



# CONSUMER SURVEY RESULTS

## Obesity and Physical Activity

Healthy Capital District Initiative  
175 Central Avenue, Albany, NY 12206

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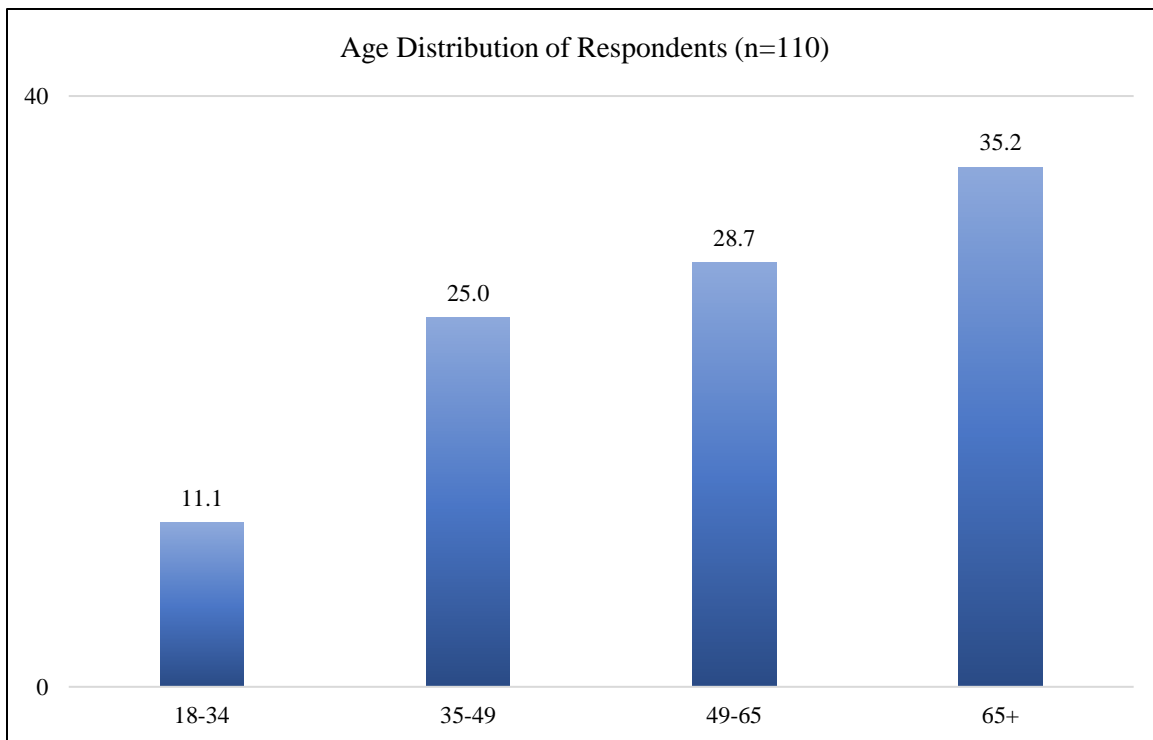
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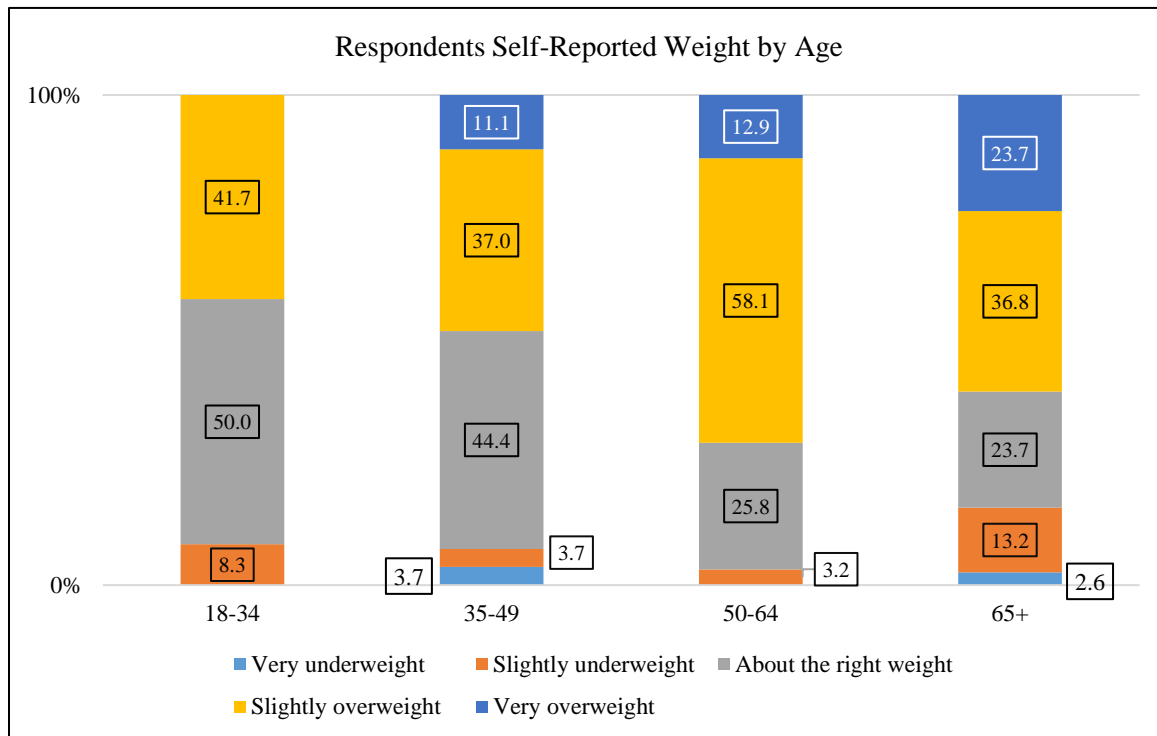
An asterisk (\*) represents statistical significance at a p-value of  $<.05$

