

Adult Health Survey Summary

In the winter of 2008/09, the Assiniboine Regional Health Authority conducted a telephone survey of people living in or near fourteen communities across the region. This survey was done to see if the people living in these communities had any risk factors for chronic diseases. Just over 2,600 people answered the survey. The results could be considered by community members when planning healthy living activities.

A summary of the results from All communities combined follows:

Physical Activity

62 % of women and 79 % of men were active or moderately active.

66 % of residents spent 10 or more hours a week watching TV, movies, playing video or computer games, surfing the internet or reading.

Canada's Physical Activity Guide recommends that adults work towards adding up 60 minutes of activities a day in periods of at least 10 minutes each.

Healthy Eating

41 % of residents would be considered overweight based on their reported height & weight.

4 % of residents ate fruits and vegetables 7 or more times a day.

6 % of women and 5 % of men said sometimes or often they did not have enough food to eat because of lack of money.

15 % of women and 11 % of men sometimes or often did not eat the quality of food they wanted to eat because of lack of money.

Canada's Food Guide recommends that adults eat between 7 and 10 servings of fruits and vegetables every day.



Being Smoke-Free

15 % of households had someone who smokes inside the house.

8 % of residents were exposed to tobacco smoke during the workday.

Of the people who were exposed to tobacco smoke during the workday, 54 % of female and 64 % of male residents were exposed to tobacco smoke in a work vehicle or at a building entryway.

33 % of women and 34 % of men were current smokers.

Manitoba's **Non-Smokers' Health Protection Act** bans smoking in all indoor public places and workplaces.

Long-term exposure to second-hand smoke, also known as environmental tobacco smoke (ETS), can cause lung cancer, heart disease, asthma and strokes.

Healthy Coping

15 % of women and 36 % of men had 5 or more drinks of alcohol within a couple of hours on at least one day out of the past 30 days.

Steroid pills or shots (2%) appears to be the most frequently used substance among people in the community.

Drinking small amounts of alcohol (1-2 drinks a day) may be beneficial for heart health, but consuming larger amounts can lead to serious health problems.

Healthy Communities

83 % of women and 95 % of men felt safe walking after dark in their community.

93 % of women and 90 % of men had someone they could count on to listen to them when they were feeling anxious or upset.

91 % of women and 93 % of men felt part of the community where they live.

Our health and the choices we make are profoundly affected by almost every aspect of our daily lives, including the environments and communities we live in, as well as the people we can count on for support.

