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

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

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(Updated August 2004)

Background

♦ Between September 1999 and February 2000, 1901 persons from Winnipeg (and surrounding areas) were interviewed for this study.

♦ 64% of the people contacted agreed to participate.

Respondent Profile

♦ 51% of the respondents were male (and 49% were female).

♦ Respondents ranged in age from 20 to 90 years of age with the average being 50 years of age.

♦ 72% of respondents were married, while others were either single (11%), widowed (6%), or divorced (5%).

♦ Males were more likely to be married (76%) than females (68%). Women were more likely to be widowed (10%) than men (2%).

♦ The highest level of education completed was: diploma or certificate from a community, technical or trade college (22%), grade twelve (21%), and bachelors or undergraduate degree from a university (14%).

Leisure Participation

♦ When asked to describe their current main activity, the following were the top three responses:

  1. caring for family and working for pay or profit (42%);
  2. working for pay or profit (22%); and
  3. retired (17%).

♦ The top three leisure activities respondents engaged in for more than 10 hours a week were:

  1. watching television;
  2. reading; and
  3. visiting with friends or relatives.

♦ The least frequent leisure activities reported by respondents were:

  1. artistic or cultural activities;
  2. attending cultural events; and
  3. attending sports events.

♦ In the past two years 22% participated in physical activities at a fitness club or fitness facility with only 10% currently belonging to a fitness facility.
When asked to rate their health in general, respondents tended to rate themselves as good (37%) or very good (35%) with only 14% rating their health as fair. Below is a comparison of self rated health between this study’s respondents and Manitobans interviewed in the National Population Health Survey (NPHS).

The 3 most commonly reported things done to maintain physical health were:

1. regular exercise (84%);
2. diet (i.e., eat healthy/ low fat foods) (32%); and
3. housework/ yardwork (16%).

The 3 most commonly reported things done to maintain emotional health were:

1. watch television/ listen to music (40%);
2. socialize/ visit with friends (23%); and
3. spiritual (i.e., meditate/ go to church/ pray) (18%).

19% of the respondents reported that they had injured themselves in the past 12 months seriously limiting their normal activities. The injuries generally occurred at home (35%) or at work (25%) with 52% stating the injury was a dislocation/sprain or strain while 15% were broken or fractured bones.

45% of the respondents felt they were doing a good job of looking after their health, and 33% felt they were doing a very good job.
Respondents interviewed reported they have been diagnosed as having an **average of 2.2 chronic conditions**. Below is a comparison on selected chronic conditions between this study’s respondents and Manitobans interviewed in the National Population Survey (NPHS).

### Comparison of Chronic Conditions

![Comparison of Chronic Conditions](image)

<table>
<thead>
<tr>
<th>Chronic Conditions</th>
<th>NPHS</th>
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<td>Cancer</td>
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### Physical Activity

**77%** of respondents reported that they had participated in vigorous or moderate physical activity in the past month.

Out of this group, **8%** participated in **vigorous** activity exclusively, while **59%** participated in **moderate** activity only.

**34%** participated in **both** vigorous and moderate activities.

The **most common vigorous** activities reported were:

1. jogging/running (22%);
2. exercise bike/cycling (21%); and
3. walking/fast walking (18%).

Respondents participated in vigorous activity an average of 16.8 times per month.
The most common moderate activities were:

1. walking (85%);
2. yardwork/housework (18%); and
3. bicycling (13%).

Respondents participated in moderate activity an average of 20.2 times per month.

65% felt they should get more exercise to maintain or improve their health.

62% of respondents intend to increase their level of physical activity in the next year.

20% of respondents smoke daily while 75% do not smoke at all. A small percentage, 5% smoke occasionally.

Of those who said they do not smoke, 44% used to smoke at one time in their life.

For those who currently smoke daily, they are smoking an average of 15.6 cigarettes a day.

In terms of alcohol consumption, about one-third (31%) drink regularly (once a week or more) and 51% drink occasionally. The average number of drinks consumed in the 7 day period prior to the interview was 3.9 drinks.

In terms of risk-taking behaviour, only 27% wear a helmet while bicycling, 43% use sunscreen regularly, and 60% do not have a carbon monoxide detector at home.

When respondents were asked to reflect on the past 4 weeks prior to their interview, they rated the stress level in their life as moderate. Most people ranked their level of stress as either a 3 (27%) or a 2 (23%) on a 5 point scale (with 5 being extremely stressful).

The most commonly reported sources of stress were:

1. work (49%);
2. family relationships/demands (25%); and
3. personal illness/health problems (11%).

The most common stress management techniques were:

1. exercise (31%);
2. music/reading/writing (17%); and
3. socializing/talking with others (15%).

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.