

De l'intention au comportement physiquement actif: étude de l'influence des perceptions environnementales



Mouton, A., Peels, D.A., Bolman, C., Mudde, A.N., De Vries, H., Cloes., M., & Lechner, L. (soumis). The influence of environmental perceptions on the intention-behaviour relationship for physical activity: mediation or moderation? *Psychology & Health*.

Liège, le 17 décembre 2014

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Introduction

Methodologie

Résultats

Discussion

Le corps humain est fait pour bouger



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Introduction > Méthodologie > Résultats > Discussion

L'activité physique (AP)...un besoin (naturel) ?

Eaton & Eaton (2003)

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Introduction > Méthodologie > Résultats > Discussion

L'inactivité physique : un facteur de risque majeur

Risk Factor	Mortality in thousands (approximate)
High blood pressure	7500
Tobacco use	5500
High blood glucose	4500
Physical inactivity	3500
Overweight and obesity	3000
High cholesterol	2500
Unsafe sex	2000
Alcohol use	1800
Childhood underweight	1500
Indoor smoke from solid fuels	1500
Unsafe water, sanitation, hygiene	1500
Low fruit and vegetable intake	1200
Suboptimal breastfeeding	1000
Urban outdoor air pollution	800
Occupational risks	500
Vitamin A deficiency	400
Zinc deficiency	300
Unsafe health-care injections	200
Iron deficiency	100

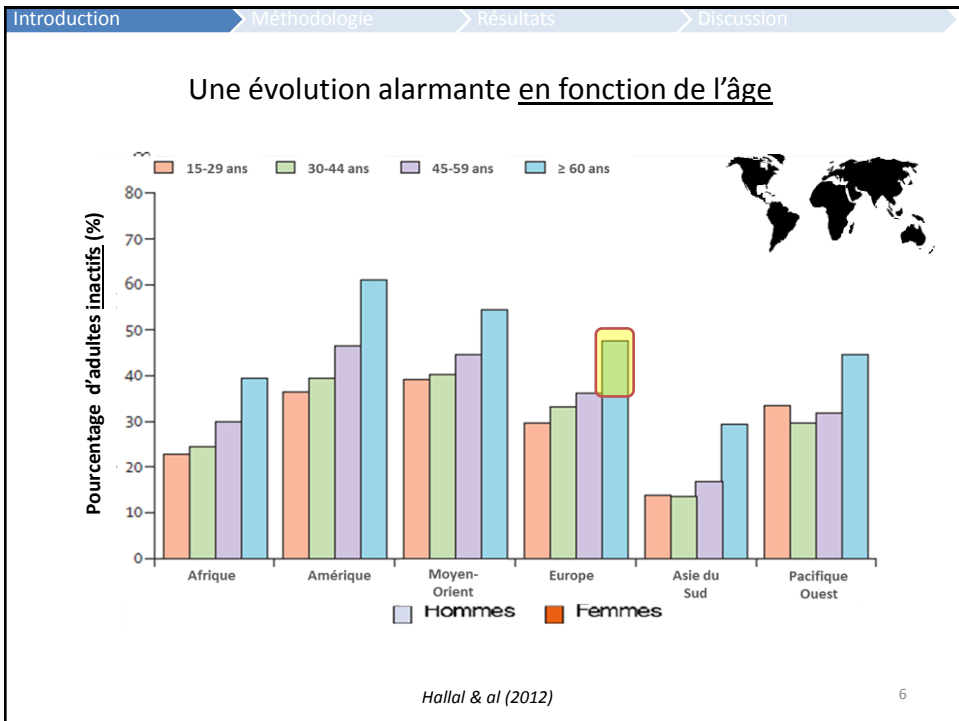
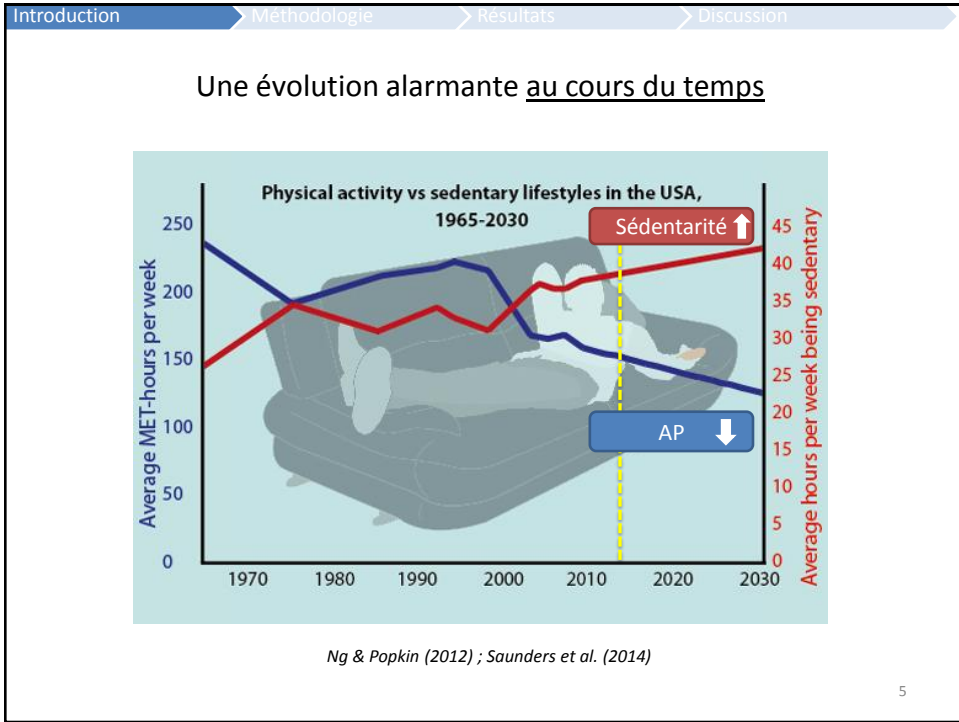
THE WORLD HAS STOPPED MOVING

