

Yukon Healthy Living Study Results

—November 2011



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Methodology

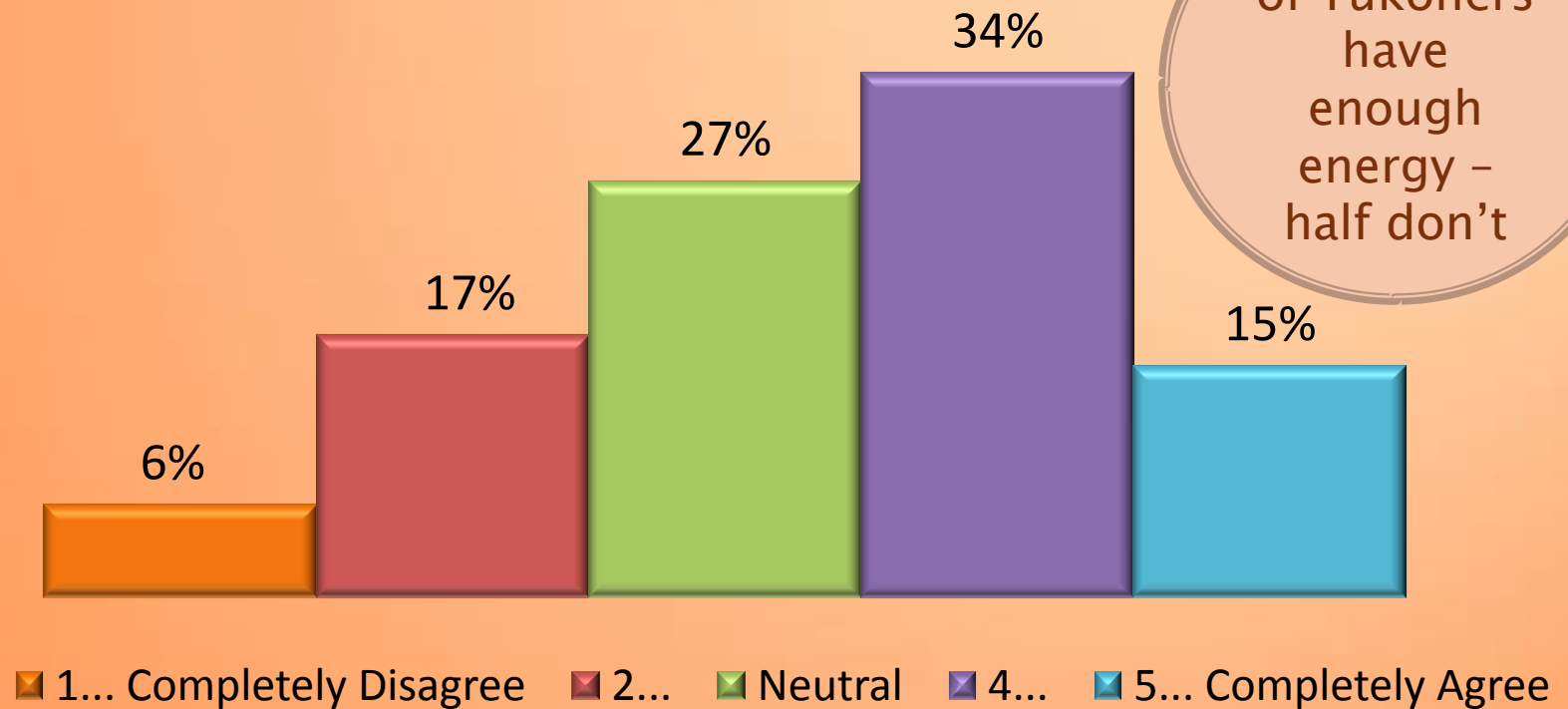
- ▶ Online panel of Yukon residents. (randomly recruited over past ten years), supplemented with random telephone interviews in selected communities.
- ▶ Conducted between November 14 – 23, 2011.
- ▶ A total of 399 completes – 256 in Whitehorse and 143 outside of Whitehorse.
- ▶ Data is weighted by community, gender, and age to represent the actual population. Margin of error = $\pm 4.8\%$

Definitions

- ▶ High Screen time = 2+ hours 5 – 7 days per week.
- ▶ Overweight = self accessed
- ▶ Enough Sleep = agreed with 4/5 on 5 point scale that most days of the week they get enough sleep to be able to function throughout the day.
- ▶ Stress = High = Moderate or Very Stressed on rating the level of stress in their life. Low = None or somewhat.

