

## 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 - J/K  
Overlap formulae used. \* small base

|                                   |       | REGION |     |       |         |        |          | HOUSEHOLD INCOME |                |        | HOUSEHOLD COMPOSITION |         |
|-----------------------------------|-------|--------|-----|-------|---------|--------|----------|------------------|----------------|--------|-----------------------|---------|
|                                   | Total | BC     | AB  | SK/MB | Ontario | Quebec | Atlantic | <\$30K           | \$30K - <\$60K | \$60K+ | Kids                  | No Kids |
|                                   |       | A      | B   | C     | D       | E      | F        | G                | H              | I      | J                     | K       |
| Base: All respondents<br>Weighted | 1495  | 238    | 133 | 108   | 515     | 386    | 115      | 330              | 455            | 710    | 282                   | 1213    |
|                                   | 1495  | 197    | 152 | 97*   | 573     | 365    | 111      | 320              | 424            | 751    | 311                   | 1184    |
| Strongly agree                    | 456   | 57     | 47  | 27    | 167     | 130    | 27       | 101              | 122            | 234    | 93                    | 363     |
|                                   | 31%   | 29%    | 31% | 28%   | 29%     | 36%    | 24%      | 32%              | 29%            | 31%    | 30%                   | 31%     |
| Somewhat agree                    | 704   | 96     | 75  | 41    | 273     | 170    | 50       | 131              | 206            | 368    | 144                   | 560     |
|                                   | 47%   | 49%    | 49% | 42%   | 48%     | 47%    | 45%      | 41%              | 48%            | 49%    | 46%                   | 47%     |
| Somewhat disagree                 | 284   | 41     | 25  | 26    | 111     | 57     | 24       | 77               | 79             | 128    | 70                    | 214     |
|                                   | 19%   | 21%    | 17% | 26%   | 19%     | 16%    | 22%      | 24%              | 19%            | 17%    | 22%                   | 18%     |
| Strongly disagree                 | 51    | 3      | 5   | 4     | 21      | 8      | 10       | 11               | 18             | 22     | 5                     | 46      |
|                                   | 3%    | 2%     | 3%  | 4%    | 4%      | 2%     | 9%       | 3%               | 4%             | 3%     | 1%                    | 4%      |
| ADE                               |       |        |     |       |         |        |          |                  |                |        |                       |         |
| Summary                           |       |        |     |       |         |        |          |                  |                |        |                       |         |
| Top2Box (Agree)                   | 1161  | 153    | 122 | 68    | 440     | 301    | 77       | 232              | 327            | 602    | 237                   | 923     |
|                                   | 78%   | 78%    | 80% | 70%   | 77%     | 82%    | 69%      | 72%              | 77%            | 80%    | 76%                   | 78%     |
| Low2Box (Disagree)                | 334   | 44     | 31  | 29    | 132     | 64     | 34       | 88               | 97             | 149    | 74                    | 260     |
|                                   | 22%   | 22%    | 20% | 30%   | 23%     | 18%    | 31%      | 28%              | 23%            | 20%    | 24%                   | 22%     |
| E                                 |       |        |     |       |         |        |          |                  |                |        |                       |         |
| I                                 |       |        |     |       |         |        |          |                  |                |        |                       |         |

