

Title: Describing participation in everyday activities outside the home for adults with obesity: a proposed focused ethnography using geospatial methods

Introduction: Some adults living with obesity experience difficulty participating in activities outside the home. This can lead to social isolation and may negatively impact health. To support participation, we need to understand the experiences and perceptions of adults with obesity as they interact with the social and built environment in the locations that they access outside their homes.

Objective: Using a social-ecological perspective, we aim to describe how interactions with the social and built environment influence participation in everyday activities outside the home for adults living with obesity.

Methods: Up to 30 adults living with obesity in an urban setting will be recruited. Focused ethnography using interviews, go-along interviews, and geospatial methods will generate a rich description of participation in daily activities, locations, and participants' experiences as they interact with the social and built environment. Semi-structured and go-along interviews will help us learn about the perceptions and experiences of participants interacting with the social and built environments outside the home. Travel diaries and maps generated from location tracking will be used to add geographical context to participant experiences to better understand barriers and facilitators to participation. Content analysis will identify patterns and themes across the data to generate a rich description of participation.

Discussion: Using geospatial methods in the context of focused ethnography will help us to learn about how aspects of the social and built environment influences participation outside the home for adults with obesity.

Conclusion: An in-depth understanding of experiences and perceptions of participation will increase awareness of the challenges people living with obesity experience and will inform resource development to promote participation in activities that contribute to health and quality of life for adults with obesity.