

## Physical Activity Omnibus

## Detailed tables

1\_1. (My eating habits will help me live a long and healthy life.) Thinking about your current eating habits, what is the extent to which you agree with the following statements?

Proportions/Mean: Columns Tested (5% risk level) - A/B - C/D/E - F/G/H/I  
Overlap formulae used.

	Total	GENDER		AGE			EDUCATION			
		Male	Female	18-34	35-54	55+	<HS	HS	Post Sec	Univ Grad
		A	B	C	D	E	F	G	H	I
Base: All respondents	1495	804	691	364	561	570	140	492	675	188
Weighted	1495	724	771	417	594	484	151	541	487	315
Strongly agree	456 31%	226 31%	231 30%	133 32%	183 31%	140 29%	56 37% G	151 28%	160 33%	90 28%
Somewhat agree	704 47%	337 47%	367 48%	179 43%	264 44%	262 54% CD	67 45%	253 47%	212 43%	173 55% H
Somewhat disagree	284 19%	138 19%	145 19%	89 21% E	127 21% E	67 14%	22 15%	113 21%	101 21%	48 15%
Strongly disagree	51 3%	22 3%	29 4%	16 4%	19 3%	15 3%	6 4%	25 5%	15 3%	5 2%
Summary										
Top2Box (Agree)	1161 78%	563 78%	598 77%	312 75%	447 75%	402 83% CD	123 81%	403 75%	372 76%	262 83% GH
Low2Box (Disagree)	334 22%	161 22%	174 23%	105 25% E	147 25% E	82 17%	28 19%	138 25% I	115 24% I	53 17%

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### 1\_2. (My eating habits could use some improvement) Thinking about your current eating habits, what is the extent to which you agree with the following statements?

Proportions/Means: Columns Tested (5% risk level) - A/B - C/D/E - F/G/H/I  
Overlap formulae used.

	Total	GENDER		AGE			EDUCATION			
		Male	Female	18-34	35-54	55+	<HS	HS	Post Sec	Univ Grad
		A	B	C	D	E	F	G	H	I
Base: All respondents	1495	804	691	364	561	570	140	492	675	188
Weighted	1495	724	771	417	594	484	151	541	487	315
Strongly agree	399 27%	178 25%	222 29%	135 32% E	159 27%	105 22%	53 35% HI	154 28%	125 26%	68 22%
Somewhat agree	873 58%	436 60%	437 57%	231 55%	357 60%	285 59%	76 51%	317 59%	292 60%	187 59%
Somewhat disagree	168 11%	83 11%	85 11%	40 10%	60 10%	68 14%	17 11%	51 9%	56 12%	44 14%
Strongly disagree	55 4%	27 4%	28 4%	11 3%	18 3%	26 5% C	5 3%	20 4%	15 3%	16 5%
Summary										
Top2Box (Agree)	1273 85%	613 85%	659 85%	367 88% E	515 87% E	391 81%	129 86%	471 87%	417 85%	256 81%
Low2Box (Disagree)	222 15%	110 15%	112 15%	51 12%	78 13%	94 19% CD	22 14%	71 13%	71 15%	60 19%

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### 1\_3. (My eating habits need a lot of improvement) Thinking about your current eating habits, what is the extent to which you agree with the following statements?

Proportions/Mean: Columns Tested (5% risk level) - A/B - C/D/E - F/G/H/I  
Overlap formulae used.

	Total	GENDER		AGE			EDUCATION			
		Male	Female	18-34	35-54	55+	<HS	HS	Post Sec	Univ Grad
		A	B	C	D	E	F	G	H	I
Base: All respondents	1495	804	691	364	561	570	140	492	675	188
Weighted	1495	724	771	417	594	484	151	541	487	315
Strongly agree	257 17%	119 17%	137 18%	79 19% E	113 19% E	65 13%	36 24% I	112 21% I	82 17% I	26 8%
Somewhat agree	492 33%	251 35%	240 31%	133 32%	196 33%	163 34%	63 42% HI	198 37% I	151 31% F	80 25% FGH
Somewhat disagree	542 36%	255 35%	286 37%	156 37%	207 35%	178 37%	35 23% F	176 33% F	183 38% F	147 47% FGH
Strongly disagree	205 14%	97 13%	108 14%	49 12%	77 13%	79 16%	17 11% G	55 10% G	71 15% G	63 20% FG
Summary										
Top2Box (Agree)	748 50%	371 51%	377 49%	212 51%	309 52%	227 47%	99 66% HI	310 57% HI	233 48% I	106 33%
Low2Box (Disagree)	747 50%	353 49%	394 51%	205 49%	284 48%	257 53%	52 34%	231 43%	254 52% FG	210 67% FGH

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**1\_4. (My eating habits are probably hurting my overall health) Thinking about your current eating habits, what is the extent to which you agree with the following statements?**

Proportions/Mean: Columns Tested (5% risk level) - A/B - C/D/E - F/G/H/I  
Overlap formulae used.