## Physical Activity Omnibus

## Detailed tables

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

|                       |             | REGION     |            |           |            |            |                 | HOUSEHOLD INCOME |                |            | HOUSEHOLD COMPOSITION |                 |
|-----------------------|-------------|------------|------------|-----------|------------|------------|-----------------|------------------|----------------|------------|-----------------------|-----------------|
|                       | Total       | BC         | AB         | SK/MB     | Ontario    | Quebec     | Atlantic        | <\$30K           | \$30K - <\$60K | \$60K+     | Kids                  | No Kids         |
|                       |             | A          | B          | C         | D          | E          | F               | G                | H              | I          | J                     | K               |
| Base: All respondents |             |            |            |           |            |            |                 |                  |                |            |                       |                 |
| Weighted              | 1495        | 238        | 133        | 108       | 515        | 386        | 115             | 330              | 455            | 710        | 282                   | 1213            |
|                       | 1495        | 197        | 152        | 97*       | 573        | 365        | 111             | 320              | 424            | 751        | 311                   | 1184            |
| Strongly agree        | 399<br>27%  | 48<br>24%  | 39<br>26%  | 27<br>28% | 154<br>27% | 92<br>25%  | 39<br>36%<br>AE | 89<br>28%        | 117<br>28%     | 193<br>26% | 99<br>32%<br>K        | 301<br>25%      |
| Somewhat agree        | 873<br>58%  | 119<br>60% | 91<br>60%  | 59<br>61% | 325<br>57% | 223<br>61% | 56<br>50%       | 179<br>56%       | 256<br>60%     | 439<br>58% | 181<br>58%            | 692<br>58%      |
| Somewhat disagree     | 168<br>11%  | 22<br>11%  | 16<br>11%  | 7<br>7%   | 68<br>12%  | 42<br>12%  | 12<br>11%       | 43<br>13%        | 38<br>9%       | 88<br>12%  | 26<br>8%              | 141<br>12%      |
| Strongly disagree     | 55<br>4%    | 9<br>5%    | 6<br>4%    | 4<br>4%   | 25<br>4%   | 7<br>2%    | 4<br>4%         | 9<br>3%          | 14<br>3%       | 32<br>4%   | 5<br>2%               | 49<br>4%        |
| Summary               |             |            |            |           |            |            |                 |                  |                |            |                       |                 |
| Top2Box (Agree)       | 1273<br>85% | 166<br>84% | 130<br>85% | 87<br>89% | 480<br>84% | 315<br>86% | 95<br>86%       | 268<br>84%       | 373<br>88%     | 632<br>84% | 280<br>90%<br>K       | 993<br>84%      |
| Low2Box (Disagree)    | 222<br>15%  | 31<br>16%  | 23<br>15%  | 11<br>11% | 93<br>16%  | 50<br>14%  | 16<br>14%       | 52<br>16%        | 52<br>12%      | 119<br>16% | 32<br>10%             | 191<br>16%<br>J |

## Physical Activity Omnibus

## Detailed tables

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 - J/K  
Overlap formulae used. \* small base

|                       |            | REGION         |                |           |                |            |                 | HOUSEHOLD INCOME |                |                 | HOUSEHOLD COMPOSITION |            |
|-----------------------|------------|----------------|----------------|-----------|----------------|------------|-----------------|------------------|----------------|-----------------|-----------------------|------------|
|                       | Total      | BC             | AB             | SK/MB     | Ontario        | Quebec     | Atlantic        | <\$30K           | \$30K - <\$60K | \$60K+          | Kids                  | No Kids    |
|                       |            | A              | B              | C         | D              | E          | F               | G                | H              | I               | J                     | K          |
| Base: All respondents | 1495       | 238            | 133            | 108       | 515            | 386        | 115             | 330              | 455            | 710             | 282                   | 1213       |
| Weighted              | 1495       | 197            | 152            | 97*       | 573            | 365        | 111             | 320              | 424            | 751             | 311                   | 1184       |
| Strongly agree        | 257<br>17% | 33<br>17%      | 21<br>14%      | 20<br>20% | 103<br>18%     | 53<br>14%  | 28<br>25%<br>BE | 64<br>20%        | 80<br>19%      | 113<br>15%      | 57<br>18%             | 199<br>17% |
| Somewhat agree        | 492<br>33% | 64<br>32%      | 56<br>37%      | 36<br>37% | 173<br>30%     | 130<br>36% | 33<br>30%       | 124<br>39%<br>I  | 140<br>33%     | 228<br>30%      | 109<br>35%            | 382<br>32% |
| Somewhat disagree     | 542<br>36% | 71<br>36%      | 65<br>42%<br>C | 28<br>29% | 204<br>36%     | 139<br>38% | 34<br>31%       | 102<br>32%       | 154<br>36%     | 286<br>38%      | 108<br>35%            | 433<br>37% |
| Strongly disagree     | 205<br>14% | 29<br>15%<br>B | 11<br>7%       | 13<br>14% | 93<br>16%<br>B | 43<br>12%  | 16<br>14%       | 30<br>9%         | 51<br>12%      | 124<br>17%<br>G | 37<br>12%             | 168<br>14% |
| Summary               |            |                |                |           |                |            |                 |                  |                |                 |                       |            |
| Top2Box (Agree)       | 748<br>50% | 97<br>49%      | 77<br>50%      | 56<br>57% | 276<br>48%     | 182<br>50% | 61<br>55%       | 187<br>59%<br>I  | 219<br>52%     | 342<br>45%      | 166<br>53%            | 582<br>49% |
| Low2Box (Disagree)    | 747<br>50% | 101<br>51%     | 76<br>50%      | 42<br>43% | 297<br>52%     | 182<br>50% | 50<br>45%       | 132<br>41%       | 205<br>48%     | 410<br>55%<br>G | 145<br>47%            | 602<br>51% |