## Age

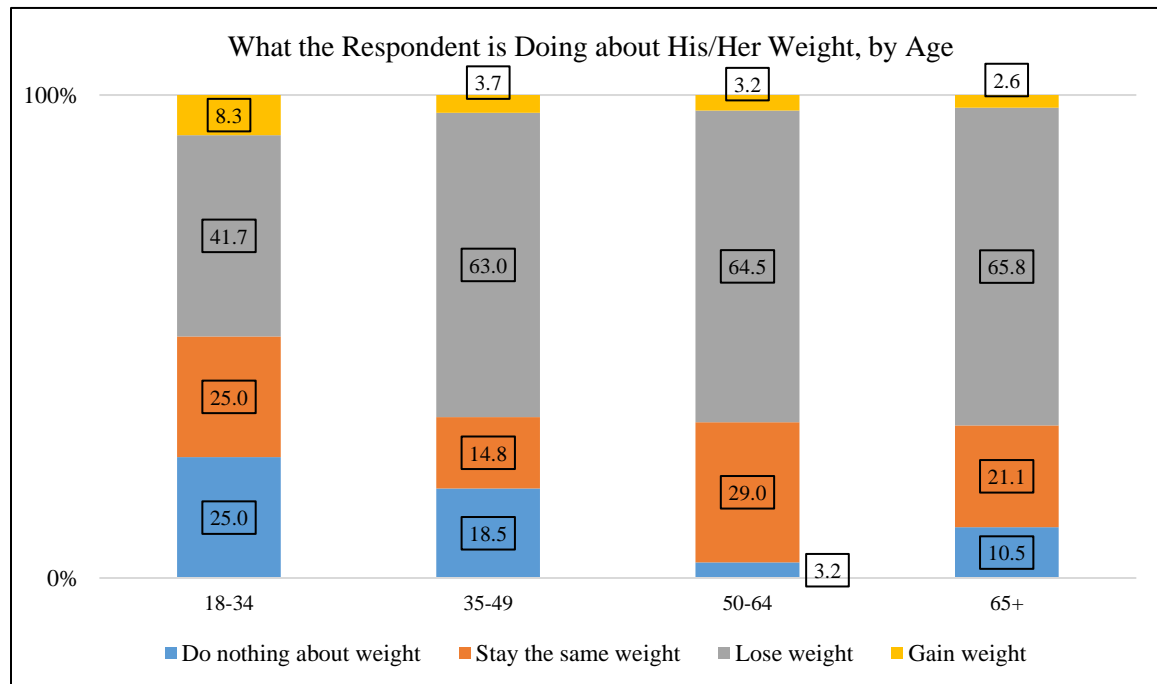
### Highlights:

- There was a disproportionately high percentage of respondents in the 65+ age-group.
- No one in the 18-34 age-group reported being very underweight or very overweight.
- With the exception of the 18-34 age-group, most respondents were trying to lose weight.
- Those in the 18-34 and 65+ age-groups reported participating in the most physical exercise.

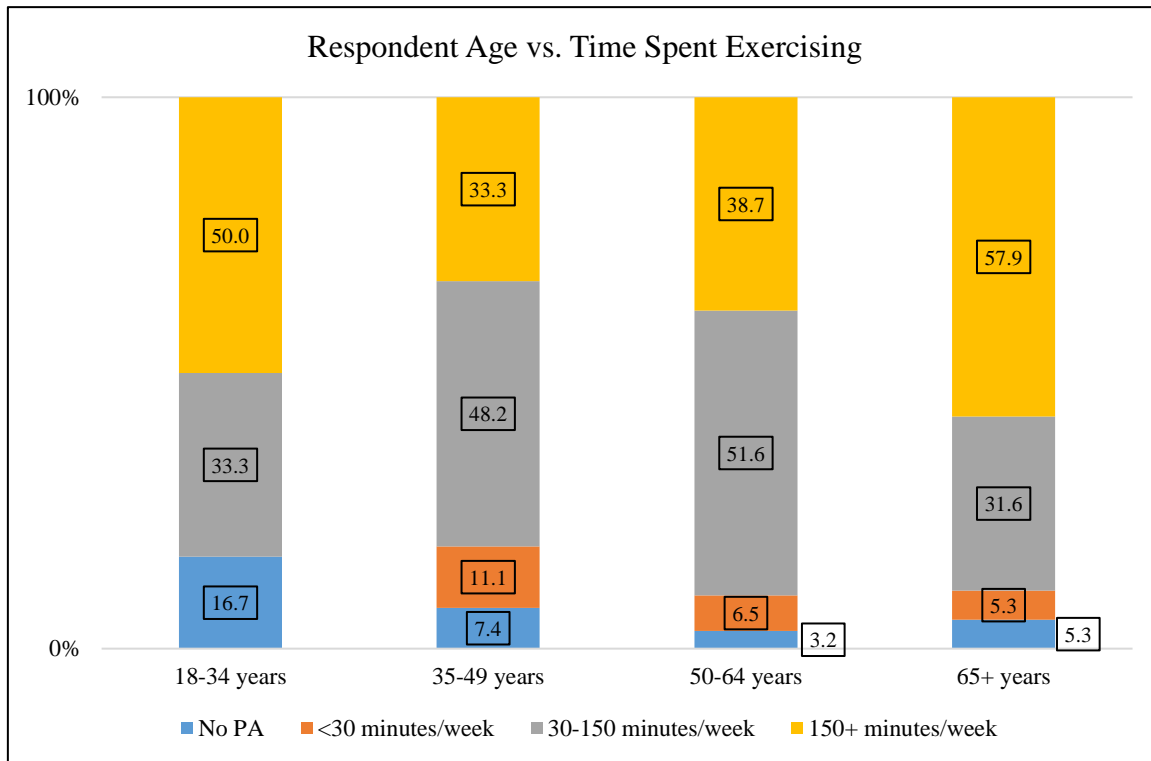




Over half of those in the 50-64 and 65+ age-groups were either slightly overweight or very overweight. No one in the 18-34 or 50-64 age-groups were very underweight.



