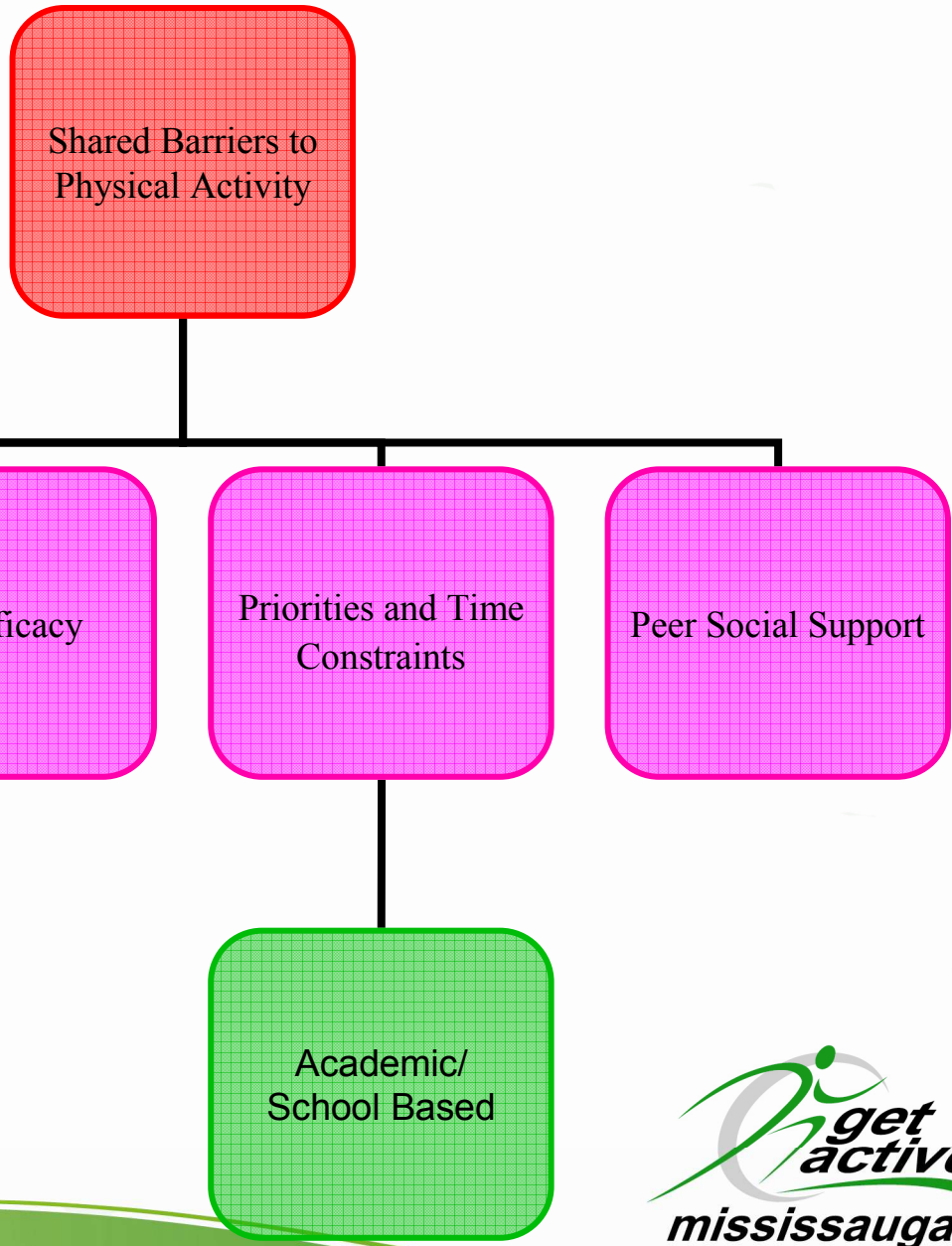


Our Research - Results

<p>Shared Barriers: Common in all focus group sessions as well as existing literature on physical activity</p>	<p>Unique Barriers: Common in only one cultural group as well as existing literature on physical activity</p>
<p>Shared Cultural Barriers: Culturally specific barriers common to all focus groups sessions</p>	<p>Unique Cultural Barriers: Common in only one cultural group</p>