## Physical Activity Omnibus

## Detailed tables

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 - J/K  
Overlap formulae used. \* small base

|                       |            | REGION     |           |           |                 |                  |                | HOUSEHOLD INCOME |                |            | HOUSEHOLD COMPOSITION |            |
|-----------------------|------------|------------|-----------|-----------|-----------------|------------------|----------------|------------------|----------------|------------|-----------------------|------------|
|                       | Total      | BC         | AB        | SK/MB     | Ontario         | Quebec           | Atlantic       | <\$30K           | \$30K - <\$60K | \$60K+     | Kids                  | No Kids    |
|                       |            | A          | B         | C         | D               | E                | F              | G                | H              | I          | J                     | K          |
| Base: All respondents |            |            |           |           |                 |                  |                |                  |                |            |                       |            |
| Weighted              | 1495       | 238        | 133       | 108       | 515             | 386              | 115            | 330              | 455            | 710        | 282                   | 1213       |
|                       | 1495       | 197        | 152       | 97*       | 573             | 365              | 111            | 320              | 424            | 751        | 311                   | 1184       |
| Strongly agree        | 161<br>11% | 22<br>11%  | 13<br>8%  | 10<br>10% | 65<br>11%       | 38<br>10%        | 14<br>13%      | 41<br>13%        | 47<br>11%      | 72<br>10%  | 37<br>12%             | 124<br>10% |
| Somewhat agree        | 485<br>32% | 60<br>30%  | 49<br>32% | 36<br>37% | 196<br>34%      | 103<br>28%       | 41<br>37%      | 107<br>34%       | 137<br>32%     | 241<br>32% | 101<br>32%            | 384<br>32% |
| Somewhat disagree     | 573<br>38% | 78<br>40%  | 64<br>42% | 39<br>40% | 201<br>35%      | 158<br>43%<br>DF | 33<br>30%      | 110<br>34%       | 174<br>41%     | 290<br>39% | 126<br>40%            | 447<br>38% |
| Strongly disagree     | 275<br>18% | 38<br>19%  | 26<br>17% | 13<br>13% | 111<br>19%      | 66<br>18%        | 22<br>20%      | 61<br>19%        | 66<br>16%      | 148<br>20% | 47<br>15%             | 228<br>19% |
| Summary               |            |            |           |           |                 |                  |                |                  |                |            |                       |            |
| Top2Box (Agree)       | 646<br>43% | 82<br>41%  | 62<br>40% | 46<br>47% | 261<br>46%<br>E | 141<br>39%       | 56<br>50%<br>E | 149<br>47%       | 184<br>43%     | 313<br>42% | 138<br>44%            | 508<br>43% |
| Low2Box (Disagree)    | 849<br>57% | 116<br>59% | 91<br>60% | 52<br>53% | 312<br>54%      | 224<br>61%<br>DF | 55<br>50%      | 171<br>53%       | 240<br>57%     | 438<br>58% | 173<br>56%            | 675<br>57% |

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## Detailed tables

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 - J/K  
Overlap formulae used. \* small base

