

2019 Alberta Survey on Physical Activity, Sedentary Behaviour, and Sleep

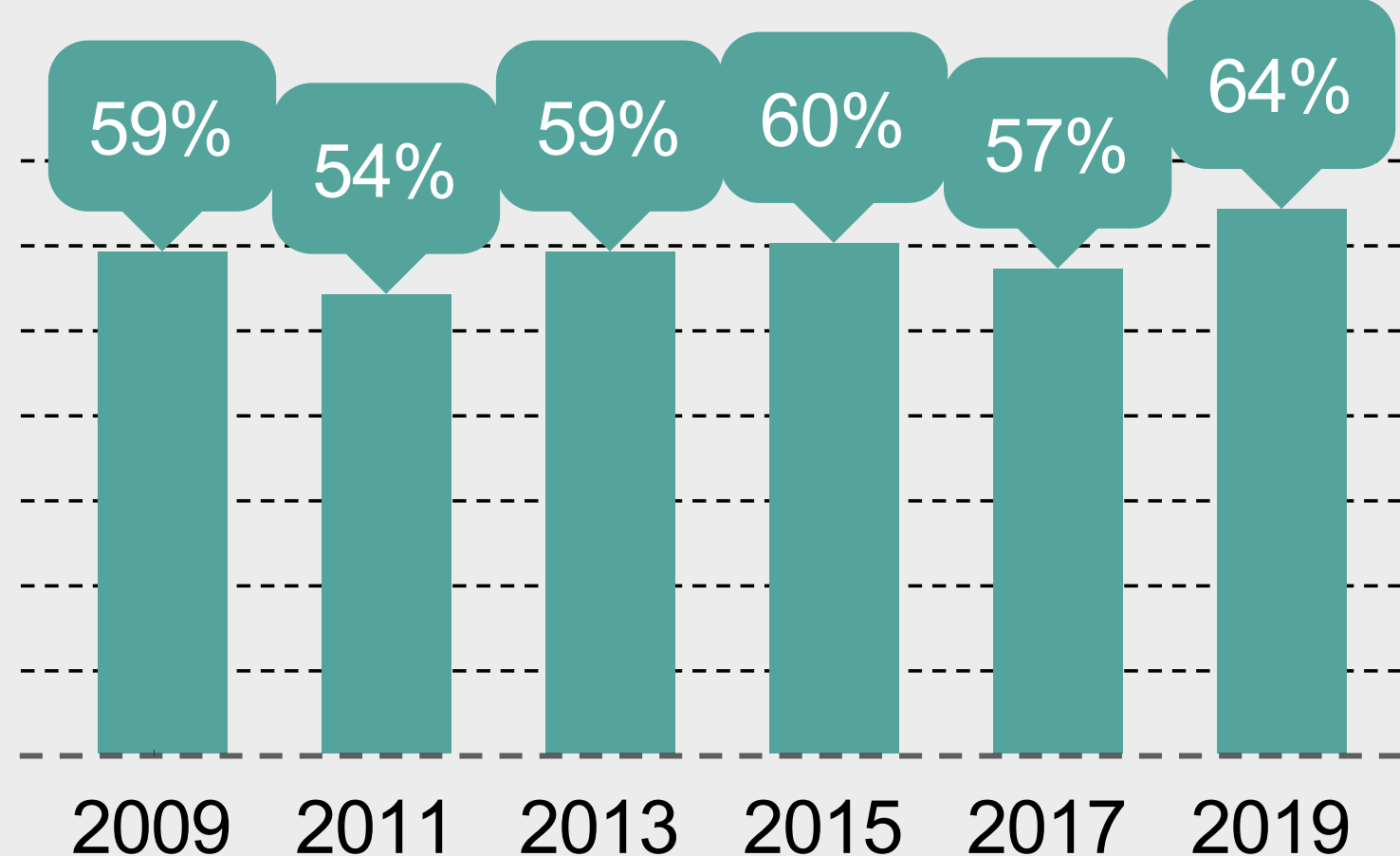
The Alberta Survey on Physical Activity has reported on adult physical activity status and determinants of physical activity in the province since 1993. In 2019, sleep behaviour was examined. The main findings and recommendations are included in this infographic. See the full report for details.

