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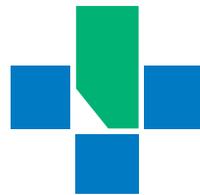
Alberta Walking Survey

A Concise Report



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

Prepared for:



**Alberta Health
Services**

Supported by:



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Executive Summary

Survey Rationale

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). Walking is the most popular physical activity among Canadians as most Canadians have access to locations or walking routes where they can walk safely (CFLRI, 2001).

This survey examined the current walking status of 1607 adult Albertans from Edmonton, Calgary, Mid-sized cities (Lethbridge, Red Deer, Fort McMurray and Grande Prairie) and other parts of Alberta. The purpose of this report was to:

1. identify the amount of time Albertans spend walking,
2. learn about where Albertans walk,
3. identify demographic factors that are related to time spent walking, and
4. identify the relationship between the size of the geographical location Albertans live in and their time spent walking.

This report provides a picture of the walking status of adult Albertans from across the province.

Summary of Findings

Time Spent Walking

1/3 of adult Albertans did enough walking to reach the minimum physical activity level recommended by the Canadian Physical Activity Guidelines for adults (CSEP, 2011).

- 71% of Albertans reported some walking.
- 59% of Albertans reported walking for 60 minutes or more per week.
- 36% of Albertans walk for 150 minutes or more per week.

Where are Albertans Walking?

Albertans most often participate in in-neighbourhood walking. Popular neighbourhood walking locations include streets, paths, parks, tracks, and to/from shops.

In residential neighbourhoods:

- 62% of Albertans walk for leisure, and
- 35% of Albertans walk for transportation.

Factors Related to Walking in Alberta

In-neighbourhood walking:

- Albertans with a household income between \$100,000 and \$149,999 were 1.8 times more likely than those Albertans with a household income below \$40,000 to walk for 150 minutes per week within their neighbourhood of residence.
- Albertans with university degrees or graduate degrees were 2.1 and 3.6 times more likely to do some in-neighbourhood walking than Albertans with less than a high school diploma.

Out-of-neighbourhood walking:

- The probability of out-of-neighbourhood walking was greatest among Albertans aged 18 to 24 years and decreased with increases in age.
- Southeast Asian Albertans were 3.6 times more likely to participate in 150 minutes or greater of out-of-neighborhood walking per week than Caucasian Albertans.
- Widowed Albertans were significantly less likely to walk for 150 minutes or greater out-of-neighbourhood per week than never-married single Albertans.

Geographical areas of residence:

- Time spent walking is not significantly different between Edmonton, Calgary, Red Deer, Grande Prairie, Fort McMurray, Lethbridge and other parts of Alberta.





Concise Report

1. Background to the Survey

The Alberta Centre for Active Living was contracted by the Health Promotion, Disease and Injury Prevention, Population and Public Health division of Alberta Health Services to explore walking tendencies of adult Albertans living in large cities, mid-sized cities and other parts of the province.

A telephone survey was conducted asking Albertans about four types of walking:

- in-neighbourhood walking for leisure,
- out-of-neighbourhood walking for leisure,
- in-neighbourhood walking for transportation, and
- out-of-neighbourhood walking for transportation.

The objectives of the survey and report are to:

1. identify the amount of time Albertans spend walking,
2. learn about where Albertans walk,
3. identify demographic factors that are related to time spent walking, and
4. identify the relationship between the size of the geographical location Albertans live in and their time spent walking.

The purpose of the current document is to report on the findings from the 2012 Alberta Walking Survey. The intended audience is the Health Promotion, Disease and Injury Prevention, Population and Public Health division of Alberta Health Services.

2. Methods

Survey Methods

The Alberta Centre for Active Living contracted the University of Alberta's Population Research Laboratory (PRL) to administer the 2012 Alberta Walking Survey. This telephone survey included demographic questions and questions about adult in-neighbourhood and out-of-neighbourhood walking for leisure and transportation. With inputs from the advisory group, the Alberta Centre for Active Living developed a set of questions. The PRL conducted a set of 10 pilot telephone interviews. Feedback from these interviews were considered and refinements to the telephone survey were made. The *Research Ethics Board Two* at the University of Alberta reviewed and approved survey questions and data collection protocols on October 9, 2012.

Data Collection

Data collection began on October 11, 2012 and was completed on November 27, 2012. Interviews were conducted between the hours of 9:00 a.m. to 2:00 p.m. and 4:00 p.m. to 9:00 p.m., Mondays through Fridays; 10:00 a.m. to 4:00 p.m. on Saturdays; and between 2:00 p.m. and 8:00 p.m. on Sundays. If the interviewers were unsuccessful in making contact on their first call, a maximum of 10 call-back attempts were made before declaring a residential telephone number as "no contact." Upon making contact, interviewers identified themselves, verified the telephone number, and then asked the screening questions for selecting the respondent.

Before administering the questionnaire, the interviewer informed the respondents that their participation was entirely voluntary, their responses would be kept completely confidential, that they could terminate the interview at any time, and that the information was being collected in conformity with the Alberta Freedom of Information and Protection of Privacy Act.

Data Quality

The response rate was 37.1%, reflecting the percentage of valid households sampled that responded to the survey. This response rate is very good as response rates have generally been on the decline in recent years.

The random sample of 1,607 adult Albertans is considered accurate within +/- 2.4 percentage points. Survey estimates for the subsamples of 400 are estimated to be within +/- 4.9 percentage points, at the 95% confidence level.

Estimate of Walking Levels

To estimate the walking time of each respondent, we asked the following questions adapted from the Neighbourhood Physical Activity Questionnaire (NPAQ), Giles-Corti et al., 2006.

Questions

1. In a USUAL WEEK, do you walk in or around your neighbourhood or local area to get to or from somewhere (such as walking to a shop or to public transportation) or for recreation, health or fitness (including walking your dog)?
2. In a USUAL WEEK, how many times do you walk as a means of transportation, such as going to and from work, walking to a shop or walking to public transport in your neighbourhood or local area?
3. Please estimate the total time you spend walking as a means of transportation in your neighbourhood or local area in a USUAL WEEK. (e.g., 5 times by 10 minutes = 50 minutes)
4. We are interested in learning about the different places you walk to. I will read you a list of locations. Please identify the places you walk as a means of transportation in or around your neighbourhood or local area in a USUAL WEEK: (Select all that apply)
 - a. To or from work
 - b. To or from public transportation
 - c. To or from shops, shop #1 location (e.g., grocery store)
 - d. To or from shops, shop #2 location (e.g., drug store)
 - e. To or from school
 - f. To or from a café or restaurant
 - g. To or from a friend's house
 - h. Somewhere else: #1 location, #2 location (specify)_____
5. In a USUAL WEEK, how many times do you walk for recreation, health or fitness in or around your neighbourhood or local area? (This includes walking your dog.)
6. Please estimate the total time you spend walking for recreation, health or fitness in or around your neighbourhood or local area in a USUAL WEEK. (e.g., 5 times by 20 minutes = 100 minutes)

Questions

7. Please identify all the places where you walk for recreation, health or fitness in or around your neighbourhood or local area in a USUAL WEEK. (Select all that apply)
- Beach or river valley
 - Park, track or bushlands, #1 location
 - Park, track or bushlands, #2 location
 - Park, track or bushlands, #3 location
 - Around the neighbourhood using the streets/footpaths (no specific destination)
 - Walking trails/paths NOT in a park, beach or river valley
 - To or from a café or restaurant
 - To or from a shop
 - Somewhere else #1 location, #2 location (specify):_____
8. Questions 2 through 7 were then repeated corresponding to walking OUTSIDE of the respondent's neighbourhood.