	Total	GENDER		AGE			EDUCATION			
		Male	Female	18-34	35-54	55+	<HS	HS	Post Sec	Univ Grad
		A	B	C	D	E	F	G	H	I
Base: All respondents	1495	804	691	364	561	570	140	492	675	188
Weighted	1495	724	771	417	594	484	151	541	487	315
Strongly agree	161 11%	77 11%	84 11%	44 11%	72 12%	45 9%	21 14% I	71 13% I	47 10% I	22 7% I
Somewhat agree	485 32%	270 37% B	215 28%	140 34%	205 35%	140 29%	52 35% I	191 35% I	166 34% I	76 24% I
Somewhat disagree	573 38%	258 36%	315 41%	160 38%	224 38%	190 39%	50 33%	200 37%	180 37%	144 46% FGH
Strongly disagree	275 18%	119 16%	157 20%	73 17%	93 16%	110 23% D	28 19%	80 15%	94 19% G	73 23% G
Summary										
Top2Box (Agree)	646 43%	347 48% B	299 39%	185 44%	276 47% E	185 38%	73 49% I	262 48% I	213 44% I	98 31% I
Low2Box (Disagree)	849 57%	377 52%	472 61% A	233 56%	317 53%	299 62% D	77 51%	280 52%	274 56%	217 69% FGH

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1\_5. (I spend a lot of time trying to improve my eating habits) Thinking about your current eating habits, what is the extent to which you agree with the following statements?

Proportions/Mean: Columns Tested (5% risk level) - A/B - C/D/E - F/G/H/I  
Overlap formulae used.

		GENDER		AGE			EDUCATION			
	Total	Male	Female	18-34	35-54	55+	<HS	HS	Post Sec	Univ Grad
		A	B	C	D	E	F	G	H	I
Base: All respondents	1495	804	691	364	561	570	140	492	675	188
Weighted	1495	724	771	417	594	484	151	541	487	315
Strongly agree	203 14%	70 10%	133 17% A	62 15%	76 13%	65 13%	22 15%	80 15%	66 13%	35 11%
Somewhat agree	630 42%	285 39%	345 45%	159 38%	247 42%	224 46% C	68 45%	236 44%	202 41%	124 39%
Somewhat disagree	548 37%	292 40%	256 33%	155 37%	233 39%	159 33%	53 35%	185 34%	184 38%	126 40%
Strongly disagree	114 8%	77 11% B	37 5%	41 10%	36 6%	36 7%	8 5%	40 7%	36 7%	30 9%
Summary										
Top2Box (Agree)	833 56%	355 49%	478 62% A	221 53%	324 55%	289 60%	90 60%	316 58%	267 55%	160 51%
Low2Box (Disagree)	662 44%	369 51% B	293 38%	196 47%	270 45%	195 40%	60 40%	225 42%	220 45%	156 49%

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1\_6. (Over the last year, I have changed my eating habits in an effort to improve my fitness level) Thinking about your current eating habits, what is the extent to which you agree with the following statements?

Proportions/Mean: Columns Tested (5% risk level) - A/B - C/D/E - F/G/H/I  
Overlap formulae used.

		GENDER		AGE			EDUCATION			
	Total	Male	Female	18-34	35-54	55+	<HS	HS	Post Sec	Univ Grad
		A	B	C	D	E	F	G	H	I
Base: All respondents	1495	804	691	364	561	570	140	492	675	188
Weighted	1495	724	771	417	594	484	151	541	487	315
Strongly agree	262 18%	95 13%	167 22%	72 17%	110 18%	81 17%	29 19%	87 16%	96 20%	51 16%
Somewhat agree	760 51%	374 52%	386 50%	199 48%	309 52%	251 52%	80 53%	285 53%	248 51%	146 46%
Somewhat disagree	372 25%	197 27%	175 23%	114 27%	141 24%	117 24%	30 20%	133 25%	114 23%	94 30%
Strongly disagree	102 7%	58 8%	44 6%	32 8%	33 6%	36 7%	12 8%	37 7%	29 6%	24 8%
Summary										
Top2Box (Agree)	1022 68%	469 65%	553 72%	270 65%	419 71%	332 69%	109 72%	372 69%	344 71%	197 63%
Low2Box (Disagree)	473 32%	255 35%	219 28%	147 35%	174 29%	152 31%	42 28%	170 31%	143 29%	118 37%

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### 2. Which of the following would you say is the most notable change that you've made to your eating habits in order to improve your fitness level?