Health Perceptions

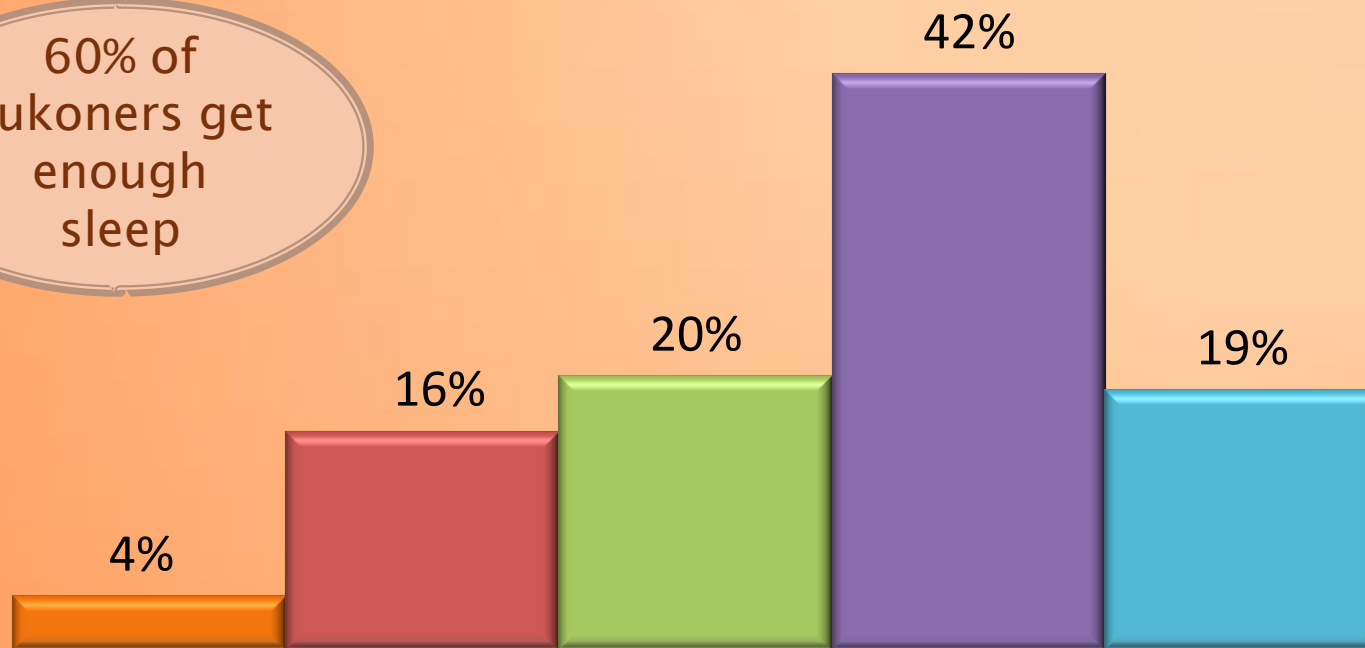
I almost always have enough energy to do everything I want in a day.



Health Perceptions

Most days of the week, I get enough sleep to be able to function throughout the day.