|                       |            | REGION     |                |           |                 |                 |           | HOUSEHOLD INCOME |                |            | HOUSEHOLD COMPOSITION |            |
|-----------------------|------------|------------|----------------|-----------|-----------------|-----------------|-----------|------------------|----------------|------------|-----------------------|------------|
|                       | Total      | BC         | AB             | SK/MB     | Ontario         | Quebec          | Atlantic  | <\$30K           | \$30K - <\$60K | \$60K+     | Kids                  | No Kids    |
|                       |            | A          | B              | C         | D               | E               | F         | G                | H              | I          | J                     | K          |
| Base: All respondents |            |            |                |           |                 |                 |           |                  |                |            |                       |            |
| Weighted              | 1495       | 238        | 133            | 108       | 515             | 386             | 115       | 330              | 455            | 710        | 282                   | 1213       |
|                       | 1495       | 197        | 152            | 97*       | 573             | 365             | 111       | 320              | 424            | 751        | 311                   | 1184       |
| Strongly agree        | 203<br>14% | 27<br>14%  | 17<br>11%      | 7<br>7%   | 70<br>12%       | 66<br>18%<br>CD | 16<br>15% | 49<br>15%        | 64<br>15%      | 91<br>12%  | 39<br>13%             | 164<br>14% |
| Somewhat agree        | 630<br>42% | 83<br>42%  | 68<br>44%      | 45<br>46% | 226<br>40%      | 159<br>44%      | 49<br>44% | 131<br>41%       | 181<br>43%     | 319<br>42% | 118<br>38%            | 512<br>43% |
| Somewhat disagree     | 548<br>37% | 73<br>37%  | 53<br>34%      | 38<br>39% | 225<br>39%      | 123<br>34%      | 37<br>34% | 116<br>36%       | 145<br>34%     | 287<br>38% | 136<br>44%<br>K       | 412<br>35% |
| Strongly disagree     | 114<br>8%  | 15<br>8%   | 15<br>10%<br>E | 7<br>8%   | 51<br>9%<br>E   | 16<br>4%        | 8<br>8%   | 24<br>8%         | 35<br>8%       | 54<br>7%   | 18<br>6%              | 96<br>8%   |
| Summary               |            |            |                |           |                 |                 |           |                  |                |            |                       |            |
| Top2Box (Agree)       | 833<br>56% | 110<br>56% | 85<br>56%      | 52<br>53% | 296<br>52%      | 226<br>62%<br>D | 65<br>59% | 179<br>56%       | 245<br>58%     | 409<br>54% | 157<br>51%            | 676<br>57% |
| Low2Box (Disagree)    | 662<br>44% | 88<br>44%  | 68<br>44%      | 45<br>47% | 276<br>48%<br>E | 139<br>38%      | 45<br>41% | 140<br>44%       | 180<br>42%     | 342<br>46% | 154<br>49%            | 508<br>43% |

## Physical Activity Omnibus

## Detailed tables

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 - J/K  
Overlap formulae used. \* small base

|                       |             | REGION     |            |           |            |            |                 | HOUSEHOLD INCOME |                |            | HOUSEHOLD COMPOSITION |            |
|-----------------------|-------------|------------|------------|-----------|------------|------------|-----------------|------------------|----------------|------------|-----------------------|------------|
|                       | Total       | BC         | AB         | SK/MB     | Ontario    | Quebec     | Atlantic        | <\$30K           | \$30K - <\$60K | \$60K+     | Kids                  | No Kids    |
|                       |             | A          | B          | C         | D          | E          | F               | G                | H              | I          | J                     | K          |
| Base: All respondents |             |            |            |           |            |            |                 |                  |                |            |                       |            |
| Weighted              | 1495        | 238        | 133        | 108       | 515        | 386        | 115             | 330              | 455            | 710        | 282                   | 1213       |
|                       | 1495        | 197        | 152        | 97*       | 573        | 365        | 111             | 320              | 424            | 751        | 311                   | 1184       |
| Strongly agree        | 262<br>18%  | 43<br>22%  | 27<br>18%  | 16<br>17% | 94<br>16%  | 65<br>18%  | 16<br>15%       | 56<br>17%        | 71<br>17%      | 135<br>18% | 62<br>20%             | 200<br>17% |
| Somewhat agree        | 760<br>51%  | 101<br>51% | 75<br>49%  | 51<br>53% | 289<br>51% | 185<br>51% | 58<br>52%       | 164<br>51%       | 214<br>51%     | 381<br>51% | 153<br>49%            | 606<br>51% |
| Somewhat disagree     | 372<br>25%  | 43<br>22%  | 37<br>24%  | 22<br>23% | 149<br>26% | 98<br>27%  | 23<br>21%       | 79<br>25%        | 108<br>25%     | 185<br>25% | 78<br>25%             | 294<br>25% |
| Strongly disagree     | 102<br>7%   | 9<br>5%    | 14<br>9%   | 7<br>7%   | 41<br>7%   | 18<br>5%   | 13<br>12%<br>AE | 20<br>6%         | 31<br>7%       | 51<br>7%   | 18<br>6%              | 83<br>7%   |
| Summary               |             |            |            |           |            |            |                 |                  |                |            |                       |            |
| Top2Box (Agree)       | 1022<br>68% | 145<br>73% | 102<br>67% | 68<br>70% | 383<br>67% | 249<br>68% | 74<br>67%       | 220<br>69%       | 286<br>67%     | 516<br>69% | 215<br>69%            | 807<br>68% |
| Low2Box (Disagree)    | 473<br>32%  | 53<br>27%  | 50<br>33%  | 30<br>30% | 189<br>33% | 115<br>32% | 37<br>33%       | 99<br>31%        | 139<br>33%     | 236<br>31% | 97<br>31%             | 377<br>32% |

