

Premières Nations, Inuits et Métis et activité physique durant la pandémie de COVID-19

Heather Foulds

Chaire de la Fondation des maladies du cœur et des IRSH
pour chercheuse en début de carrière sur la santé cérébrale
et cardiaque des femmes autochtones

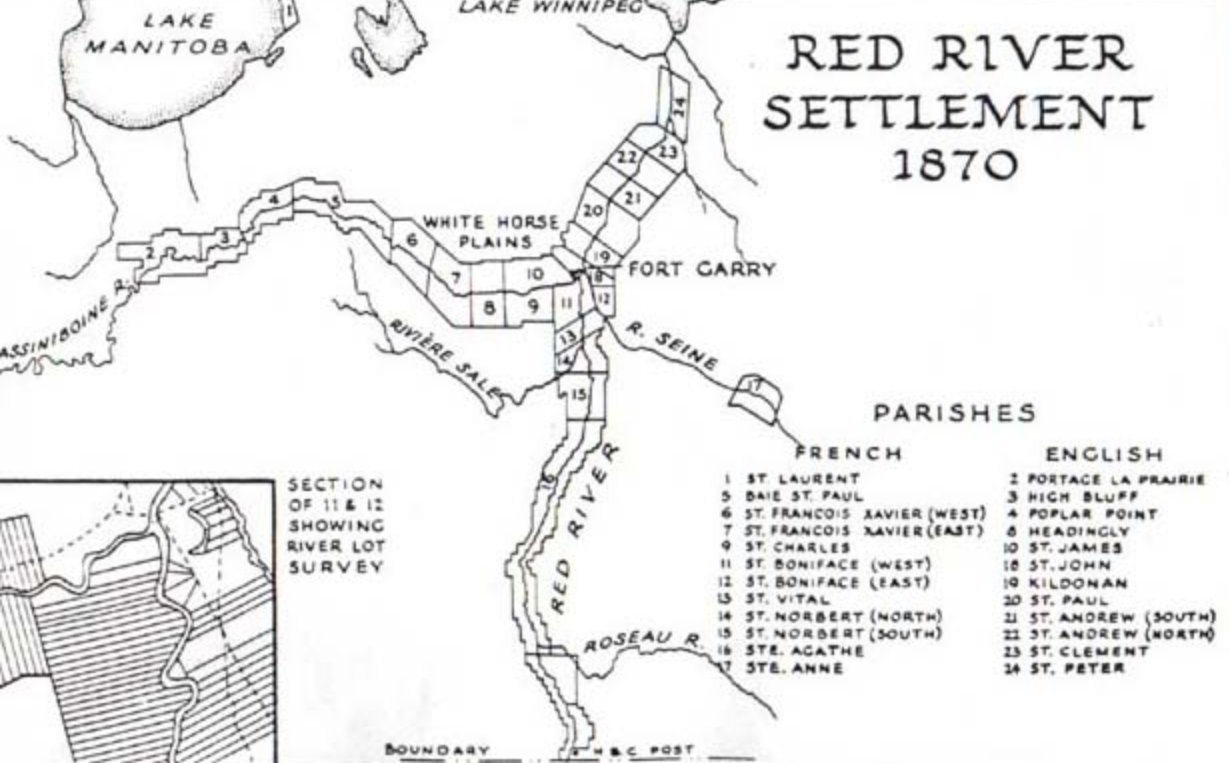
Université de la Saskatchewan

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Chuck Chin, 27 sept. 2019

Archives du Manitoba, https://www.umanitoba.ca/canadian_war/grade6/module3/settlement_1870.shtml

Google Maps, <https://www.google.com/maps/dir/Bresaylor,+SK/Langmeade+Church+%26+Graveyard,+Turtle+River+No.+469,+SK+S0M+2J0/@52.9165582,-108.7711113,10z/data=!4m1!4m1!3!1m5!1m1!1s0x530898cb8de310fd:0x62c251224612f864!2m2!1d-108.763651!2d52.968489!1m5!1m1!1s0x53089c1a7603be59:0x2737d0c3308e41e8!2m2!1d-108.783959!2d53.038167!3e2>