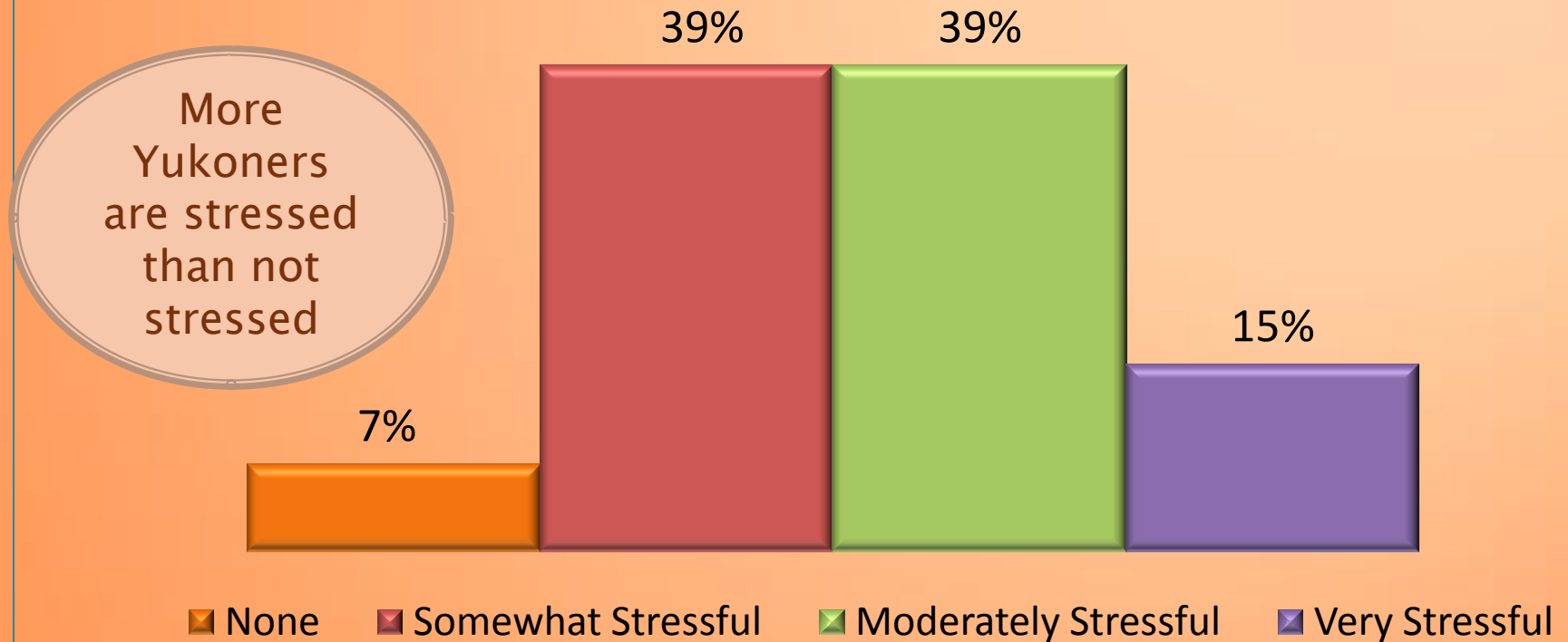
60% of
Yukoners get
enough
sleep



1... Completely Disagree 2... Neutral 4... 5... Completely Agree

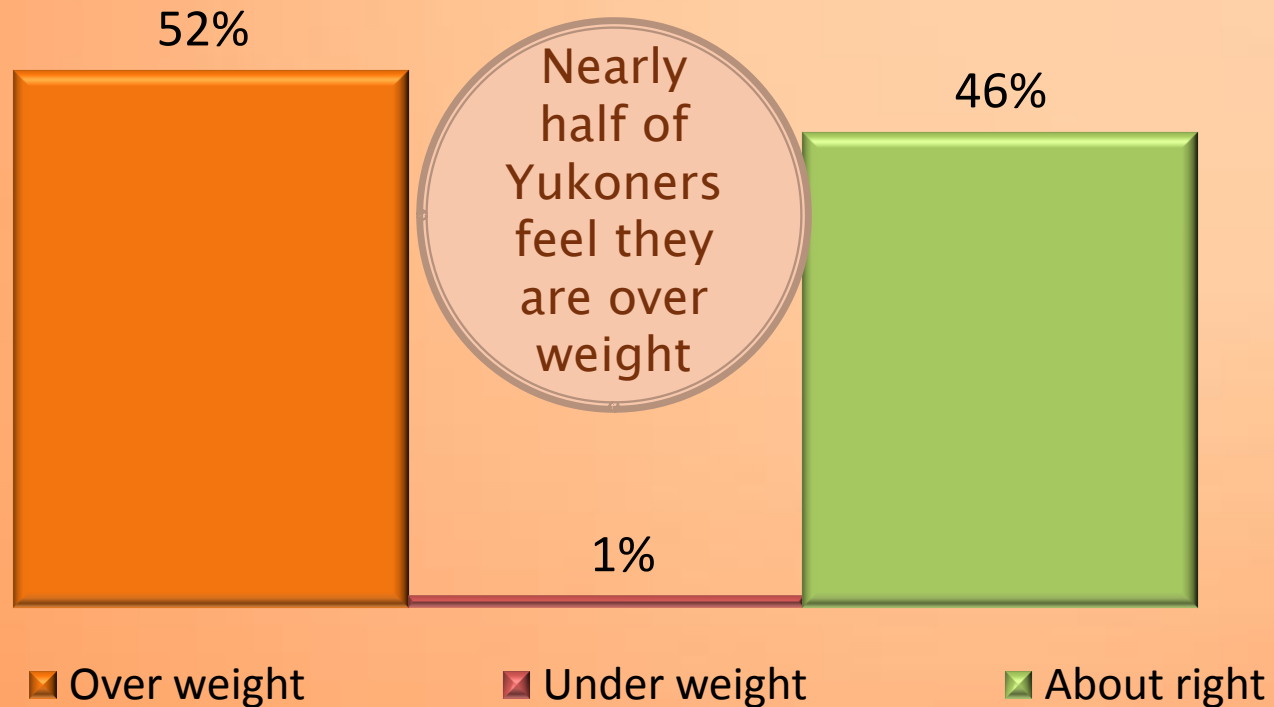
Health Perceptions

Overall, how would you rate the level of stress in your life?



Health Perceptions

Do you consider yourself:



Health Perceptions

Total Yukon

- ▶ Twice as many agree they have energy as disagree. (49% agree, 23% disagree)
- ▶ 61% agree they get enough sleep, while 20% disagree.
- ▶ 54% are moderately or very stressed, while 46% have no or some stress
- ▶ 52% consider themselves overweight, 46% are about right and 1% is underweight.

Demographic Differences

- ▶ Demographics had little impact on reported energy levels
- ▶ Whitehorse residents were more likely than rural residents to report getting enough sleep (64% vs. 54%), and are slight less stressed (51% vs. 59%).
- ▶ Those with children at home are slightly more likely to report being overweight (55% vs. 51%)
- ▶ Men and women reported only minor differences on their health perceptions
- ▶ Age was a factor on sleep, the older the respondent the more likely they feel they get enough sleep (58% for those under 35 compared to 65% for those over 50). Those over 50 are the least likely to report stress (38% compared to 63% for those under 50). Those under age 35 were most likely to report weight being about right (59%) and only 39% reported being overweight. This compares to 57% of those between 35 – 50 as overweight, and 53% of those over 50.
- ▶ Those with the highest income have the lowest reported energy (44% of those earning over \$110K have enough energy, compared to 52% for those earning less). They also get the least sleep (58% vs. 65% for those earning between \$50–\$110K). But the most stressed group is those earning under \$50K (62% report moderate to high stress, compared to 54% for those earning over \$110K). The higher the income, the higher the level reported as overweight. Among those earning under \$50, 46% report being overweight, increasing to 49% for those \$50–\$110K and up to 65% for those earning over \$110K

