

Thank you for taking the time to fill out the Physical Activity Support Kit Initiative (PASKI) survey. This toolkit of physical activity resources to guide and support individuals to more physically active and less sedentary is a BC-wide initiative led by Physical Therapy Knowledge Broker Alison Hoens. <http://physicaltherapy.med.ubc.ca/physical-therapy-knowledge-broker/physical-activity-support-kit-initiative-paski-move-more-sit-less/>

You were one of almost 487 people who completed the survey between August 14th and Sept 30, 2015.

**Who answered our survey?**

* Most people were female (85%), and over 50 years of age (78%).
* They represented all regions of British Columbia.
* They were living with a range of chronic diseases. Many had arthritis (65%). Most reported having 3 or more chronic diseases including conditions affecting joints and bones, heart and lungs, brain and spinal cord
* Most (65%) were less physically active than they were prior to their chronic condition. Many said they did not meet physical activity recommendations for 150 minutes of moderate – vigorous physical activity each week.

**What information did people think would be most helpful for them to be more active (move more) and less sedentary (sit less)?**

* Physical activities and exercises they could do at home
* Professional advice about physical activity that is safe/appropriate
* How much physical activity they should do
* Physical activity programs offered in their community
* Ideas about how they could be less sedentary

**How did people want to get this information?**

* Over 75% of people wanted to access this toolkit on a webpage; a small pamphlet with the internet links was also a popular option.

**How did people want to hear about the tool kit?**

* Social media, traditional media (newspaper, radio, TV) and direct contact from chronic disease organizations were popular options. Many other suggestions including bulletins in the community, public talks and health fairs were provided.

**What will happen now?**

The findings from the survey will be used, together with those from a survey to health providers, to develop and share the Physical Activity Support Kit.

For further details or questions please contact Alison Hoens, Physical Therapy Knowledge Broker, at [Alison.hoens@ubc.ca](mailto:Alison.hoens@ubc.ca)

Note: In respect of the potential issues related to ethics and privacy, the detailed results of this survey will not be made publically available.