<https://www.google.com/maps/place/1125+Cartier+Ave,+Coquitlam,+BC+V3K+2C1/@49.241293,-122.8601199,3a,75y,9.28h,90t/data=!3m6!1e1!3m4!1srwVaylz-Q4z3cj12cTkoag!2e0!7i113312!8i6656!4m5!3m4!1s0x54867871fbaf5dc5:0x2aff3ca16e55c54!8m2!3d49.241479!4d-122.860071>

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Définitions

- ⊙ **Activité physique** : mouvement du corps entraîné par des muscles squelettiques – nécessite une dépense d'énergie
 - p. ex. exercice, entretien ménager, marche jusqu'au lieu de travail
- ⊙ **Comportement sédentaire** : toute activité pratiquée en état d'éveil, en position assise ou couchée – peu ou pas de dépense d'énergie
 - p. ex. observation d'écrans, transport en autobus

Table 5

The changes in health measures, mean (SD), with self selected pre- and post-training program intensity and volume. Aboriginal participants surveyed in British Columbia from 2007–2010.

		Walk10K (n = 149)	LTR10K (n = 86)	Run10K (n = 27)
Weight (kg)	Pre	88.4 (21.0)	77.6 (14.1) [†]	75.8 (16.8) [†]
	Post	87.3 (20.9)	78.0 (14.8)	76.0 (16.7)
BMI (kg·m ⁻²)	Pre	32.7 (7.1)	28.7 (4.8) [†]	26.2 (4.4) [†]
	Post	32.4 (7.4)	28.9 (5.4)	26.3 (4.8)
Waist circumference (cm)	Pre	104.9 (15.9)	94.8 (13.1) [†]	89.0 (13.1) [†]
	Post	102.7 (16.1)*	92.0 (12.1)*	87.2 (14.4)
Systolic blood pressure (mm Hg)	Pre	124.4 (18.0)	114.1 (14.6)	111.1 (11.8)
	Post	119.9 (13.5)*	115.5 (12.2)	110.9 (12.1)
Diastolic blood pressure (mm Hg)	Pre	75.4 (11.4)	73.8 (11.2)	69.4 (9.9)
	Post	74.0 (11.0)	72.3 (9.9)	70.1 (9.6)
Total cholesterol (mmol/L)	Pre	4.85 (1.07)	4.80 (0.97)	4.67 (0.97)
	Post	4.69 (1.02)*	4.71 (0.91)	4.59 (0.87)
HDL (mmol/L)	Pre	1.30 (0.40)	1.40 (0.39)	1.62 (0.52) [†]
	Post	1.31 (0.42)	1.45 (0.40)	1.63 (0.51)
TC:HDL ratio	Pre	4.13 (1.71)	3.70 (1.37)	3.24 (1.62)
	Post	4.09 (2.12)	3.46 (1.07)	3.11 (1.40)
Physical activity score [‡]	Pre	6.47 (2.91)	7.55 (2.70) [†]	9.56 (1.58) [†]
	Post	8.53 (2.07)*	9.36 (1.82)*	9.96 (1.63)

HDL, High density lipoprotein cholesterol; SD, standard deviation; TC, total cholesterol; TC:HDL, total cholesterol to high density lipoprotein cholesterol ratio.

* Indicates significant change with training at $p < 0.05$.

[†] Indicates significant differences from the Walk10K group before intervention, after adjusting for age and gender.

[‡] Overall score from Healthy Physical Activity Participation Questionnaire (Gledhill and Jamnik, 2003; Shephard and Bouchard, 1994).