For each of the four types of walking (in-neighbourhood leisure walking; out-of-neighbourhood leisure walking; in-neighbourhood transportation walking; out-of-neighbourhood transportation walking), the weekly time spent walking was calculated and categorized into the following categories:

- > 0 minutes of walking,
- ≥ 60 minutes of walking, and
- ≥ 150 minutes.

Based on the time spent walking in relation to the four types of walking, calculations were also made for:

- total amount of leisure walking,
- total amount of transportation walking, and
- total amount of walking.

These totals were also categorized into the following categories:

- > 0 minutes of walking,
- ≥ 60 minutes of walking, and
- ≥ 150 minutes of walking.

Note: Canadian Physical Activity Guidelines (Canadian Society for Exercise Physiology, 2011) suggest that adults need a minimum of 150 minutes of moderate-to-vigorous intensity physical activity per week.

Statistical Analyses

Frequencies were calculated and reported for the sociodemographic variables, time spent walking, and places where Albertans walk.

A series of chi-square analyses were conducted to test differences in time spent in-neighborhood and out-of-neighborhood walking related to several sociodemographic factors. The chi-squared analysis assessed the potential relationship between two categorical variables (i.e., age and walking for more than 150 minutes per week) in comparison to that of an expected frequency generated to express no significant difference between groups (Tabachnick & Fidell, 2007, p.58-59). A chi-square with a p-value less than 0.05 suggests the two variables are related (Pallant, 2005, p.288).

Three separate binary logistic regressions allowed us to determine the unique contributions of:

- fixed sociodemographic variables (age, gender and ethnicity),
- modifiable sociodemographic variables (education, income and marital status), and
- geographical area of residence in predicting the likelihood of walking for more than 0 minutes and equal to or more than 150 minutes per week when controlling for other variables (e.g., age).

To interpret the results presented in the appended tables we examined the odds ratios (OR), confidence intervals (CI) and level of significance. The odds ratio is an indicator of change in odds in walking resulting from the predictor (e.g., age). Response choices are compared to the first response choice listed in the table for each variable.

The first response listed is assigned a value of one; the other response options are compared to the first variable's ability to predict the dependent variable of walking time. For example, in the appended Table 14, Step 1, sex is the first predictor variable listed; the first response choice 'male' was assigned a value of 1, females were found to be 1.09 times more likely to walk greater than 150 minutes per week. No asterisk is present, therefore these scores are not significantly different. This suggests that men and women are not significantly different in their likelihood of walking 150 minutes per week.

In summary,

- Frequencies describe the sample and identify trends between groups,
- Chi-square analyses identifies variables that are related to each other, and
- Binary logistic regression allows us to assess the ability of predictor variables to explain walking time.



3. Who Completed the Survey

The 2012 Alberta Walking Survey included a sample of 1,607 Albertans. Approximately 400 respondents (200 male and 200 female) completed the survey from the Edmonton Metropolitan area, the Calgary Metropolitan area, the mid-sized cities (Lethbridge, Red Deer, Fort McMurray, Grand Prairie) and the remainder of the province. See Table 1 for a demographic description of the sample of Albertans that responded to the survey.

A few demographic characteristics of the sample that are noteworthy include the following variables:

- **age:** the sample included few respondents in the category of 18 to 24 years (4% of sample);
- **marital status:** 66% of the sample is married;
- **education:** 64% of the sample completed some post-secondary education;
- **ethnicity:** 86% of the sample were white; and
- **residence:** 67% of the sample lived in a city.

Table 1. Demographic characteristics of the Albertan sample (n = 1607)

	Edmonton	Calgary	Mid-size Cities	Other Alberta	All Alberta
Sex					
Males	200	201	201	200	802
Females	201	201	201	202	805
Age (years)					
18 to 24	21	20	16	10	67
25 to 34	51	11	11	46	227
35 to 44	74	97	76	71	318
45 to 54	82	87	98	104	371
55 to 64	73	69	77	86	305
65 +	87	65	61	81	294
Marital Status					
Never married	64	71	70	35	240
Married	248	272	256	290	1066
Common-Law	22	17	27	18	84
Divorced	26	18	19	22	85
Separated	5	6	7	10	28
Widowed	29	12	18	26	85

Table 1. Demographic characteristics of the Albertan sample (n = 1607)

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	Edmonton	Calgary	Mid-size Cities	Other Alberta	All Alberta
Education					
Incomplete high school	24	17	30	39	110
High school	105	92	111	148	456
College/ technical	106	89	110	117	422
University diploma	18	14	13	16	61
University	139	185	134	82	540
Ethnicity					
White	337	313	352	376	1378
Black	8	5	2	0	15
Aboriginal	4	5	16	13	38
South/ Southeast Asian	18	34	10	4	66
Chinese	8	12	3	1	24
Filipino	5	5	3	1	14
Latin American	6	10	4	4	24
West Asian	6	6	1	1	14
Other	3	7	8	2	20
Residence					
City	323	356	337	58	1074
Town	31	21	21	154	227
Village	7	1	2	27	37
Rural area	38	22	41	161	262
Urbanization					
Urban	166	176	192	32	566
Suburban	125	165	109	17	416
Neither	20	12	22	5	59
No response	90	49	79	348	533
Household Income					
Under \$40,000	29	29	24	28	110
\$40,000 to \$59,999	27	23	23	32	105
\$60,000 to \$79,999	29	25	34	26	114
\$80,000 to \$99,999	23	23	22	42	110
\$100,000 to \$149,999	65	63	53	64	245
\$ 150,000 +	65	82	97	74	318
Total	401	402	402	402	1607

Note: University includes bachelor's degree, professional degree, master's degree, and doctorate.



4. Walking Levels

According to the descriptive analysis, Albertans spend more time walking in their neighbourhood than outside their neighbourhood.

More specifically,

- 36% of Albertans walk for 150 minutes per week in their neighbourhood, whereas only 14% of Albertans walk for 150 minutes per week outside their neighbourhood.

The majority of Albertans from all communities

- walk for leisure in their neighbourhood (as opposed to walking for transportation).

See Table 2 for specific frequency of time and type of walking according to geographical area.