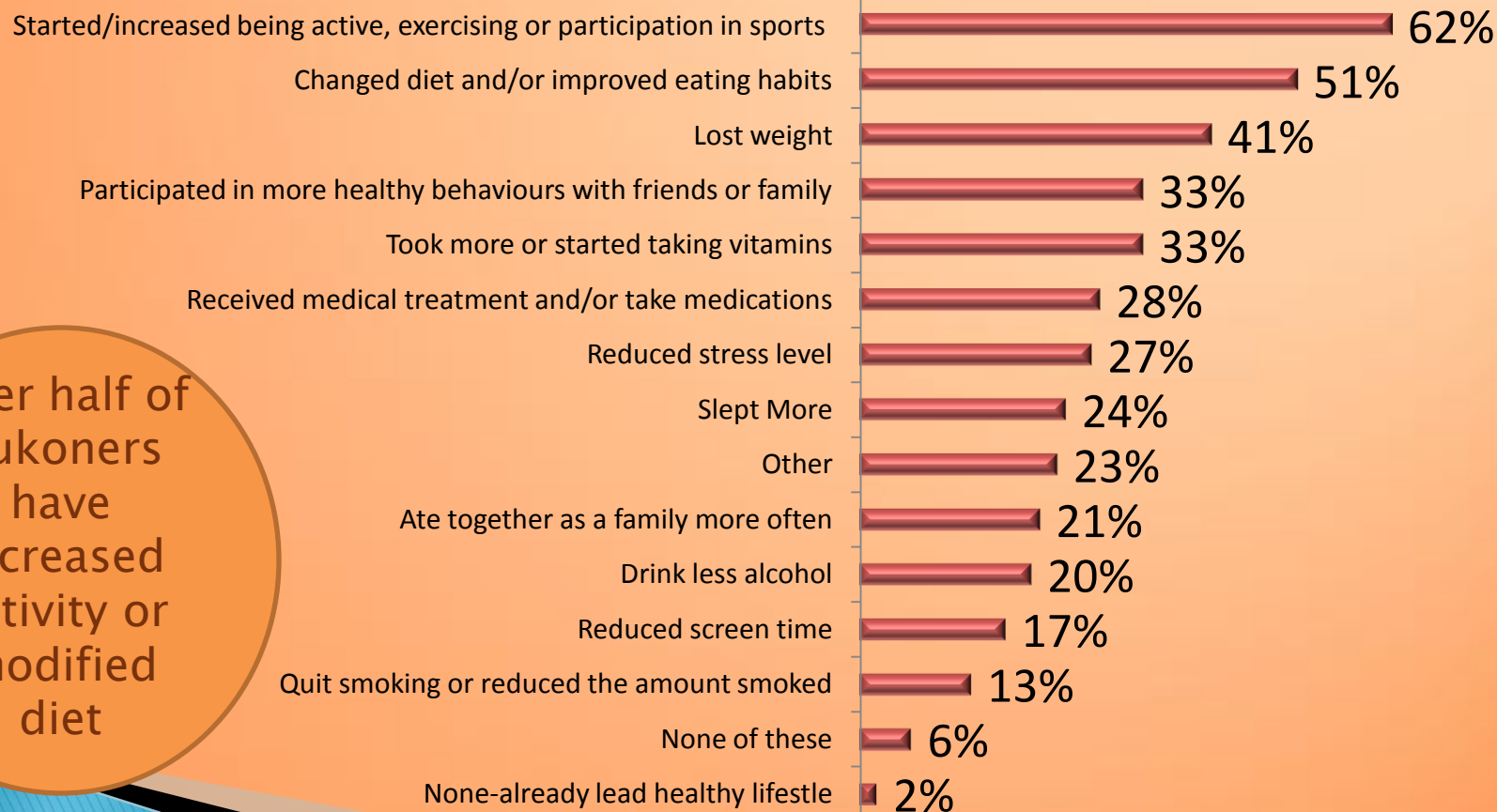
Health Perceptions

behavioural Interactions

- ▶ While screen time (over/under 5 times a week of 2+ hours/day) had no impact on energy or sleep, those with less days of 2+ hours were MORE stressed (58% vs. 51%), and less often over weight (47% vs. 58%).
- ▶ Weight played a factor in all areas. Those reporting themselves as overweight were less likely to have enough energy (39% vs. 61%), less likely to get enough sleep (54% vs. 68%), and significantly more stressed (65% vs. 42%).
- ▶ Those reporting they don't get enough sleep also reported not having enough energy (27% have enough energy compared to 63% of those who get enough sleep). Their stress levels are also significantly higher (75% vs. 41%) and they are more likely over weight (60% vs. 46%).
- ▶ The high stressed group is less likely to have enough energy (42% vs. 59%), getting enough sleep (45% vs. 79%) and are more likely over weight (63% vs. 40%).

