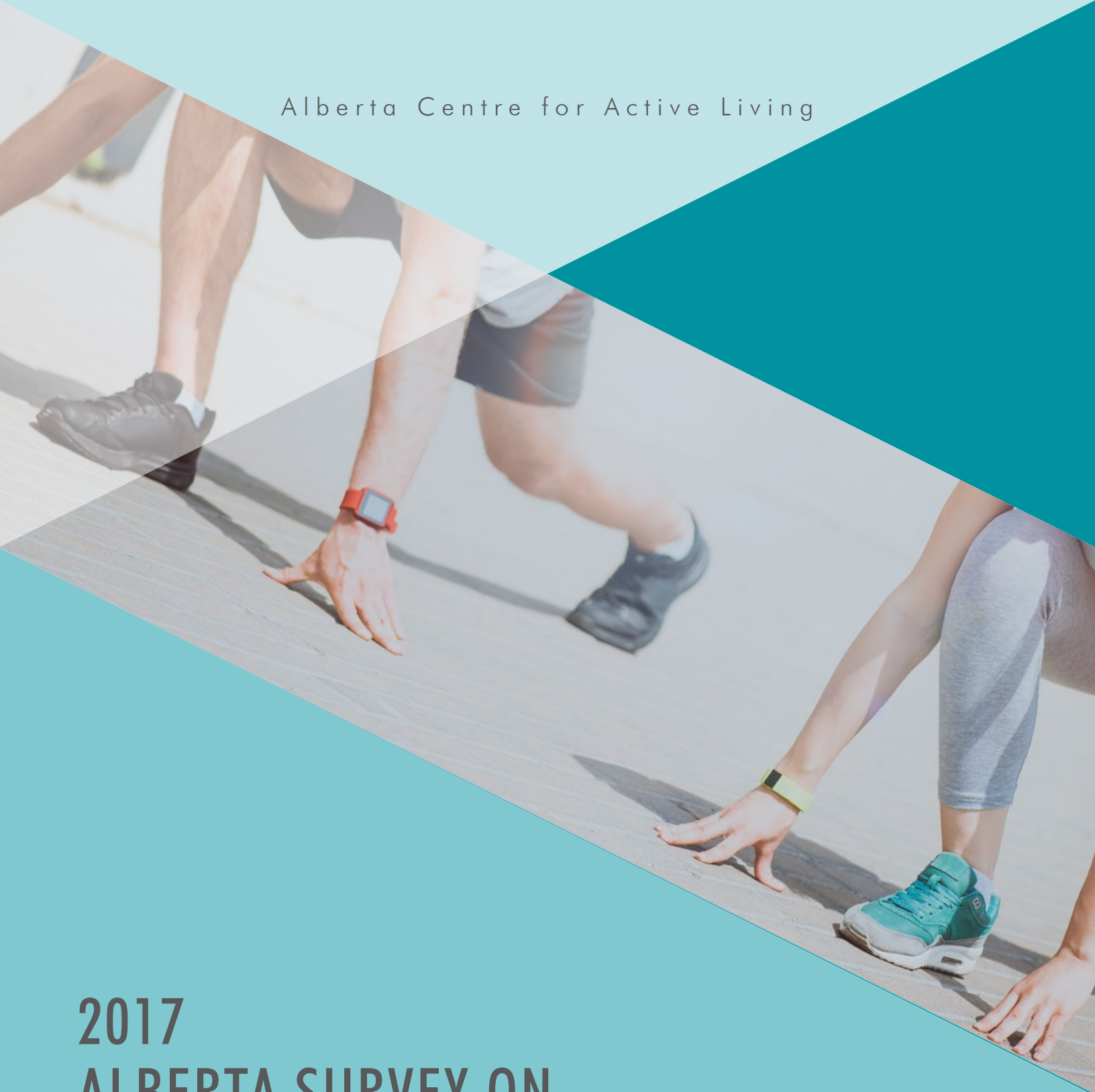