Overall, very few respondents were trying to gain weight; the majority in each age group were trying to lose weight.

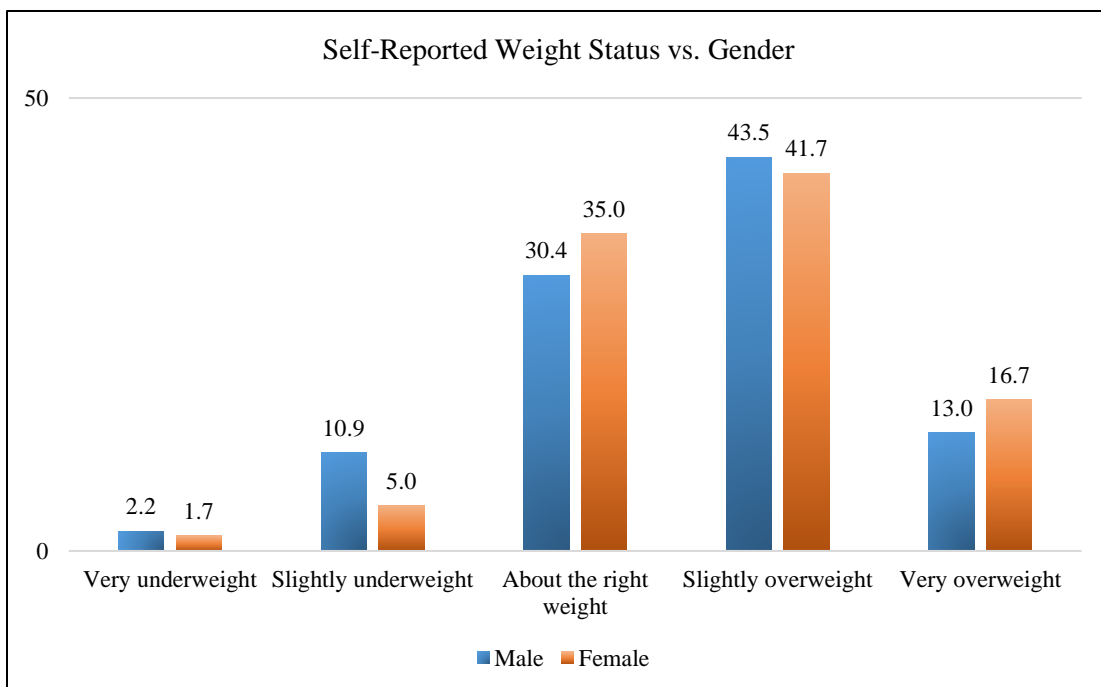
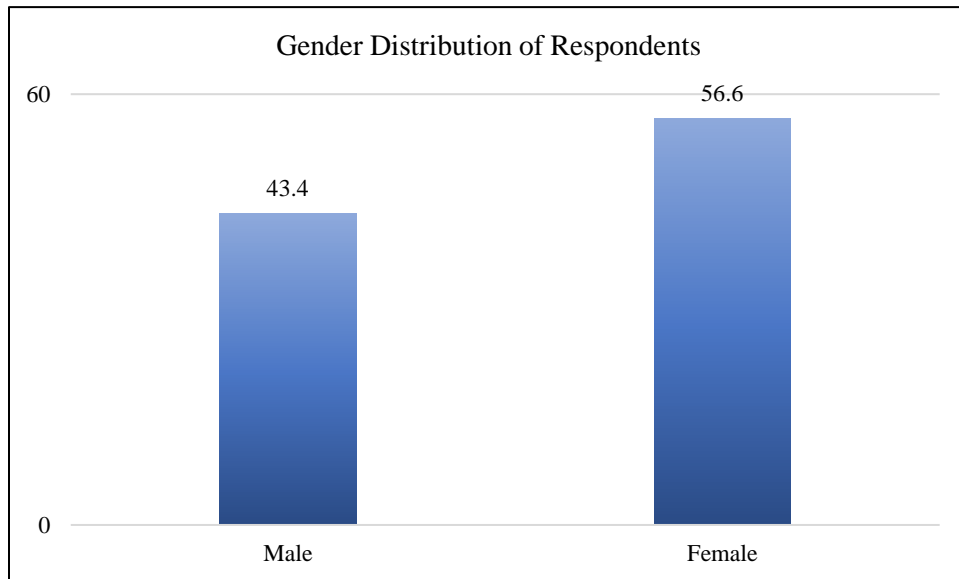