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.

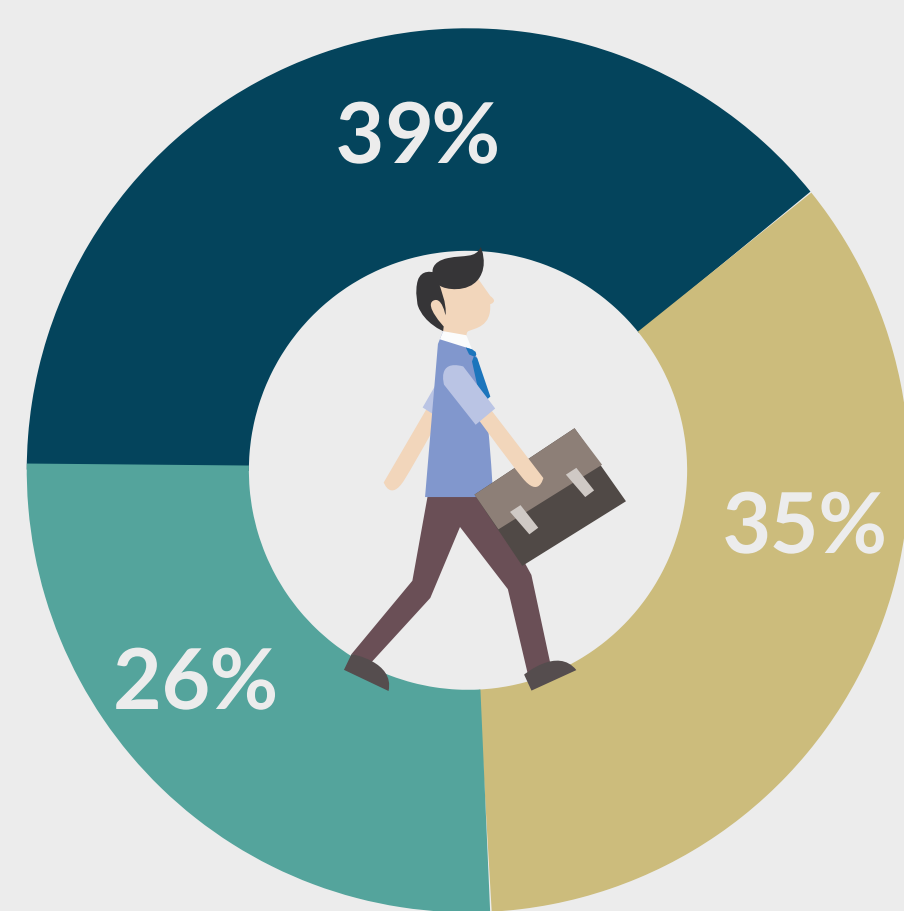
Overall Physical Activity Levels of Albertans 2009-2019

Although highest in 2019, physical activity levels have remained relatively consistent over the last decade.