Shared Barriers



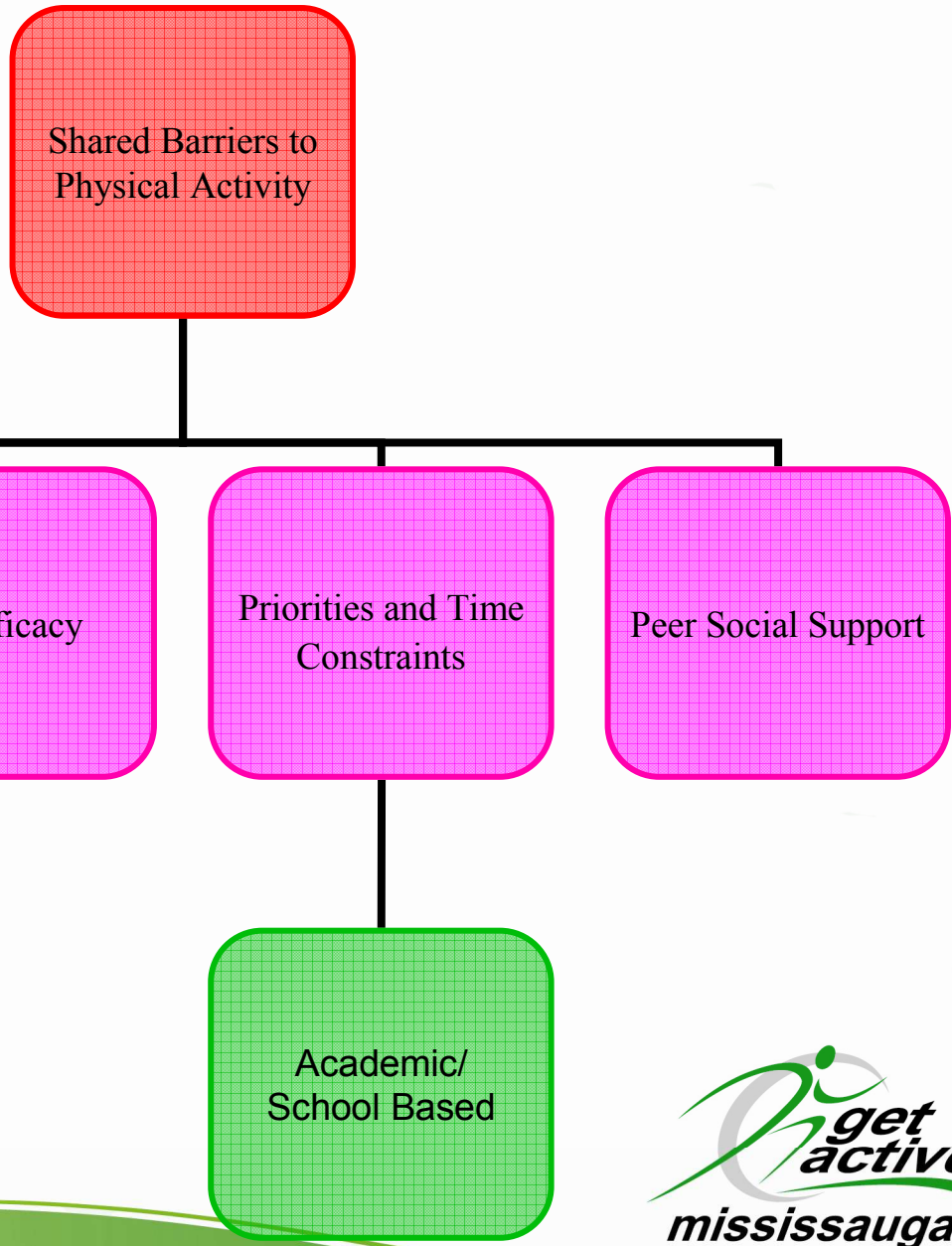
Access and Availability

“For example, I don’t drive yet, so it’s hard for me to get around. My dad’s at work. My mom doesn’t drive either. So it’s either my brother or my dad, and they both have things to do, so it’s hard to even go to a gym. And then the ride of coming back. Because how long are you gonna stay at the gym? For three hours? No one works out for three