

## 2016 Chronic Disease Prevention Survey Data Summary: Physical Activity

The aim of the 2016 Chronic Disease Prevention Survey was to understand the knowledge, attitudes, and beliefs of the general public on policy topics relevant to the prevention of cancer and other chronic diseases. Understanding the general public’s perceptions of cancer and chronic diseases and their level of support for policies to address prevention can help with evidence-based decision-making.

This Chronic Disease Prevention Survey was conducted in mid-2016 across Alberta. The target population for the public survey was community-dwelling adults (aged 18 years or older) who could be contacted by telephone at the time of the survey. Data were collected from participants in Edmonton (n=400), Calgary (n=400), and all other settlements in Alberta (n=400), with equal numbers of males and females surveyed. Table 1 provides a breakdown of respondents’ characteristics.

### Background of Survey Participants

Table 1 provides background information on the sample of general public who were surveyed in the 2016 Chronic Disease Prevention Survey (valid percent).

**Table 1:** Demographics of the general public surveyed organized by responses across all of Alberta, and then broken down by residence in Edmonton, Calgary, or all other settlements in Alberta (2016 Chronic Disease Prevention Survey)

| Demographics                    | All Alberta |         | Edmonton |         | Calgary |         | Other Alberta |         |
|---------------------------------|-------------|---------|----------|---------|---------|---------|---------------|---------|
|                                 | Number      | Percent | Number   | Percent | Number  | Percent | Number        | Percent |
| <b>Employment*</b>              |             |         |          |         |         |         |               |         |
| Full-Time or Self-Employed      | 631         | 52.6%   | 206      | 51.5%   | 216     | 54.0%   | 209           | 52.3%   |
| Part-Time                       | 89          | 7.4%    | 33       | 8.3%    | 29      | 7.3%    | 27            | 6.8%    |
| Unemployed                      | 50          | 4.2%    | 18       | 4.5%    | 16      | 4.0%    | 16            | 4.0%    |
| Student                         | 10          | 0.8%    | 1        | 0.3%    | 6       | 1.5%    | 3             | 0.8%    |
| <b>Household Income**</b>       |             |         |          |         |         |         |               |         |
| Up to \$70,000                  | 383         | 36.6%   | 132      | 37.5%   | 109     | 32.3%   | 142           | 39.8%   |
| \$70,000 to \$125,000           | 337         | 32.2%   | 115      | 32.7%   | 104     | 30.9%   | 118           | 33.0%   |
| Over \$125,000                  | 326         | 31.2%   | 105      | 29.8%   | 124     | 36.8%   | 97            | 27.2%   |
| <b>Education***</b>             |             |         |          |         |         |         |               |         |
| Less than High School           | 92          | 7.7%    | 32       | 8.0%    | 17      | 4.3%    | 43            | 10.9%   |
| High School/Some Post-secondary | 380         | 32.0%   | 125      | 31.4%   | 106     | 26.8%   | 149           | 37.5%   |
| Post-Secondary Graduate         | 716         | 60.3%   | 241      | 60.6%   | 271     | 68.8%   | 204           | 51.5%   |
| <b>Health****</b>               |             |         |          |         |         |         |               |         |
| Good to Excellent               | 1024        | 85.4%   | 337      | 84.3%   | 357     | 89.5%   | 330           | 82.5%   |
| Fair                            | 133         | 11.1%   | 48       | 12.0%   | 35      | 8.8%    | 50            | 12.5%   |
| Poor                            | 42          | 3.5%    | 15       | 3.8%    | 7       | 1.8%    | 20            | 5.0%    |

\*Missing data <0.01%; \*\*Missing data 12.8%; \*\*\*Missing data 1.0%; \*\*\*\*Missing data <0.01%

**Data Summary: Physical Activity**

This document provides an overview of results from the 2016 Chronic Disease Prevention Survey of the general public related to *physical activity* – particularly related to schools as an important activity setting for children and youth. The data summarized below provides an overview of public perception of the links between physical activity and cancer, as well as public support for physical activity policies in this area.

Results are organized by responses across all of Alberta, and then broken down by residence in Edmonton, Calgary, or all other settlements in Alberta.

**Public: Perceptions of the Link Between Physical Activity and Cancer**

Table 2 presents the valid percentage of the general public surveyed who chose “Definitely Linked” or “Might Be Linked” for the options about a person’s chances of getting physical activity-related cancer listed below.

**Table 2:** Public perceptions of the link between physical activity and cancer, organized by responses across all of Alberta, and then broken down by residence in Edmonton, Calgary, or all other settlements in Alberta (2016 Chronic Disease Prevention Survey)

| Perception  | All Alberta | Edmonton | Calgary | Other Alberta |
|---|-------------|----------|---------|---------------|
| Maintaining a healthy body weight is linked to cancer | 60.9%       | 57.8%    | 62.3%   | 62.6%         |
| Participating in regular exercise is linked to cancer | 46.2%       | 44.6%    | 47.7%   | 46.2%         |
| Where a person goes to school is linked to cancer     | 33.6%       | 35.4%    | 30.7%   | 34.6%         |

**Public: Support for Physical Activity Policies**

Table 3 presents the valid percentage of the general public surveyed who chose “Strongly Support” or “Somewhat Support” for the physical activity-related policy options listed below.

**Table 3:** Public support for tobacco use-related policy options, organized by responses across all of Alberta, and then broken down by residence in Edmonton, Calgary, or all other settlements in Alberta (2016 Chronic Disease Prevention Survey)

| Policy Option   | All Alberta | Edmonton | Calgary | Other Alberta |
|---|-------------|----------|---------|---------------|
| Ensure adequate maintenance of active transportation infrastructure in communities – for example, sidewalk repair, snow removal or bike lane painting | 96.4%       | 95.7%    | 97.2%   | 96.2%         |
| Implement active transportation policies designed to promote walking through safe routes, adequate lighting, etc.                                     | 96.1%       | 96.7%    | 96.2%   | 95.5%         |

| Policy Option   | All Alberta | Edmonton | Calgary | Other Alberta |
|---|-------------|----------|---------|---------------|
| Promote safe active transportation to school through walk or cycle-to-school programs, crossing patrols, or school attendance confirmation                      | 95.9%       | 96.9%    | 94.4%   | 96.2%         |
| Enhance the quantity and quality of green spaces in all neighbourhoods  | 95.8%       | 96.5%    | 95.5%   | 95.4%         |
| Mandate daily physical activity in all schools – 30 minutes of moderate to vigorous exercise  | 94.6%       | 96.0%    | 94.0%   | 93.7%         |
| Provide programs to educate the general public about the importance of regular physical activity  | 94.3%       | 96.5%    | 92.7%   | 93.7%         |
| Make physical education mandatory for all students K-12   | 93.4%       | 92.4%    | 94.5%   | <b>93.2%</b>  |
| Invest in public transit to improve frequency, routes, and scheduling   | 91.5%       | 92.4%    | 91.9%   | 90.2%         |
| Encourage schools to reduce sitting time among students and staff   | 91.2%       | 92.1%    | 91.4%   | 90.1%         |
| Implement active transportation policies designed to promote bicycling through bike lanes, cycle facilities, multi-modal transit, secure storage for gear, etc. | 88.1%       | 87.7%    | 85.7%   | 91.1%         |
| Provide tax credits for people who are involved in regular physical activity  | 78.1%       | 79.7%    | 78.7%   | 75.9%         |

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