Park-Based Physical Activity Interventions for People with Disability: An Integrative Review

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Physical activity

- BMI
- Anxiety and depression
- Risk of falls
- Cardiac and metabolic disease risk
- Rates of all-cause mortality
- Sleep quality
- Functional health
- Cognitive function

Physical activity benefits include lower BMI, reduced anxiety and depression, lower risk of falls, lower cardiac and metabolic disease risk, lower rates of all-cause mortality, improved sleep quality, and enhanced functional and cognitive health.
Importance of physical activity for people with disabilities

Death by heart disease:
Non-disabled 3% vs. Disabled 6%

All cause mortality:
Non-disabled 10% vs. Disabled 20%

10 year lower life expectancy for those with disabilities

Ivstan et al. (2011)

Forman-Hoffman et al. (2015)
Parks as venues for physical activity
Aim of this review

✧ Synthesise the evidence of park based physical activity interventions for those with disabilities.

✧ Compare the evidence across the life span (children to older adults).
The Harvest: Parks

100% FREE

Open to the Public
The Harvest: Participants
The Harvest: Outcomes

Data extraction

Common themes of health

Integration of study designs health outcomes

Analysis of differences of health across the lifespan
The crop

Article
Tracking Restoration of Park and Urban Street Settings in Coronary Artery Disease Patients

Regina Grazuleviciene 1,*, Jone Vencloviene 1, Raimondas Kubilius 2, Vytautas Grizas 3, Asta Danileviciute 1, Audrius Dedele 1, Sandra Andrusaityte 1, Astra Vitkauskiene 4, Rasa Steponaviciute 4 and Mark J. Nieuwenhuijsen 5

Children With Attention Deficits Concentrate Better After Walk in the Park

Andrea Faber Taylor
Frances E. Kuo
University of Illinois, Urbana-Champaign
Physical health
Psychological-emotional-spiritual health

"Invigorating experience"

"Renewal, restoration and rejuvenation"

Creativity, imagination, confidence and accomplishment

YOU ARE NOW ENTERING A STRESS FREE ZONE
Social health
To sum it all up

✧ Positive trend towards beneficial health effects for children and older adults with disabilities

✧ Disability specific health outcome improvements

✧ Absence of evidence for this at risk population
Some questions remain...
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School of Physiotherapy
References