hours. So it’s like, my dad just dropped me, and then he has to come pick me up again because it’s just been an hour and a half. So I think that’s more of a problem”

- Indian



Shared Barriers



Self-Efficacy

“Yeah. I think self-esteem or, you know, what other people think about what you’re doing can affect that because, like if I can’t play basketball, I’m not gonna go play it when all the other people know how to play, but I don’t know how to play. So that could be a factor. ‘Cause if you don’t know what you’re doing properly, then you’re not good enough to do it.”

- Indian



Shared Barriers

Shared Barriers to Physical Activity

Access and Availability

Self-Efficacy

Priorities and Time Constraints

Transportation

Cost

Academic/
School Based
Get active
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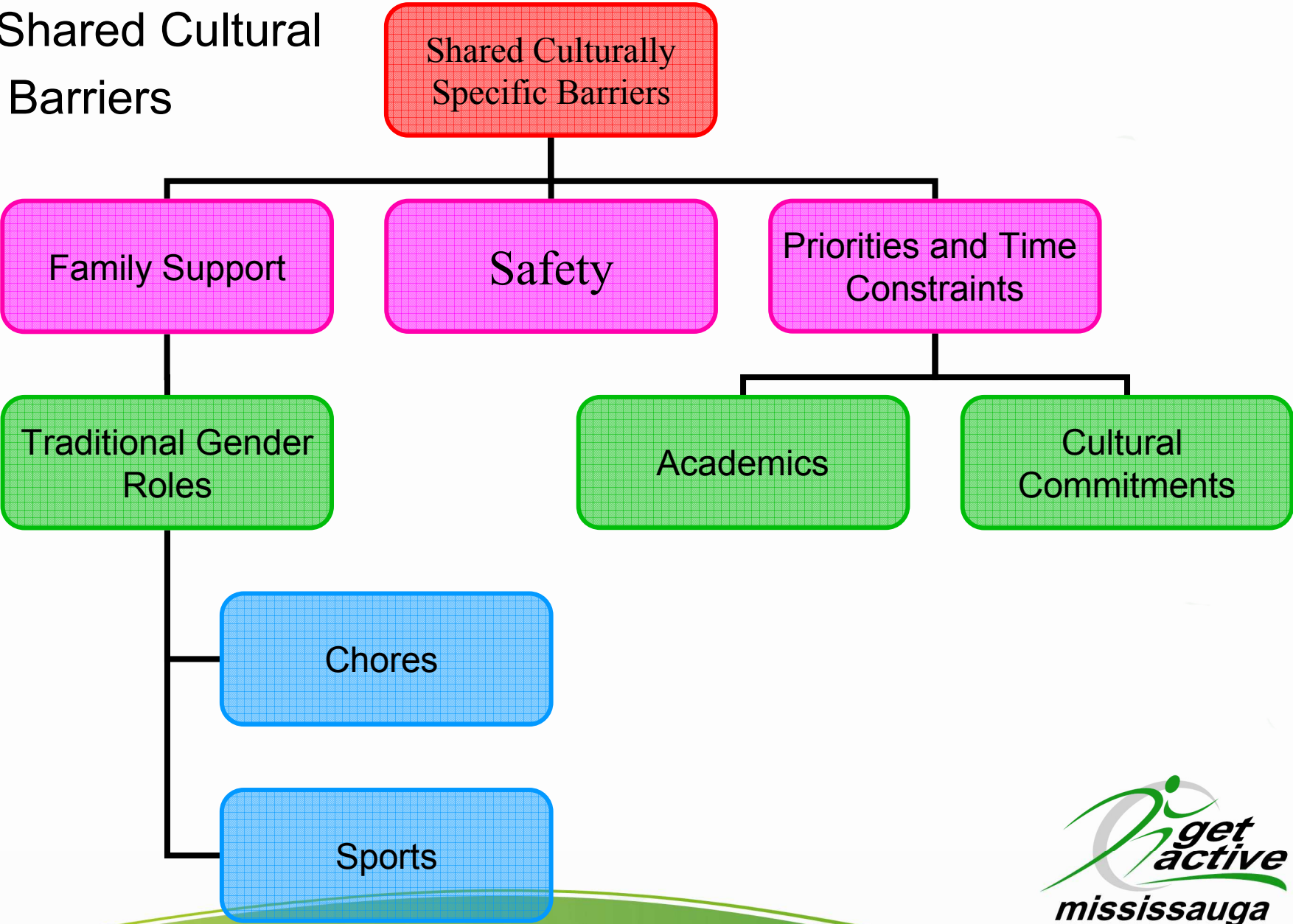


