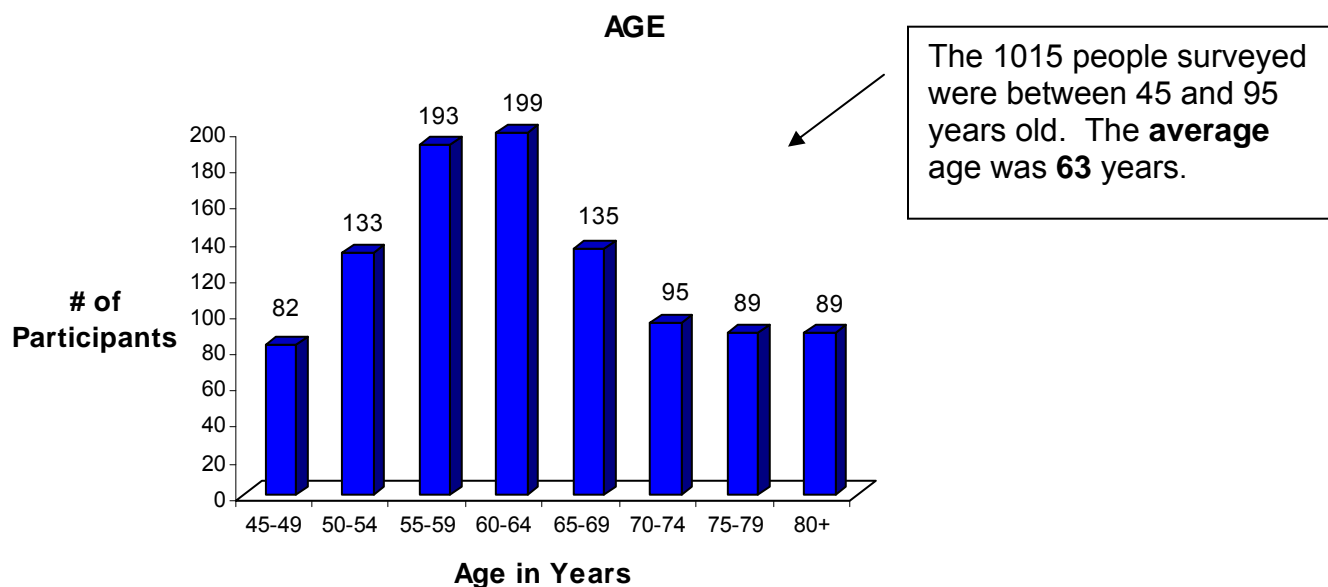


Dear Study Participants:

- ▶ During 2007-08, you participated in a study (W.I.S.E.R. – Phase Three) conducted by Dr. Alexander Segall and Dr. Verena Menec at the University of Manitoba. We would like to thank you again for your willingness to be interviewed. Without your help, it would not have been possible to complete this project.
- ▶ As you may recall, you were asked a variety of questions about your health, leisure activities, and the neighbourhood in which you live. A total of **1015** people participated in this study. Selected study findings are highlighted in this brief report.