## Physical Activity Omnibus

## Detailed tables

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

|   |            | REGION         |           |                |                |                |                | HOUSEHOLD INCOME |                |            | HOUSEHOLD COMPOSITION |            |
|---|------------|----------------|-----------|----------------|----------------|----------------|----------------|------------------|----------------|------------|-----------------------|------------|
|   | Total      | BC             | AB        | SK/MB          | Ontario        | Quebec         | Atlantic       | <\$30K           | \$30K - <\$60K | \$60K+     | Kids                  | No Kids    |
|   |            | A              | B         | C              | D              | E              | F              | G                | H              | I          | J                     | K          |
| Base: Have changed eating habits to improve fitness level | 1029       | 173            | 92        | 77             | 347            | 260            | 80             | 229              | 305            | 495        | 196                   | 833        |
| Weighted  | 1022       | 145            | 102*      | 68*            | 383            | 249            | 74*            | 220              | 286            | 516        | 215                   | 807        |
| Eating better quality food                                | 399<br>39% | 51<br>35%      | 48<br>47% | 22<br>32%      | 158<br>41%     | 91<br>36%      | 29<br>40%      | 81<br>37%        | 107<br>38%     | 210<br>41% | 86<br>40%             | 313<br>39% |
| Cutting out junk food                                     | 261<br>26% | 38<br>26%      | 25<br>24% | 19<br>28%      | 92<br>24%      | 66<br>27%      | 22<br>30%      | 56<br>25%        | 72<br>25%      | 133<br>26% | 63<br>29%             | 198<br>25% |
| Eating an amount of food that matches my energy output    | 177<br>17% | 24<br>16%      | 24<br>23% | 11<br>17%      | 65<br>17%      | 44<br>18%      | 10<br>13%      | 30<br>14%        | 59<br>21%<br>G | 88<br>17%  | 28<br>13%             | 149<br>18% |
| Eating less food, overall                                 | 158<br>15% | 23<br>16%<br>B | 6<br>6%   | 14<br>21%<br>B | 59<br>15%<br>B | 42<br>17%<br>B | 13<br>17%<br>B | 44<br>20%        | 41<br>14%      | 74<br>14%  | 28<br>13%             | 130<br>16% |
| Eating more food, overall                                 | 27<br>3%   | 9<br>6%<br>BF  | 0<br>-    | 1<br>2%        | 10<br>3%       | 6<br>2%        | 0<br>-         | 9<br>4%          | 6<br>2%        | 11<br>2%   | 11<br>5%<br>K         | 16<br>2%   |

## Physical Activity Omnibus

## Detailed tables

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 - J/K  
Overlap formulae used. \* small base

