

BACKGROUND



→ **Exercise** is instrumental in **preventing** the development of non-communicable diseases (Bize, Johnson, & Plotnikoff, 2007)

→ **Barriers** to physical activity create **health inequities** for different populations, such as the **LGBTQ+ community** (Gorczyński, 2016)

→ For the LGBTQ+ community, barriers to PA are primarily documented as being **personal and social** exclusionary and discriminatory practices, ex) exposure to **biases, stigmas, and prejudice** (Gorczyński, 2016)

→ Recent studies have found that LGBTQ+ people reported that they would **feel more comfortable** using a fitness facility if gender-neutral change rooms were present (Porta et al., 2017)

→ We aimed to gain a better understanding of **patron perceptions** of universal change rooms, specifically in the **UBC Aquatics Centre**

PURPOSE OF THE INVESTIGATION



We aim to understand how patrons **perceive** the implementation of universal change rooms and determine what their **experience** has been. We want to utilize this information to **improve universal facilities** and ensure effective implementation in order to create better and **more equitable opportunities** for all populations.

In partnership with SEEDS (Social Ecological Economic Development Studies) Sustainability Program, we hope to utilize our findings to help improve the effective implementation of universal change rooms in other campus facilities in the future.

METHODS

→ Collected data from the **UBC Aquatics Centre** on weekday evenings



→ Used a **mixed-method study design** to yield more descriptive and holistic feedback from participants

→ Participants were asked to indicate **comfort level**, perception of **necessity/privacy** of the universal change room, as well as pleasantness of **experience**

→ An **open-ended question** was asked to determine the reasons why participants would choose a **sex-specific vs. universal change room**

→ Participants were asked to provide **feedback** for how the facility could be improved

MAIN FINDINGS

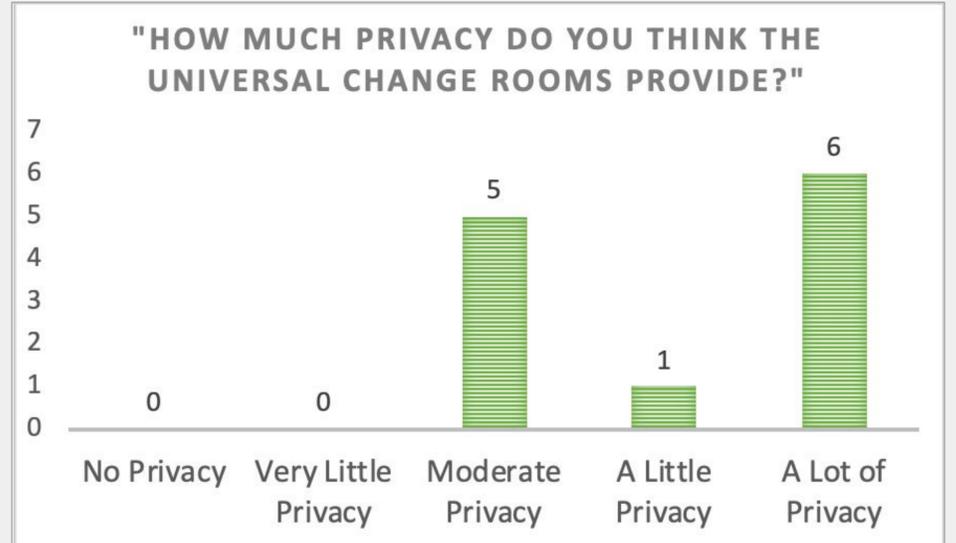


Figure 1. Patron perception of privacy in the universal change room, n=12.

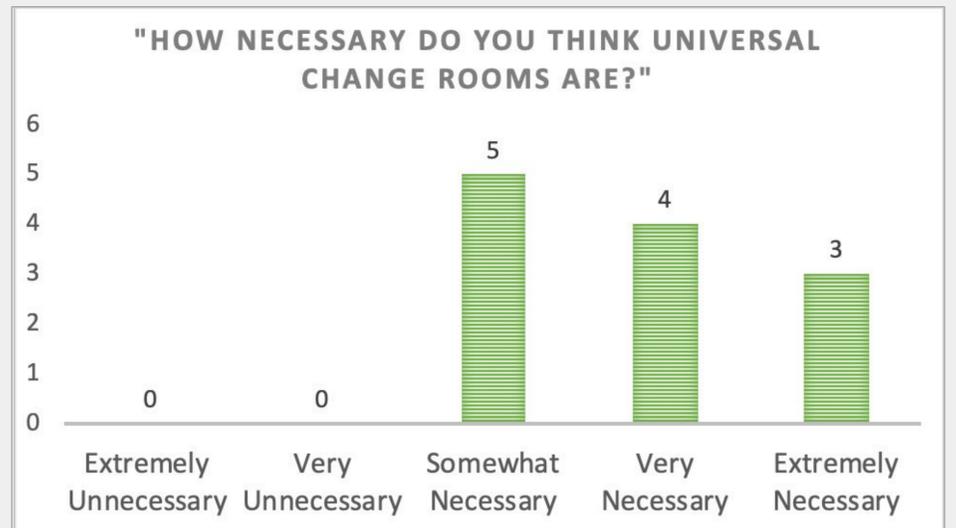


Figure 2. Patron perception of necessity of universal change rooms, n=12.

"I would prefer sex-specific change room as it gives more privacy, especially for women."

"If I have to change out of/into my swimsuits I'll use the women's change room."

"Freedom of changing within a sex-specific changing room, don't need to hide in a locker."



WHAT PATRONS ARE SAYING...

RECOMMENDATIONS

- Promote Privacy** → focus **advertising campaigns** on the specifications of the universal change room; provide more **images** of what the universal change room looks like on the Aquatic Centre webpage to increase awareness of the **private individual stalls**.
- Reinforce Necessity** → provide **background information** outlining why the universal change room was implemented at UBC and how it can help people.
- Conduct Semi-Structured Interviews** → discover even more about the perceptions and experiences of patrons and gather **richer data**. Interviews will encourage more openness from patrons!
- Collaborate with LGBTQ+ Groups** → The best way to determine whether or not the universal change rooms are actively **improving PA participation of LGBTQ+ people** is to speak directly with those who are part of that community.