DEMOGRAPHIC CHARACTERISTICS

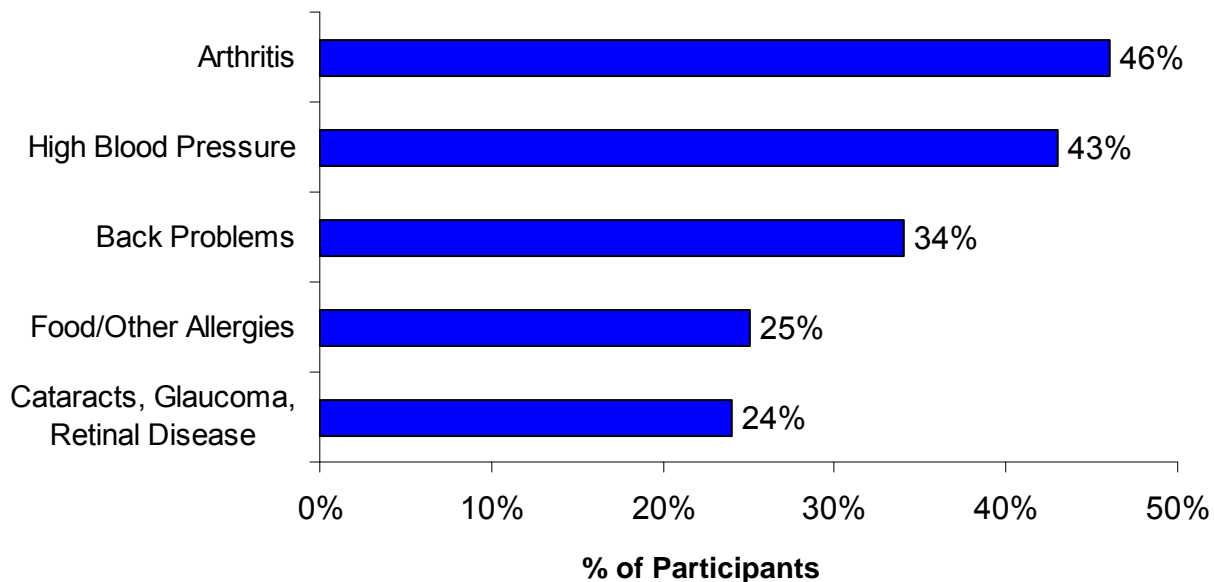


- ▶ Just over half of the participants interviewed were female (54%).
- ▶ The majority of participants were married (73%).

HEALTH AND WELL-BEING

- ▶ One-half (50%) of all participants rated their health as 'excellent' or 'very good'.
- ▶ Fifty-five percent (55%) of participants in the older age group (65+ years) reported doing an 'excellent' or 'very good' job looking after their health compared to 44% in the younger age group (45-64 years).
- ▶ As indicated below, **frequently reported chronic health conditions** for all participants included arthritis, high blood pressure, back problems, food/other allergies, and cataracts/glaucoma/retinal disease.

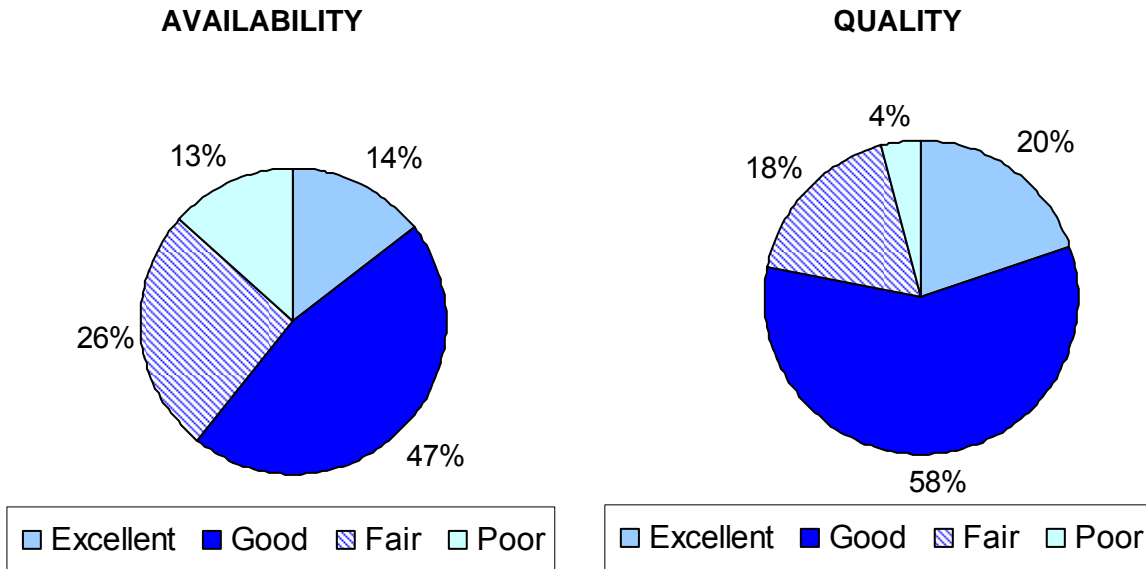
CHRONIC HEALTH CONDITIONS



- ▶ Some differences between the two age groups were found. Participants 45-64 years were more likely to report having migraines, asthma, depression, and food/other allergies. Those 65+ years were more likely to report having cataracts, high blood pressure, heart disease, and hearing loss.
- ▶ The top three things participants did on a regular basis to maintain or improve their **physical** health were:
 1. Regular exercise
 2. Eat healthy
 3. Housework/yard work
- ▶ To maintain or improve **emotional** well-being, participants were most likely to:
 1. Watch T.V./listen to music/read
 2. Socialize/visit with friends
 3. Socialize/visit with family

- ▶ Approximately one-half of participants (47%) rated the **availability** of health care services in Winnipeg as 'good'; and one-fifth (20%) thought that the **quality** of health care services in Winnipeg was 'excellent'.

