



Advancing physical activity knowledge and participation
among Canadians living with spinal cord injury.

SHAPE-SCI will give important information about Canadians with SCI

Purpose

To determine information related to exercise and people with SCI.

Summary

- SHAPE-SCI will give important information on:
 - Exercise levels of people with SCI
 - Health conditions related to exercise in people with SCI

Research Abstract

Establishing evidence-based physical activity guidelines: methods for the Study of Health and Activity in People with Spinal Cord Injury (SHAPE SCI)

Objectives: This paper describes the rationale and methodology for the Study of Health and Activity in People with Spinal Cord Injury (SHAPE SCI). The study aims to (1) describe physical activity levels of people with different injury levels and completeness, (2) examine the relationship between physical activity, risk and/or presence of secondary health complications and risk of chronic disease, and (3) identify determinants of physical activity in the SCI population.

Methods: Seven hundred and twenty men and women who have incurred a traumatic SCI complete self-report measures of physical activity, physical activity determinants, secondary health problems and subjective well-being during a telephone interview. A representative subsample (n 1/4 81) participate in chronic disease risk factor testing for obesity, insulin resistance and coronary heart disease. Measures are taken at baseline, 6 and 18 months.

Conclusion: SHAPE SCI will provide much-needed epidemiological information on physical activity patterns, determinants and health in people with SCI. This information will provide a foundation for the establishment of evidence-based physical activity guidelines and interventions tailored to the SCI community.

Martin Ginis KA, Latimer AE, Buchholz AC, Bray SR, Craven BC, Hayes KC, Hicks AL, McColl MA, Potter PJ, Smith K, & Wolfe DL (2008). Establishing evidence-based physical activity guidelines: Methods for the Study of Health and Activity in People Living with Spinal Cord Injury (SHAPE-SCI). *Spinal Cord*, 46, 216-21.