Table 2. Time spent in-neighborhood and out-of-neighborhood walking (n = 1607)

In-Neighbourhood Walking	Edmonton	Calgary	Mid-size Cities	Other Alberta	All Alberta
Transportation					
> 0 minutes	152 (37.9%)	143 (35.6%)	140 (34.8%)	120 (29.9%)	555 (34.5%)
≥ 60 minutes	90 (22.4%)	91 (22.6%)	80 (19.9%)	74 (18.4%)	335 (20.8%)
≥ 150 minutes	38 (9.5%)	36 (9.0%)	27 (6.7%)	33 (8.2%)	134 (8.3%)
Leisure					
> 0 minutes	230 (57.4%)	276 (68.7%)	253 (62.9%)	237 (59.0%)	996 (62.0%)
≥ 60 minutes	190 (47.4%)	226 (56.2%)	215 (53.5%)	198 (49.3%)	829 (51.6%)
≥ 150 minutes	98 (24.4%)	112 (27.9%)	122 (30.3%)	112 (27.9%)	444 (27.6%)
All Walking					
> 0 minutes	278 (69.3%)	302 (75.1%)	288 (71.6%)	272 (67.7%)	1140 (70.9%)
≥ 60 minutes	227 (56.6%)	256 (63.7%)	242 (60.2%)	227 (56.5%)	952 (59.2%)
≥ 150 minutes	133 (33.2%)	157 (39.1%)	146 (36.3%)	148 (36.8%)	584 (36.3%)
Out-of-Neighbourhood Walking	Edmonton	Calgary	Mid-size Cities	Other Alberta	All Alberta
Transportation					
> 0 minutes	71 (17.7%)	79 (19.7%)	70 (17.4%)	65 (16.2%)	285 (17.7%)
≥ 60 minutes	52 (13.0%)	53 (13.2%)	40 (10.0%)	45 (11.2%)	190 (11.8%)
≥ 150 minutes	24 (6.0%)	24 (6.0%)	23 (5.7%)	15 (3.7%)	86 (5.4%)
Leisure					
> 0 minutes	114 (28.4%)	124 (30.8%)	112 (27.9%)	91 (22.6%)	441 (27.4%)
≥ 60 minutes	85 (21.2%)	102 (25.4%)	86 (21.4%)	72 (17.9%)	345 (21.5%)
≥ 150 minutes	39 (9.7%)	44 (10.9%)	27 (6.7%)	34 (8.5%)	144 (9.0%)
All Walking					
> 0 minutes	146 (36.4%)	153 (38.1%)	148 (36.8%)	120 (29.9%)	567 (35.3%)
≥ 60 minutes	114 (28.4%)	126 (31.3%)	116 (28.9%)	96 (23.9%)	452 (28.1%)
≥ 150 minutes	53 (13.2%)	71 (17.7%)	49 (12.2%)	49 (12.2%)	222 (13.8%)



5. In-Neighbourhood Places to Walk

Walking for Transportation

Few Albertans walked as a method of transportation in their neighbourhood. The only location Albertans walked to regularly was local shops (24%).

Walking for Leisure

Most in-neighbourhood walking was done for leisure.

- 50% of Albertans walk on streets or paths without a specific destination.
- 35% of Albertans walk to parks, tracks or bushlands.
- 25% of Albertans walk on trails or paths not in a park, beach or river valley.

See Table 3 for more information about places where people walk in their neighbourhood.

Table 3. Places where Albertans walk IN their neighbourhood (n = 1607)

In-Neighbourhood Walking	Edmonton	Calgary	Mid-size Cities	Other Alberta	All Alberta
For transportation					
To or from work	30 (7.5%)	37 (9.2%)	33 (8.2%)	50 (12.4%)	150 (9.3%)
To or from public transportation	56 (14.0%)	71 (17.7%)	41 (10.2%)	10 (2.5%)	178 (11.1%)
To or from shop #1	109 (27.2%)	96 (23.9%)	91 (22.6%)	83 (20.6%)	379 (23.6%)
To or from shop #2	58 (14.5%)	50 (12.4%)	42 (10.4%)	46 (11.4%)	196 (12.2%)
To or from school	28 (7.0%)	29 (7.2%)	19 (4.7%)	14 (3.5%)	90 (5.6%)
To or from café or restaurant	48 (12.0%)	55 (13.7%)	31 (7.7%)	40 (10.0%)	174 (10.8%)
To or from a friend's house	65 (16.2%)	65 (16.2%)	50 (12.4%)	52 (12.9%)	232 (14.4%)
To or from somewhere else	23 (5.7%)	13 (3.2%)	22 (5.5%)	34 (8.5%)	92 (5.7%)
For leisure					
Beach or river valley	56 (14.0%)	60 (14.9%)	53 (13.2%)	38 (9.5%)	207 (12.9%)
Park, track or bushlands	133 (33.2%)	169 (42.0%)	159 (39.6%)	105 (26.1%)	566 (35.2%)
Park, track or bushlands	26 (6.5%)	41 (10.2)	32 (8.0%)	27 (6.7%)	126 (7.8%)
Park, track or bushlands	14 (3.5%)	22 (5.5%)	13 (3.2%)	13 (3.2%)	62 (3.9%)
On streets or paths without a specific destination	208 (51.9%)	224 (55.7%)	213 (62.9%)	155 (38.6%)	800 (49.8%)
On trails or paths NOT in a park, beach or river valley	101 (25.2%)	96 (23.9%)	114 (28.4%)	90 (22.4%)	401 (25.0%)
To or from a café or restaurant	43 (10.7%)	61 (15.2%)	34 (8.5%)	25 (6.2%)	163 (10.1%)
To or from a shop	62 (15.5%)	78 (19.4%)	62 (15.4%)	39 (9.7%)	241 (15.0%)
To or from somewhere else	7 (1.7%)	18 (4.5%)	20 (5.0%)	38 (9.5%)	83 (5.2%)

6. Out-of-Neighbourhood Places to Walk

Walking for Transportation

Few Albertans participate in out-of-neighbourhood walking for transportation. Walking to shops was the most popular location for respondents to walk for transportation outside their neighbourhoods.

Walking for Leisure

More Albertans walk for leisure than transportation outside their neighbourhood. The most popular out-of-neighbourhood locations to walk for leisure included:

- parks, tracks or bushlands;
- streets or paths without a specific destination;
- streets or paths not in parks, on beaches or in river valleys; and
- beaches or river valleys.

See Table 4 for more information about out-of-neighbourhood places people walk to.

Table 4. Places where Albertans walk OUTSIDE of their neighbourhood (n = 1607)

In-Neighbourhood Walking	Edmonton	Calgary	Mid-size Cities	Other Alberta	All Alberta
For transportation					
To or from work	23 (5.7%)	30 (7.5%)	18 (4.5%)	19 (4.7%)	90 (5.6%)
To or from public transportation	24 (6.0%)	29 (7.2%)	12 (3.0%)	6 (1.5%)	71 (4.4%)
To or from shop #1	41 (10.2%)	58 (14.4%)	49 (12.2%)	49 (12.2%)	197 (12.3%)
To or from shop #2	24 (6.0%)	21 (5.2%)	25 (6.2%)	17 (4.2%)	87 (5.4%)
To or from school	15 (3.7%)	15 (3.7%)	12 (3.0%)	6 (1.5%)	48 (3.0%)
To or from café or restaurant	29 (7.2%)	44 (10.9%)	28 (7.0%)	31 (7.7%)	132 (8.2%)
To or from a friend's house	22 (5.5%)	26 (6.5%)	25 (6.2%)	22 (5.5%)	95 (5.9%)
To or from somewhere else	12 (3.0%)	7 (1.7%)	12 (3.0%)	9 (2.2%)	40 (2.5%)
For leisure					
Beach or river valley	44 (11.0%)	39 (9.7%)	40 (10.0%)	19 (4.7%)	142 (8.8%)
Park, track or bushlands	67 (16.7%)	83 (20.6%)	77 (19.2%)	51 (12.7%)	278 (17.3%)
Park, track or bushlands	21 (5.2%)	17 (4.2%)	22 (5.5%)	19 (4.7%)	79 (4.9%)
Park, track or bushlands	6 (1.5%)	9 (2.2%)	6 (1.5%)	9 (2.2%)	30 (1.9%)
On streets or paths without a specific destination	63 (15.7%)	61 (15.2%)	57 (14.2%)	47 (11.7%)	228 (14.2%)
On trails or paths NOT in a park, beach or river valley	41 (10.2%)	53 (13.2%)	58 (14.4%)	37 (9.2%)	189 (11.8%)
To or from a café or restaurant	33 (8.2%)	36 (9.0%)	23 (5.7%)	24 (6.0%)	116 (7.2%)
To or from a shop	38 (9.5%)	41 (10.2%)	25 (6.2%)	33 (8.2%)	137 (8.5%)
To or from somewhere else	13 (3.2%)	17 (4.2%)	10 (2.5%)	9 (2.2%)	49 (3.0%)



