

**Title:**

Exploring Physical Activity in Black Adults Living with Type 2 Diabetes in Canada

**Investigators:**

Kevin Mageto  
Dr. Leah Ferguson  
Dr. Heather Foulds  
Dr. Nancy Gyurcsik  
Dr. Sarah Oosman

**Host Institution:**

University of Saskatchewan

**Description of Study:**

This study aims to explore the physical activity experiences of Black adults living with type 2 diabetes in Canada. Black adults continue to be disproportionately affected by type 2 diabetes. The high rates of type 2 diabetes are caused by a combination of social determinants of health factors that have led to many challenges unique to Black adults living with type 2 diabetes in Canada. Physical activity has been suggested as one approach to address the type 2 diabetes epidemic in Black adults in Canada.

This study aims to: 1) estimate the proportion (compared to the study sample) of Black adults living with type 2 diabetes in Canada who meet the Canadian Physical Activity Guideline of 150 minutes of moderate to vigorous aerobic physical activities per week and 2) explore facilitators and barriers to meeting the Canadian Physical Activity Guideline of 150 minutes of moderate to vigorous aerobic physical activities per week.

**Project Start Date:** May 2, 2024

**Project End Date:** The survey will stay open until sufficient responses have been collected

**Inclusion Criteria/Eligibility:**

- Adult (18 years of age or older)
- Self-identify as Black
- Live in Canada
- Living with type 2 diabetes

**Ethics Approval:** University of Saskatchewan (Beh-REB# 4441). Data collected for the study will be confidential and no personal identifying information will be associated with the final presentation of the data.

**Participation:**

- 1) Survey on daily physical activities (20 min.): <https://www.surveymonkey.ca/r/KDVPW9K>

After completing brief demographics questions, you will be asked to answer questions about your physical activity experiences as a Black adult living with type 2 diabetes.

- 2) Schedule focus group: <https://www.surveymonkey.ca/r/KDLYF6L>

Answer demographic questions and provide your email to schedule participation in a focus group. If you choose to participate, you will be asked to:

- Participate in a 45-60 minute focus group to discuss your physical activity experiences while managing type 2 diabetes
- Take photographs of things that represent facilitators and/or barriers to physical activity while managing type 2 diabetes
- Meet one on one with the student researcher to discuss the photos taken.

**Contact Information:**

**Name:** Kevin Mageto

**Phone:** 306-797-0388

**Email Address:** [mageto.kevin@usask.ca](mailto:mageto.kevin@usask.ca)