Recent behaviour change

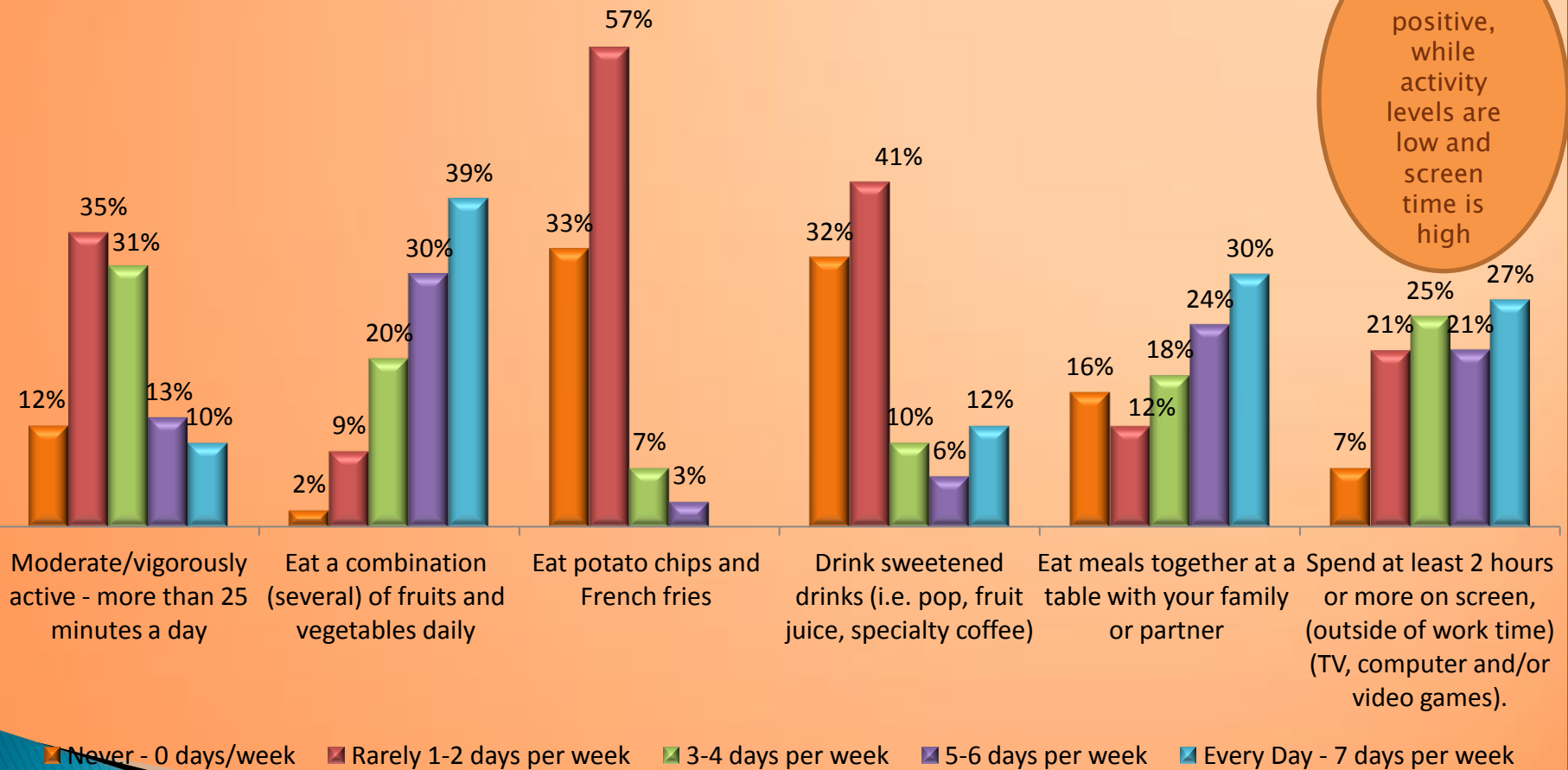
In the past 12 months, which of the following you have done to improve your health. Have you:



Over half of Yukoners have increased activity or modified diet

Recent behaviour frequency

How often do you do each of the following PER WEEK?



Recent behaviour frequency

Total Yukon

- ▶ Most (62%) of Yukoners report increasing their activity levels in the past 12 months.
- ▶ About half have improved their diet
- ▶ 23% are moderately to vigorously active for 25+ minutes at least 5 days a week. 47% achieve this level 2 or less days a week.
- ▶ 69% eat fruits and vegetables at least 5 days a week. 11% of Yukoner eat fruit/vegetables 2 or less days a week.
- ▶ Only 3% of Yukoners reported eating potato chips or fries 5 or more days a week, while 90% eat them 2 or less days a week. (33% never eat them).
- ▶ 18% drink sweetened drinks 5 or more days a week, while 73% consume them 2 or less days a week (32% never drink them).
- ▶ 54% eat meals together as a family 5 more days a week, while 28% rarely do this (2 or less days a week).
- ▶ Nearly half (48%) of Yukoners report 2+ hours of screen time 5 or more days a week, while 28% report 2 days or less.

Recent behaviour frequency

Demographic Differences – changes in behaviour

- ▶ Whitehorse residents are more likely to have increased activity levels (66% vs. 55%), while rural residents were more likely to participate in healthy behaviours with friends/family (40% vs. 29%), and eat together as a family more often (31% vs. 17%), and reduce screen time (24% vs. 13%).
- ▶ Those withOUT children at home were more likely to start taking vitamins and sleeping more, and those with children were more likely to eat together as a family.
- ▶ Women had more life changes than men, increasing activity (66% vs. 59%), changing diet (56% vs. 46%), healthy behaviours with friends (38% vs. 27%), medical treatment (33% vs. 24%) and drinking less (24% vs. 15%).
- ▶ Younger respondents had the most changes – increasing activity (72%), diet (59%), vitamins (47%), friends/family (39%), sleep (34%), reduced screen time (24%) and quit smoking (25%).
- ▶ The lower the income the more likely they were to start vitamins, reduce stress, sleep more, reduce screen time and quit smoking.

