**Participants:** 54 community dwelling older adults (65-97 years)

**Design:** 'Past' and 'present' engagement questionnaires


**Findings:**



**Productive Activities**




**Social Activities**



**Active Leisure**



**Passive Leisure**






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### Study 2: 'Why' Engagement Profiles Change

**Participants:** 42 community dwelling older adults (65-97 years)

**Design:** 6 focus groups and 16 semi-structured interviews

**Findings:**

Health	Death	Freedom	Desire	External Factors
				

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### Practical Implications

**Important for community organizations to offer a wide variety of programming and engagement options for older adults**

- Increase frequency of participation in *any* activity
- Freedom of time and choice to participate in desired activities in which they are capable

**Focus on active-leisure activities**

- Predicts improved physical functioning
- Capitalize on maintained social engagement



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