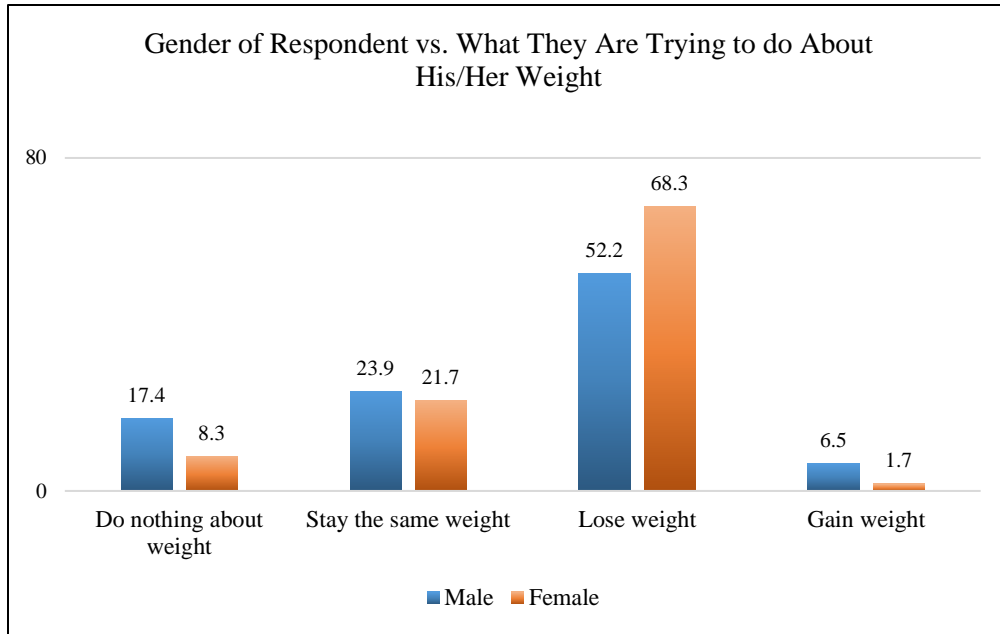
Those in the 18-34 age-group were the most likely to report not participating in any physical activity. The majority of those in the 65+ age group exercised 150 minutes or more per week.

## Gender

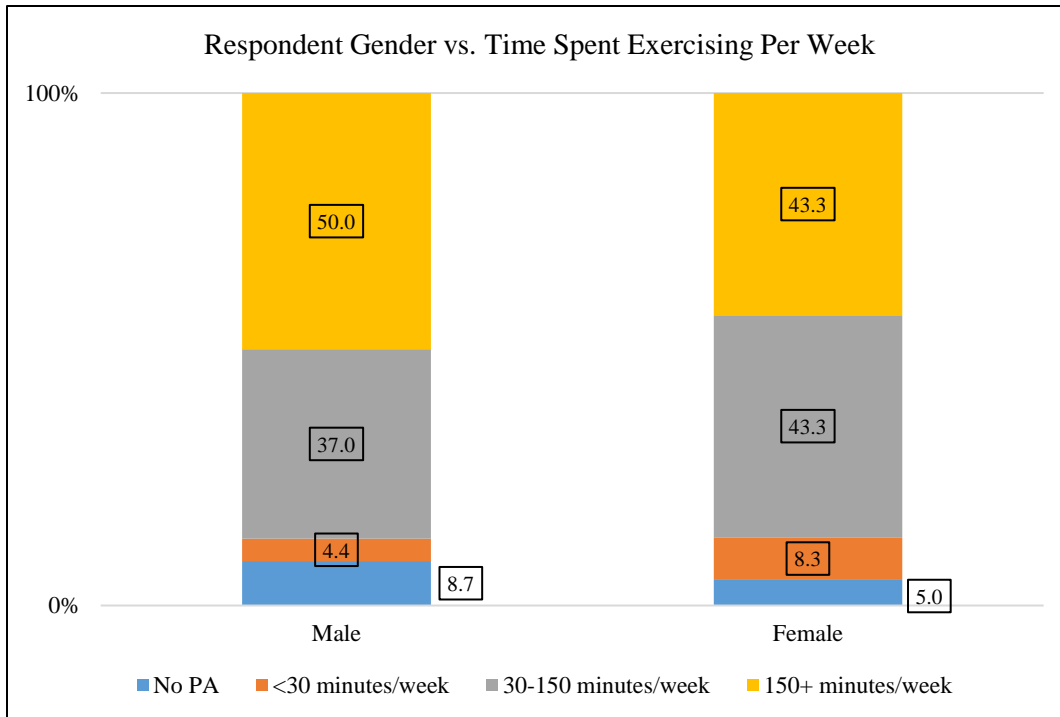
### Highlights:

- There were more female than male respondents.
- Men were slightly more likely than women to report being underweight.
- Women reported more barrier to being physically active than men. Women were statistically significantly more likely to report location, costs, sidewalk conditions, and personal safety, however, they spent a similar amount of time exercising than men.