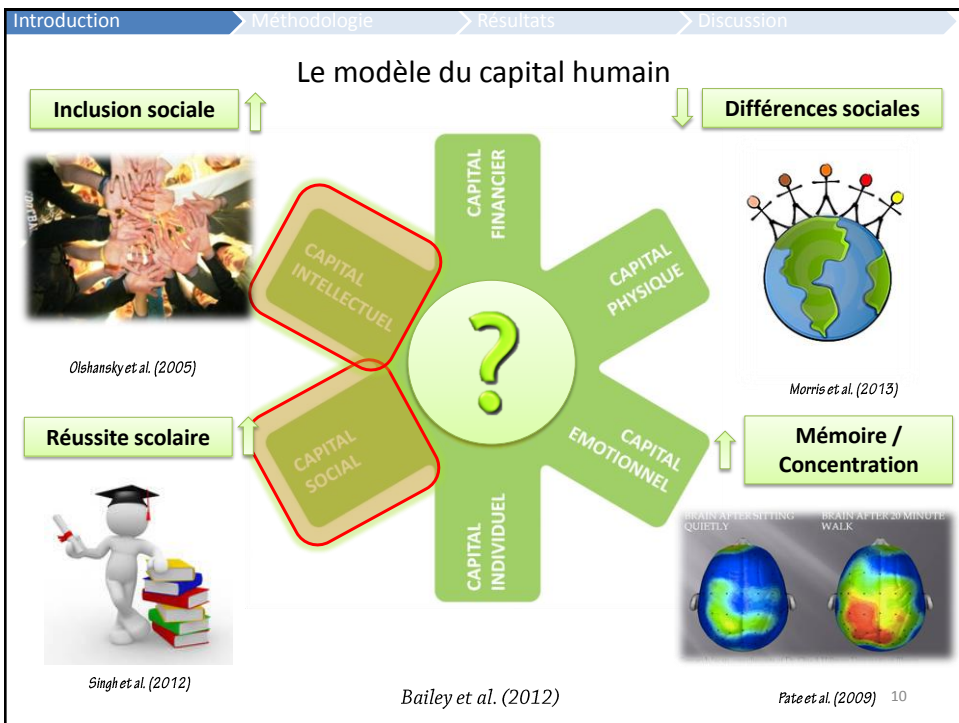
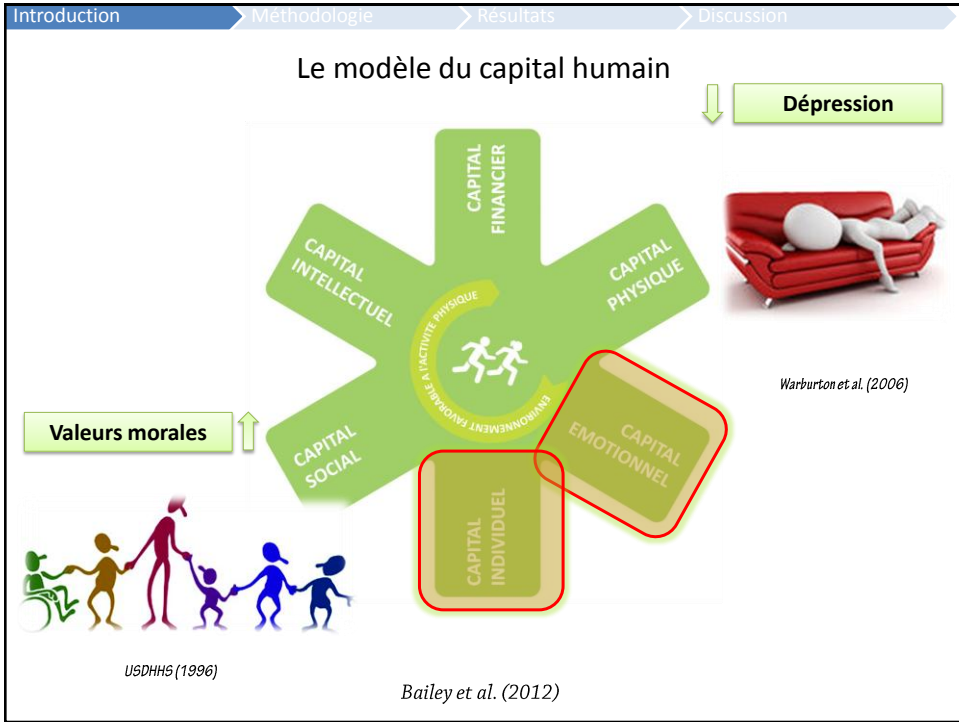
TODAY'S CHILDREN ARE THE FIRST GENERATION TO HAVE A SHORTER LIFE EXPECTANCY THAN THEIR PARENTS