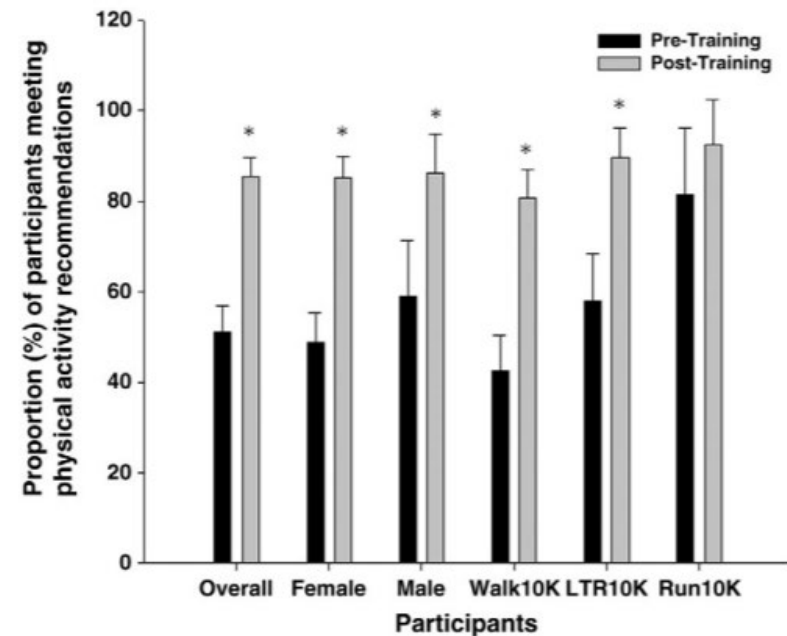
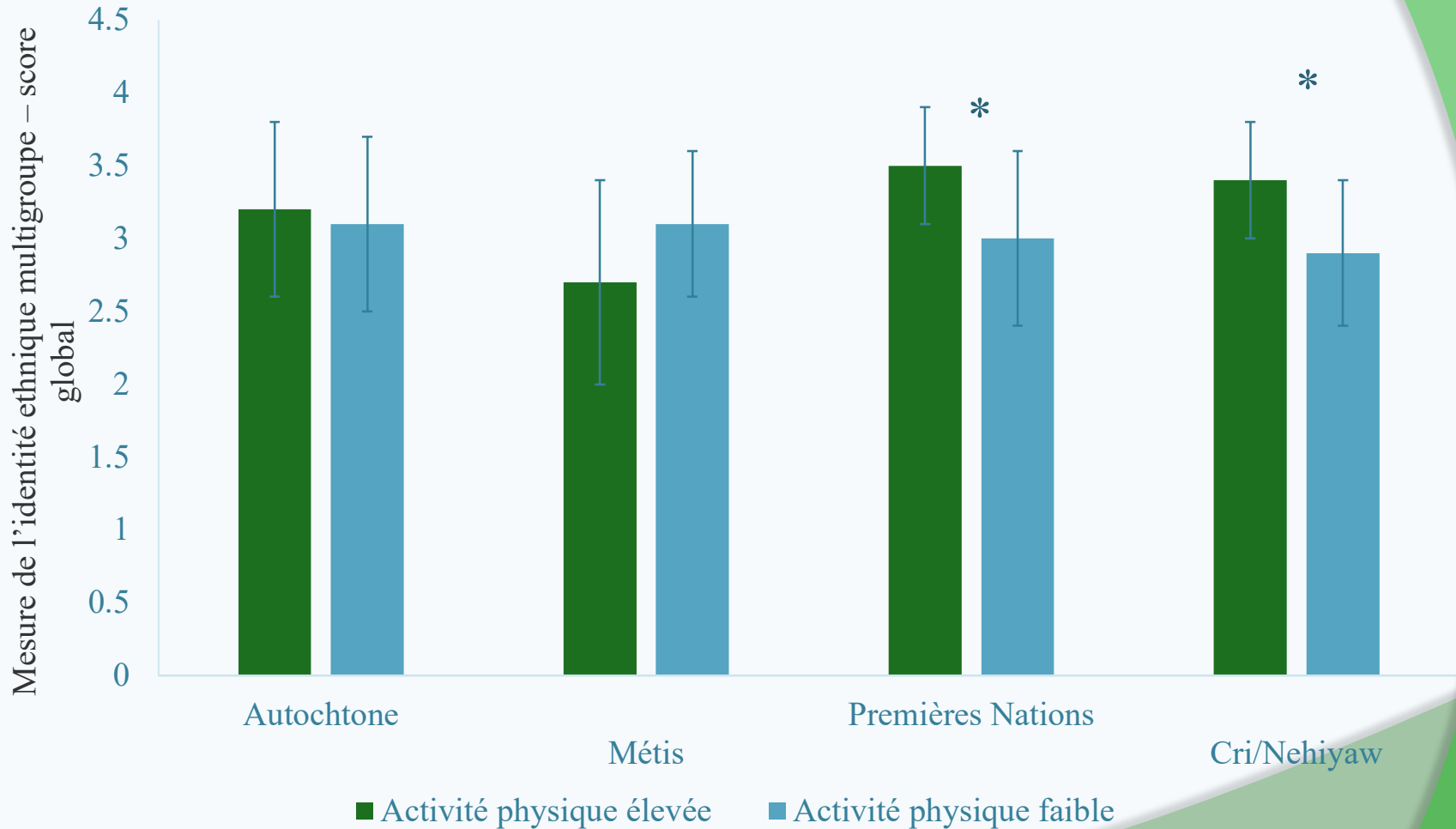