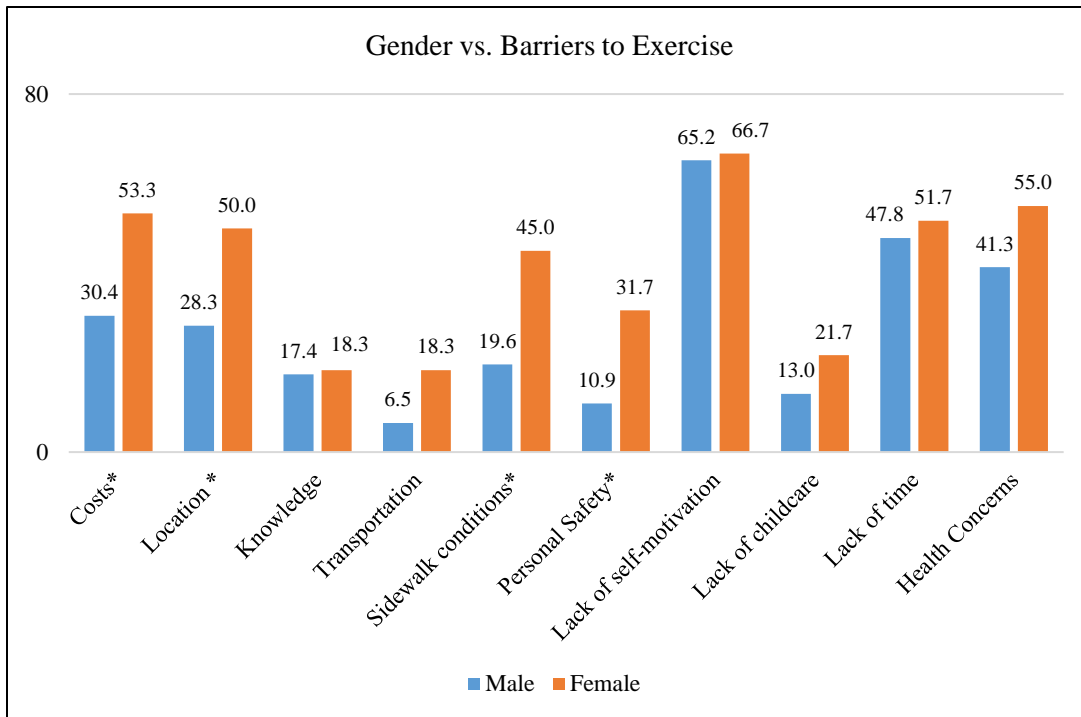




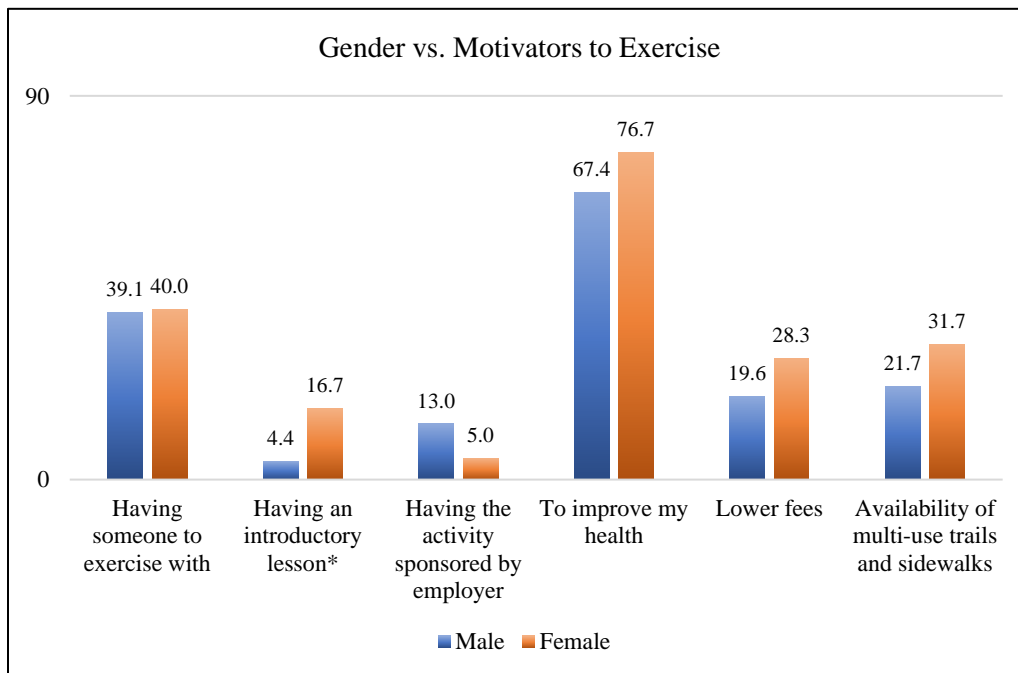
More females than males were trying to lose weight at the time of the survey.



Men and women exercised at least 30 minutes per week at a similar rate. Men reported exercising 150 or more minutes per week at a slightly higher rate than women, while women reported exercising 30-150 minutes at a rate slightly higher than men.

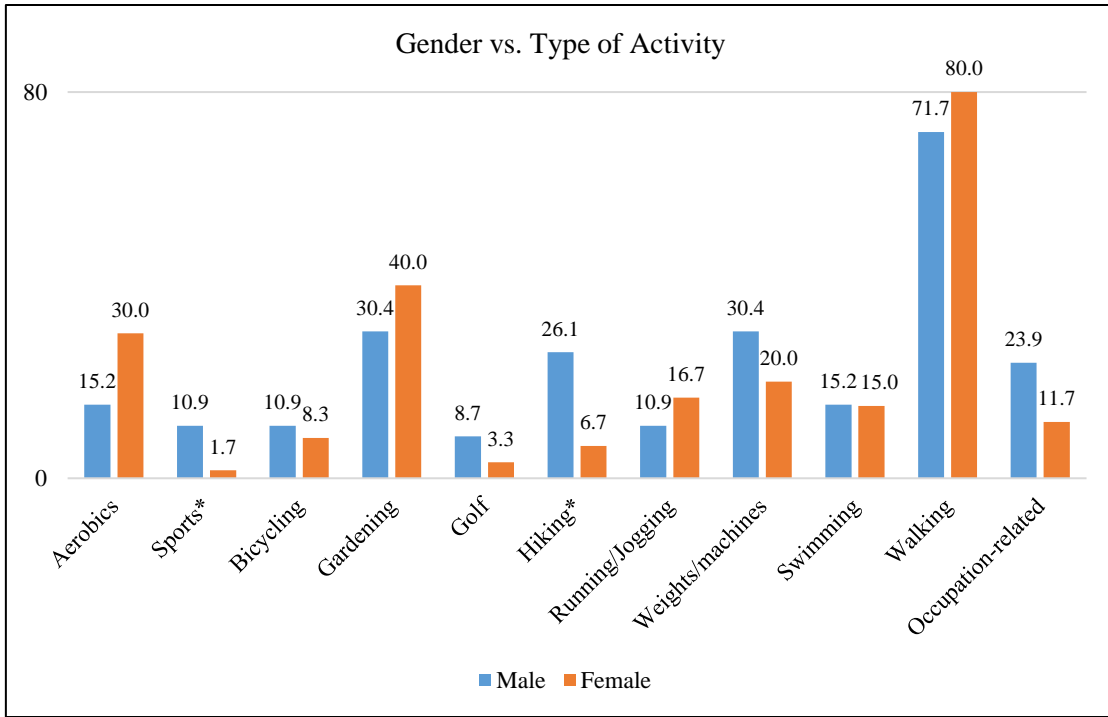


Women reported more barriers to exercising than men across all categories. Most notable were costs, location of opportunities, sidewalk conditions, and personal safety. Lack of self-motivation was reported to be a barrier at similar rates.