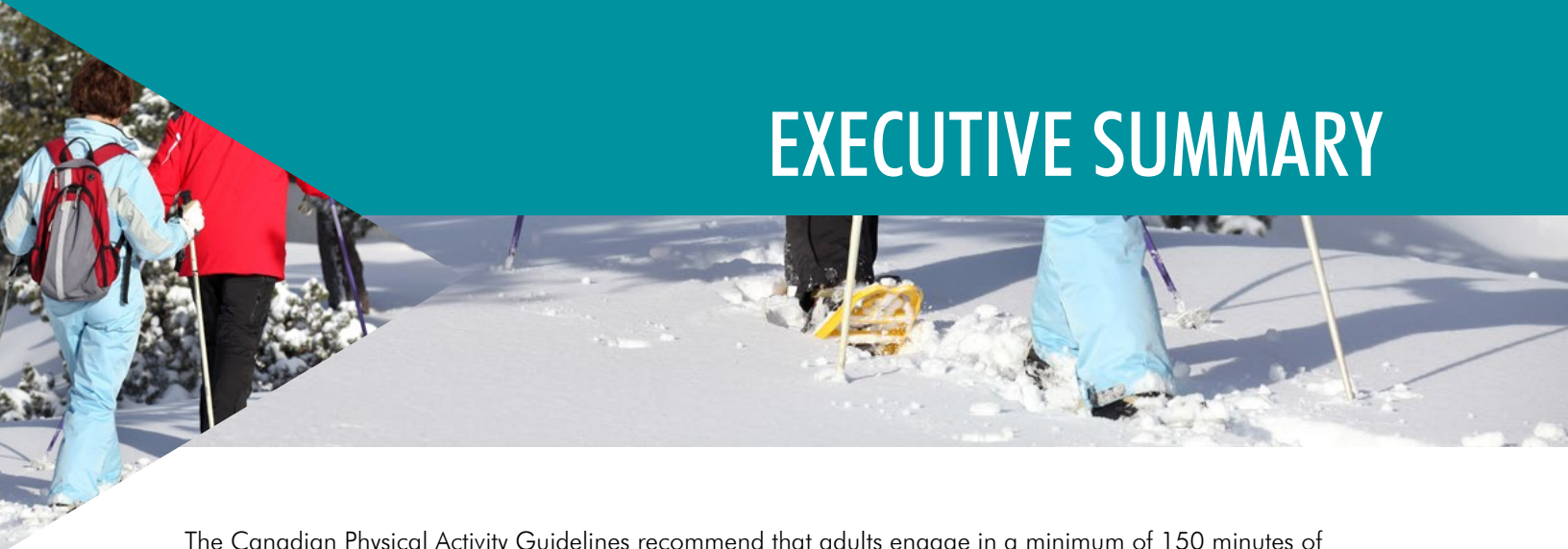