7. Factors Related to Walking

The relationship between time spent walking and sociodemographic factors, as well as geographical place of residence, was examined. The following series of chi-square analyses identifies the factors related to time spent in-neighbourhood and out-of-neighbourhood walking.

Sociodemographic Factors

Age

A significant difference in time spent out-of-neighbourhood walking according to age was observed. No significant difference was observed between age and time spent in-neighbourhood walking. See Table 5 for the results of the chi-square analyses examining the relationship between age and time spent walking.

Table 5. Associations between age and time spent in-neighbourhood and out-of-neighbourhood walking

Walking time per week	Walking	
	Out-of-neighbourhood	In-neighbourhood
> 0 minutes	$X^2 (5, 1607) = 10.69, p < .06, \text{Eta} = .08$	$X^2 (5, 1607) = 9.10, p < .11, \text{Eta} = .08$
≥ 60 minutes	$X^2 (5, 1607) = 11.26, p < .05, \text{Eta} = .08$	$X^2 (5, 1607) = 6.07, p < .30, \text{Eta} = .06$
≥ 150 minutes	$X^2 (5, 1607) = 11.79, p < .04, \text{Eta} = .09$	$X^2 (5, 1607) = 5.20, p < .39, \text{Eta} = .06$

Note: Bolded chi-square tests are significant.

The frequency of walking according to the age categories can provide further information on time spent walking among significant relationships identified by the chi-square analyses.

Significantly more respondents between 18 and 24 years spent ≥ 60 minutes and ≥ 150 minutes out-of-neighbourhood walking. See Table 6 for the frequency and percent of respondents in each age category that participated in out-of-neighbourhood walking for ≥ 60 minutes and ≥ 150 minutes.

Table 6. Frequency of out-of-neighbourhood walking according to age

Age (years)	≥ 60 minutes	≥ 150 minutes
18 to 24	21 (48.8%)	12 (27.9%)
25 to 34	14 (24.6%)	6 (10.5%)
35 to 44	95 (25.8%)	52 (11.2%)
45 to 54	131 (28.2%)	62 (13.3%)
55 to 64	92 (26.8%)	37 (10.8%)
65 +	99 (29.9%)	53 (16.0%)

Education

A significant difference in time spent in-neighbourhood walking according to education was observed. No significant difference was observed between out-of-neighbourhood walking and education. See Table 7 for the results of the chi-square analyses examining the relationship between education and time spent walking.

Table 7. Associations between education and time spent in-neighbourhood and out-of-neighbourhood walking

Walking		
Walking time per week	Out-of-neighbourhood	In-neighbourhood
> 0 minutes	$X^2 (5, 1607) = 4.76, p < .45, \text{Eta} = .05$	$X^2 (5, 1607) = 32.34, p < .001, \text{Eta} = .14$
≥ 60 minutes	$X^2 (5, 1607) = 4.66, p < .46, \text{Eta} = .05$	$X^2 (5, 1607) = 11.97, p < .04, \text{Eta} = .09$
≥ 150 minutes	$X^2 (5, 1607) = 2.03, p < .85, \text{Eta} = .04$	$X^2 (5, 1607) = 7.84, p < .17, \text{Eta} = .07$

Note: Bolded chi-square tests are significant.

The frequency of walking according to educational categories provides further information on time spent walking among the significant relationships identified by the chi-square analyses.

Respondents with more education participated in more in-neighbourhood walking. When examining the frequency of walking according to education, respondents with university bachelor degrees and graduate degrees were more likely to walk for > 0 minutes and ≥ 60 minutes than those with less education.

Table 8. Frequency of in-neighbourhood walking according to education

Education	> 0 minutes	≥ 60 minutes
Less than high school	64 (59.3%)	56 (51.9%)
High school	256 (66.0%)	212 (54.6%)
College or diploma	333 (68.9%)	285 (59.0%)
University bachelor degree	330 (77.6%)	274 (64.5%)
Graduate degree	97 (84.3%)	74 (64.3%)
Did not respond	60 (68.2%)	51 (58.0%)



Income

Income was not related to time spent in-neighborhood or out-of-neighborhood walking. See Table 9 for the results of the chi-square analyses examining the relationship between income and time spent walking.

Table 9. Associations between income and time spent during in-neighbourhood and out-of-neighbourhood walking

Walking		
Walking time per week	Out-of-neighbourhood	In-neighbourhood
> 0 minutes	$X^2 (6, 1607) = 6.47, p < .37, \text{Eta} = .06$	$X^2 (6, 1607) = 10.00, p < .13, \text{Eta} = .08$
≥ 60 minutes	$X^2 (6, 1607) = 6.44, p < .38, \text{Eta} = .06$	$X^2 (6, 1607) = 11.49, p < .07, \text{Eta} = .09$
≥ 150 minutes	$X^2 (6, 1607) = 8.85, p < .18, \text{Eta} = .07$	$X^2 (6, 1607) = 5.09, p < .53, \text{Eta} = .06$

Note: None of the chi-square tests are significant.

Marital Status

Marital status was related to time spent in-neighbourhood and out-of-neighbourhood walking. See Table 10 for the results of the chi-square analyses examining the relationship between marital status and time spent walking.

Table 10. Associations between marital status and time spent during in-neighbourhood and out-of-neighbourhood walking

Walking		
Walking time per week	Out-of-neighbourhood	In-neighbourhood
> 0 minutes	$X^2 (5, 1588) = 15.09, p < .01, \text{Eta} = .10$	$X^2 (5, 1588) = 3.26, p < .66, \text{Eta} = .05$
≥ 60 minutes	$X^2 (5, 1588) = 10.71, p < .06, \text{Eta} = .08$	$X^2 (5, 1588) = 3.75, p < .59, \text{Eta} = .05$
≥ 150 minutes	$X^2 (5, 1588) = 13.72, p < .02, \text{Eta} = .09$	$X^2 (5, 1588) = 9.57, p < .09, \text{Eta} = .08$

Note: Bolded chi-square tests are significant.

Married and widowed respondents participated in the least amount of in-neighbourhood and out-of-neighbourhood walking. More specifically, 12% of married respondents participated in 150-minutes or more of out-of-neighbourhood walking per week and 33% participated in some out-of-neighbourhood walking per week. Widowed respondents have similar walking participation rates outside their neighbourhood. See Table 11 for frequency scores of significant walking categories according to marital status.

