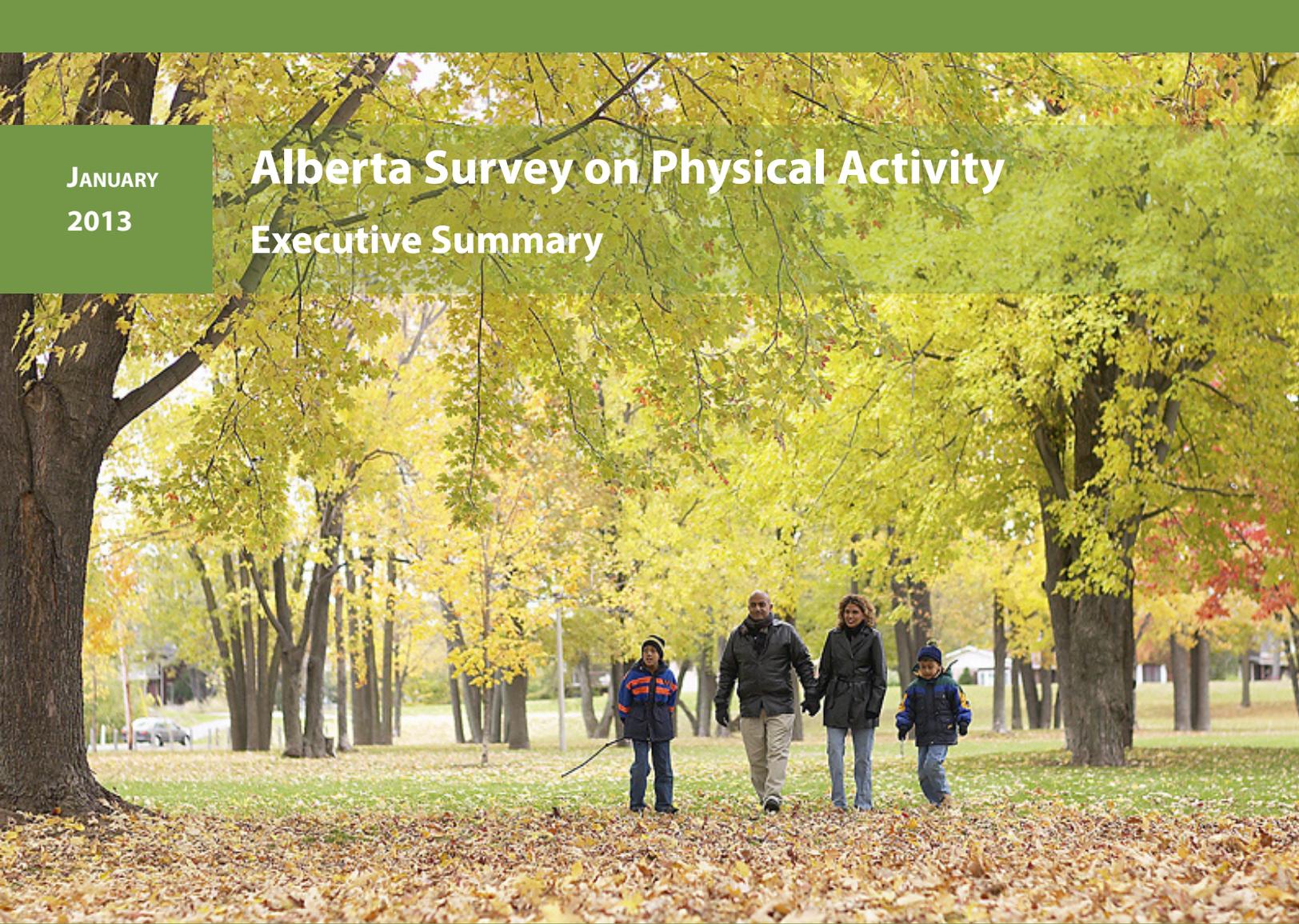


JANUARY
2013

Alberta Survey on Physical Activity Executive Summary



ALBERTA CENTRE FOR
Active Living
Research and education
for the promotion of physical activity

Supported by:   



Executive Summary

Survey Rationale

Participation in regular physical activity reduces the risk of developing a number of physical and mental health conditions (Warburton, Nicol & Bredinet, 2006) such as:

- pre-mature mortality,
- cardiovascular disease,
- stroke,
- hypertension,
- colon cancer,
- breast cancer, and
- type 2 diabetes.