Alberta Centre for Active Living



2017 ALBERTA SURVEY ON PHYSICAL ACTIVITY

EXECUTIVE SUMMARY



The Canadian Physical Activity Guidelines recommend that adults engage in a minimum of 150 minutes of moderate-to-vigorous physical activity per week and should minimize the amount of sitting time to achieve health benefits (Canadian Society for Exercise Physiology, 2011). Sedentary behaviour includes sitting or lounging activities during waking hours and requires very little energy expenditure (Sedentary Behaviour Research Network, 2012). Common sedentary behaviours include working on a computer, watching television, and driving or riding in a car. A sedentary lifestyle has physiological effects that are independent and distinct from being physically inactive (Biswas et al., 2015).

The Alberta Survey on Physical Activity has reported on the physical activity status and trends of adult Albertans biennially since 1993. This survey series is part of the Centre's strategy to provide credible and user-friendly physical activity information to researchers, practitioners, communities and decision-makers. This is the first year that the Alberta Survey on Physical Activity reports on ownership and use of consumer-based physical activity tracking devices.

REPORT HIGHLIGHTS

Physical Activity in Alberta

Physical activity levels have remained relatively stable over the last decade.

57% of Albertans get enough physical activity to achieve health benefits

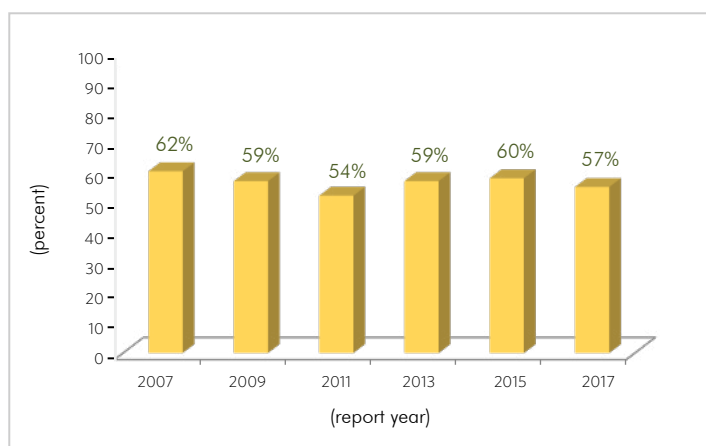
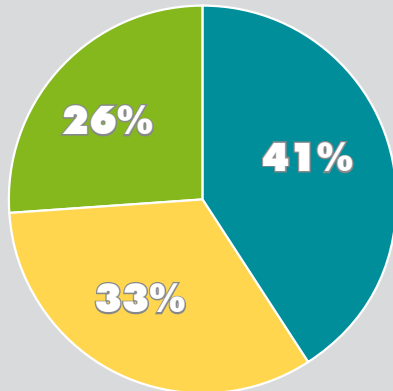


Figure 1. Percentage of physically active Albertans over a decade

Walking in Alberta

Walking is the most popular physical activity among Albertans (Alberta Government, 2013).

26% of Albertans achieve high levels of walking



- Low level of walking: < 600 MET-min/week*
- Moderate level of walking: 600 to 2,999 MET-min/week
- High level of walking: ≥ 3,000 MET-min/week (≥ 12,500 steps per day)

Figure 2. Walking levels of Albertans

Sedentary Behaviour Time in Alberta

Albertans spend an average of **9 hours per weekday** and **8.5 hours per weekend day** in sedentary activities. Albertans were categorized into tertiles according to their level of sedentary behaviour time during waking hours.

1/3 of Albertans are sedentary ≥ 10 hours per day



Physical Activity Trackers

Albertans were categorized into three groups of physical activity tracker ownership: Do not own; Own and do not use; and Own and use.

38% of Albertans own a physical activity tracker

Of Albertans surveyed, 21% indicated they currently own and use their activity tracker and 17% indicated they own a tracker, but do not use it.

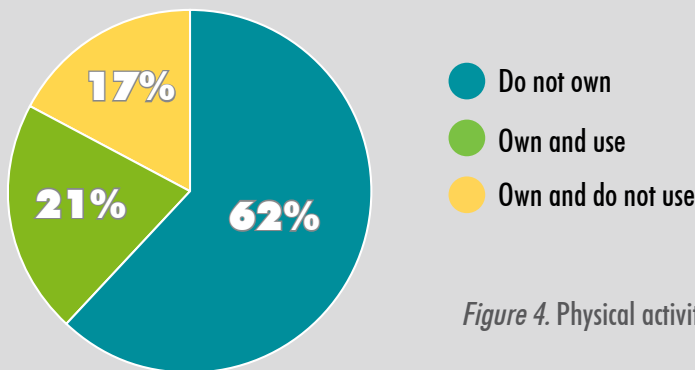


Figure 4. Physical activity tracker ownership among Albertans

On average, Albertans who own and use their physical activity tracker wear their device for 23 days in a month.

The top three useful functions of activity trackers, based on Albertans who own and use or plan to use an activity tracker in the future, are:

- tracking steps (70%)
- tracking distance travelled (68%)
- tracking types of activity (61%)

When examining physical activity levels and activity tracker ownership, only 24% of sufficiently active Albertans own and use an activity tracker. Conversely, 59% of Albertans who are sufficiently active do not own a physical activity tracker.