Table 11. Frequency of out-of-neighbourhood walking according to marital status

Marital Status	> 0-minutes	≥ 150-minutes
Never married	93 (38.8%)	41 (17.1%)
Married	347 (32.6%)	130 (12.2%)
Common-law	38 (45.2%)	17 (20.2%)
Divorced	37 (43.5%)	15 (17.6%)
Separated	15 (53.6%)	7 (25.0%)
Widowed	29 (34.1%)	7 (8.2%)

Ethnicity

According to the chi-square analyses, time spent walking was not significantly different among different ethnicities. See Table 12 for the results of the chi-square analyses examining the relationship between ethnicity and time spent walking.

Table 12. Associations between ethnicity and time spent in-neighbourhood and out-of-neighborhood walking

Walking		
Walking time per week	Out-of-neighbourhood	In-neighbourhood
> 0 minutes	$X^2 (12, 1593) = 10.68, p < .56, \text{Eta} = .08$	$X^2 (12, 1593) = 6.72, p < .88, \text{Eta} = .07$
≥ 60 minutes	$X^2 (12, 1593) = 9.97, p < .62, \text{Eta} = .08$	$X^2 (12, 1593) = 4.86, p < .96, \text{Eta} = .06$
≥ 150 minutes	$X^2 (12, 1593) = 14.78, p < .25, \text{Eta} = .10$	$X^2 (12, 1593) = 8.41, p < .75, \text{Eta} = .07$

Note: None of the chi-square tests are significant.



Geographical Area

According to the chi-square analyses, geographical location of residence and time spent in-neighbourhood and out-of-neighborhood walking was not significantly different among Albertans. See Table 13 for the results of the chi-square analyses examining the relationship between geographical areas of residence and time spent walking.

Table 13. Associations between geographical area of residence and time spent walking in-neighbourhood and out-of-neighbourhood

Walking		
Walking time per week	Out-of-neighbourhood	In-neighbourhood
> 0 minutes	$X^2 (3, 1607) = 7.19, p < .07, \text{Eta} = .07$	$X^2 (3, 1607) = 6.11, p < .11, \text{Eta} = .06$
≥ 60 minutes	$X^2 (3, 1607) = 5.77, p < .12, \text{Eta} = .06$	$X^2 (3, 1607) = 5.87, p < .12, \text{Eta} = .06$
≥ 150 minutes	$X^2 (3, 1607) = 6.90, p < .08, \text{Eta} = .07$	$X^2 (3, 1607) = 3.07, p < .38, \text{Eta} = .04$

Note: None of the chi-square tests are significant.



8. Predictors of Walking

Sociodemographic Predictors

The series of logistic regression analyses examine the unique contributions of fixed sociodemographic variables (age, gender and ethnicity), modifiable sociodemographic variables (education, income, and marital status) and area of residence in predicting the likelihood of walking for > 0 minutes and ≥ 150 minutes per week when controlling for other variables (e.g., age). The results for these analyses are included in four tables in the appendix (Tables 14, 15, 16 and 17, pages 26 - 33).

In-neighbourhood Walking for ≥ 150 Minutes

Income predicts in-neighbourhood walking or not walking for 150 minutes or greater per week.

Albertans with a household income of \$100,000 to \$149,999 were 1.8 times more likely than Albertans with a household income below \$40,000 to participate in 150 minutes or more of in-neighbourhood walking per week.

See Table 14 for more details.

In-neighbourhood Walking for > 0 Minutes

Education can predict in-neighbourhood walking of Albertans.

Albertans with a university degree are 2.1 times more likely to walk in their neighbourhood than those with less than a high school diploma.

Albertans with a graduate degree are 3.6 times more likely to walk in their neighbourhood than those with less than a high school diploma.

See Table 15 for more details.

Out-of-neighbourhood Walking for ≥ 150 Minutes

Age, *ethnicity* and *marital status* predict Albertans' probability of out-of-neighbourhood walking for 150 minutes or greater per week.

Age

Albertans, aged 18 to 24 years, were the most likely to walk outside their neighborhood for 150 minutes or greater per week.

Compared to Albertans, aged 18 to 24 years:

- Albertans, aged 25 to 34 years, were 0.3 times as likely to walk for 150 minutes or greater per week *outside their neighbourhood* of residence; and
- Albertans, aged 55 to 64 years, were 0.4 times as likely to walk for 150 minutes or greater per week *outside their neighbourhood* of residence.

Ethnicity

Southeast Asian Albertans were 3.6 times more likely to walk outside their neighbourhood for 150 minutes or greater compared to Caucasian Albertans.

Marital status

Widowed Albertans were 0.4 times as likely to walk outside their neighbourhood for 150 minutes or greater compared to never-married, single Albertans.

See Table 16 for more details.

Out-of-neighbourhood Walking for >0 Minutes

Age predicts *out-of-neighbourhood* walking.

Albertans, aged 18 to 24 years, were the most likely to walk outside their neighbourhood of residence.

The probability of out-of-neighbourhood walking among adults in other age categories relative to Albertans aged 18 to 24 years was as follows:

- 25 to 34 years were 0.3 times as likely to participate in out-of-neighbourhood walking,
- 35 to 44 years were 0.3 times as likely to participate in out-of-neighbourhood walking,
- 45 to 54 years were 0.4 times as likely to participate in out-of-neighbourhood walking,
- 55 to 64 years were 0.4 times as likely to participate in out-of-neighbourhood walking, and
- 65 years and older were 0.4 times as likely to participate in out-of-neighbourhood walking.

See Table 17 for more details.



9. Conclusion

Walking Time

According to the Albertans sampled (n = 1607), most adult Albertans participate in some form of walking. Only one-third of those sampled did enough walking to reach the minimum physical activity level recommended by the Canadian Physical Activity Guidelines for adults (CSEP, 2011).

- 71% of Albertans sampled reported some walking.
- 59% of Albertans reported walking for 60 minutes or more per week.
- 36% of Albertans walk for 150 minutes or more per week.

Where do Albertans Walk?

Albertans most often walk in their neighbourhood of residence. Popular neighbourhood walking locations include streets, paths, parks, tracks, bushlands and to/from shops. In residential neighbourhoods:

- 62% of Albertans walk for leisure, and
- 35% of Albertans walk for transportation.

Few Albertans participate in out-of-neighbourhood walking:

- 27% of Albertans participate in out-of-neighbourhood walking for leisure, and
- 18% of Albertans participate in out-of-neighbourhood walking for transportation.

Sociodemographic factors related to/predict walking

In-neighbourhood walking: Time spent walking within one's neighbourhood was predicted by income and education when time spent walking was controlled for sociodemographic factors and the geographical location of residence.

- Albertans with a household income between \$100,000 and \$149,999 were 1.8 times more likely than those Albertans with a household income below \$40,000 to walk for 150 minutes per week within their neighbourhood of residence.
- Albertans with university degrees or graduate degrees were 2.1 and 3.6 times more likely to do some in-neighbourhood walking than Albertans with less than a high school diploma.

Out-of-neighbourhood walking: Age, ethnicity and marital status were predictors of out-of-neighbourhood walking when sociodemographic factors and the geographical location of residence were taken into consideration.