Fig. 1. The change in prevalence of 2007–2010 Aboriginal participants in British Columbia meeting physical activity recommendations, achieving 30 min of moderate physical activity 5+ days per week or vigorous physical activity 3+ days per week, with training by gender and self-selected physical activity program, where Walk10K, LTR10K and Run20K represent the walking, walk/run and running programs respectively. Asterisk (*) indicates significant changes with training, $p < 0.05$.

Traditions métisses

- ⊙ Parenté et regroupements importants
 - Danse, pêche à la dandinette dans la rivière Rouge, importants
 - Liens sociaux
 - Établissement de relations
 - Contes
 - Mélange des générations

Culture et activité physique



Facteurs associés à l'activité physique et au comportement sédentaire chez les Autochtones



Stratégies relatives à l'activité physique durant la pandémie

- ⦿ Activité physique avec la famille ou les amis en plein air, à distance, avec port du masque
- ⦿ Soutien de la famille : activité physique avec la famille
- ⦿ Activité physique virtuelle avec la communauté

Saskatoon

New U of S study finds mask use has no effect on exercise performance or oxygen levels for healthy people



Sask. mask exemption for indoor exercise unwarranted, says researcher

Jason Warick · CBC News · Posted: Nov 04, 2020 12:16 PM CT | Last Updated: November 4, 2020



University of Saskatchewan researcher Phil Chillibeck and his colleagues have released a study that found mask use has no effect on exercise performance or oxygen levels. Saskatchewan's new mandatory indoor mask rule for Saskatoon, Regina and Prince Albert takes effect Friday but exempts those exercising. (Don Somers/CBC)

HEALTH

USask study shows mask wearing doesn't affect oxygen intake during a workout



By Brady Ratzlaff · Global News

Posted December 31, 2020 8:03 pm · Updated January 4, 2021 8:11 am



Studies done by a group at USask show how mask wearing doesn't affect oxygen intake during exercise. John Ko/ University of Saskatchewan

<https://www.cbc.ca/news/canada/saskatoon/mask-exemption-for-indoor-exercise-unwarranted-says-researcher-1.5789484>

<https://globalnews.ca/news/7494125/usask-team-study-mask-wearing-oxygen-intake-workout/>



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Danse virtuelle



Merci!

Maarsi