Of those who exercised, most were motivated by the desire to improve their health. For the most part, women were more likely to be motivated by the options given, however men were more likely than women to be motivated by having the activity sponsored by their employers.



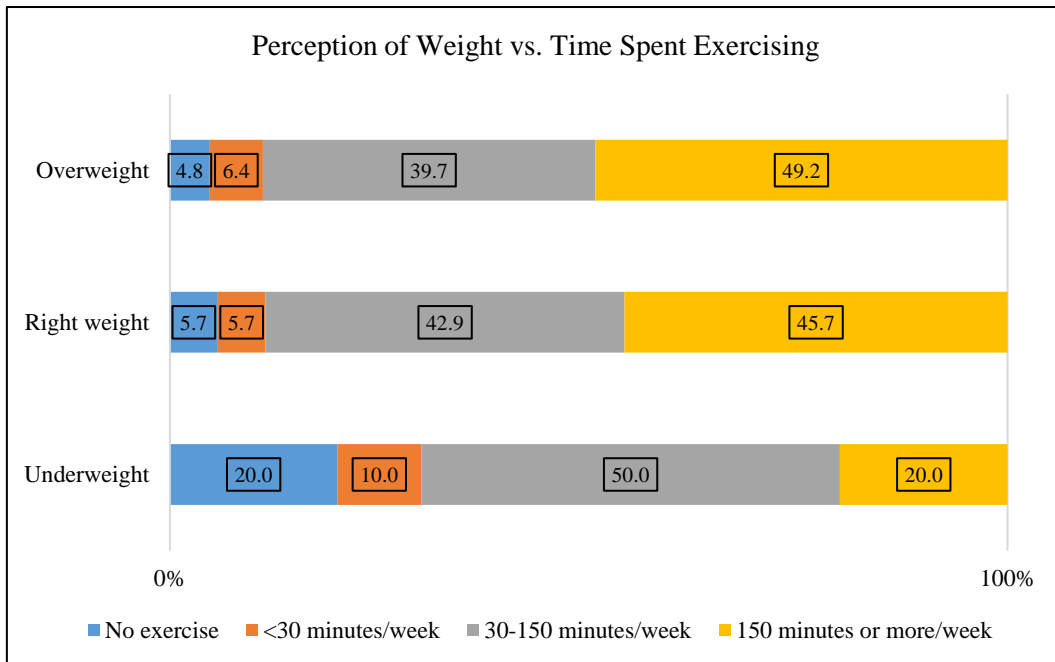


There were differences in the activities men and women participated in. For example, men did sports, strength exercises, and hiked more than women and women walked, did aerobics, and gardened more than men.