|                       |             | REGION         |                |                  |                 |            |                  | HOUSEHOLD INCOME |                |                 | HOUSEHOLD COMPOSITION |            |
|-----------------------|-------------|----------------|----------------|------------------|-----------------|------------|------------------|------------------|----------------|-----------------|-----------------------|------------|
|                       | Total       | BC             | AB             | SK/MB            | Ontario         | Quebec     | Atlantic         | <\$30K           | \$30K - <\$60K | \$60K+          | Kids                  | No Kids    |
|                       |             | A              | B              | C                | D               | E          | F                | G                | H              | I               | J                     | K          |
| Base: All respondents | 1495        | 238            | 133            | 108              | 515             | 386        | 115              | 330              | 455            | 710             | 282                   | 1213       |
| Weighted              | 1495        | 197            | 152            | 97*              | 573             | 365        | 111              | 320              | 424            | 751             | 311                   | 1184       |
| Strongly agree        | 436<br>29%  | 54<br>27%      | 52<br>34%      | 28<br>29%        | 144<br>25%      | 112<br>31% | 46<br>41%<br>ADE | 93<br>29%        | 137<br>32%     | 206<br>27%      | 88<br>28%             | 348<br>29% |
| Somewhat agree        | 788<br>53%  | 104<br>53%     | 71<br>46%      | 60<br>62%<br>BF  | 313<br>55%<br>F | 193<br>53% | 47<br>43%        | 161<br>50%       | 206<br>48%     | 421<br>56%<br>H | 174<br>56%            | 614<br>52% |
| Somewhat disagree     | 218<br>15%  | 31<br>16%<br>C | 27<br>18%<br>C | 6<br>6%          | 96<br>17%<br>C  | 46<br>13%  | 12<br>11%        | 52<br>16%        | 65<br>15%      | 101<br>14%      | 44<br>14%             | 173<br>15% |
| Strongly disagree     | 54<br>4%    | 8<br>4%        | 3<br>2%        | 3<br>3%          | 20<br>4%        | 13<br>4%   | 6<br>5%          | 14<br>4%         | 17<br>4%       | 23<br>3%        | 5<br>2%               | 48<br>4%   |
| Summary               |             |                |                |                  |                 |            |                  |                  |                |                 |                       |            |
| Top2Box (Agree)       | 1224<br>82% | 158<br>80%     | 122<br>80%     | 88<br>91%<br>ABD | 457<br>80%      | 305<br>84% | 93<br>84%        | 254<br>79%       | 343<br>81%     | 627<br>83%      | 262<br>84%            | 962<br>81% |
| Low2Box (Disagree)    | 271<br>18%  | 39<br>20%<br>C | 30<br>20%<br>C | 9<br>9%          | 116<br>20%<br>C | 59<br>16%  | 18<br>16%        | 66<br>21%        | 81<br>19%      | 124<br>17%      | 49<br>16%             | 222<br>19% |



## Physical Activity Omnibus

## Detailed tables

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

|                       |             | REGION     |            |           |            |            |            | HOUSEHOLD INCOME |                |            | HOUSEHOLD COMPOSITION |             |
|-----------------------|-------------|------------|------------|-----------|------------|------------|------------|------------------|----------------|------------|-----------------------|-------------|
|                       | Total       | BC         | AB         | SK/MB     | Ontario    | Quebec     | Atlantic   | <\$30K           | \$30K - <\$60K | \$60K+     | Kids                  | No Kids     |
|                       |             | A          | B          | C         | D          | E          | F          | G                | H              | I          | J                     | K           |
| Base: All respondents | 1495        | 238        | 133        | 108       | 515        | 386        | 115        | 330              | 455            | 710        | 282                   | 1213        |
| Weighted              | 1495        | 197        | 152        | 97*       | 573        | 365        | 111        | 320              | 424            | 751        | 311                   | 1184        |
| Strongly agree        | 605<br>40%  | 82<br>41%  | 66<br>43%  | 29<br>30% | 238<br>42% | 139<br>38% | 52<br>47%  | 121<br>38%       | 174<br>41%     | 310<br>41% | 137<br>44%            | 467<br>39%  |
| Somewhat agree        | 754<br>50%  | 105<br>53% | 76<br>50%  | 57<br>59% | 277<br>48% | 188<br>51% | 52<br>47%  | 151<br>47%       | 211<br>50%     | 393<br>52% | 152<br>49%            | 602<br>51%  |
| Somewhat disagree     | 112<br>7%   | 9<br>5%    | 8<br>5%    | 10<br>11% | 48<br>8%   | 31<br>9%   | 5<br>5%    | 39<br>12%        | 36<br>8%       | 37<br>5%   | 22<br>7%              | 91<br>8%    |
| Strongly disagree     | 24<br>2%    | 2<br>1%    | 3<br>2%    | 1<br>1%   | 9<br>2%    | 7<br>2%    | 2<br>2%    | 8<br>3%          | 4<br>1%        | 12<br>2%   | 0<br>-                | 24<br>2%    |
| Summary               |             |            |            |           |            |            |            |                  |                |            |                       |             |
| Top2Box (Agree)       | 1359<br>91% | 186<br>94% | 142<br>93% | 86<br>88% | 515<br>90% | 326<br>89% | 104<br>94% | 272<br>85%       | 384<br>91%     | 702<br>94% | 290<br>93%            | 1069<br>90% |
| Low2Box (Disagree)    | 136<br>9%   | 11<br>6%   | 11<br>7%   | 11<br>12% | 58<br>10%  | 39<br>11%  | 7<br>6%    | 48<br>15%        | 40<br>9%       | 49<br>6%   | 22<br>7%              | 115<br>10%  |