Priorities and Time Constraints

- “We have other things to do. Like we are going to university in a year, so there’s not a lot of time.”
 - Polish



Shared Cultural Barriers



Family Support

“It’s also because Brown parents are usually like,
“Oh, there’s no point in you girls going out
and playing and stuff because once you’re
married, all you’re gonna do is come home,
cook, and then go back to work, and take care
of your family”

- Indian

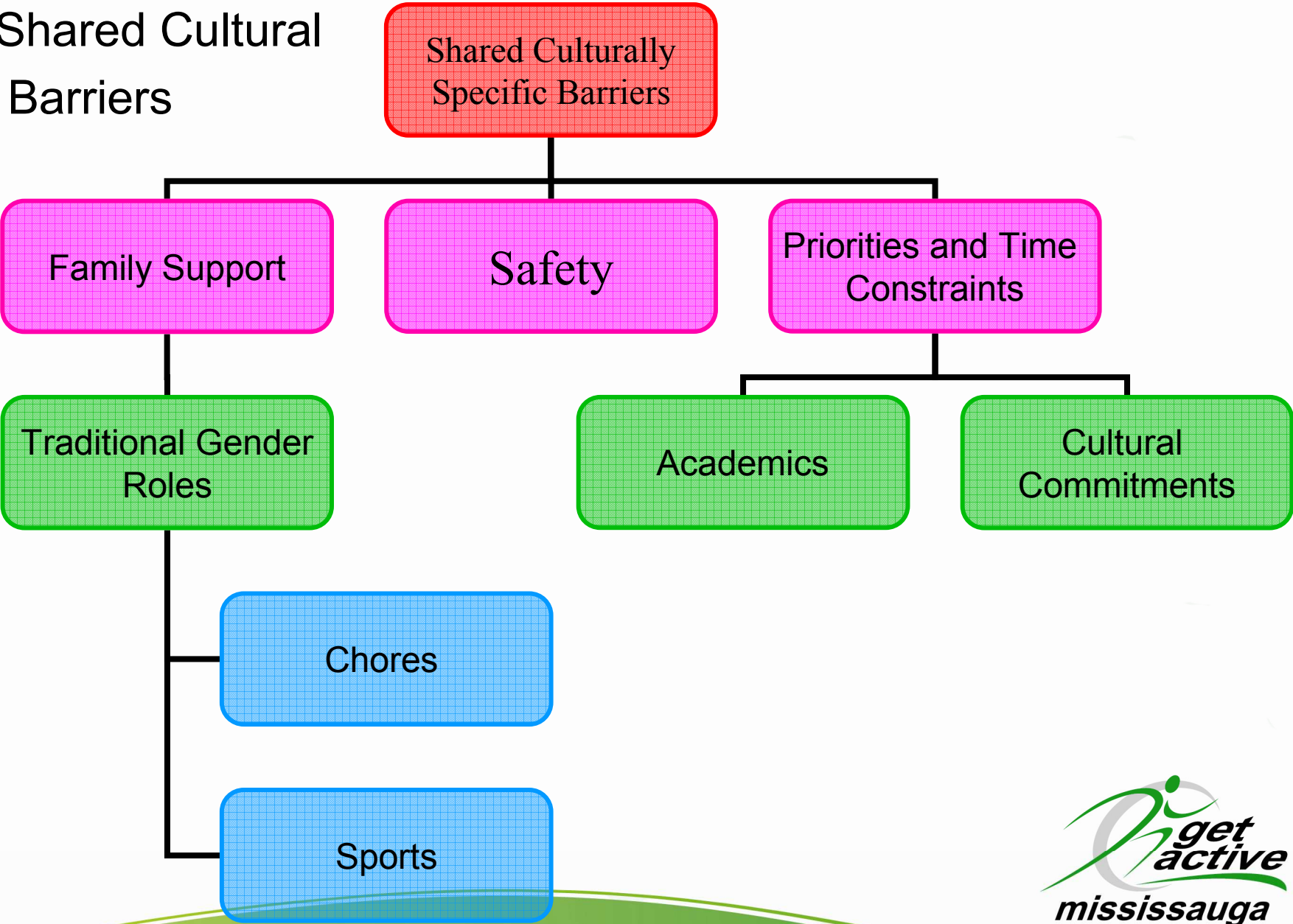


Family Support

- Sexist parents.
 - P: [laughs]
 - P4: No I'm serious.
 - [talking over each other]
 - P: It's true.
 - P8: Guys get to go and play, while girls stay inside and cook and do the dishes.
 - G: Yeah!
 - P2: Same here!
 - P4: My brother wanted to go play soccer with his friends. I usually play with him and his friends, and then my friends play with them too, right? And my dad, my dad's like, "Okay. You go." And then I was like, "Dad, I want to go too." "No, no, no. Mom teach you how to cook." I was like ...
- Indian