- The probability of out-of-neighbourhood walking was greatest among Albertans aged 18 to 24 years and decreased with increases in age.
- Southeast Asian Albertans were 3.6 times more likely to participate in 150 minutes or greater of out-of-neighborhood walking per week than Caucasian Albertans.
- Widowed Albertans were significantly less likely to walk for 150 minutes or greater out-of-neighbourhood per week than never-married, single Albertans.

Geographical Factors Related to/Predict Walking

Time spent walking is not significantly different between Edmonton, Calgary, Red Deer, Grande Prairie, Fort McMurray, Lethbridge and other parts of Alberta, with or without accounting for sociodemographic factors.

10. References

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11. Appendix

Table 14. Predictors of total in-neighbourhood walking ≥ 150 minutes per week

	Step 1 ^a		Step 2 ^b		Step 3 ^c	
	OR ^d	CI ^e	OR ^d	CI ^e	OR ^d	CI ^e
Sex						
Male	1		1			
Female	1.09	.89 - 1.35	1.10	.89 - 1.37	1.10	.89 - 1.36
Age (years)						
18 to 24	1		1			
25 to 34	.50	.21 - 1.23	.46	.18 - 1.13	.46	.18 - 1.14
35 to 44	.61	.30 - 1.26	.50	.24 - 1.06	.49	.23 - 1.04
45 to 54	.59	.29 - 1.20	.52	.25 - 1.09	.51	.24 - 1.07
55 to 64	.65	.32 - 1.35	.58	.27 - 1.23	.57	.27 - 1.21
65 +	.51	.25 - 1.07	.51	.24 - 1.09	.50	.23 - 1.08
Ethnicity						
White	1		1		1	
Aboriginal	1.29	.66 - 2.50	1.37	.69 - 2.71	1.35	.68 - 2.68
South Asian	.77	.41 - 1.44	.83	.44 - 1.57	.79	.42 - 1.52
Chinese	.54	.21 - 1.39	.53	.21 - 1.37	.53	.20 - 1.37
Black	.88	.30 - 2.60	.95	.32 - 2.86	1.00	.33 - 3.02
Filipino	.70	.22 - 2.24	.74	.23 - 2.41	.75	.23 - 2.44
Latin American	.66	.27 - 1.62	.71	.29 - 1.75	.70	.28 - 1.73
Arab	.66	.17 - 2.60	.70	.17 - 2.78	.70	.17 - 2.79
Southeast Asian	1.21	.46 - 3.22	1.26	.46 - 3.40	1.31	.48 - 3.56
West Asian	1.76	.25 - 12.61	2.01	.28 - 14.65	2.14	.29 - 15.80
Korean	.54	.06 - 5.40	.49	.05 - 4.89	.47	.05 - 4.66
Japanese	.000	.00	.00	.00	.00	.00
Other	.33	.07 - 1.48	.34	.07 - 1.55	.33	.07 - 1.51
Did not respond	.93	.22 - 3.99	.87	.20 - 3.77	.92	.21 - 3.98
Education						
Less than high school			1		1	
High school			1.12	.69 - 1.82	1.13	.69 - 1.83
College or diploma			1.50*	.93 - 2.41	1.52	.94 - 2.45
University bachelor degree			1.59*	.98 - 2.58	1.60	.98 - 2.61
Graduate degree			1.63	.91 - 2.94	1.63	.90 - 2.96
Did not respond			1.32	.70 - 2.50	1.34	.71 - 2.53

Table 14. Predictors of total in-neighbourhood walking ≥ 150 minutes per week (continued from previous page)

	Step 1 ^a		Step 2 ^b		Step 3 ^c	
	OR ^d	CI ^e	OR ^d	CI ^e	OR ^d	CI ^e
Income						
Under \$40,000			1		1	
\$40,000 to \$59,999			1.30	.72 – 2.37	1.32	.72 – 2.41
\$60,000 to \$79,999			1.51	.84 – 2.72	1.54	.86 – 2.77
\$80,000 to \$99,999			1.71	.94 – 3.09	1.71	.95 – 3.11
\$100,000 to \$149,999			1.81*	1.07 – 3.07	1.84*	1.08 – 3.13
Greater than \$150,000			1.62	.97 – 2.72	1.64	.98 – 2.75
Did not respond			1.32	.82 – 2.11	1.34	.83 – 2.14
Marital Status						
Never married (single)			1*		1*	
Married			.87	.63 – 1.20	.87	.63 – 1.20
Common-law relationship			1.50	.89 – 2.53	1.51	.89 – 2.60
Divorced			1.54	.91 – 2.59	1.56	.93 – 2.64
Separated			1.55	.69 – 3.50	1.53	.68 – 3.46
Widowed			.97	.55 – 1.72	.99	.56 – 1.77
Geographical Area						
Edmonton					1	
Calgary					1.34	.99 – 1.81
Red Deer/ Lethbridge/ Grande Prairie/ Fort McMurray					1.25	.92 – 1.70
Other					1.17	.86 – 1.58

* $p < .05$

^a Step 1 refers to the variables entered first in the regression (fixed sociodemographic variables).

^b Step 2 refers to the variables subsequently entered in the regression (fixed and modifiable sociodemographic variables). This way, we determine the contribution of the modifiable variables in predicting activity status after controlling for fixed sociodemographic variables.

^c Step 3 refers to the variables subsequently entered in the regression (sociodemographic variables and geographical area of residence). This way, we determine the contribution of geographical area of residence in predicting walking time after controlling for sociodemographic variables.

^d OR stands for “odds ratio”. OR is an indicator of the change in odds resulting from a unit change in the predictor (e.g., the change in the odds of being sufficiently active resulting from a unit change in general self-efficacy). If the value is greater than 1, it indicates that as the predictor increases, the odds of the outcome occurring increase. The opposite is also true. The first group in each variable category (the one assigned a value of 1) is a reference group to which the other values are compared.

^e CI stands for “confidence interval”. CI is an estimate of the values between which the OR would fall in the actual population rather than the survey sample (i.e., 95 out of 100 occasions).