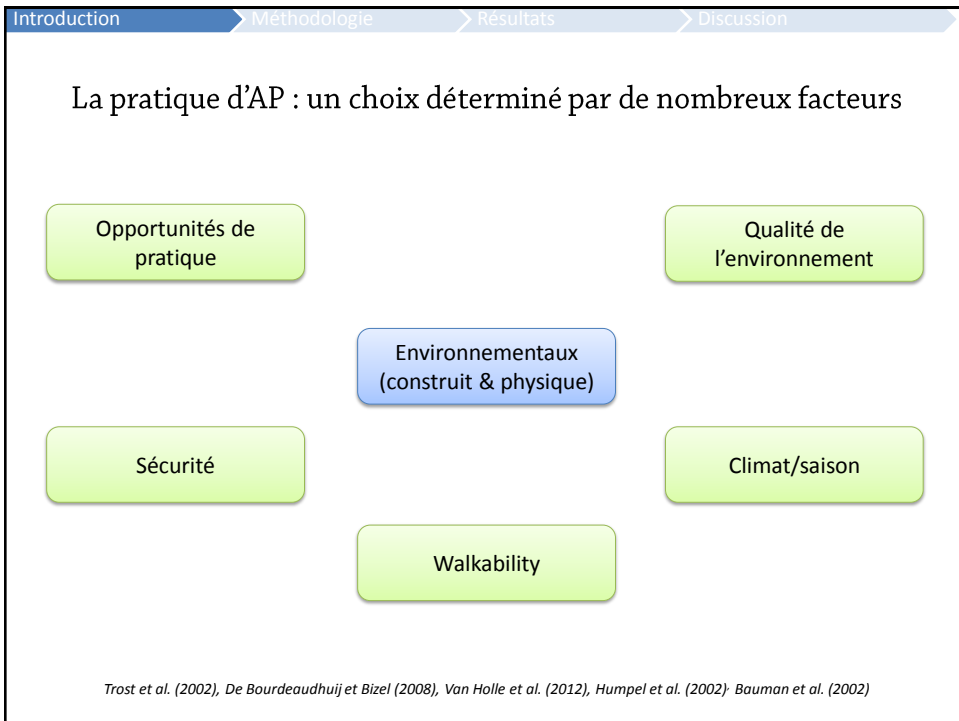
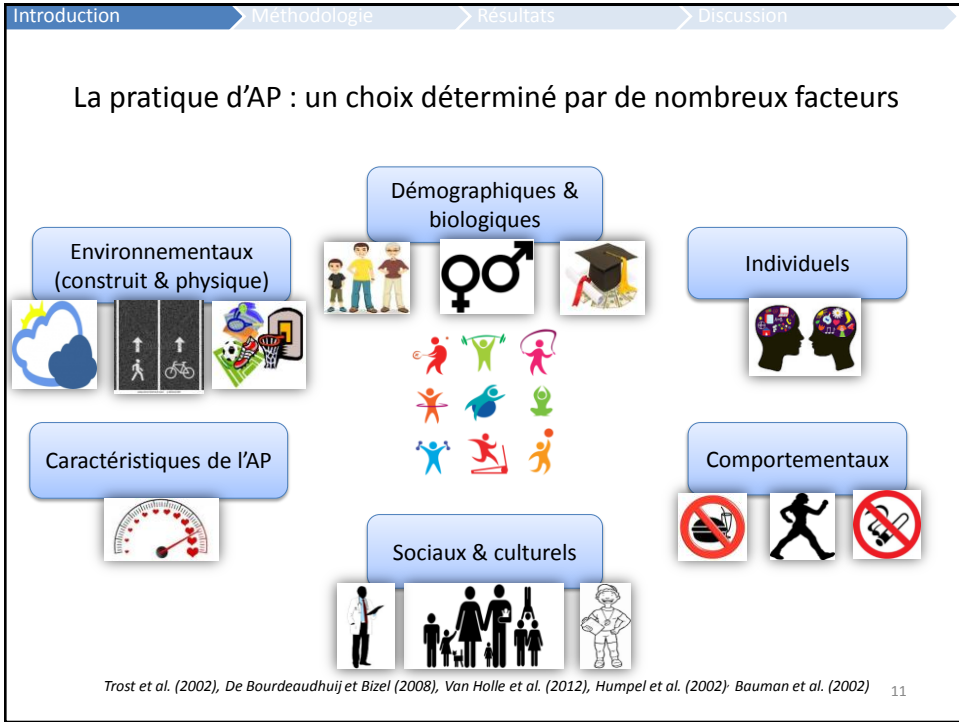
Mortality in thousands (total: 58.8 million)