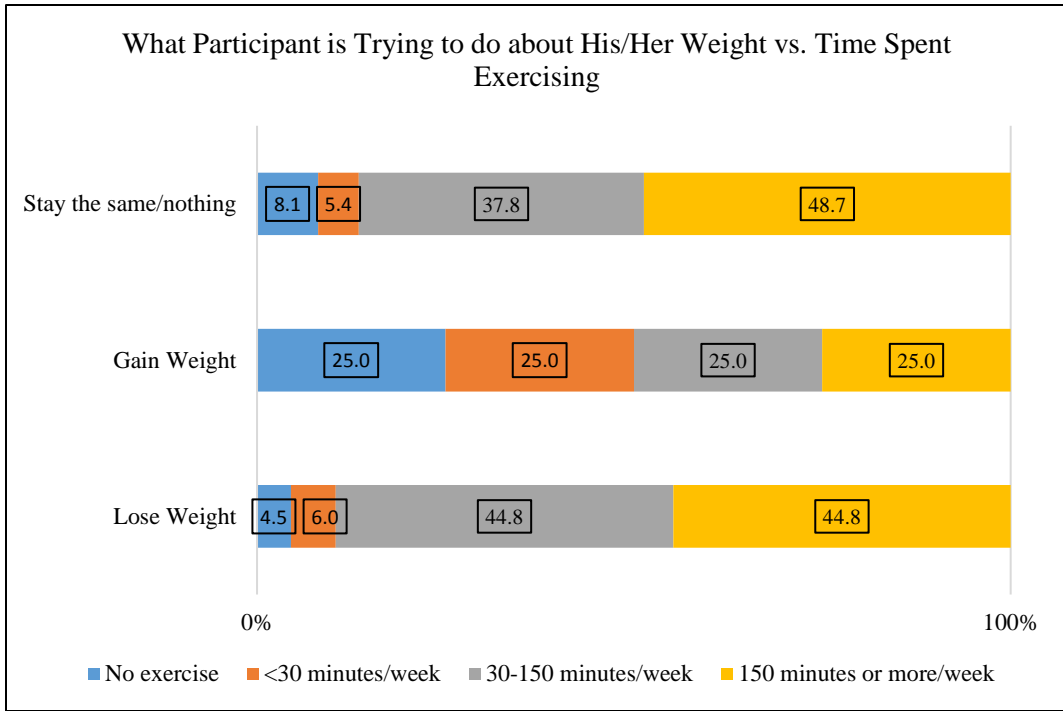
## Time Spent Exercising per Week

### Highlights:

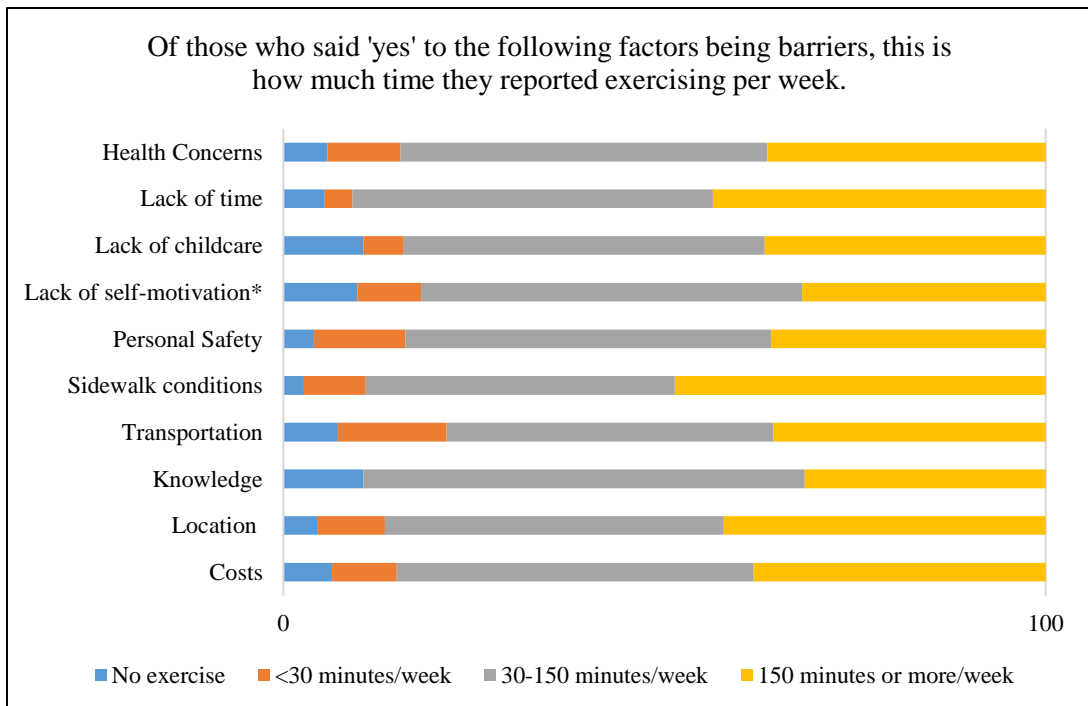
- Those who lacked self-motivation exercised less during the week than those who did not.
- Those who walked and hiked spent more time per week exercising than those who did not walk or hike.
- Of those who were motivated by employer sponsorship, they spent more time exercising than those were reported being motivated by other factors.

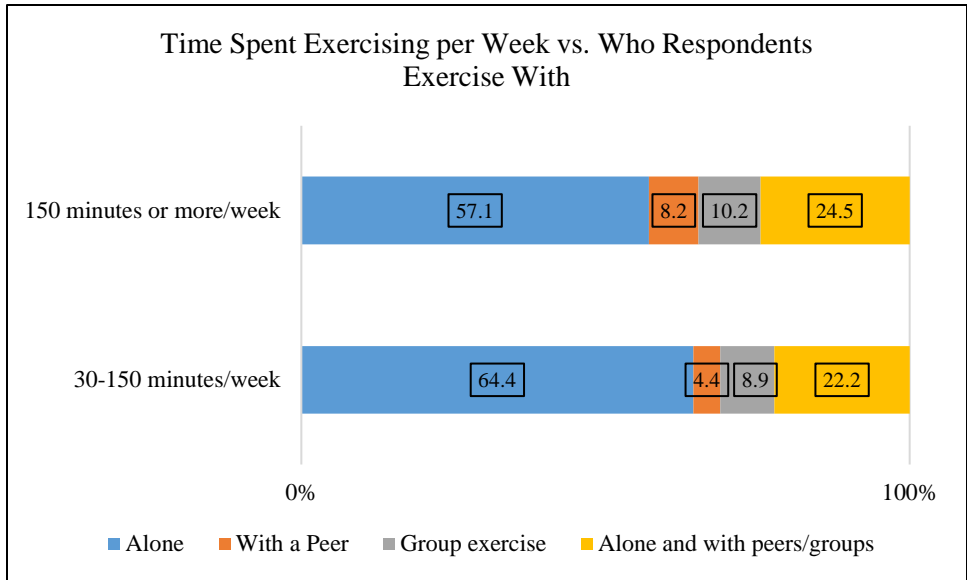


Those who reported being about the right weight or overweight spent more time exercising per week than those who reported being underweight. Overweight respondents and those who were about the right weight spent similar amounts of time exercising per week.

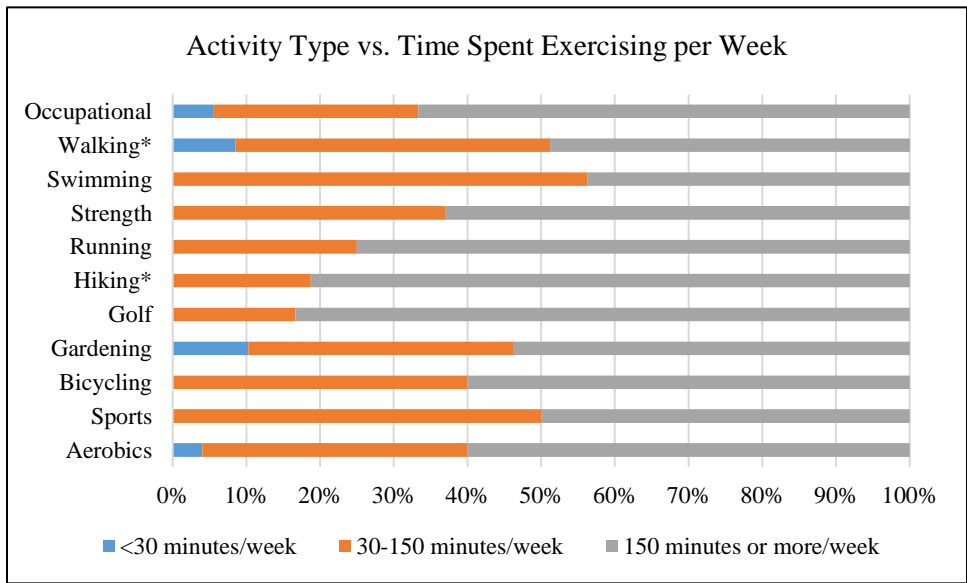


Those who were not trying to do anything about their weights or stay the same weight exercised for similar amounts of time per week than those who were trying to lose weight. The amount of time those who were trying to gain weight exercised varied.

