

PHYSICAL ACTIVITY AND CHRONIC BACK PAIN

Chronic back disorders (CBD) are a major public health concern and an expensive problem, not only for direct costs due to the use of health services, but also indirect costs of loss of productivity, reduced quality of life, and lost wages. CBD include a broad range of recurring and persistent pathologies and symptoms. The prevalence of CBD among Canadian adults is approximately 20%. In this context of high worldwide public health and economic burden, the identification of potentially modifiable risk factors related to the risk of back pain, such as physical activity (PA), could be useful in decreasing the magnitude of this prevalent and expensive health condition. PA might be a potential factor in managing or preventing CBD, although the evidence supporting this hypothesis is inconclusive. These projects explore the relationship between CBD and PA using a range of Statistics Canada surveys.

Research projects under this area of focus include:

EXPLORING CBD AND PA TRENDS IN CANADA

- Angarita, Fonseca* A., Trask, C., Shah*, T., & Bath, B. (2019). [Stable prevalence of chronic back disorders across gender, age, residence and physical activity in Canadian adults from 2007 and 2014](#). BMC Public Health, 19(1121): 1-11.

INVESTIGATING THE CONCURRENT AND PROSPECTIVE ASSOCIATION BETWEEN PA AND CBD

- Currently in progress

THE ASSOCIATION OF SELF-REPORTED VS. DIRECTLY MEASURED PA AMONG CANADIAN ADULTS WITH CBD.

- Currently in progress

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