Shared Cultural Barriers



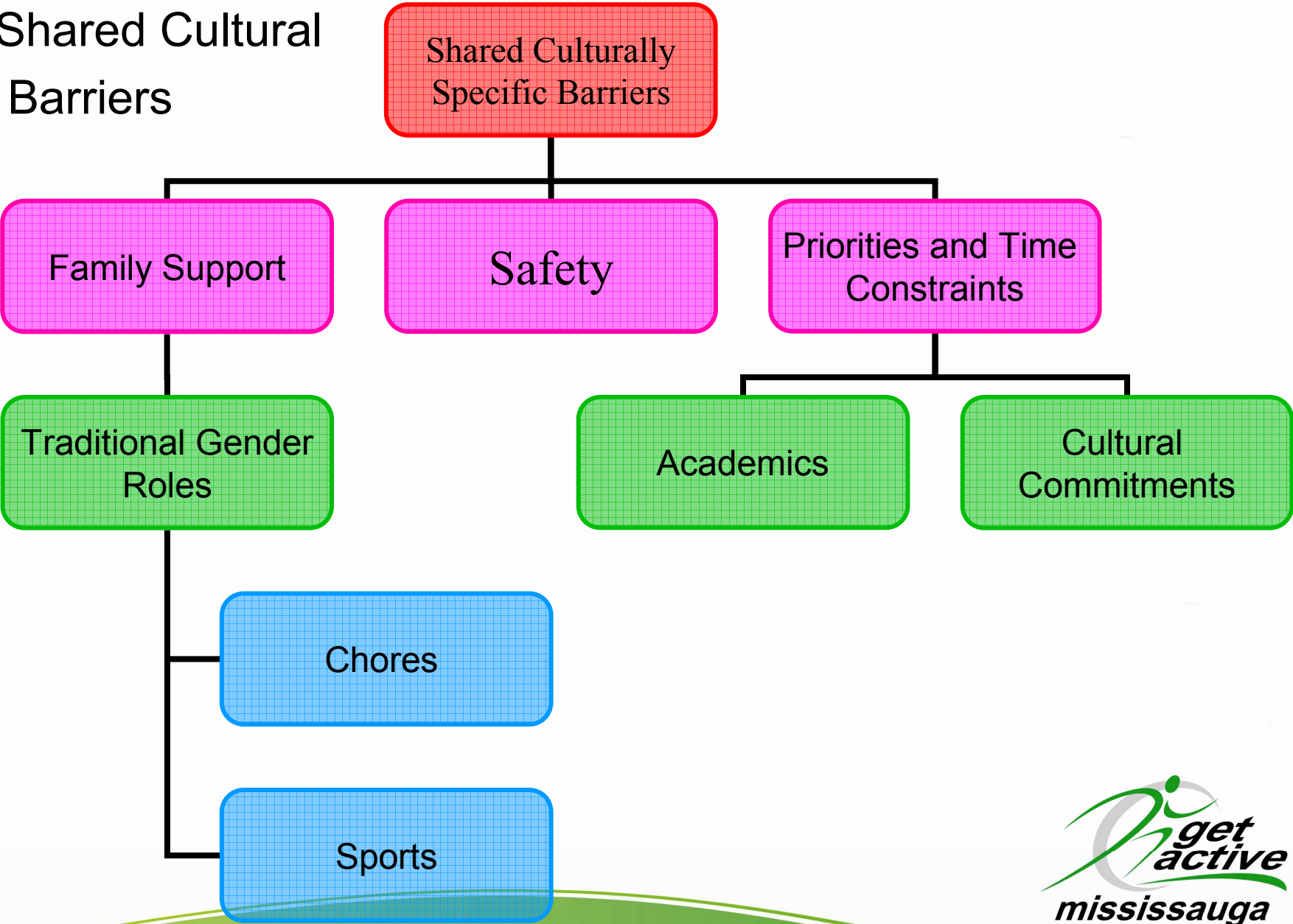
Safety

- “She’s [Mom] is like back [home] then I used to be able to walk free because it was a town of 5 000 people . . . and now [here] its like no I’m not letting you go out there is like half a million people they could kidnap you, I’m like great”

