



Wellness Institute Member Survey Summary of Results – Phase One

Prepared by the Wellness Institute Services Evaluation Research
(W.I.S.E.R.) Program

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Background

- ◆ Between October 1998 and February 1999, **2034 members** of the Wellness Institute at Seven Oaks General Hospital were interviewed.
- ◆ **78%** of the members contacted **agreed** to be interviewed.

Member Profile

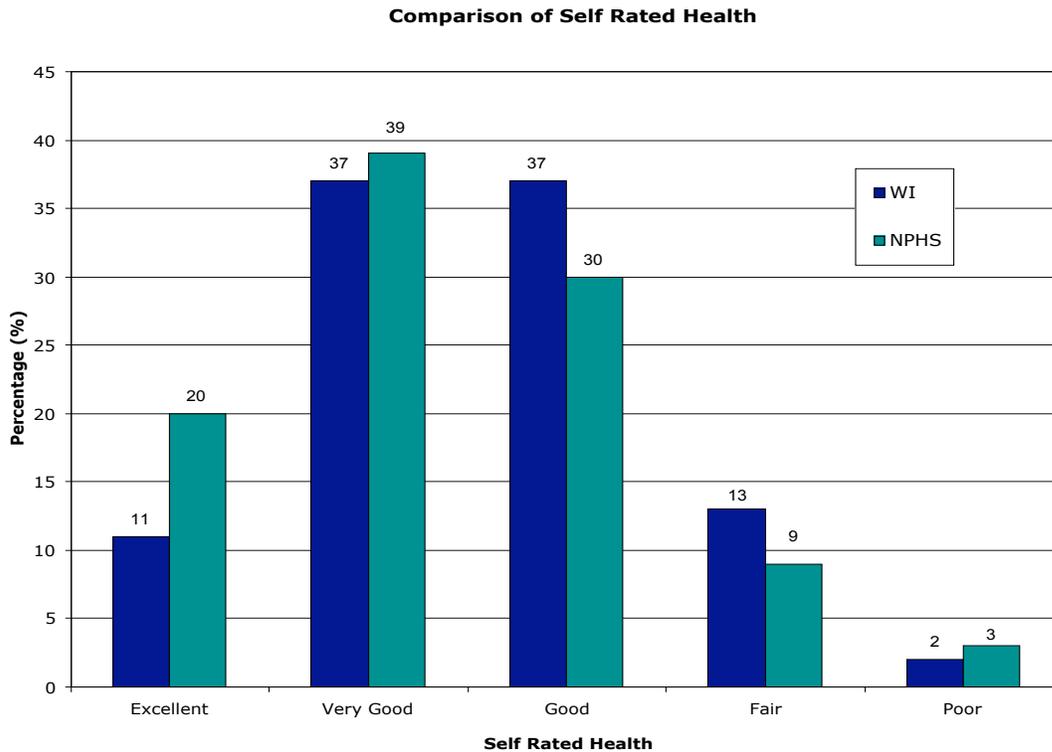
- ◆ 52% of the Wellness Institute (WI) members who were interviewed were **female** (48% were males) and 66% were **married**.
- ◆ Their ages ranged from **20 to 88** years with an average age of **47** years.
- ◆ Highest level of education completed was equally divided into thirds including: high school diploma or less (30%); some university/college or a diploma/certificate from a community college (36%); and at least one university degree (34%).

Wellness Institute Membership & Participation

- ◆ The top 5 **reasons people joined** the WI were:
 1. to maintain or improve their health (73% of members);
 2. for the physical activity programs and services (49%);
 3. to maintain or improve their appearance (43%);
 4. to have fun and enjoyment (38%); and
 5. to manage an existing health problem (36%).
- ◆ Most **frequently used services** at the WI were:
 1. exercise equipment (82%);
 2. walking track (63%); and
 3. therapeutic pool (20%).
- ◆ In the **summer**, the average **number of visits** to the WI **per month** was **11** with a range of 0 to 48 times a month.
- ◆ In the **winter**, members visited slightly more frequently with an average of **13** visits a month and a range of 0 to 48 times a month.