RECOMMENDATIONS

Modifications to lifestyles, programs, services, environments and policies can impact Albertans' time spent being physically active and sedentary. Developing various strategies to support Albertans to move more and sit less in their daily lifestyle is important in addressing the public health concern of physical inactivity and sedentary behaviour (Table 1). Moreover, physical activity trackers can complement strategies as a supportive tool that provides continuous real-time feedback on activity levels for Albertans to move more and sit less.

Table 1. Exemplar methods of increasing physical activity and decreasing sedentary behaviour

Domain	Strategy
Transportation	<p>Walk</p> <ul style="list-style-type: none"> Walk to do errands, travel to work, and meet up with friends. Take public transportation (bus or train). Individuals who take public transportation walk more than car commuters. Park farther away or get off the bus early and walk the rest of the way to your destination. Parking 10 minutes away from work can add 20 minutes of walking to your daily routine. This can add up to an extra 100 minutes of moderate physical activity per week. Wear a physical activity tracker or use a physical activity application to measure: <ul style="list-style-type: none"> physical activity and sitting time daily steps and distance travelled Do not use the drive-through window; get out of vehicle. Develop a transit or walking route with friends or co-workers to work or school. Volunteer at children's schools to support safe walking routes to school. Pick up your pace a bit and walk a little farther. <p>Ride (cycle or skateboard)</p> <ul style="list-style-type: none"> Cycle to do errands, travel to work, and visit friends. The cities of Edmonton and Calgary are expanding their bike commuter routes. Visit their websites to map out the best paths and learn the rules of the road for safe cycling. Cities and towns can develop safe commuter routes and provide education to cyclists and drivers on how to share the road. Track the distance travelled and compare each day with a physical activity tracker. <p>Communities</p> <ul style="list-style-type: none"> Build safe, protected bike lanes. Provide secure bike racks and storage by popular amenities. Develop bike-share programs (e.g., Bixi-Montréal, bixi.com). Promote and enhance access to local amenities. Advocate for safe and well lit communities. Promote local amenities for an active lifestyle through community-wide campaigns. <p>See Active Transportation in Canada: A Resource and Planning Guide (http://publications.gc.ca/collections/collection_2011/tc/T22-201-2011-eng.pdf)</p>

Domain	Strategy
Leisure-time	<p data-bbox="391 237 591 275">Family and friends</p> <ul data-bbox="415 300 1333 684" style="list-style-type: none"> <li data-bbox="415 300 1235 327">• Do physical activities your family and friends enjoy or try new physical activities. <ul data-bbox="483 338 959 447" style="list-style-type: none"> <li data-bbox="483 338 959 365">• Put on some great tunes and dance together. <li data-bbox="483 380 846 407">• Play tag or hide-and-seek games. <li data-bbox="483 422 818 449">• Go for hikes and nature walks. <li data-bbox="415 474 748 501">• Walk with friends after dinner. <li data-bbox="415 527 786 554">• Stand while you talk on the phone. <li data-bbox="415 579 1263 606">• Provide intergenerational physical activities that the whole family can participate in. <li data-bbox="415 632 1333 684">• Set up a friendly physical activity tracker challenge with family and friends to support each other in being active. <p data-bbox="391 716 488 753">Outdoors</p> <ul data-bbox="415 779 1214 909" style="list-style-type: none"> <li data-bbox="415 779 1214 806">• Go to parks, trails, recreation facilities and school yards to be physically active. <li data-bbox="415 831 1078 858">• Maintain safe outdoor spaces for physical activity all year round. <li data-bbox="415 884 753 911">• Try orienteering or geocaching. <p data-bbox="391 936 526 974">Dog walking</p> <ul data-bbox="415 999 1008 1077" style="list-style-type: none"> <li data-bbox="415 999 1008 1026">• Make a habit of walking the dog two to three times a day. <li data-bbox="415 1052 964 1079">• Be a volunteer dog walker at the local animal shelter. <p data-bbox="391 1104 513 1142">Community</p> <ul data-bbox="415 1167 964 1350" style="list-style-type: none"> <li data-bbox="415 1167 737 1194">• Start a walking group or club. <li data-bbox="415 1220 883 1247">• Join a sports team or physical activity group. <li data-bbox="415 1272 732 1299">• Create a mall walking group. <li data-bbox="415 1325 964 1352">• Walk and engage in community events and festivals.