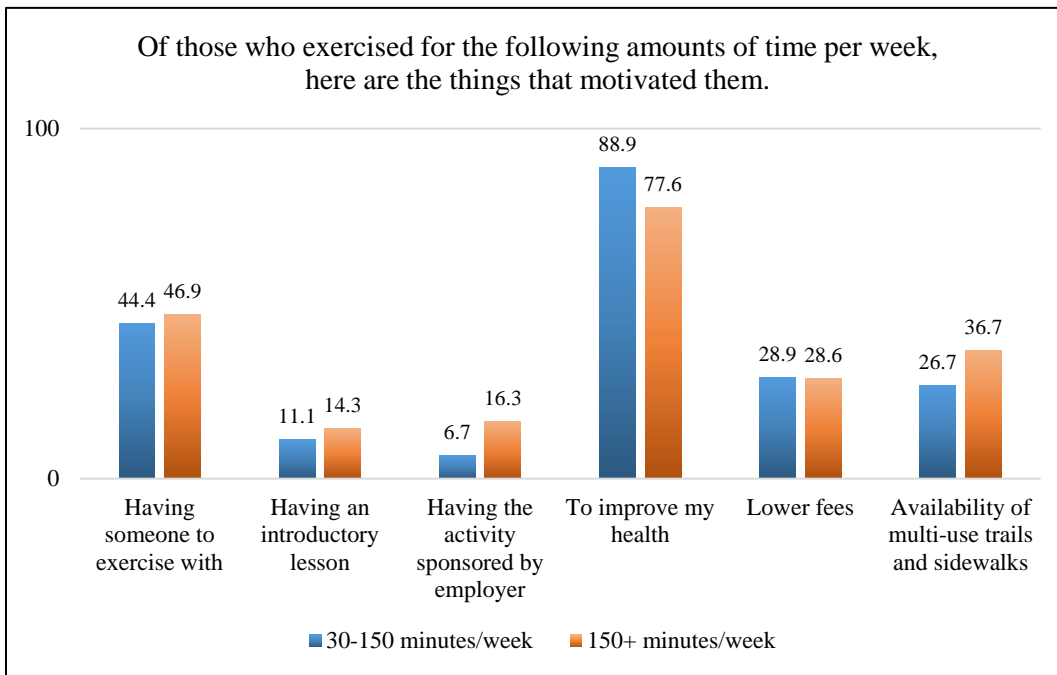
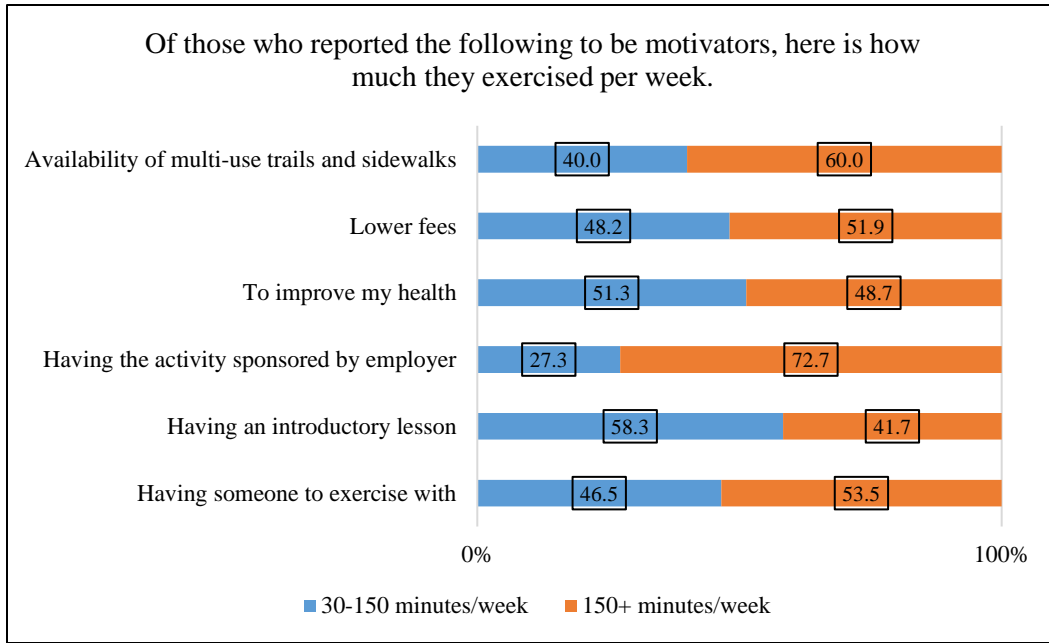




Most respondents exercised alone.



Only those who walked, did aerobics, gardened, or participated in occupational-related physical activity reported exercising for less than 30 minutes per week. Those who walked or hiked exercised for more time per week than those who did not do those activities.



Employer sponsorship, as well as the availability of multi-use sidewalks, appear to motivate people to spend more time exercising people per week.

## Activity Trackers

### Highlights:

- No one who wore an activity tracker exercised for less than 30 minutes per week.
- Most people who wore an activity tracker walked for exercise.
- Those who played sports, hiked, or ran were significantly more likely to wear an activity tracker versus those who did not play sports, hike, or run.
- The majority of people who played sports wore an activity tracker.