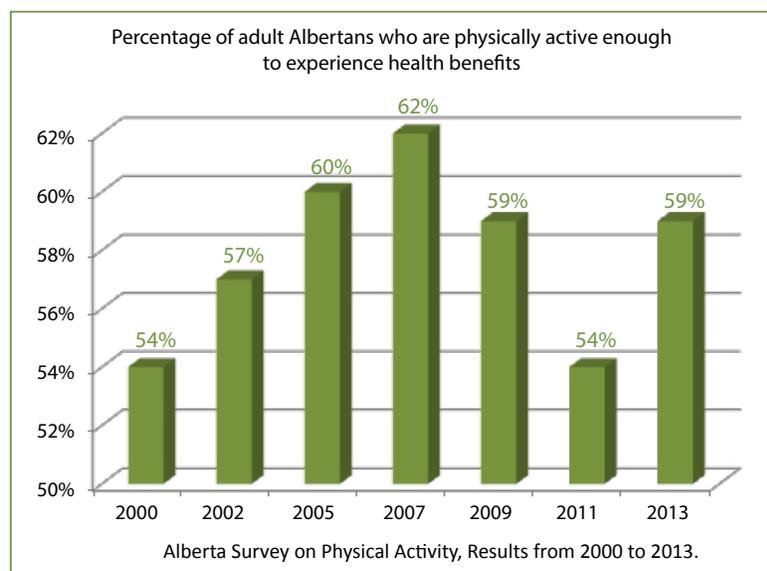
(Warburton et al., 2010)

Despite the health benefits associated with physical activity, participation generally has been on the decline in Alberta over the last decade, according to the Alberta Survey on Physical Activity (Loitz et al., 2012). This survey has provided credible and user-friendly physical activity information to researchers, practitioners, communities and decision-makers since 1995.

Summary of Findings

Physical Activity Levels

59% of Albertans get enough physical activity to achieve health benefits



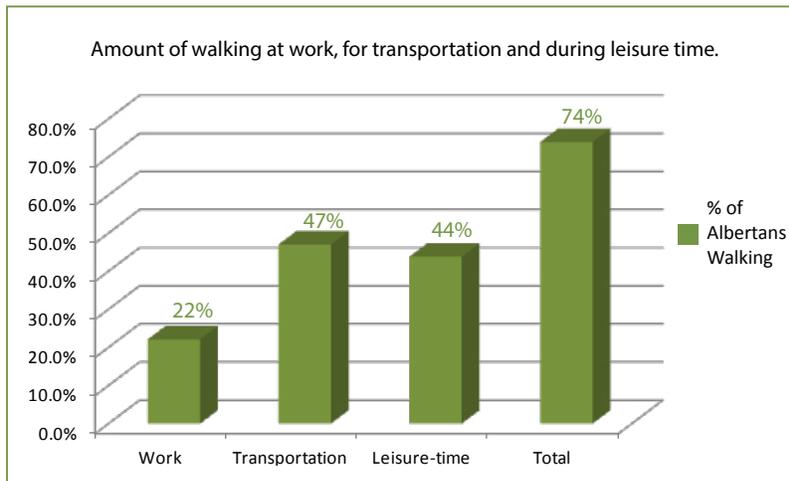
Although physical activity levels are higher in 2013 than in 2011, the results are not significantly different.



Walking Levels

Walking is one of the most popular types of physical activity in Canada (Canadian Fitness and Lifestyle Research Institute, 2001).

74% of Albertans do some walking for leisure, transportation or work



Although walking is popular, Albertans generally do not walk enough to attain a moderate level of physical activity.

Health Benefits

Albertans are aware that physical activity can help them stay healthy and reduce their risk of serious health issues.

94% of Albertans agree that physical activity will keep them healthy

89% of Albertans agree that physical activity will reduce their chances of getting serious health problems



Physical Activity Opportunities

Most Albertans identified they have access to a place to be physically active.

75% of Albertans agree that they have easy access to places where they can be physically active

Barriers to Physical Activity

Overall, Albertans lack confidence in overcoming barriers to physical activity, such as tiredness, lack of time, and bad weather.

25% of Albertans are confident that they can be physically active when they are tired

41% of Albertans are confident that they can be physically active when they have many other demands on their time

32% of Albertans are confident that they can be physically active when the weather is bad

A lack of confidence to overcoming barriers is associated with lower levels of physical activity. Developing strategies to support Albertans in overcoming these barriers should be a key focus of practitioners and decision-makers.

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