## Physical Activity Omnibus

## Detailed tables

**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 - J/K  
Overlap formulae used. \* small base

|                       |             | REGION     |            |           |            |            |           | HOUSEHOLD INCOME |                |            | HOUSEHOLD COMPOSITION |            |
|-----------------------|-------------|------------|------------|-----------|------------|------------|-----------|------------------|----------------|------------|-----------------------|------------|
|                       | Total       | BC         | AB         | SK/MB     | Ontario    | Quebec     | Atlantic  | <\$30K           | \$30K - <\$60K | \$60K+     | Kids                  | No Kids    |
|                       |             | A          | B          | C         | D          | E          | F         | G                | H              | I          | J                     | K          |
| Base: All respondents | 1495        | 238        | 133        | 108       | 515        | 386        | 115       | 330              | 455            | 710        | 282                   | 1213       |
| Weighted              | 1495        | 197        | 152        | 97*       | 573        | 365        | 111       | 320              | 424            | 751        | 311                   | 1184       |
| Strongly agree        | 784<br>52%  | 94<br>48%  | 71<br>47%  | 54<br>56% | 302<br>53% | 206<br>56% | 57<br>52% | 161<br>50%       | 211<br>50%     | 413<br>55% | 153<br>49%            | 631<br>53% |
| Somewhat agree        | 426<br>29%  | 66<br>33%  | 46<br>30%  | 25<br>25% | 165<br>29% | 91<br>25%  | 35<br>31% | 86<br>27%        | 137<br>32%     | 204<br>27% | 91<br>29%             | 336<br>28% |
| Somewhat disagree     | 163<br>11%  | 21<br>11%  | 21<br>14%  | 9<br>9%   | 69<br>12%  | 36<br>10%  | 7<br>7%   | 44<br>14%        | 45<br>11%      | 74<br>10%  | 49<br>16%             | 114<br>10% |
| Strongly disagree     | 122<br>8%   | 17<br>9%   | 15<br>10%  | 10<br>10% | 37<br>6%   | 32<br>9%   | 11<br>10% | 29<br>9%         | 32<br>8%       | 61<br>8%   | 19<br>6%              | 103<br>9%  |
| Summary               |             |            |            |           |            |            |           |                  |                |            |                       |            |
| Top2Box (Agree)       | 1210<br>81% | 159<br>81% | 117<br>77% | 79<br>81% | 467<br>82% | 297<br>81% | 92<br>83% | 246<br>77%       | 347<br>82%     | 616<br>82% | 243<br>78%            | 967<br>82% |
| Low2Box (Disagree)    | 285<br>19%  | 38<br>19%  | 36<br>23%  | 18<br>19% | 106<br>18% | 68<br>19%  | 19<br>17% | 73<br>23%        | 77<br>18%      | 135<br>18% | 68<br>22%             | 216<br>18% |