- Polish



Shared Cultural Barriers



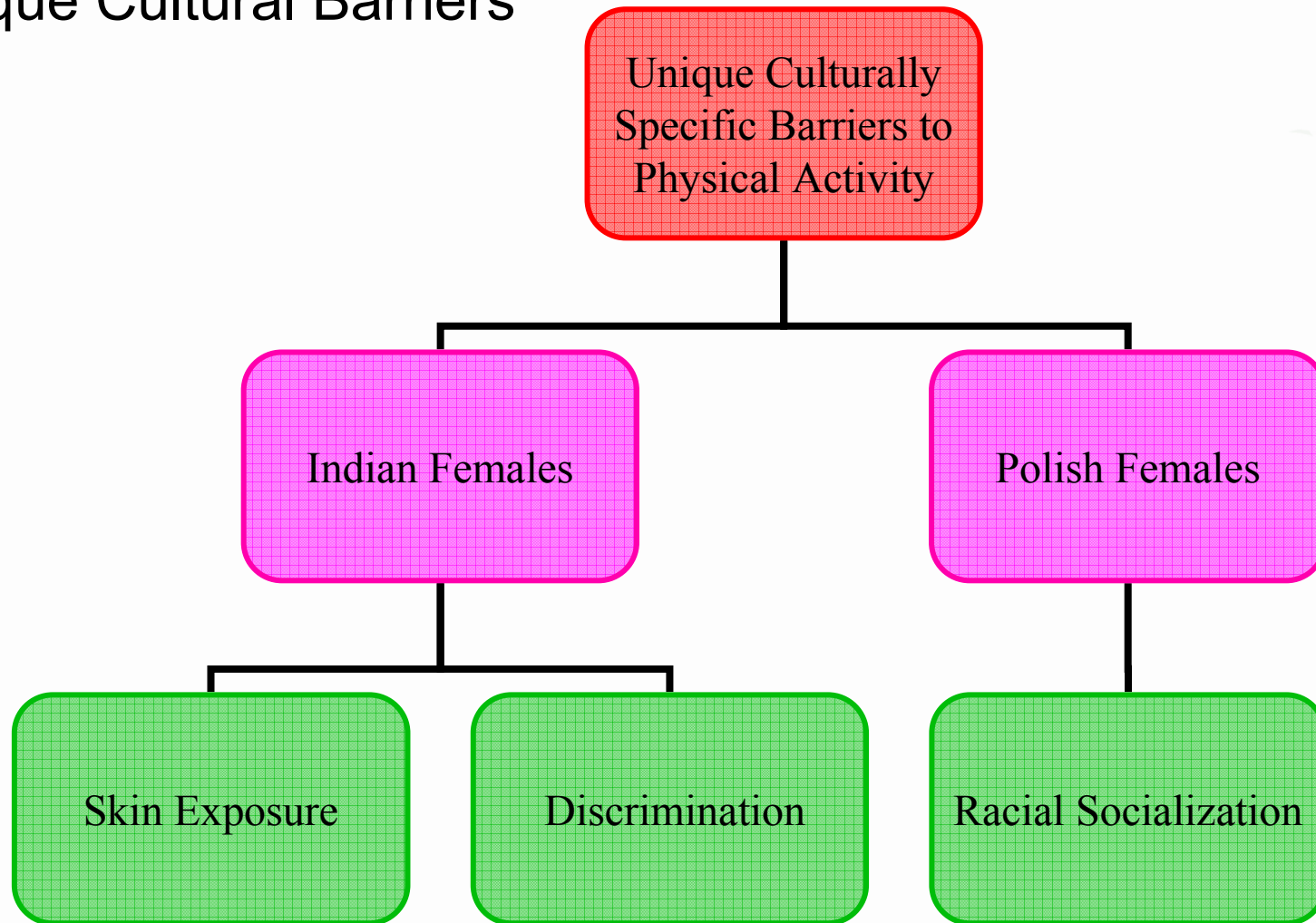
Priorities and Time Constraints

- “Because my mom – most immigrants, they don’t have a good job, but it’s not a profession. It’s more like hands working and it’s very tiring. . . so my mom, she wants me to study so I don’t get the same job that she does, like manufacturing, whatever.”