HEALTH SERVICES IN WINNIPEG



ACTIVITY PARTICIPATION

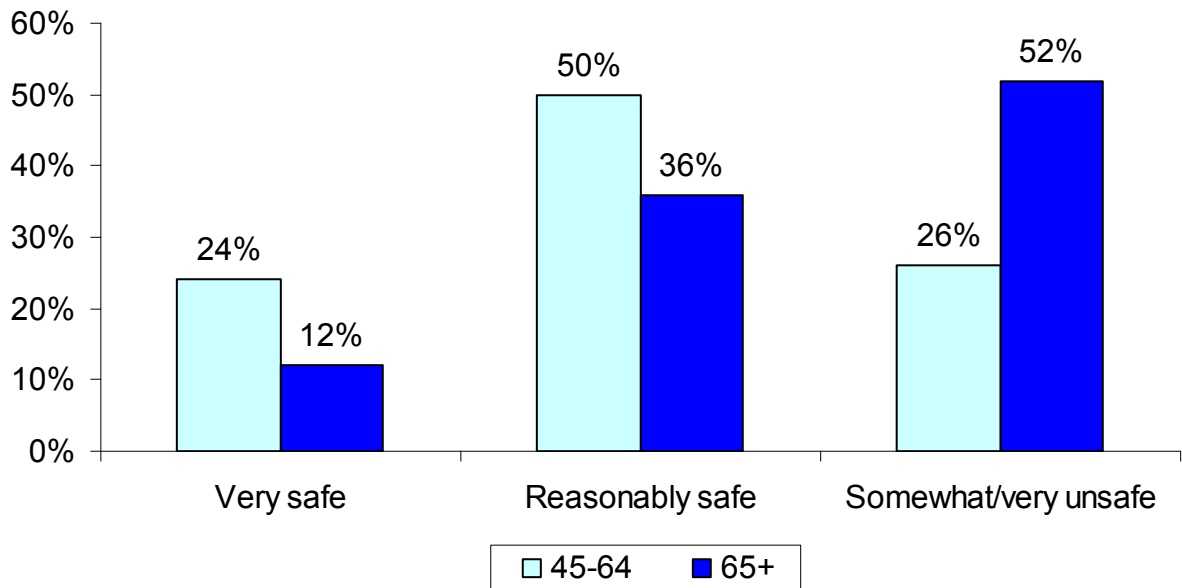
- ▶ Individuals participated in a **variety of activities** during their leisure time. Visiting friends/relatives, having telephone conversations with friends/relatives, and engaging in physical activities such as walking were mentioned most often.
- ▶ Nearly one-third of those 65+ reported using a **computer** on a daily basis.
- ▶ In addition, 47% of all participants engaged in unpaid **volunteer** work in the past year.
- ▶ In this study, 84% of participants wore **pedometers** to measure their activity level. On average, individuals took **6900 steps** per day. Participants 45-64 years averaged 7770 steps per day; and those 65+ years took, on average, 5350 steps per day.
- ▶ Previous studies (Tudor-Locke & Myers, 2001) report that daily steps, as measured by pedometers, range from 7000 - 13,000 for healthy adults, 6000 - 8500 for healthy older adults, and 3500 - 5000 for sedentary individuals and those with disabilities or chronic illness.



NEIGHBOURHOOD AND COMMUNITY

- ▶ The majority of participants (93%) have lived in their neighbourhood for over 5 years.
- ▶ Approximately 70% of all participants felt 'very safe' walking alone in their neighbourhood during the **day**.
- ▶ At **night**, approximately one-half (52%) of those 65+ years felt 'very unsafe' or 'somewhat unsafe' walking alone in their neighbourhood.

SAFETY WALKING AT NIGHT



- ▶ The top three items participants considered being 'very important' to have within walking distance from home were:
 1. Friends/relatives
 2. Bus stop
 3. Food store
- ▶ Most of those interviewed (92%) reported being 'satisfied' or 'very satisfied' with their neighbourhood.
- ▶ Seventy-seven percent (77%) would prefer to stay in their current neighbourhood into old age.