



Exploring the Barriers of Physical Activity among U.S. Veterans at Lakeshore Foundation

Tariana Jackson, OTS; Valley McCurry, PhD, MBA, OTR/L, FAOTA
Department of Occupational Therapy | University of Alabama at Birmingham
Ken Gables, MPT | Lakeshore Foundation

Introduction

- Physical inactivity is a significant health concern among U.S. veterans, contributing to a higher prevalence of chronic conditions such as obesity, cardiovascular disease, and mental health disorders (Hall et al., 2019).
- Veterans face unique barriers to physical activity, including service-related injuries, mental health challenges, and lifestyle transitions post-service (Kachadourian et al., 2019).
- This paper examines the perceived barriers to physical activity U.S. veterans face and the role of occupational therapy (OT) in addressing these barriers.

Results

Participants

- 76% female
- 24% male
- 61% aged 65+ years
- 33% aged 55-65 years
- 6% aged 45-54 years

Main Barriers Cited

- Chronic and/or acute illnesses, e.g. , MS, recent orthopedic procedures
- Lack of exercise plan
- Lack of time/ time management skills

Discussion continued

Limitations

- Small sample size
- Self-reported data
- No use of standardized assessment

Conclusion

The Lakeshore Foundation is crucial in promoting physical health and fostering community among its members, particularly U.S. Veterans.

Methods

Creation and implementation of a mixed-methods approach, combining quantitative and qualitative data to evaluate the participation in physical activity among U.S. veterans. The quantitative component will assess changes in physical activity levels and health outcomes, while the qualitative component will explore veterans' experiences, motivations, and perceived barriers to physical activity.

Discussion

Most of the participants are highly engaged in exercise, addressing specific barriers, such as health limitations, and providing enhanced facility support may increase participation and overall satisfaction. Future research should focus on evaluating the effectiveness of targeted interventions, particularly those that integrate social support and health management, in sustaining physical activity among veterans.

References

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Contact Information: Tariana Jackson, tjack18@uab.edu