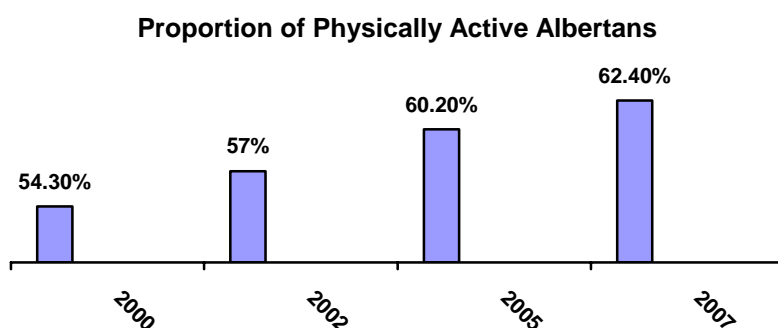




2007 Alberta Survey on Physical Activity: Executive Summary

Compared to previous Alberta surveys on physical activity, the percentage of Albertans active enough to experience health benefits has increased.



Results by Location in the Province

The survey included results from Edmonton, Calgary and other parts of Alberta. The number of physically active Albertans has increased in Calgary and “Other Alberta,” but has gone down slightly in Edmonton.

Sufficiently Active Albertans by Provincial Location

Location	2000	2002	2005	2007
Edmonton	51.1%	55.9%	61.4%	61.1%
Calgary	56.8%	59.9%	59.2%	62.3%
Other Alberta	54.4%	55.5%	60.2%	63.8%

Factors that Influence Physical Activity

Sociodemographic Factors

Similar to previous years, several sociodemographic factors influence physical activity. Generally, the percentage of sufficiently active Albertans:

- Decreases with age (also found in 2005).
- Is higher among people with more education (also found in 2005).
- Is higher among people with the highest annual household income (also found in 2005).
- Is higher among people who have never married and people who are separated (not found in 2005).
- Is higher among people who have both a paid job and are self-employed (also found in 2005).

Age and the number of children are the only sociodemographic factors that predict physical activity status (sufficiently active vs. insufficiently active).

Psychological Factors

There are several psychological factors that can influence physical activity. The percentage of sufficiently active Albertans **increases** as:

- General self-efficacy increases (i.e., confidence in being able to participate in regular physical activity) (also found in 2005).
- Coping self-efficacy (i.e., confidence in being able to overcome potential barriers to physical activity such as time constraints, bad weather, feeling tired or in a bad mood) increases (also found in 2005).
- Scheduling self-efficacy (i.e., confidence in being able to arrange one's schedule to participate in physical activity) increases (also found in 2005).
- The belief in the health benefits of physical activity increases (also found in 2005).
- Intention to participate in physical activity in the near future increases (also found in 2005).
- Perceived opportunities to participate in regular physical activity increase (also found in 2005).

Environmental Factors

There are six environmental factors that influence physical activity. The percentage of sufficiently active Albertans **increases** with:

- Increases in perceptions about access to places for physical activity (also found in 2005).

- Increases in perceptions of neighbourhood convenience (also found in 2005).
- Increases in perceptions of facilities for bicycling (not significant in 2005).
- Decreases in perceptions of crime in one's neighbourhood making it unsafe to walk at night (not significant in 2005).
- Decreases in perceptions of traffic making it difficult or unpleasant to walk (not significant in 2005).
- Increases in perception of interesting things to look at (not significant in 2005).

Predictors of Physical Activity

After controlling for sociodemographic factors, the only predictors of physical activity status included the following:

- high general self-efficacy
- moderate or high coping self-efficacy
- high intention to participate in physical activity
- the perception of neighbourhood convenience

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