

Summary of results on barriers and facilitators to sports and physical activity

The Know How to Take Care + project aims to design more equitable and inclusive services for sports and physical activity (SPA) and access to healthy eating. Research has been carried out to identify barriers and facilitators to these services. The results will be used to plan services that are better adapted to the needs of the population.

The results presented in this document are based on the testimonies of 36 people from immigrant and/or racialized families who participated in the research activities of the Know How to Take Care + project. Among the people we met, dancing, swimming, cycling, and walking were among the most popular sports and physical activities (SPA)! Know How to Take Care + highlighted the barriers and facilitators to the practice of SPAs by immigrant and/or racialized families. These families identified several solutions to facilitate access.

“Even getting out of the house [in winter] is difficult, even if you go to another enclosed space.”

Participant in the women's group, Lachine and LaSalle

“I did zumba classes because I like to move, I like to dance a bit, I like music too and it was an activity I can do with other ladies, and I can also bring my child with me.”

Participant in the women's group, Saint-Michel, Ahuntsic-Cartierville

Barriers

The **lack of diversity among SPA users** amplifies the feeling that the families are not welcomed in these spaces. Adapting to the winter climate remains the biggest barrier for these families.

SPA schedules are sometimes incompatible with their other family and professional responsibilities. Some set parameters for activities that don't match their needs or those of their children.

The **high cost** of certain SPAs and the equipment needed to practice them hinders access.

Facilitating factors

SPAs that are easily accessible are those that are affordable, **close to home** and allow families to spend time together and **keep children occupied**.

SPAs, which enable people to meet new people and **break the isolation** that sometimes comes with immigration, are much appreciated.

“Some adult courses are too late for family life with a young child.”

Participant in the women's group, Saint-Michel, Ahuntsic-Cartierville

Possible solutions

Several solutions could be implemented to improve access to SPAs for these families, including:

- 1 **Offering** introductory and coaching sessions for winter sports.
- 2 **Encouraging** access to indoor spaces for free play and exercise in the winter.
- 3 **Offering** a sliding scale for the cost of activities, according to the income of participants.