Recent behaviour frequency

Demographic Differences – frequency of behaviour

- ▶ Whitehorse residents consume sweetened drinks less often (11% drink them 5+ days a week vs. 30% in the communities), and have less screen time (44% in Whitehorse 5+ days a week, vs. 60% in the communities.)
- ▶ Those withOUT children at home are more active (26% 5+ days of moderate/vigorously activity, vs. 18% for those with children) and have more screen time (56% 5+ days a week, vs. 36% for those with children). Those with children are more likely to eat meals together as a family (71% vs. 44%).
- ▶ Women are more likely than men to eat fruit/vegetables 5+ days a week (74% vs. 66%), and less likely to drink sweet drinks (15% vs. 21%).
- ▶ Younger respondents the LESS likely to exercise 5+ days a week (20% for those under 50 compared to 27% for those over 50). The middle age group (35–49) is the least likely to eat fruit/vegetables 5+ days a week (61% vs. 76% for those under 35 and 71% for those over 50). The youngest group drinks the most sweetened drinks (29% 5+ days a week, vs. 14% for those 35 –49 and 19% for those 50+). Surprisingly, the oldest group, those over 50, have the highest rate of screen time – 56% 2+ hours 5+ days/week, compared to 43% for those 35 – 49 and 45% for those under age 35.
- ▶ The lower the income the more exercise (30% 5+ days for those under \$50K, 18% for those \$50–\$110K and 22% for those over \$110K). They also drink more sweetened drinks (24%), and eat less as a family (33%).

Recent behaviour frequency

Behavioural Interactions – changes in behaviour

- ▶ The only difference between those with high/low screen time, is that those with more frequent screen time were more likely to quit or reduce smoking.
- ▶ Weight impacted change by showing those who reported being overweight as more likely to report changing their diet or improving eating habits (56% compared to 46% for those not over weight, but less likely to report starting or increasing activity or exercise (60% vs. 65%).
- ▶ Those who report they already got enough sleep were more likely than those not reporting enough sleep to increase activity (67% vs. 56%), losing weight (45% vs. 35%), and reducing stress (31% vs. 22%). Those with less sleep were more likely to report starting medical treatment or medication (34% vs. 25%).
- ▶ The most stressed group was more likely to change their diet (57% vs. 44%), start taking vitamins (40% vs. 25%), and receive medical treatment (31% vs. 25%).