- Polish



Unique Cultural Barriers



Indian Females

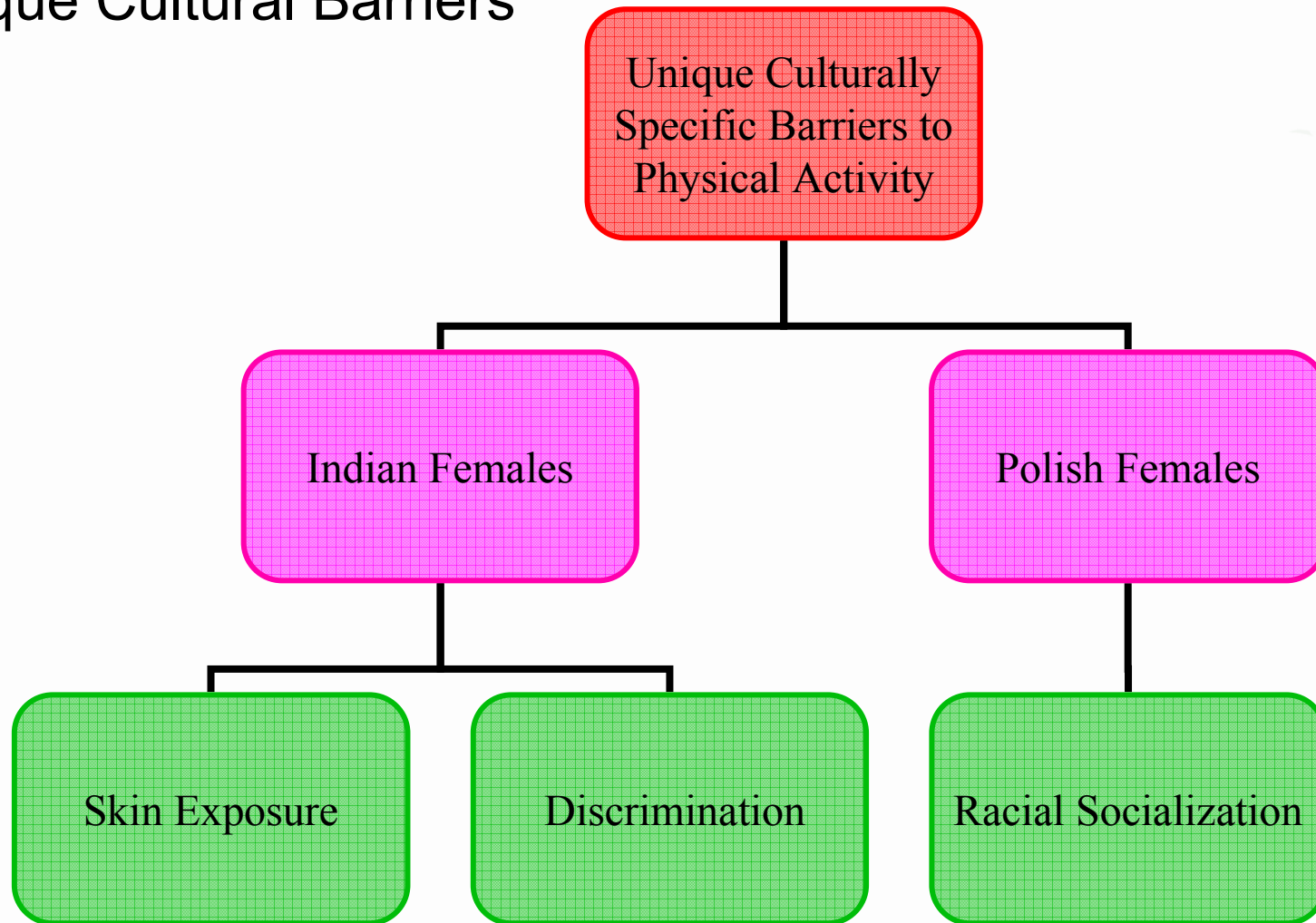
P: “It’s just that some people just think that Indian girls aren’t just like Black skin girls. That Black skin girls are better, and they can do everything better, and they just don’t give Indian girls a chance. It happens sometimes.”

P: “I agree with what she said.”

“I think it’s the clothes sometimes. I know a couple of girls that really want to play volleyball, and since they have to wear short-shorts – even soccer – they don’t approve of it. I know a lot of Indian parents don’t want their girls running around in front of boys with their legs bare, right?”



Unique Cultural Barriers



Polish Females

- “I think they trust Polish people more than any other culture”
- “Cause they know that Polish people since they’re Polish, like they have their own methods of teaching their children and usually they work, and like they don’t know other cultures much cause they’re not them, so . . .”



Our Research – Next Steps



“Change is the end result of all true learning.”

- Leo Buscaglia







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