Table 15. Predictors of total in-neighbourhood walking >0 minutes per week

	Step 1 ^a		Step 2 ^b		Step 3 ^c	
	OR ^d	CI ^e	OR ^d	CI ^e	OR ^d	CI ^e
Sex						
Male	1		1		1	
Female	1.12	.90 - 1.39	1.16	.92 - 1.46	1.15	.92 - 1.45
Age (years)						
18 to 24	1		1			
25 to 34	.75	.27 - 2.02	.66	.24 - 1.84	.66	.24 - 1.84
35 to 44	.82	.35 - 1.90	.63	.26 - 1.51	.62	.26 - 1.49
45 to 54	.78	.34 - 1.80	.67	.28 - 1.59	.66	.28 - 1.58
55 to 64	.75	.32 - 1.74	.63	.26 - 1.53	.63	.26 - 1.52
65 +	.53	.23 - 1.22	.47	.19 - 1.14	.46	.19 - 1.13
Ethnicity						
White	1		1		1	
Aboriginal	.81	.40 - 1.64	.91	.44 - 1.89	.92	.44 - 1.90
South Asian	1.66	.79 - 3.48	1.38	.64 - 2.95	1.30	.61 - 2.81
Chinese	.73	.31 - 1.74	.53	.22 - 1.13	.52	.21 - 1.26
Black	.79	.27 - 2.33	.85	.28 - 2.57	.84	.28 - 2.56
Filipino	1.43	.39 - 5.18	1.50	.41 - 5.54	1.49	.40 - 5.49
Latin American	.61	.26 - 1.41	.52	.22 - 1.24	.51	.22 - 1.21
Arab	.54	.15 - 1.95	.47	.13 - 1.76	.46	.12 - 1.71
Southeast Asian	.53	.20 - 1.42	.53	.19 - 1.43	.52	.19 - 1.42
West Asian	1.14	.12 - 11.02	1.20	.12 - 11.85	1.19	.12 - 11.86
Korean	1.13	.12 - 11.07	.98	.10 - 9.84	.96	.10 - 9.67
Japanese	.73	.07 - 8.11	.63	.05 - 7.22	.63	.05 - 7.27
Other	.93	.28 - 3.07	1.02	.31 - 3.43	.97	.29 - 3.27
Did not respond	1.14	.23 - 5.79	.88	.17 - 4.48	.87	.17 - 4.45
Education						
Less than high school			1**		1**	
High school			1.20	.76 - 1.89	1.20	.76 - 1.89
College or diploma			1.34	.85 - 2.12	1.34	.85 - 2.11
University bachelor degree			2.15*	1.34 - 3.44	2.09*	1.30 - 3.37
Graduate degree			3.71**	1.92 - 7.20	3.57**	1.83 - 6.96
Did not respond			1.50	.80 - 2.82	1.47	.78 - 2.76

Table 15. Predictors of total in-neighbourhood walking >0 minutes per week
(continued from previous page)

	Step 1 ^a		Step 2 ^b		Step 3 ^c	
	OR ^d	CI ^e	OR ^d	CI ^e	OR ^d	CI ^e
Income						
Under \$40,000			1		1	
\$40,000 to \$59,999			1.39	.77 - 2.48	1.40	.78 - 2.51
\$60,000 to \$79,999			1.67	.92 - 3.01	1.68	.93 - 3.04
\$80,000 to \$99,999			1.46	.80 - 2.64	1.48	.82 - 2.70
\$100,000 to \$149,999			1.51	.89 - 2.54	1.52	.90 - 2.57
Greater than \$150,000			1.63	.98 - 2.73	1.64	.98 - 2.75
Did not respond			1.34	.86 - 2.11	1.35	.86 - 2.12
Marital Status						
Never married (single)			1		1	
Married			.92	.66 - 1.30	.94	.66 - 1.32
Common-law relationship			1.26	.70 - 2.29	1.28	.71 - 2.33
Divorced			.78	.45 - 1.36	.80	.46 - 1.39
Separated			1.18	.49 - 2.86	1.20	.49 - 2.91
Widowed			1.09	.61 - 1.95	1.12	.62 - 2.02
Geographical Area						
Edmonton					1	
Calgary					1.23	.89 - 1.70
Red Deer/ Lethbridge/ Grande Prairie/ Fort McMurray					1.00	.72 - 1.37
Other					1.07	.78 - 1.47

* $p < .05$; ** $p < .001$

^a Step 1 refers to the variables entered first in the regression (fixed sociodemographic variables).

^b Step 2 refers to the variables subsequently entered in the regression (fixed and modifiable sociodemographic variables). This way, we determine the contribution of the modifiable variables in predicting activity status after controlling for fixed sociodemographic variables.

^c Step 3 refers to the variables subsequently entered in the regression (sociodemographic variables and geographical area of residence). This way, we determine the contribution of geographical area of residence in predicting walking time after controlling for sociodemographic variables.

^d OR stands for "odds ratio". OR is an indicator of the change in odds resulting from a unit change in the predictor (e.g., the change in the odds of being sufficiently active resulting from a unit change in general self-efficacy). If the value is greater than 1, it indicates that as the predictor increases, the odds of the outcome occurring increase. The opposite is also true. The first group in each variable category (the one assigned a value of 1) is a reference group to which the other values are compared.

^e CI stands for "confidence interval". CI is an estimate of the values between which the OR would fall in the actual population rather than the survey sample (i.e., 95 out of 100 occasions).

Table 16. Predictors of total out-of-neighbourhood walking ≥ 150 minutes per week

	Step 1 ^a		Step 2 ^b		Step 3 ^c	
	OR ^d	CI ^e	OR ^d	CI ^e	OR ^d	CI ^e
Sex						
Male	1		1		1	
Female	.78	.58 - 1.05	.76	.56 - 1.05	.75	.55 - 1.02
Age (years)						
18 to 24	1		1			
25 to 34	.24*	.07 - .81	.28*	.08 - .95	.28*	.08 - .94
35 to 44	.41*	.18 - .93	.50	.21 - 1.18	.48	.20 - 1.14
45 to 54	.39*	.17 - .87	.48	.20 - 1.11	.46	.20 - 1.08
55 to 64	.30*	.13 - .71	.40*	.17 - .97	.39*	.16 - .94
65 +	.48	.21 - 1.10	.67	.28 - 1.61	.65	.27 - 1.56
Ethnicity						
White	1		1		1	
Aboriginal	1.15	.49 - 2.97	1.21	.48 - 3.05	1.24	.49 - 3.14
South Asian	1.01	.38 - 2.19	1.07	.46 - 2.50	.95	.41 - 2.24
Chinese	.54	.14 - 2.61	.50	.11 - 2.22	.47	.11 - 2.07
Black	.45	.06 - 3.70	.37	.05 - 2.95	.37	.05 - 2.91
Filipino	.00	0	.00	.0	0	0
Latin American	.59	.15 - 2.87	.62	.14 - 2.73	.59	.13 - 2.59
Arab	2.25	.69 - 11.78	2.62	.63 - 10.85	2.40	.58 - 10.03
Southeast Asian	3.79	1.34 - 10.27	3.70*	1.31 - 10.45	3.62*	1.27 - 10.34
West Asian	2.04	.21 - 19.52	2.46	.25 - 24.56	2.44	.24 - 24.54
Korean	0	0	.00	0	0	0
Japanese	0	0	.00	0	0	0
Other	1.05	.23 - 4.75	1.01	.21 - 4.81	.93	.20 - 4.41
Did not respond			2.85	.64 - 12.79	2.93	.66 - 13.07
Education						
Less than high school			1		1	
High school			.94	.50 - 1.79	.95	.50 - 1.81
College or diploma			1.23	.65 - 2.30	1.21	.64 - 2.28
University bachelor degree			1.20	.64 - 2.27	1.15	.60 - 2.18
Graduate degree			1.08	.48 - 2.40	1.01	.45 - 2.28
Did not respond			.77	.31 - 1.90	.72	.29 - 1.79

Table 16. Predictors of total out-of-neighbourhood walking ≥ 150 minutes per week (continued from previous page)

	Step 1 ^a		Step 2 ^b		Step 3 ^c	
	OR ^d	CI ^e	OR ^d	CI ^e	OR ^d	CI ^e
Income						
Under \$40,000			1		1	
\$40,000 to \$59,999			.79	.33 - 1.87	.81	.34 - 1.92
\$60,000 to \$79,999			1.17	.53 - 2.60	1.21	.54 - 2.70
\$80,000 to \$99,999			1.11	.48 - 2.55	1.15	.50 - 2.67
\$100,000 to \$149,999			.98	.47 - 2.08	.99	.47 - 2.11
Greater than \$150,000			1.01	.49 - 2.07	1.03	.50 - 2.12
Did not respond			1.49	.79 - 2.81	1.52	.80 - 2.88
Marital Status						
Never married (single)			1*		1*	
Married			.67	.44 - 1.03	.69	.45 - 1.05
Common-law relationship			1.30	.67 - 2.53	1.35	.69 - 2.62
Divorced			1.06	.54 - 2.10	1.08	.55 - 2.15
Separated			1.81	.70 - 4.68	1.90	.73 - 4.93
Widowed			.39*	.16 - .97	.41*	.17 - 1.03
Geographical Area						
Edmonton					1	
Calgary					1.47	.97 - 2.21
Red Deer/ Lethbridge/ Grande Prairie/ Fort McMurray					1.02	.66 - 1.59
Other					.97	.63 - 1.49

* $p < .05$

^a Step 1 refers to the variables entered first in the regression (fixed sociodemographic variables).