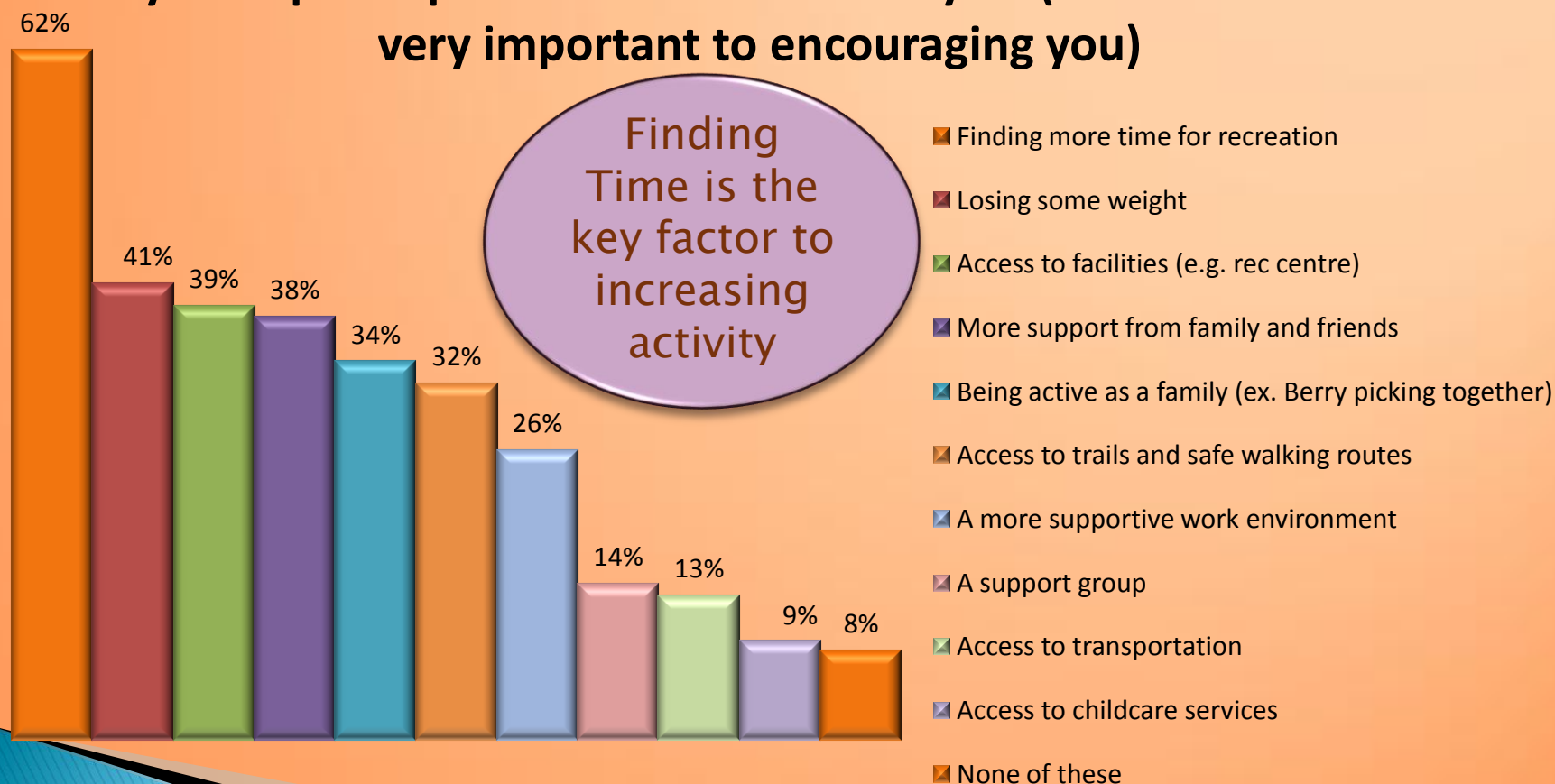
Recent behaviour frequency

Behavioural Interactions – frequency of behaviour

- ▶ High screen time had a slight impact on activity. 20% of those with high screen time exercised 5+ days a week, compared to 25% for low screen timers. They eat fruit/vegetables less often (14% 2 or less days/week, vs. 8%), eat chips/fries more often (15% vs. 6% 3+ days a week) and drink sweetened drinks more (26% vs. 10% 5+ days a week).
- ▶ Those who report being over weight exercise less (12% vs. 35% 5+ days a week), eat fruit/vegetables more often (74% vs. 61% 5+ days/week), and have more screen time (52% vs. 44% 5+ days/week)
- ▶ Those with enough sleep also exercise more (29% vs. 13% 5+ days week), eat fruit/vegetables more often (74% vs. 61%), drink less sweetened drinks (14% vs. 23%), eat more meals as a family (58% vs. 42%) and have less screen time (46% vs. 51%).
- ▶ The high stress group is only significantly different from the low stress group by eating less as a family (48% vs. 62%), and slightly less screen time (45% vs. 51%)

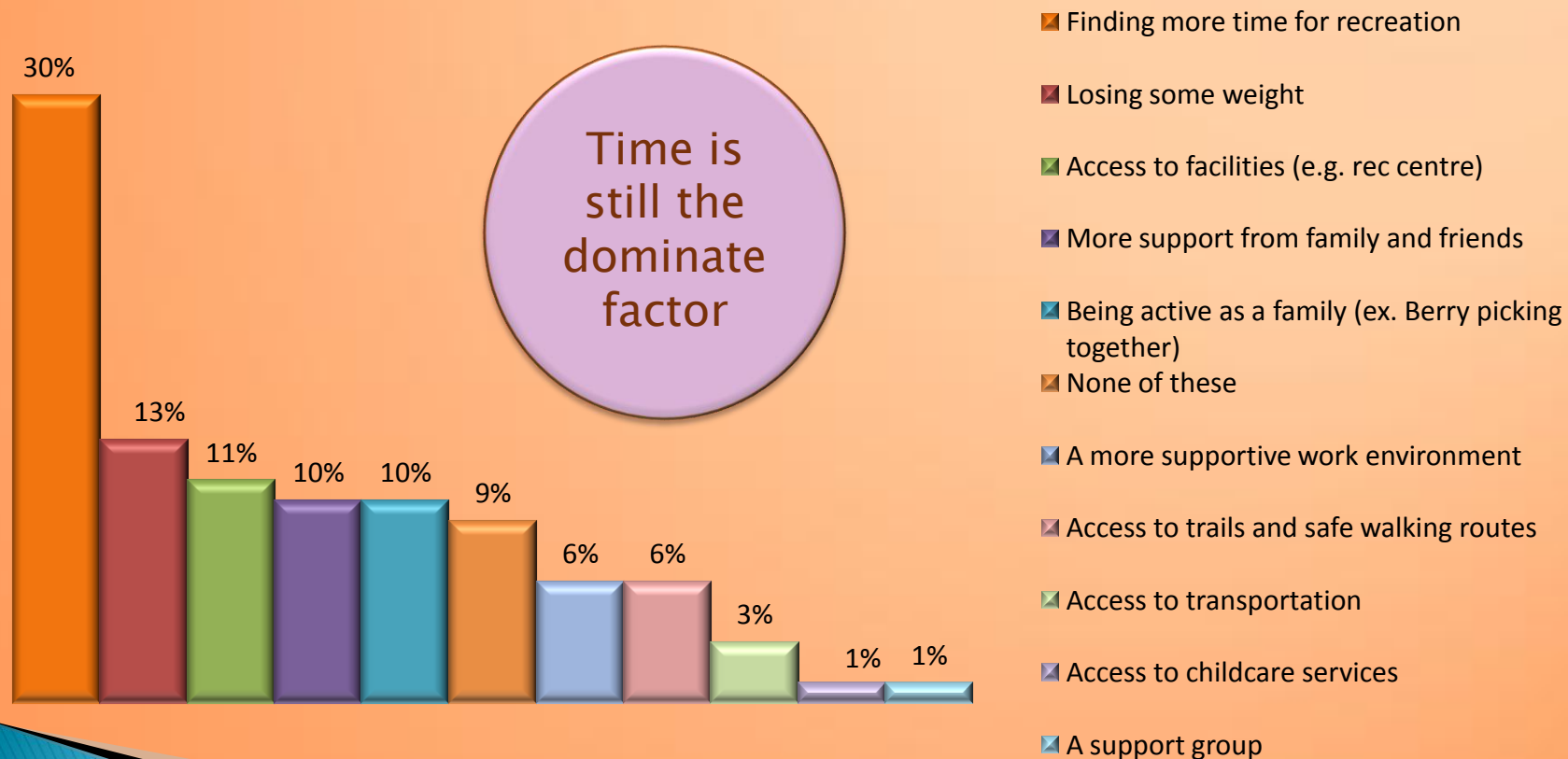
Future behaviour

Which of the following factors would strongly encourage you to participate in a healthier lifestyle? (Check all those very important to encouraging you)