Proportions/Mean: Columns Tested (5% risk level) - A/B - C/D/E - F/G/H/I  
Overlap formulae used. \* small base

	Total	GENDER		AGE			EDUCATION			
		Male	Female	18-34	35-54	55+	<HS	HS	Post Sec	Univ Grad
		A	B	C	D	E	F	G	H	I
Base: Have changed eating habits to improve fitness level	1029	526	503	242	391	396	100	340	472	117
Weighted	1022	469	553	270	419	332	109*	372	344	197
Eating better quality food	399 39%	171 36%	228 41%	108 40%	171 41%	120 36%	35 32%	154 42%	134 39%	75 38%
Cutting out junk food	261 26%	116 25%	146 26%	68 25%	113 27%	80 24%	30 27%	89 24%	94 27%	49 25%
Eating an amount of food that matches my energy output	177 17%	86 18%	92 17%	44 16%	69 16%	64 19%	15 14%	63 17%	57 17%	42 21%
Eating less food, overall	158 15%	84 18%	74 13%	34 13%	60 14%	64 19% C	24 22%	53 14%	53 16%	28 14%
Eating more food, overall	27 3%	12 3%	14 3%	16 6% DE	5 1%	5 1%	5 4%	12 3%	5 2%	4 2%

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3. 1. (Following Canada's Food Guide helps me meet energy and nutrient needs to fuel an active lifestyle) Thinking about nutrition and healthy eating for your active lifestyle, to what extent do you agree or disagree with the following statement?

Proportions/Means: Columns Tested (5% risk level) - A/B - C/D/E - F/G/H/I  
Overlap formulae used.

	Total	GENDER		AGE			EDUCATION			
		Male	Female	18-34	35-54	55+	<HS	HS	Post Sec	Univ Grad
		A	B	C	D	E	F	G	H	I
Base: All respondents	1495	804	691	364	561	570	140	492	675	188
Weighted	1495	724	771	417	594	484	151	541	487	315
Strongly agree	436 29%	162 22%	274 36% A	112 27%	167 28%	157 32%	56 37% H	162 30%	131 27%	87 27%
Somewhat agree	788 53%	402 56% B	386 50%	215 51%	303 51%	271 56%	68 45%	285 53%	263 54%	171 54%
Somewhat disagree	218 15%	128 18% B	90 12%	73 17% E	103 17% E	42 9%	23 15%	78 14%	73 15%	43 14%
Strongly disagree	54 4%	32 4%	21 3%	18 4%	21 3%	15 3%	3 2%	16 3%	19 4%	15 5%
Summary										
Top2Box (Agree)	1224 82%	564 78%	660 86% A	327 78%	470 79%	427 88% CD	125 83%	447 83%	395 81%	258 82%
Low2Box (Disagree)	271 18%	160 22% B	111 14%	90 22% E	124 21% E	57 12%	26 17%	95 17%	93 19%	58 18%



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3. 2. (What and when I eat and drink can help me get the most from my workout) Thinking about nutrition and healthy eating for your active lifestyle, to what extent do you agree or disagree with the following statement?

Proportions/Means: Columns Tested (5% risk level) - A/B - C/D/E - F/G/H/I  
Overlap formulae used.

	Total	GENDER		AGE			EDUCATION			
		Male	Female	18-34	35-54	55+	<HS	HS	Post Sec	Univ Grad
		A	B	C	D	E	F	G	H	I
Base: All respondents	1495	804	691	364	561	570	140	492	675	188
Weighted	1495	724	771	417	594	484	151	541	487	315
Strongly agree	605 40%	260 36%	344 45% A	203 49% DE	233 39%	169 35%	53 35%	205 38%	213 44% G	134 43%
Somewhat agree	754 50%	388 54% B	366 47%	172 41%	303 51% C	280 58% CD	81 53%	275 51%	241 49%	158 50%
Somewhat disagree	112 7%	60 8%	52 7%	35 8%	49 8%	28 6%	15 10% H	52 10% H	25 5%	20 6%
Strongly disagree	24 2%	15 2%	9 1%	7 2%	9 2%	8 2%	3 2%	10 2%	9 2%	3 1%
Summary										
Top2Box (Agree)	1359 91%	648 90%	710 92%	375 90%	535 90%	448 93%	133 88%	480 89%	454 93% G	293 93%
Low2Box (Disagree)	136 9%	75 10%	61 8%	42 10%	58 10%	36 7%	18 12%	62 11% H	34 7%	23 7%

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3. 3. (Products like stimulants, muscle building or weight loss supplements are not needed to get the most out of your activity to gain muscle or lose weight.) Thinking about nutrition and healthy eating for your active lifestyle, to what extent do you agree or disagree with the following statement?

