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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(Updated August 2004)

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.
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).

### 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%);
  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%);
  3. illness in family (10%).
- The most common stress management techniques were:
  1. exercise (57%);
  2. creative expression (e.g., music, reading, art) (18%);
  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.