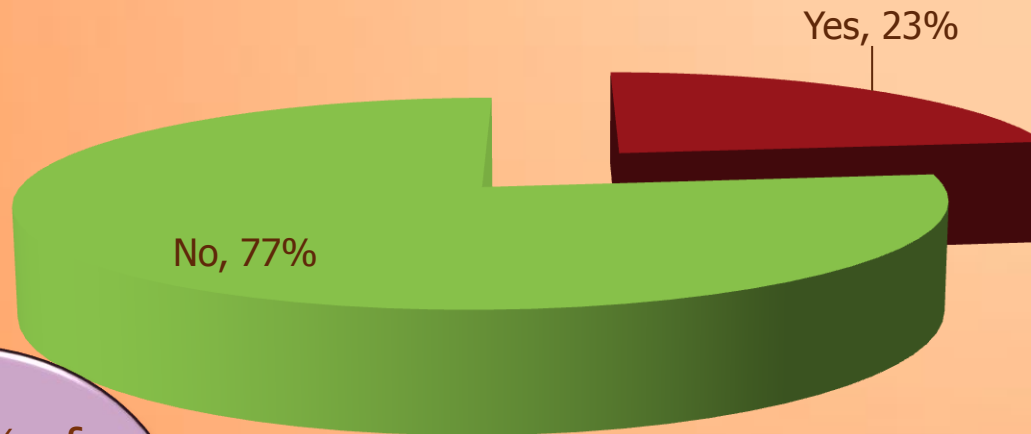
Future behaviour

Which ONE of these is the MOST likely to strongly encourage you to participate in a more healthy lifestyle?



Future behaviour

Are there any limitations or issues for you to accessing the services and supports that currently available in your community for achieving a healthy lifestyle?



About $\frac{1}{4}$ of Yukoners have access issues

Future behaviour

Total Yukon

The leading motivator to strongly encourage Yukoners to participate in a healthier lifestyle was: Finding more time for recreation (61% included that in their list of motivators)

The next largest group of motivations included:

- Losing weight = 41%
- Access to facilities like rec centres = 39%
- More support from family and friends = 38%
- Being active as a family (berry picking, etc) = 34%
- Access to trails and safe walking routes = 32%

23% of Yukoners reported having limitations or issues to accessing the services and supports the currently available in the community.

Most limitations were based on personal time or physical needs, followed by the lack of facilities near by and their costs.

Services most desired were: swimming pool, local gym, safe/lit trails

Future behaviour

Demographic Differences

Lack of time for recreation was the biggest factor for those with children at home, those under age 35 and those who earn over \$110,000.

Those with children were more likely than those without to be encouraged by being active as a family (42% vs. 29%) and finding access to childcare (25% vs. 0%).

Women were more likely encouraged by access to trails and safe walking routes (37% vs. 29% for men) and support groups (19% vs. 9%).

Younger respondents were more motivated by finding time (81%), and access to facilities (61%) and safe walking trails (48%) and access to transportation (21%) and childcare (20%).

The only motivator for the high income group was finding time, while the lower income group overlaps with the younger respondents and follows similar behaviour patterns.

Future behaviour

behavioural Interactions

- ▶ Those with high levels of screen time were more motivated by losing weight (45% vs. 38%), and access to facilities (42% vs. 36%) compared to lower screen time users.
- ▶ Those over weight were more motivated by losing weight (64% vs. 17%), and less by access to facilities (36% vs. 42%) or to trails (27% vs. 37%) compared to those not overweight.
- ▶ Those with not enough sleep were more motivated by support groups (19% vs. 11%) and less by access to trails (27% vs. 35%) compared to those with enough sleep.
- ▶ The high stress group was more motivated by nearly all options compared to the low stress group.

Demographic Summary

- ▶ Screen time = Compared to Low screen timers, High screen timers are:
 - Only slightly more likely to be Aboriginal (14% vs. 8%)
 - Retired (16% vs. 9%)
 - Do not have children at home (74% vs. 55%)
 - Are less often married (63% vs. 68%)
 - Older (43% over age 50, vs. 30%).
 - More often live in the communities (42% vs. 26%)

Demographic Summary

- ▶ Weight = Compared to those not over weight, those overweight are:
 - Long term Yukoners – lived here 10 + years (83% vs. 74%)
 - More often aboriginal (16% vs. 7%)
 - More often age 35 – 49 (42% vs. 33%)
 - More often in the communities (42% vs. 26%)

Demographic Summary

- ▶ Sleep = Compared to those not getting enough sleep, those who do are:
 - Less often Aboriginal (6% vs. 19%)
 - More often married (69% vs. 59%)
 - Older (38% are 50+ vs. 33%)

- ▶ Stress = Compared to those with low stress, those with high stress are:
 - Newer to the Yukon (24% < 10 years vs. 18%)
 - More often Aboriginal (14% vs. 8%)
 - Employed full time (67% vs. 58%)
 - Less often retired (7% vs. 19%)
 - Have children at home (38% vs. 33%)
 - Single (40% vs. 29%)
 - Younger (32% under age 35 vs. 21%) and 43% 35 – 49 vs. 31%
 - Lower income (23% under \$50K vs. 17%)
 - Live in the communities (37% vs. 30%)