Proportions/Means: Columns Tested (5% risk level) - A/B - C/D/E - F/G/H/I  
Overlap formulae used.

	Total	GENDER		AGE			EDUCATION			
		Male	Female	18-34	35-54	55+	<HS	HS	Post Sec	Univ Grad
		A	B	C	D	E	F	G	H	I
Base: All respondents	1495	804	691	364	561	570	140	492	675	188
Weighted	1495	724	771	417	594	484	151	541	487	315
Strongly agree	784 52%	360 50%	424 55%	193 46%	305 51%	286 59% CD	80 53%	253 47%	254 52%	197 62% GH
Somewhat agree	426 29%	220 30%	207 27%	130 31% E	180 30% E	117 24%	38 25%	166 31%	140 29%	82 26%
Somewhat disagree	163 11%	89 12%	74 10%	59 14% E	63 11%	41 8%	18 12% I	71 13% I	59 12% I	14 5%
Strongly disagree	122 8%	55 8%	67 9%	36 9%	46 8%	41 8%	14 9%	50 9%	35 7%	22 7%
Summary										
Top2Box (Agree)	1210 81%	580 80%	631 82%	323 77%	485 82%	403 83% C	118 78%	420 78%	393 81%	279 88% FGH
Low2Box (Disagree)	285 19%	144 20%	141 18%	94 23% E	109 18%	82 17%	33 22% I	122 22% I	94 19% I	37 12%

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3. 4. (I need to drink as much water as I possibly can before, during and after exercise to perform my best) Thinking about nutrition and healthy eating for your active lifestyle, to what extent do you agree or disagree with the following statement?

Proportions/Means: Columns Tested (5% risk level) - A/B - C/D/E - F/G/H/I  
Overlap formulae used.

	Total	GENDER		AGE			EDUCATION			
		Male	Female	18-34	35-54	55+	<HS	HS	Post Sec	Univ Grad
		A	B	C	D	E	F	G	H	I
Base: All respondents	1495	804	691	364	561	570	140	492	675	188
Weighted	1495	724	771	417	594	484	151	541	487	315
Strongly agree	509 34%	197 27%	312 40% A	169 41% DE	201 34%	139 29%	56 37%	187 35%	161 33%	105 33%
Somewhat agree	683 46%	362 50% B	321 42%	175 42%	278 47%	230 47%	69 46%	254 47%	222 45%	138 44%
Somewhat disagree	260 17%	133 18%	127 16%	68 16%	96 16%	96 20%	24 16%	84 15%	85 17%	67 21%
Strongly disagree	42 3%	31 4% B	11 1%	5 1%	19 3%	19 4% C	1 1%	16 3%	19 4% F	6 2%
Summary										
Top2Box (Agree)	1193 80%	560 77%	633 82% A	345 83% E	479 81%	369 76%	125 83%	441 82%	383 79%	243 77%
Low2Box (Disagree)	302 20%	164 23% B	138 18%	73 17%	115 19%	115 24% C	25 17%	100 18%	104 21%	72 23%

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3. 5. (Downing an 'energy drink' on the way to the gym is the best way to keep my energy levels up for a workout.) Thinking about nutrition and healthy eating for your active lifestyle, to what extent do you agree or disagree with the following statement?

Proportions/Means: Columns Tested (5% risk level) - A/B - C/D/E - F/G/H/I  
Overlap formulae used.

	Total	GENDER		AGE			EDUCATION			
		Male	Female	18-34	35-54	55+	<HS	HS	Post Sec	Univ Grad
		A	B	C	D	E	F	G	H	I
Base: All respondents	1495	804	691	364	561	570	140	492	675	188
Weighted	1495	724	771	417	594	484	151	541	487	315
Strongly agree	23 2%	15 2%	8 1%	12 3% D	5 1%	5 1%	3 2%	11 2%	3 1%	5 2%
Somewhat agree	173 12%	106 15% B	67 9%	51 12%	77 13%	45 9%	17 11%	77 14% I	56 11%	23 7%
Somewhat disagree	612 41%	320 44% B	291 38%	156 37%	252 42%	203 42%	64 43%	231 43%	199 41%	117 37%
Strongly disagree	687 46%	282 39%	405 53% A	197 47%	259 44%	231 48%	66 44%	222 41%	229 47% G	171 54% G
Summary										
Top2Box (Agree)	196 13%	121 17% B	75 10%	64 15% E	82 14%	50 10%	20 14%	88 16% I	60 12%	28 9%
Low2Box (Disagree)	1299 87%	603 83%	696 90% A	354 85%	512 86%	434 90% C	130 86%	453 84%	428 88%	288 91% G