

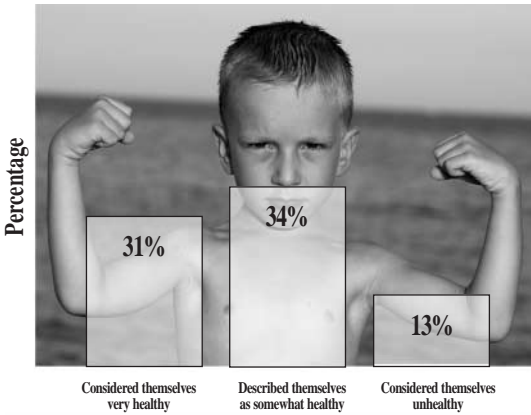


Poll STATION

With Linda Banister

While interest in fitness has been prevalent for decades, a more recent phenomenon is the concentration on a more holistic approach to overall wellness, encompassing aspects of physical, emotional and mental health. This month we asked Edmontonians about their thoughts regarding this trend.

HOW WOULD YOU RATE YOUR LEVEL OF OVERALL HEALTH AND WELLNESS?



We asked survey respondents to rate their overall level of health and wellness. Approximately one-third (31 percent) felt they were very healthy, while 34 percent described themselves as somewhat healthy. Thirteen percent described themselves as unhealthy.

Next, respondents were presented with specific aspects of health and wellness and asked to rate their level of success with each. An overwhelming majority—88 percent—said they were successful in maintaining a balance between work and home life. In fact, 40 percent said they were very successful while only four percent said they were unsuccessful.

More than three-quarters (80 percent) stated that they were successful in getting regular exercise, with 27 percent indicating they were very successful. Thirteen percent said they were unsuccessful getting regular exercise.

DO YOU EAT WELL AND GET ENOUGH SLEEP?

People seem to be eating in a healthy manner and getting reasonable amounts of sleep. Eighty-seven percent of those questioned said they were successful in eating healthy foods, including 40 percent who were very successful. About three-quarters (73 percent) indicated they were successful in getting an appropriate amount of sleep each night. In fact, almost one-third (29 percent) felt they were very successful, while 22 percent were somewhat or very unsuccessful.

DO YOU HAVE A SUPPORT SYSTEM?

Approximately two-thirds (65 percent) of respondents were very successful in having a support system of friends and family. A further

27 percent were successful in having this support system, and only four percent were somewhat unsuccessful. Ninety-two percent of respondents were able to incorporate a reasonable amount of enjoyable activities into their daily lives.

Respondents were then asked to identify other aspects of personal well-being they considered important. Responses included money/financial security (eight percent), time for family (four percent), access to healthcare (three percent), and vacation time (three percent).

When asked how they improve their overall well-being, 45 percent have consulted self help resources such as books and tapes; 39 percent have used the buddy system, 31 percent have attended a group session or class, and 12 percent have used a personal coach.

HAVE YOU MADE AND KEPT NEW YEAR'S RESOLUTIONS REGARDING YOUR WELL-BEING?

New Year's resolutions regarding personal well being are common, with 60 percent of respondents having made such a resolution at some point in their lives. Of this total, only 17 percent said they were very successful in keeping their resolutions, while 54 percent indicated they have had some success. Of those who described some level of success in keeping their resolutions, over one-third (34 percent) have been able to keep them since they were made.

For those respondents not successful in keeping their resolutions, 49 percent described a lack of willpower as the source of their failure, 20 percent cited unrealistic goals, and 18 percent said they did not have time in their schedule.

The Poll Station surveyed 100 City of Edmonton residents on the topic and, while the results of the research are not statistically reliable, they do provide a qualitative indication of what Edmontonians are thinking. ✓

Linda Banister is a certified management consultant and the owner of Banister Research and Consulting Inc., a full service provider of market research and program evaluation services. Want a question included in the Edmontonians Poll? Contact Linda at 780.451.4444 or e-mail at lbanner@edmontonians.com. Visit www.banister.ab.ca.