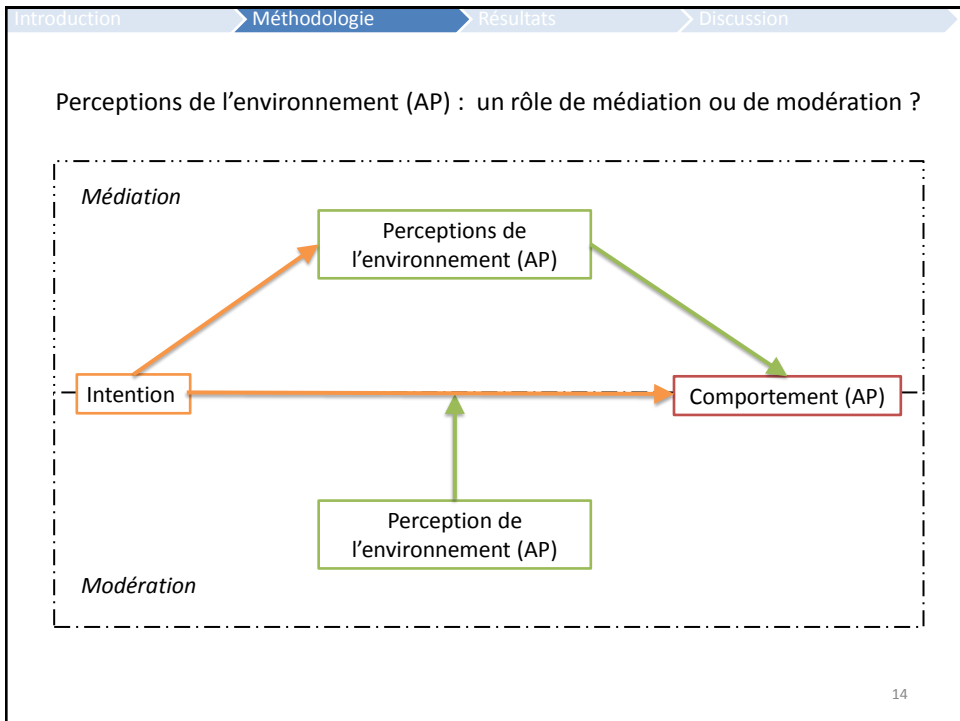
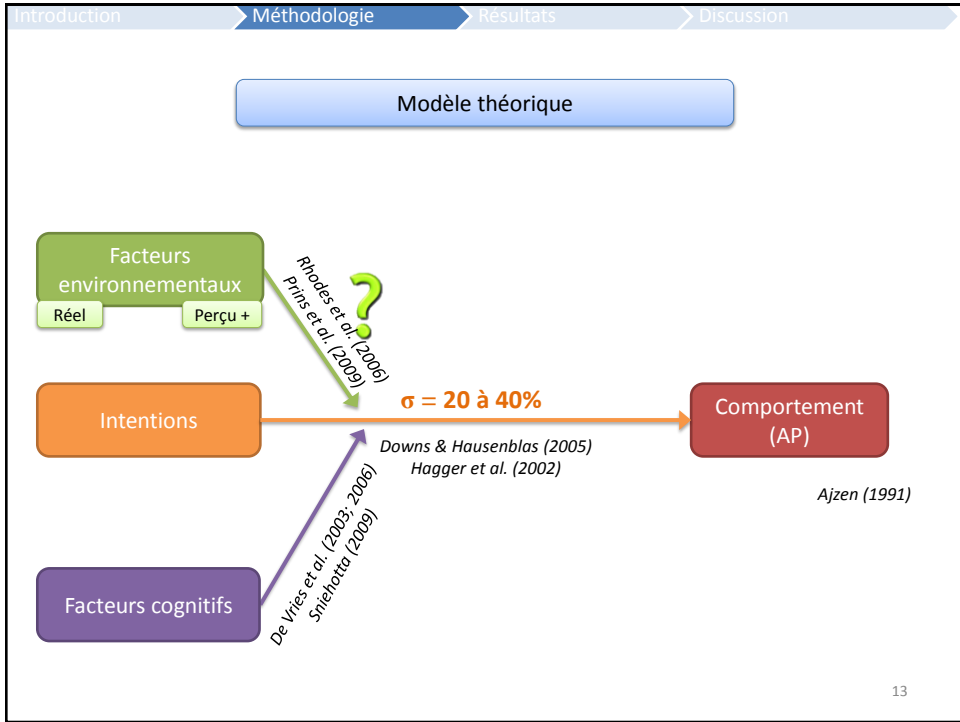
WHO (2011)
Olshansky et al. 2005)

