

Wellness Information Survey & Evaluation Research Summary of Results – Phase Two

Prepared by the Wellness Information Survey and Evaluation Research
(W.I.S.E.R.) Program

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Background

- ◆ Between January and April 2003, **500** people from Winnipeg (and surrounding areas), who had been interviewed in 1999, were interviewed for a second time.ⁱ
- ◆ These people were re-interviewed in order to explore changes in their health practices and behaviours since the first time they were interviewed.
- ◆ **93%** of the eligible people contacted agreed to be re-interviewed for this phase of the study.
- ◆ **77%** of respondents in this phase were married, while **6%** were single or never married, **7%** were divorced, and **6%** were widowed.
- ◆ Males were more likely to be married (**82%**) than females (**73%**). Women were more likely to be widowed (**10%**) than men (**1%**).
- ◆ The highest **level of education** completed was: diploma or certificate from a community, technical or trade college (**21%**), grade twelve (**21%**), and bachelors or undergraduate degree from a university (**17%**).

Respondent Profile

- ◆ **54%** of the respondents who were re-interviewed were female (and **46%** were male).
- ◆ The proportion of females in this phase of the study is somewhat higher than in Phase One (i.e., where **49%** of the respondents were female).
- ◆ Respondents ranged in age from **25** to **88** years of age with the average being **54** years of age.
- ◆ **71%** of respondents reported doing “paid work” (**75%** of employed members work full-time only; **19%** work part-time only; and **6%** reported working both full and part-time).
- ◆ Respondents who did not do paid work were asked to describe their **current main activity**. The following were the top three responses:
 1. Retired (**61%**)
 2. Caring for family (**23%**)
 3. Recovering from illness (**7%**)

Leisure Participation

- ◆ In **both** Phase One and Two of the study, respondents mentioned the same **top three leisure activities** they engaged in for more than **10 hours a week**. These were:
 1. Watching television
 2. Reading
 3. Visiting with friends or relatives
- ◆ The number of respondents **currently** belonging to a fitness facility has **increased** from **9%** in Phase One to **13%** in Phase Two.

Specific Health Behaviours

- ◆ In Phase One, **22%** of those interviewed smoked daily. By Phase Two **14%** of respondents reported smoking daily.
- ◆ **34%** of participants who smoke reported that they **tried to stop** smoking altogether, while **77%** of smokers reported they **tried to decrease** their smoking habit.
- ◆ For those who currently smoke daily, **77%** intend to **cut down** in the next 12 months.

- ◆ In terms of alcohol consumption, about **one-quarter (24%)** of respondents **drink regularly** (once a week or more) and **59%** drink **occasionally**. The average number of drinks consumed in the 7 day period prior to the interview was **2.9** drinks.
- ◆ In terms of **risk-taking behaviour**, only **26%** wear a **helmet** while bicycling, **51%** use **sunscreen regularly**, and **42%** do not have a **carbon monoxide detector** at home.

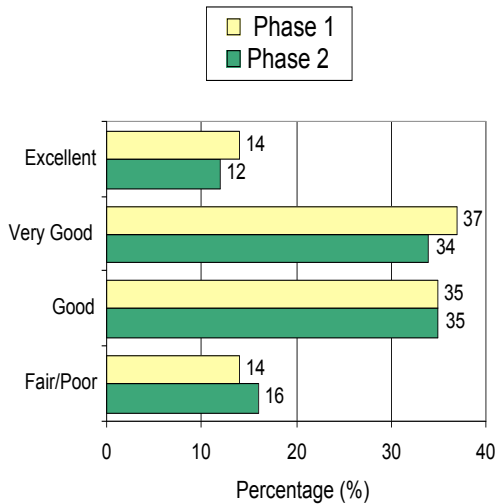
Stress & Stress Management

- ◆ When respondents were asked to reflect on the past 4 weeks prior to their interview, most people **ranked** their **level of stress as either a 3** (31%) **or a 4** (22%) on a 5 point scale (with 5 being extremely stressful).
- ◆ The most commonly reported **sources of stress** were:
 1. Work (**47%**)
 2. Family relationships/demands (**29%**)
 3. Family illness (**13%**)
- ◆ The most common **stress management techniques** were:
 1. Exercise (**29%**)
 2. Music/reading/writing (**20%**)
 3. Socializing/talking (**15%**)

Health Status

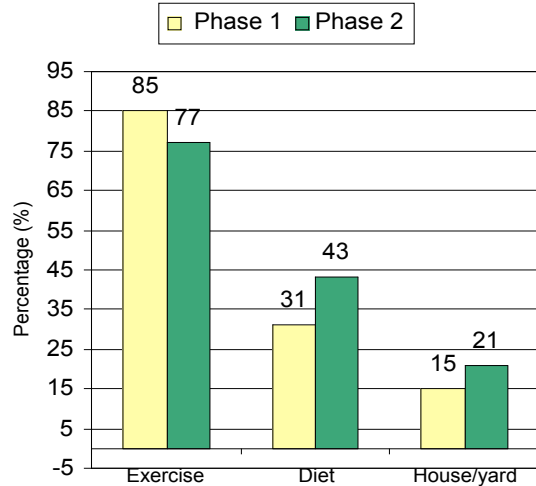
- ◆ Similar to Phase One (1999), Phase Two (2003) respondents once again rated their health as good or very good.