Domain	Strategy
Workplace	<p>Stand more</p> <ul style="list-style-type: none"> ▪ Use a standing desk and standing tables for meetings. ▪ Stand when you are speaking on the phone. ▪ Walk down the hall to talk to a co-worker rather than email. <p>Take breaks from sitting</p> <ul style="list-style-type: none"> ▪ Take active breaks instead of coffee breaks. ▪ Set an activity tracker, phone application, or computer reminder hourly to remind yourself to move around. ▪ Schedule physical activity time into your calendar. ▪ Drink more water. It will get you walking down the hall more often. <p>Make being active easy and attractive</p> <ul style="list-style-type: none"> ▪ Maintain attractive and safe stairwells. ▪ Provide change rooms with showers, bike storage, fitness equipment, walking maps and/or communal gardens at work. ▪ Do workplace physical activity challenges on the UWALK.ca website or with physical activity trackers. <p>Develop a culture of physical activity</p> <ul style="list-style-type: none"> ▪ Provide free or subsidized: <ul style="list-style-type: none"> ▪ bus passes ▪ commuter bike purchasing ▪ access to fitness centres ▪ physical activity classes ▪ Encourage senior management to be a positive role model for physical activity. ▪ Respect co-workers' physical activity breaks as non-negotiable time away from the office. ▪ Share monthly physical activity tips at the workplace. ▪ Start a UWALK.ca walking challenge, walking group or sports team. ▪ Stay in hotels with fitness centres and use them. ▪ Find a physical activity buddy at work. ▪ Take the stairs instead of the elevator.

Physical Activity in Alberta, 2017

The Alberta Survey on Physical Activity has reported on adult physical activity status and determinants of physical activity in the province since 1993. In 2017, ownership and use of a physical activity tracker was examined.

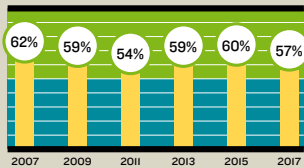
Active living is a way of life that incorporates a combination of:

- 150 minutes of moderate-to-vigorous physical activity weekly,
- Incidental physical activity every hour, and
- Low levels of sedentary behaviour during waking hours.

The main findings and recommendations are included in this infographic. See full report for details.

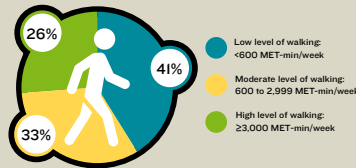
Overall PA levels 2007-2017

The percent of physically active Albertans has remained consistent over the last decade.



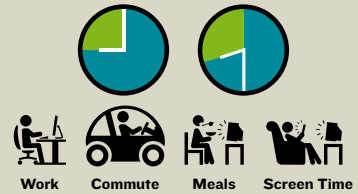
Overall walking levels

26% of Albertans achieve high levels of walking



Sedentary Behaviour

During the week, Albertans sit for an average of 9 hours per weekday and 8.5 hours per weekend day.

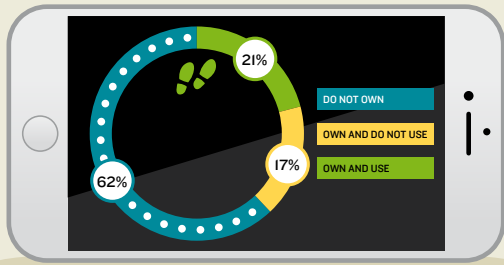


Physical Activity Trackers

A physical activity tracker is a device worn, or an application on a smartphone, that monitors and tracks activities such as:



38% of Albertans own a physical activity tracker but, only **21%** of Albertans currently use their activity tracker



The Top 3 useful functions of activity trackers, based on Albertans who own and use, or plan to use an activity tracker include:



Physical activity trackers can help motivate Albertans to achieve their physical activity goals and sit less throughout the day.

Full report is available at www.centre4activeliving.ca

ALBERTA CENTRE FOR
Active Living



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