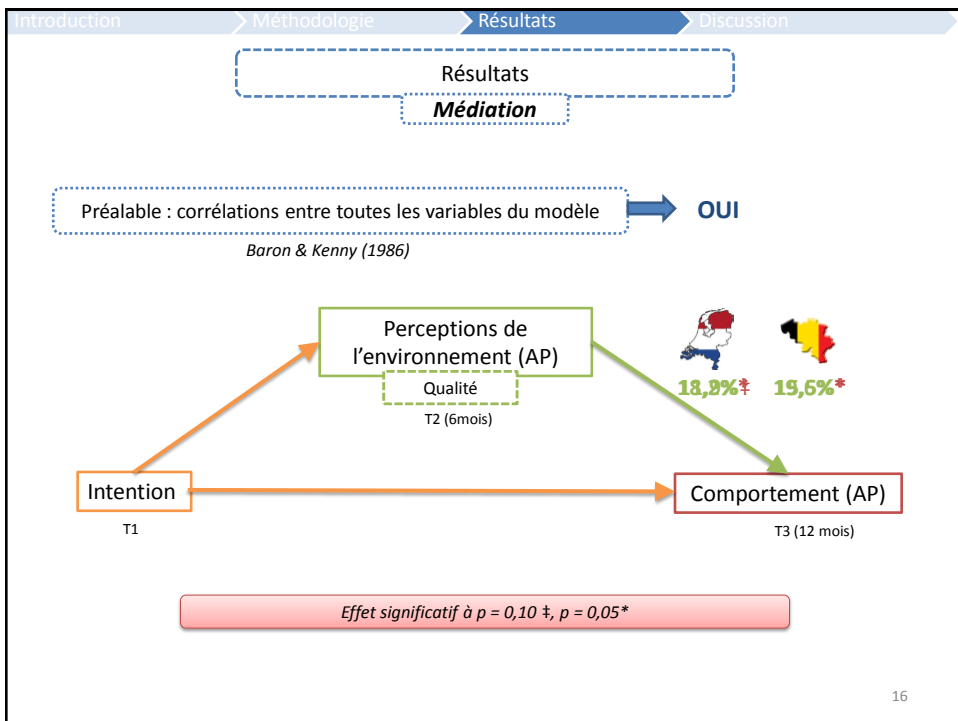
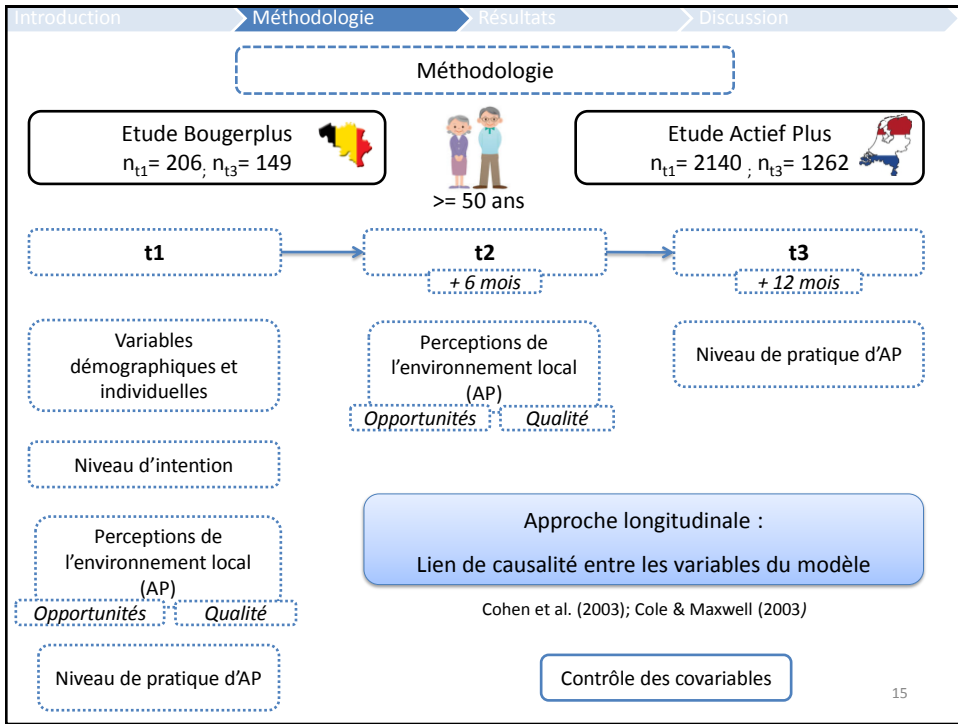
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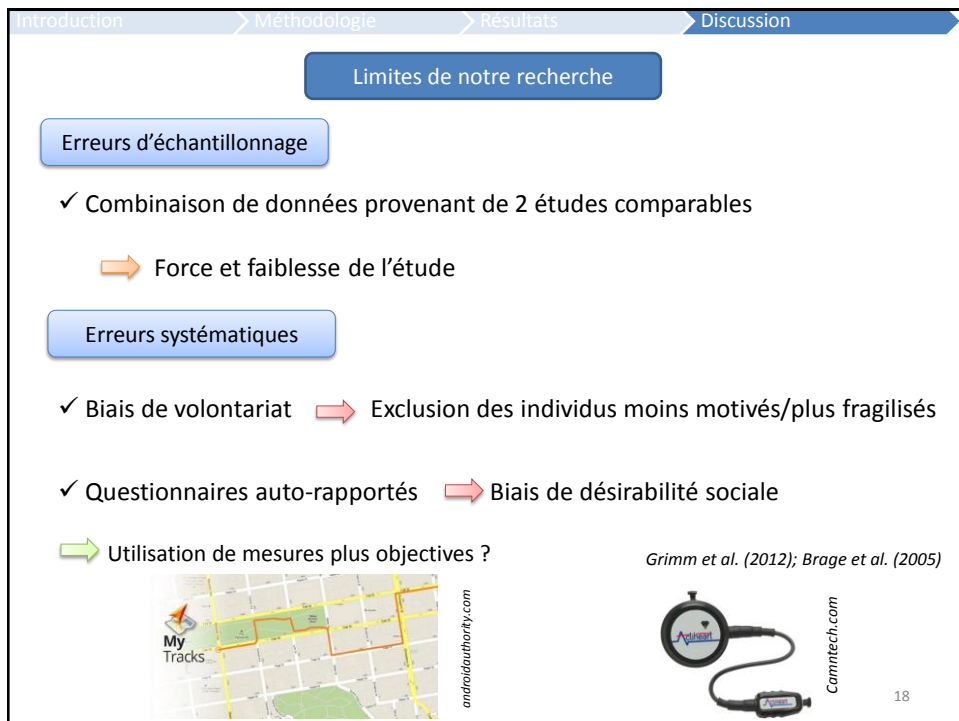
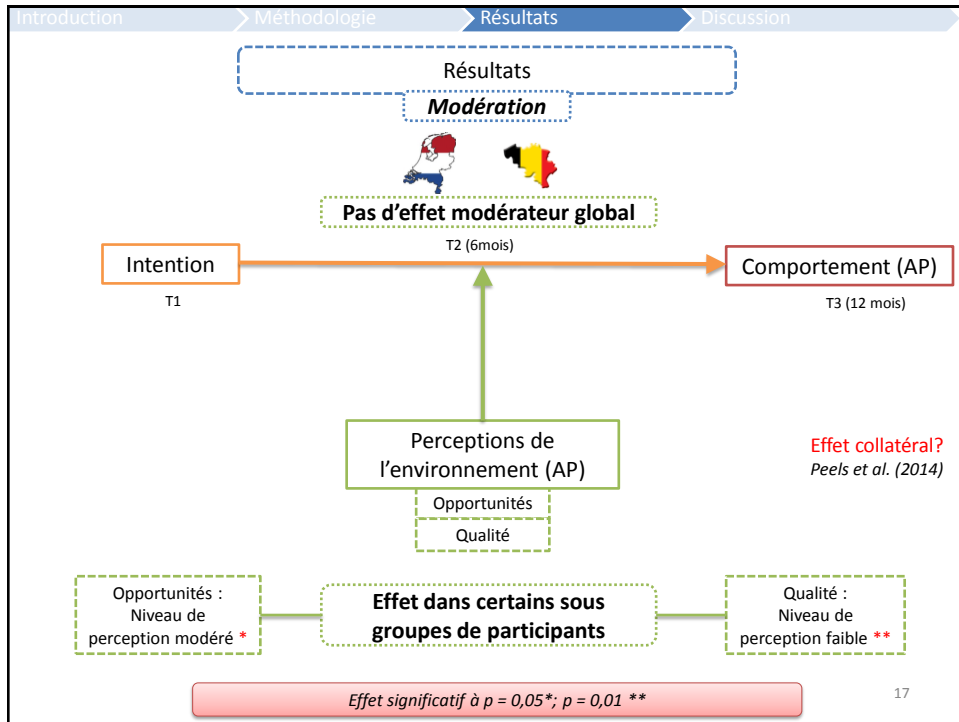






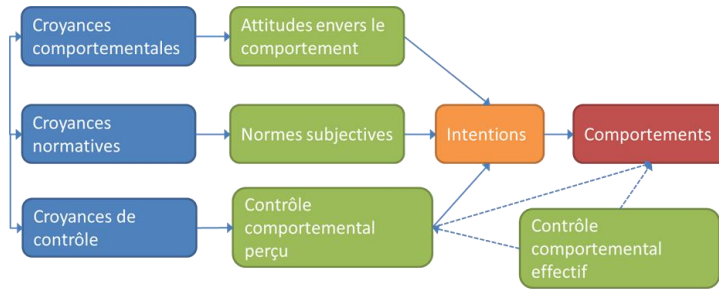






La pratique d'AP : un comportement expliqué par différents modèles

Théorie du comportement planifié



Ajzen(1991)

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La pratique d'AP : un comportement expliqué par différents modèles

Le modèle socio-écologique



Bronfenbrenner (1979); Sallis et al. (2006)

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