Wellness Institute Member Survey
Summary of Results – Phase Two

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

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(Updated August 2004)

Background

♦ Between January and May 2002, 500 members of the Wellness Institute (WI), who had been interviewed in 1998, were interviewed for a second time. In 1998, a total of 2034 members were initially interviewed.

♦ Only current members of the Wellness Institute were eligible for the second phase of the study. 92% of those eligible members contacted agreed to be interviewed.

Member Profile

♦ 53% of members who were interviewed were female (and 47% were male).

♦ 74% of those interviewed were married, while 10% were single or never married.

♦ Members ranged in age from 24 to 85 years of age, with an average age of 54 years.

♦ Two-thirds of members reported that “paid work” was their current main activity. (72% of working members work full-time; 18% work part-time; and 10% work both part-time and full-time.)

♦ Members in the first phase of the study in 1998 had similar socio-demographic characteristics to this year’s follow up sample of members.

Wellness Institute Membership & Participation

♦ The most frequently used services at the WI were:

   1. Exercise equipment (76%)
   2. Walking track (60%)
   3. Steam room/sauna (32%)

♦ The top two activities mentioned by members this year were the same activities identified by members in 1998.

♦ 75% of interviewed members reported taking a break from the WI for one month or more. The main reasons for this break were: travel (43%); outside/seasonal activities (22%); and personal illness (17%).

♦ When members were asked to compare their use of the WI this year to 3 years ago, 29% stated that they use the facility less than before; 53% stated that they use the WI about the same as before, while 18%
answered they use the facility more than before.

Members visit the WI more frequently during the winter months.

In the summer months, the average number of visits to the WI per month was 9 compared to 12 times per month during winter months.

The most common moderate activities were:

48% of members feel that they engage in enough exercise to keep them healthy, compared to 41% in 1998. However, 49% still expressed the view that they should get more exercise to maintain and improve their health.

57% of those interviewed this year had indicated in the 1998 interview that they intended to increase their level of physical activity. Of these members, over half achieved their goal.

Members reported that self-motivation (27%); more available time (20%); and a desire to maintain or improve their health (20%) were the main things that helped them increase their activity.

Physical Activity

92% of members engaged in vigorous or moderate activity during the month of October (2001). Three quarters of these members reported that this activity level was about their usual rate.

The most common vigorous activities reported were:

48% of members feel that they engage in enough exercise to keep them healthy, compared to 41% in 1998. However, 49% still expressed the view that they should get more exercise to maintain and improve their health.

57% of those interviewed this year had indicated in the 1998 interview that they intended to increase their level of physical activity. Of these members, over half achieved their goal.

Members reported that self-motivation (27%); more available time (20%); and a desire to maintain or improve their health (20%) were the main things that helped them increase their activity.
When asked to rate their health in general, 11% of respondents rated themselves as **excellent**; 38% as **very good**; 39% as **good** and 12% as **fair/poor**. Below is a comparison of self-related health between respondents interviewed in 1998 and 2002.

- **50%** of members felt they were doing a **very good or excellent job** of looking after their health, and 37% felt they were doing a **good job**.

- In comparison, 44% of members in the **1998** survey felt they were doing a **very good or excellent job** of looking after their health, and 42% felt they were doing a **good job**.

- **46%** of members reported that their health was about the **same** as three years ago, 10% reported their health as **much better**; 26% reported being **somewhat better**; **16%** as **somewhat worse** and **2%** as **much worse** than three years ago.

- The 3 most commonly reported things done to maintain **physical health** were:
  1. Regular exercise (86%);
  2. Going to the WI (64%);
  3. Healthy diet (55%).

- The percentage of people reporting regular exercise as their main activity to maintain physical health has increased significantly since 1998.

- **44%** of those interviewed this year had indicated in the first interview that they intended to improve their diet. **Three-quarters** of those members succeeded in making positive changes.

- Most members who improved their diet did so to manage their **weight** (54%) and to prevent health problems (34%). They attribute their success to sheer **willpower** (29%); to gaining **knowledge about nutrition** (21%); and to their desire to improve their personal health (19%).

- The 3 most commonly reported things done to maintain **emotional health** were:
  1. Watch television/ read/ listen to music (62%);
  2. Exercise/ sports/ walk (60%);
  3. Socialize/ visit with friends (55%).

- Although the percentages were much higher this year, these same three activities were also reported in 1998.
93% of WI members are non-smokers. Only 2% of members smoke daily and 5% smoke on occasion.
♦ 91% of those interviewed were **continuous non-smokers** (i.e. were non-smokers in 1998 and in 2002). An additional 2% had **quit** smoking by the second interview.

♦ Furthermore, WI members who reported smoking daily dropped from 8% in 1998 to 2% in 2002.

♦ Among smoking members, 55% have **tried to change** their smoking habits over the past 3 years.

♦ 62% of smoking members intend on **cutting down** their smoking in the next 12 months.

♦ Regarding **alcohol consumption**, 30% of members drink alcohol **regularly** (once a week or more), 59% drink on **occasion** (not every week), while 11% **never** drink.

♦ In terms of personal safety measures, 57% of members do **not usually** wear a helmet while cycling or inline skating; 44% do **not** have a carbon monoxide detector at home.

♦ In contrast 65% of members wear **sunscreen**; 64% have a **fire extinguisher** at home; 96% wear a **seat belt**.

♦ Since 1998 there has been little change in these personal health and safety practices.

### Stress & Stress Management

♦ In the 4 weeks prior to their interview, members rated their stress level as **moderate**.

♦ The **most commonly** reported sources of stress were:

1. Work/school (53%);
2. Family relationships (27%);
3. Family illness or death (13%).

♦ **80%** of members interviewed reported having stress management techniques. The most common **stress management techniques** were:

1. Exercise (64%);
2. Music/ reading/ writing/ art (17%);
3. Talking / socializing (14%).

♦ Although the percentages were much higher this year, these three activities were also reported in 1998.

♦ When asked if leisure activities help relieve stress, 44% said “**always**,” 43% said “**often**,” and 11% answered “**sometimes**.”

### Wellness Institute Satisfaction

♦ **78%** of members rated the WI in **positive** terms when asked how their WI participation has **improved** their **physical** health, and **60%** stated that attending the WI has **improved** their **emotional** health.

♦ 91% of members rated their overall experience with the WI as **satisfied** or extremely **satisfied**.

♦ Overall, participation at the WI has had positive effects on its members since the first interview three years ago.