

Physical Activity Support Toolkit Initiative (PASKI):

1-Minute Website Survey

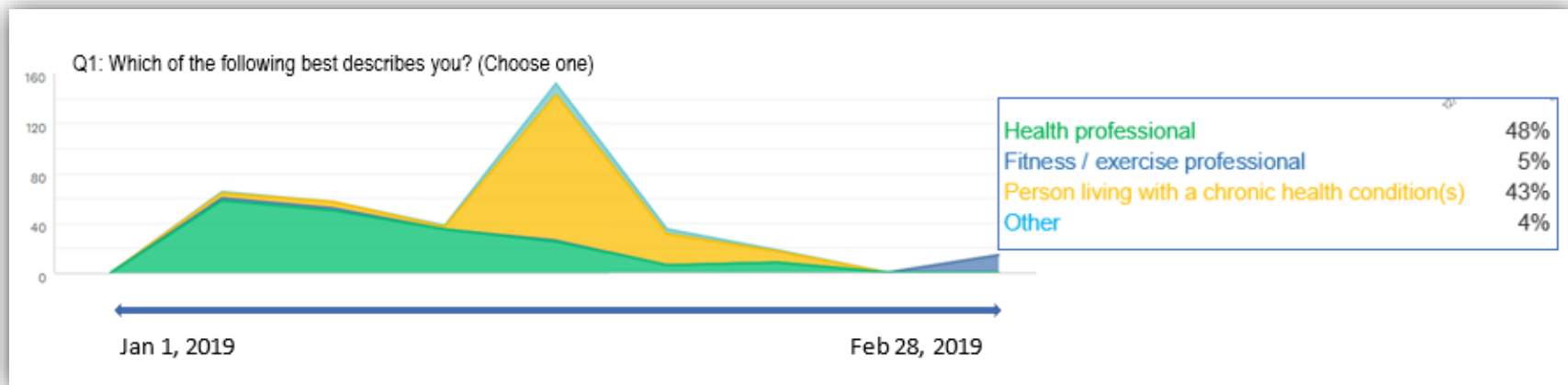
What did we do?

- ❖ We conducted an online survey to explore where people living with chronic health conditions(s), or the health professionals providing care for them, were likely to go online to look for information and guidance to support a more active lifestyle.
- ❖ The survey was open from January 1st to February 28th, 2019.
- ❖ The survey asked three questions and was designed to be completed in less than 1 minute.
- ❖ Social media notifications and emails to chronic health condition or health professional organizations were used to invite people to participate in the survey.



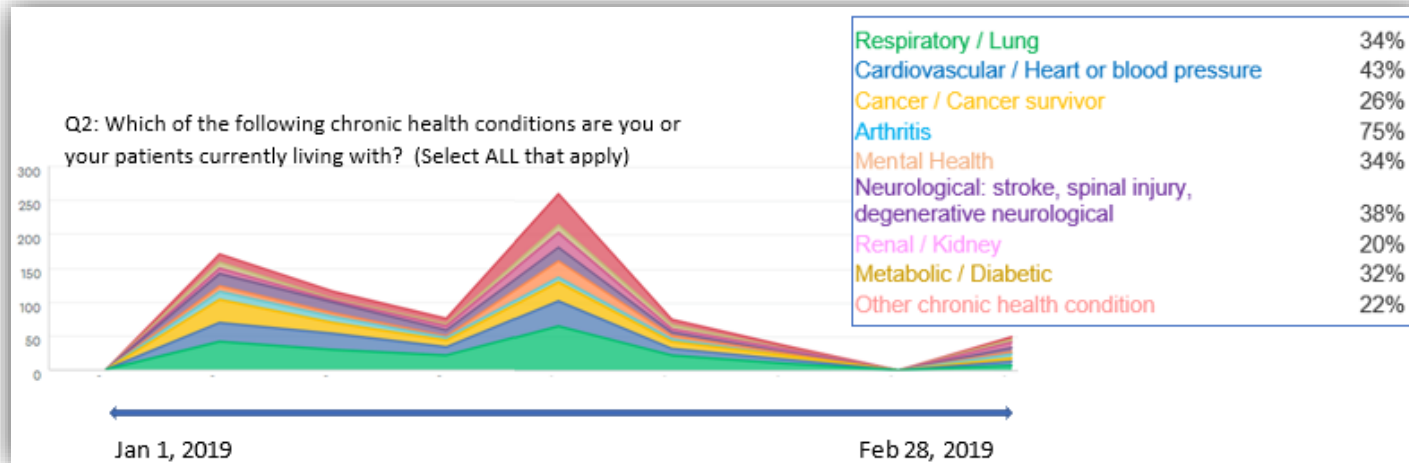
Who participated?

381 people completed the survey (👤). Health professionals and people living with chronic diseases were most likely to participate in our survey, accounting for 48% and 43% of survey respondents. Whereas, fewer fitness professionals completed the survey (5%). People who answered 'other' (4%) commonly described themselves as a health professional *and* someone living with a chronic health condition.



What chronic health conditions were people reporting they were living with or providing treatment for?

The most common health condition was arthritis (75%), followed by heart or blood pressure (43%) or neurologic (38%) conditions and approximately 33% reported lung, mental health or diabetic health conditions. 'Other' commonly reported chronic health conditions were pain and gastro-intestinal problems.



Where were people most likely to go to look for information and guidance to support a more active lifestyle?

Most people (60%) go to chronic health organization or health professional websites (48%), followed by websites specifically related to physical activity participation and health. There were many 'other' individual websites identified.

