

Terms and Definitions

PHYSICAL ACTIVITY

Physical activity is defined as any bodily movement produced by skeletal muscles that requires energy expenditure. (World Health Organization)

MOBILITY

Mobility is the physical capacity of humans to walk or move themselves within their homes and communities. Mobility includes modes of transport (walking, biking and motorized), and policies that facilitate and encourage Canadians to move (such as community design). (Canadian Institutes of Health Research)

How do 'mobility' and 'mobility-disability' relate to physical activity-physical inactivity?

Mobility is a 'capacity' whereas physical activity is something that a person 'does or does not do'. By analogy, a person is either 'able to read' or 'unable to read' (i.e., mobility or mobility-disability). A person capable of reading may choose to read or not (i.e. physically active/inactive). A person unable to read may take steps to be able to read (i.e. undertake physical activity despite mobility-disability).

BUILT ENVIRONMENT

The built environment consists of: the design of and elements within cities (e.g., urban design); land use patterns (e.g. location of buildings, amenities and services) and the transportation network (e.g. roads, sidewalks and transportation services) (Handy, 2002).

SOCIAL ENVIRONMENT

The social environment refers to the immediate physical and social settings where people live and/or where daily and special events and interactions occur. It includes the culture that the individual was educated or lives in, and the people and institutions with whom they interact. Social environments can be experienced at multiple scales, often simultaneously, including households, kin networks, neighborhoods, towns and cities, and regions (Barnett and Casper, 2002).

HOME CARE

The term home care generally refers to services provided in the home or in the community to individuals (and families) with functional disabilities. These services can range from home support, such as a few hours a week of simple housekeeping, to full nursing and medical care, such as administering intravenous medications which were previously done only in hospitals. Home care is also provided on a short-term basis to assist people who are discharged from acute care hospitals. In addition, home care can provide palliative care, respite care and other related services to those in need. (National Evaluation of the Cost Effectiveness of Home Care)

(LONG TERM) RESIDENTIAL CARE

Long-term residential care services provide 24-hour professional supervision and care in a protective, supportive environment for people who have complex care needs and can no longer be cared for in their own homes or in an assisted living residence. Long-term residential care services include:

- Basic daily living (accommodation, food etc);
- Development and maintenance of a care plan;
- Clinical support services (e.g., rehabilitation and social work services) as identified in the care plan;
- Ongoing, planned physical, social and recreational activities (e.g., exercise, music programs, crafts, games). (Government of British Columbia)

SEX

Refers to a set of biological attributes in humans and animals. It is primarily associated with physical and physiological features including chromosomes, gene expression, hormone levels and function, and reproductive/sexual anatomy. Sex is usually categorized as female or male but there is variation in the biological attributes that comprise sex and how those attributes are expressed¹. (Canadian Institute for Health Research)

GENDER

Refers to the socially constructed roles, behaviours, expressions and identities of girls, women, boys, men, and gender diverse people. It influences how people perceive themselves and each other, how they act and interact, and the distribution of power and resources in society. Gender is usually conceptualized as a binary (girl/woman and boy/man) yet there is considerable diversity in how individuals and groups understand, experience, and express it.

Gender and sex are interrelated. There is no simple "recipe" for integrating gender and sex in health research (or for accounting for the complex interrelationships between them and other factors or determinants of health). (Canadian Institute for Health Research).