Self-Rated Health Phase One and Phase Two



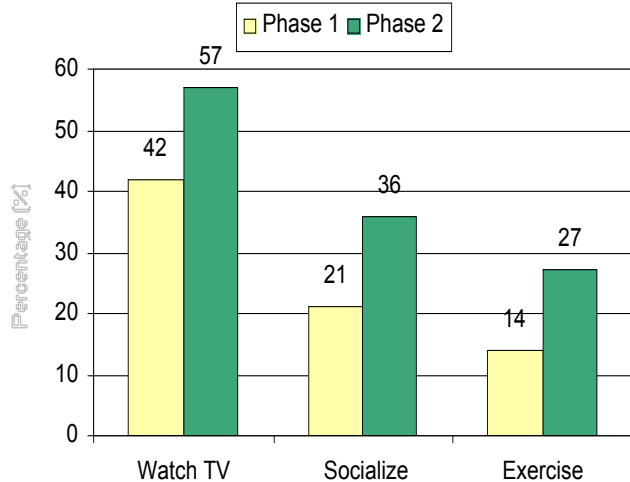
- ◆ **53%** of participants reported that their health was **about the same** as **three years** ago, **8%** reported their health as **much better**; **14%** reported being **somewhat better**; **21%** as **somewhat worse**; and **3%** as **much worse** than three years ago.
- ◆ The average number of Chronic conditions mentioned in Phase One was 2.0, while in Phase Two the average reported was 2.9 chronic conditions.
- ◆ The three most prevalent chronic conditions reported in both phases were: Arthritis or rheumatism; Back problems; and allergies.
- ◆ The 3 most commonly reported things done to maintain **physical health** were:

Things done for Physical Health



- ◆ While exercise decreased, Phase Two respondents mentioned diet more frequently as something done to maintain physical health.
- ◆ The 3 most commonly reported things done to maintain **emotional health** were:

Things done for Emotional Health

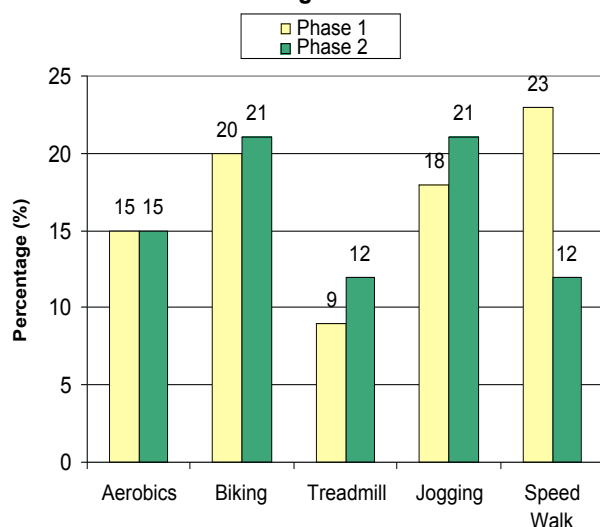


- ◆ Respondents performed the same activities to maintain emotional health in both 1999 and 2003, although the frequency of these activities increased.

Health Status (continued)

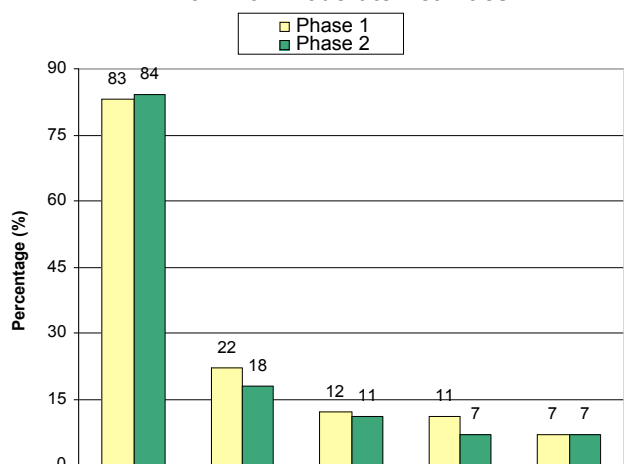
- ◆ **30%** of people reported doing **both** vigorous **and** moderate activities. Out of this group, 5% participated in **vigorous** activity exclusively, while 65% participated in **moderate** activity only.
- ◆ Below is a comparison of the **most common vigorous** activities reported in Phase One and Two. While speed-walking decreased in Phase Two, participation in jogging and treadmill use increased.

Common Vigorous Activities



- ◆ Similarly, below is a comparison of the **most common moderate** activities. Here, respondents reported walking slightly more in Phase Two than they did in Phase One.

Common Moderate Activities



- ◆ **66%** of participants felt they should get more exercise to maintain or improve their health.
- ◆ While **60%** of respondents in Phase One said they **intended** to increase their level of physical activity in the next year, approximately half actually **increased** their level of activity by Phase Two of the study.
- ◆ **25%** of people who increased their level of activity attributed the increase to **self-motivation** or commitment. **18%** attributed the increase to having social or familial **support** and **17%** attributed the increase to **enjoying exercise**.
- ◆ In summary, the number of Phase Two respondents smoking daily decreased, while membership in fitness facilities increased slightly.
- ◆ There was limited change in the types of physical activities reported over time and the majority of Phase Two respondents continued to describe their health in positive terms.

ⁱ Please note that the comparisons of answers in this report are made between the **same** 500 respondents interviewed in Phase 1 and in Phase 2. Thus, the same people were interviewed again, four years later, in order to compare their health over time.

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 and Human Performance Research Institute, University of Manitoba.