Health Status

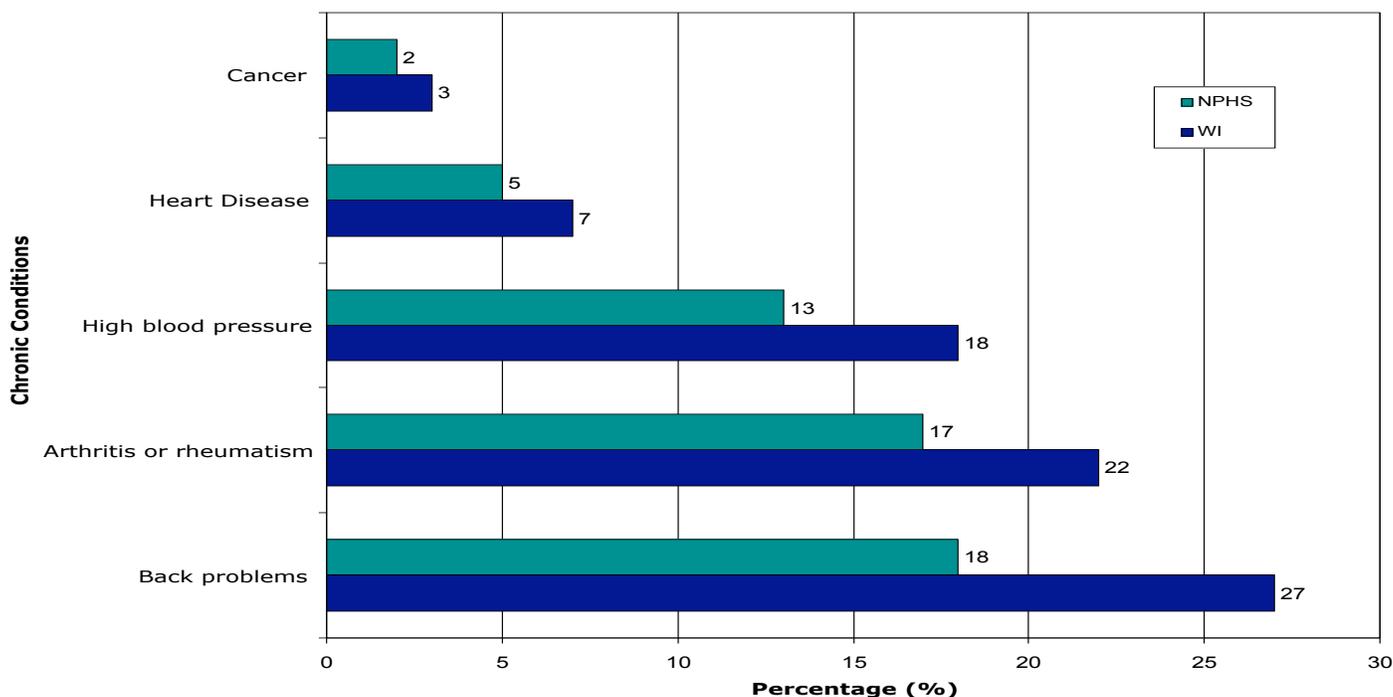
- ◆ When asked to rate their health, members tended to rate themselves as **good** or **very good**. Below is a comparison of self rated health between WI members and Manitobans interviewed in the National Population Health Survey (NPHS).



- ◆ 42% of the members felt they were doing a **good job of looking after their health**, and 36% felt they were doing a **very good** job.
- ◆ The 3 most commonly reported things done to maintain **physical health** were:
 1. regular exercise (93%);
 2. follow a healthy diet (33%); and
 3. participate in team sports (12%).
- ◆ The 3 most commonly reported things done to maintain **emotional health** were:
 1. watch television/listen to music (41%);
 2. exercise (28%); and
 3. visit with family and friends (27%).

- ◆ WI members interviewed reported they have been diagnosed as having an **average of 2.1 chronic conditions**. Below is a comparison on selected chronic conditions between WI members and Manitobans interviewed in the National Population Health Survey (NPHS).

Comparison of Chronic Condition:



Physical Activity

- ◆ Members engaged in **vigorous activities** an average of 22 times in the month prior to the interview with a range of 1 to 150.
- ◆ The **most common** vigorous activities were:
 1. cardio workout (46%);
 2. exercise bike (32%); and
 3. jogging/running (26%).
- ◆ Participation in **moderate activities** was an average of 19 times with a range of 1 to 124.
- ◆ The **most common** moderate activities were:
 1. walking (83%);
 2. toning exercises (26%); and
 3. yard work (17%).
- ◆ 41% of the WI members felt they got enough exercise to keep them healthy.
- ◆ Over **one-half** (55%) felt they ought to **get more exercise** to maintain or improve their health.
- ◆ Many members (**68%**) intend to **increase** their **physical activity** over the next year.

Personal Health & Safety Practices

- ◆ Only **8%** of WI members **smoke daily**. Of the non-smoking members, **42% used to smoke daily**.
- ◆ **23%** of members indicated they were often or routinely exposed to **second hand smoke**.
- ◆ In terms of alcohol consumption, about **one-third** (34%) of the members **regularly drink alcohol** (i.e., once a week or more).
- ◆ **Two-thirds** (66%) of members usually **do not wear a helmet** while bicycling or roller blading.
- ◆ **60% do not have a carbon monoxide detector** at home.

Health Education

- ◆ WI members indicated they attended an average of **2 health educational programs** in the previous year with a range of 1 to 15.
- ◆ The most **common types** of health educational programs were:
 1. specific medical topics (40%);
 2. foods and nutrition (25%); and
 3. professional conference (17%).

Stress & Stress Management

- ◆ In the 4 weeks prior to their interview, members rated the **stress level** in their life as moderate (i.e., an average of **3** on a 5-point scale with 5 being extremely stressful).
- ◆ The most commonly reported **sources of stress** were:
 1. work/school (58%);
 2. family relationships (24%); and
 3. illness in family (10%).
- ◆ The most common **stress management techniques** were:
 1. exercise (57%);
 2. creative expression (e.g., music, reading, art) (18%); and
 3. talking to others (14%).

Wellness Institute Satisfaction

- ◆ The vast majority (**94%**) of members interviewed were **satisfied** with their overall experience at the Wellness Institute.
- ◆ On a 5-point scale, 56% rated their satisfaction with the WI as a 5, and 38% rated it as a 4.

If you have any questions about the W.I.S.E.R. Program or this summary of results, please contact Dr. Alexander Segall, Principal Investigator, at 474-7493 at the Health, Leisure & Human Performance Research Institute, University of Manitoba.