^b Step 2 refers to the variables subsequently entered in the regression (fixed and modifiable sociodemographic variables). This way, we determine the contribution of the modifiable variables in predicting activity status after controlling for fixed sociodemographic variables.

^c Step 3 refers to the variables subsequently entered in the regression (sociodemographic variables and geographical area of residence). This way, we determine the contribution of geographical area of residence in predicting walking time after controlling for sociodemographic variables.

^d OR stands for "odds ratio". OR is an indicator of the change in odds resulting from a unit change in the predictor (e.g., the change in the odds of being sufficiently active resulting from a unit change in general self-efficacy). If the value is greater than 1, it indicates that as the predictor increases, the odds of the outcome occurring increase. The opposite is also true. The first group in each variable category (the one assigned a value of 1) is a reference group to which the other values are compared.

^e CI stands for "confidence interval". CI is an estimate of the values between which the OR would fall in the actual population rather than the survey sample (i.e., 95 out of 100 occasions).

Table 17. Predictors of total out-of-neighbourhood walking >0 minutes per week

	Step 1 ^a		Step 2 ^b		Step 3 ^c	
	OR ^d	CI ^e	OR ^d	CI ^e	OR ^d	CI ^e
Sex						
Male	1		1		1	
Female	1.02	.82 - 1.26	1.00	.81 - 1.25	1.00	.80 - 1.24
Age (years)						
18 to 24	1		1		1	
25 to 34	.28*	.10 - .70	.30*	.11 - .78	.30*	.11 - .77
35 to 44	.31*	.15 - .66	.35*	.16 - .75	.34*	.16 - .75
45 to 54	.33*	.16 - .70	.38*	.18 - .82	.38*	.18 - .82
55 to 64	.31*	.15 - .66	.35*	.16 - .77	.35*	.16 - .77
65 +	.33*	.16 - .70	.38*	.17 - .83	.38*	.17 - .83
Ethnicity						
White	1		1		1	
Aboriginal	1.20	.61 - 2.34	1.19	.60 - 2.38	1.21	.60 - 2.43
South Asian	1.19	.65 - 2.16	1.19	.65 - 2.20	1.13	.61 - 2.09
Chinese	1.04	.44 - 2.44	.93	.39 - 2.21	.89	.37 - 2.12
Black	.69	.22 - 2.19	.64	.20 - 2.07	.60	.19 - 1.95
Filipino	.32	.07 - 1.44	.34	.07 - 1.52	.32	.07 - 1.44
Latin American	1.55	.68 - 3.51	1.54	.67 - 3.53	1.50	.65 - 3.46
Arab	.98	.27 - 3.66	1.03	.27 - 3.86	.98	.26 - 3.71
Southeast Asian	1.34	.50 - 3.55	1.27	.47 - 3.42	1.21	.45 - 3.25
West Asian	.62	.06 - 5.99	.70	.07 - 6.91	.65	.07 - 6.41
Korean	0	0	0	0	.0	0
Japanese	0	0	0	0	.0	0
Other	.57	.16 - 2.08	.56	.15 - 2.10	.52	.14 - 1.96
Did not respond	1.43	.34 - 6.01	1.34	.32 - 5.68	1.28	.30 - 5.41
Education						
Less than high school			1		1	
High school			.91	.57 - 1.46	.91	.57 - 1.45
College or diploma			1.05	.66 - 1.66	1.02	.64 - 1.61
University bachelor degree			1.22	.77 - 1.95	1.16	.72 - 1.86
Graduate degree			1.26	.71 - 2.23	1.16	.65 - 2.07
Did not respond			1.11	.60 - 2.10	1.05	.56 - 1.96

Table 17. Predictors of total out-of-neighbourhood walking >0 minutes per week (continued from previous page)

	Step 1 ^a		Step 2 ^b		Step 3 ^c	
	OR ^d	CI ^e	OR ^d	CI ^e	OR ^d	CI ^e
Income						
Under \$40,000			1		1	
\$40,000 to \$59,999			.95	.52 - 1.72	.95	.53 - 1.73
\$60,000 to \$79,999			1.37	.77 - 2.44	1.36	.76 - 2.41
\$80,000 to \$99,999			1.15	.64 - 2.09	1.19	.66 - 2.15
\$100,000 to \$149,999			1.12	.67 - 1.90	1.12	.66 - 1.89
Greater than \$150,000			1.15	.70 - 1.91	1.14	.68 - 1.89
Did not respond			1.34	.85 - 2.11	1.33	.84 - 2.10
Marital Status						
Never married (single)			1*		1*	
Married			.77	.56 - 1.06	.80	.58 - 1.10
Common-law relationship			1.36	.81 - 2.29	1.38	.82 - 2.33
Divorced			1.24	.73 - 2.09	1.28	.75 - 2.16
Separated			2.03	.91 - 4.54	2.16	.96 - 4.84
Widowed			.85	.48 - 1.49	.88	.50 - 1.56
Geographical Area						
Edmonton					1	
Calgary					1.06	.79 - 1.43
Red Deer/ Lethbridge/ Grande Prairie/ Fort McMurray					.78	.57 - 1.06
Other					1.01	.75 - 1.36

* $p < .05$

^a Step 1 refers to the variables entered first in the regression (fixed sociodemographic variables).

^b Step 2 refers to the variables subsequently entered in the regression (fixed and modifiable sociodemographic variables). This way, we determine the contribution of the modifiable variables in predicting activity status after controlling for fixed sociodemographic variables.

^c Step 3 refers to the variables subsequently entered in the regression (sociodemographic variables and geographical area of residence). This way, we determine the contribution of geographical area of residence in predicting walking time after controlling for sociodemographic variables.

^d OR stands for "odds ratio". OR is an indicator of the change in odds resulting from a unit change in the predictor (e.g., the change in the odds of being sufficiently active resulting from a unit change in general self-efficacy). If the value is greater than 1, it indicates that as the predictor increases, the odds of the outcome occurring increase. The opposite is also true. The first group in each variable category (the one assigned a value of 1) is a reference group to which the other values are compared.

^e CI stands for "confidence interval". CI is an estimate of the values between which the OR would fall in the actual population rather than the survey sample (i.e., 95 out of 100 occasions).