## Physical Activity Omnibus

## Detailed tables

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 - J/K

Overlap formulae used. \* small base

|                       |             | REGION     |            |           |            |            |           | HOUSEHOLD INCOME |                |            | HOUSEHOLD COMPOSITION |            |
|-----------------------|-------------|------------|------------|-----------|------------|------------|-----------|------------------|----------------|------------|-----------------------|------------|
|                       | Total       | BC         | AB         | SK/MB     | Ontario    | Quebec     | Atlantic  | <\$30K           | \$30K - <\$60K | \$60K+     | Kids                  | No Kids    |
|                       |             | A          | B          | C         | D          | E          | F         | G                | H              | I          | J                     | K          |
| Base: All respondents | 1495        | 238        | 133        | 108       | 515        | 386        | 115       | 330              | 455            | 710        | 282                   | 1213       |
| Weighted              | 1495        | 197        | 152        | 97*       | 573        | 365        | 111       | 320              | 424            | 751        | 311                   | 1184       |
| Strongly agree        | 509<br>34%  | 63<br>32%  | 48<br>31%  | 27<br>27% | 168<br>29% | 165<br>45% | 39<br>36% | 113<br>35%       | 141<br>33%     | 256<br>34% | 128<br>41%            | 382<br>32% |
| Somewhat agree        | 683<br>46%  | 85<br>43%  | 70<br>46%  | 51<br>52% | 280<br>49% | 148<br>41% | 50<br>45% | 135<br>42%       | 199<br>47%     | 349<br>46% | 127<br>41%            | 556<br>47% |
| Somewhat disagree     | 260<br>17%  | 43<br>22%  | 32<br>21%  | 16<br>16% | 109<br>19% | 41<br>11%  | 19<br>17% | 61<br>19%        | 72<br>17%      | 127<br>17% | 52<br>17%             | 208<br>18% |
| Strongly disagree     | 42<br>3%    | 6<br>3%    | 3<br>2%    | 4<br>4%   | 17<br>3%   | 11<br>3%   | 2<br>2%   | 10<br>3%         | 12<br>3%       | 20<br>3%   | 5<br>1%               | 38<br>3%   |
| Summary               |             |            |            |           |            |            |           |                  |                |            |                       |            |
| Top2Box (Agree)       | 1193<br>80% | 148<br>75% | 117<br>77% | 77<br>80% | 447<br>78% | 313<br>86% | 89<br>81% | 248<br>78%       | 340<br>80%     | 605<br>80% | 255<br>82%            | 938<br>79% |
| Low2Box (Disagree)    | 302<br>20%  | 49<br>25%  | 35<br>23%  | 20<br>20% | 125<br>22% | 52<br>14%  | 21<br>19% | 71<br>22%        | 84<br>20%      | 147<br>20% | 56<br>18%             | 246<br>21% |

## Physical Activity Omnibus

## Detailed tables

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 - J/K  
Overlap formulae used. \* small base

|                       |             | REGION         |            |           |                |            |                  | HOUSEHOLD INCOME |                  |                 | HOUSEHOLD COMPOSITION |             |
|-----------------------|-------------|----------------|------------|-----------|----------------|------------|------------------|------------------|------------------|-----------------|-----------------------|-------------|
|                       | Total       | BC             | AB         | SK/MB     | Ontario        | Quebec     | Atlantic         | <\$30K           | \$30K - <\$60K   | \$60K+          | Kids                  | No Kids     |
|                       |             | A              | B          | C         | D              | E          | F                | G                | H                | I               | J                     | K           |
| Base: All respondents | 1495        | 238            | 133        | 108       | 515            | 386        | 115              | 330              | 455              | 710             | 282                   | 1213        |
| Weighted              | 1495        | 197            | 152        | 97*       | 573            | 365        | 111              | 320              | 424              | 751             | 311                   | 1184        |
| Strongly agree        | 23<br>2%    | 7<br>4%<br>BEF | 0<br>-     | 2<br>2%   | 11<br>2%       | 3<br>1%    | 0<br>-           | 8<br>3%          | 5<br>1%          | 9<br>1%         | 7<br>2%               | 16<br>1%    |
| Somewhat agree        | 173<br>12%  | 24<br>12%      | 15<br>10%  | 9<br>9%   | 78<br>14%      | 39<br>11%  | 8<br>8%          | 42<br>13%        | 53<br>12%        | 78<br>10%       | 41<br>13%             | 132<br>11%  |
| Somewhat disagree     | 612<br>41%  | 81<br>41%      | 56<br>36%  | 44<br>45% | 228<br>40%     | 160<br>44% | 43<br>39%        | 121<br>38%       | 195<br>46%<br>GI | 295<br>39%      | 118<br>38%            | 494<br>42%  |
| Strongly disagree     | 687<br>46%  | 85<br>43%      | 82<br>54%  | 42<br>44% | 256<br>45%     | 163<br>45% | 59<br>53%        | 148<br>46%       | 171<br>40%       | 369<br>49%<br>H | 146<br>47%            | 542<br>46%  |
| Summary               |             |                |            |           |                |            |                  |                  |                  |                 |                       |             |
| Top2Box (Agree)       | 196<br>13%  | 31<br>16%<br>F | 15<br>10%  | 11<br>11% | 89<br>16%<br>F | 42<br>11%  | 8<br>8%          | 50<br>16%        | 58<br>14%        | 87<br>12%       | 48<br>15%             | 148<br>12%  |
| Low2Box (Disagree)    | 1299<br>87% | 166<br>84%     | 137<br>90% | 86<br>89% | 484<br>84%     | 323<br>89% | 102<br>92%<br>AD | 269<br>84%       | 366<br>86%       | 664<br>88%      | 263<br>85%            | 1036<br>88% |