Overall Walking Levels

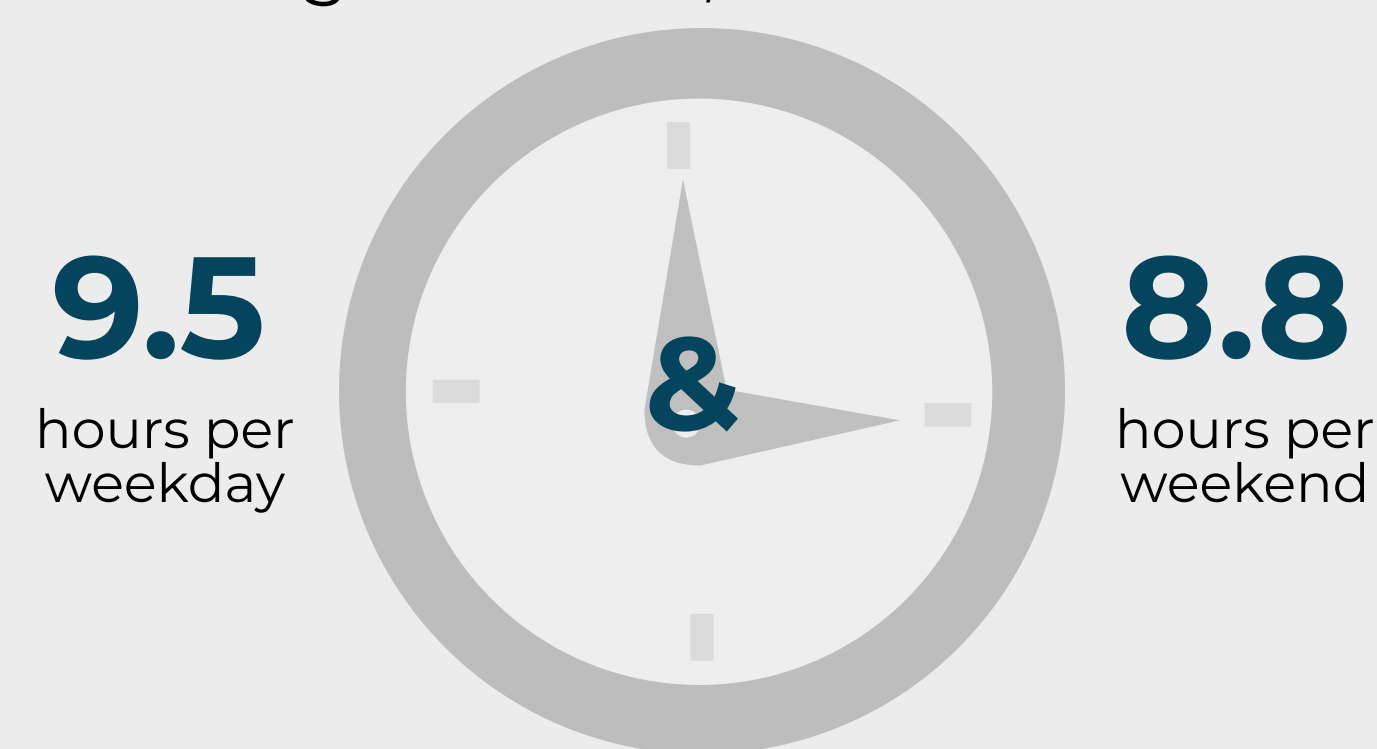
26% of Albertans achieve high levels of walking



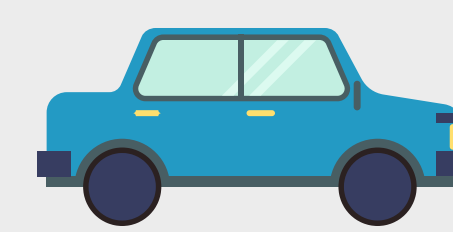
- Low level of walking: < 600 MET-min/week
- Moderate level of walking: 600 - 2,999 MET-min/week
- High level of walking: ≥ 3,000 MET-min/week

Sedentary Behaviour

During the week, Albertans sit for:



Work



Commute



Screen Time

Sleep Behaviour

Albertans sleep an average of 7.6 hours per weekday and 8.3 hours per weekend day

70% of Albertans have an electronic device* in the bedroom

65% of Albertans with electronic devices* in the bedroom use them within 30 minutes of going to bed

75% of Albertans rate their quality of sleep as fairly good to very good

71% of sufficiently active Albertans meet the sleep recommendations

*Electronic device includes: television, computer, tablet, smartphone, or video games

Sleep Recommendations

- Adults, **18 to 64 years**, of age should achieve **7 to 9 hours** of sleep.
- Adults **≥ 65 years** should achieve **7 to 8 hours** of sleep.

Building Healthy Sleep Habits

- Make time for sleep.
- Maintain a regular sleep schedule.
- Limit distractions including light and sound.
- Avoid electronic devices at least 30 minutes before bed.
- Engage in regular physical activity mid-day or late afternoon to avoid sleep disruptions.
- Keep track of sleep patterns.

Full report available at www.centre4activeliving.ca

Centre for **Active Living**

