

# Strathcona County



## Health & Lifestyle Checkup for Strathcona County

### 2007 Study Results

By Phil Kreisel, Ph.D.  
Strategic Information Analyst  
Corporate Planning & Intergovernmental Affairs

June, 2007

## TABLE OF CONTENTS

<b>I. INTRODUCTION AND PURPOSE OF THE STUDY</b> .....	3
<b>II. METHODOLOGY</b> .....	4
The Questionnaire.....	4
Sampling Design and Data Collection Procedure.....	4
Who Answered the Survey – Demographic Highlights.....	5
Hours of Work per Week.....	9
Hours of Work per Week by Status of Employment .....	9
<b>III. RESULTS</b> .....	10
A. Living in Strathcona County .....	10
B. Life in the Neighborhood.....	12
C. Affordability in the Neighborhood .....	15
D. Perceptions of Bullying .....	19
E. Aspects of Health.....	24
F. Rating Stress .....	26
G. Presence of Family Problems.....	30
H. Seeking Advice on Lifestyle Issues .....	34
I. Availability of Information in Strathcona County for Lifestyle Issues .....	35
J. Sources of Information for Lifestyle Issues.....	37
K. Alcohol and Drug Use within Strathcona County .....	39
<b>IV. CONCLUSIONS</b> .....	<b>Error! Bookmark not defined.</b>
<b>APPENDIX A: THE QUESTIONNAIRE</b> .....	44

## I. INTRODUCTION AND PURPOSE OF THE STUDY

In February 2007, Family and Community Services undertook a county-wide telephone survey in order to assess residents' perceptions about health and lifestyle issues within Strathcona County. This is a five year follow-up from the study previously done by the department in September 2002.

The original study established a benchmark in Strathcona County by measuring the following health and lifestyle issues:

- Life and safety in one's neighborhood;
- Affordability levels for housing and meeting monthly expenses;
- Perceived physical and mental abuse in schools and within families;
- Rating overall health; assessment of issues potentially creating personal stress; identifying family problems;
- Obtaining information on key lifestyle issues;
- Assessing lifestyle information in Strathcona County;
- Sources of information for lifestyle concerns; and
- Smoking, alcohol and drug usage (prescription and illegal drugs) and the impact that use has had on residents.

This present study is a five year follow-up to the original 2002 study that will determine where residents are with respect to their current health and lifestyle. In addition to the new results, a comparison will be made with the 2002 study in order to measure trends and changes of the lifestyles of people that live in Strathcona County.

This report will provide a comprehensive review of all steps undertaken in the development and implementation of the survey, as well as a detailed summary of the results. A review of the methodology associated in the development and implementation of the survey can be found in the next section of this report.

## II. METHODOLOGY

### *The Questionnaire*

The questionnaire used in this study was an update of the original design initially created through Corporate Planning and reviewed by staff of Family and Community Services along with input from members from the Strathcona Community Social Services Advisory Committee (SCSSAC). All of the existing questions were kept intact in order to measure trends among residents. In addition, two new questions were added that focused precisely on *depression*. A copy of the 2007 questionnaire can be found in Appendix A.

### *Sampling Design and Data Collection Procedure*

The sample frame used in this study were residents of Strathcona County who were 18 years of age or older. The sample frame incorporated a statistical proportion estimate of 0.5, which assumes that there is a homogeneous mixture of attitudes and opinions about the quality of life in Strathcona County. A 95% confidence interval was established for this study, which is standard for any public opinion study that utilizes a random sample of residents.

The sample frame consisted of 400 people living in urban<sup>1</sup> and rural parts of Strathcona County. The number of urban and rural residents was reflective of the proportionate distribution of residents living in Strathcona County. As such, 65% of the sample were drawn from the urban area, while 35% came from rural parts of Strathcona County. The sample frame provided overall results<sup>2</sup> accurate to within  $\pm 4.9\%$ , 19 times out of 20.

---

<sup>1</sup> In this report, the urban component of Strathcona County is Sherwood Park.

<sup>2</sup> The  $\pm 4.9\%$  is the *margin of error* associated with this study and refers to the potential percentage spread that exists within answers to particular questions. This means that an answer could be up to 4.9% higher or lower than what is reported.

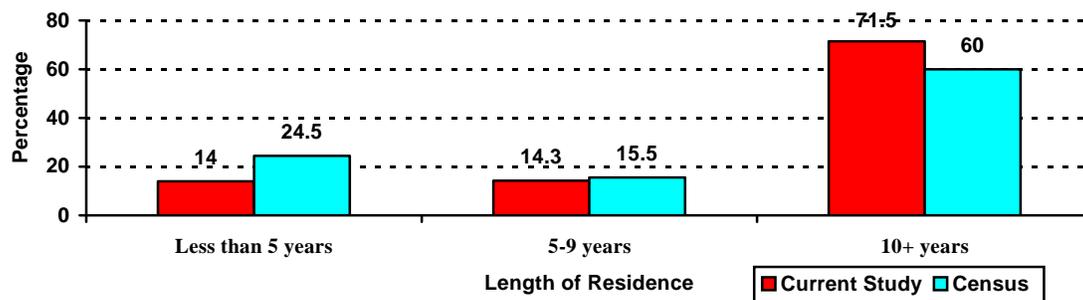
A telephone survey research design was used to collect the data for this study. Respondents were contacted by telephone between February 21<sup>st</sup> and February 28<sup>th</sup>, 2007. Strathcona County derived telephone numbers from the Select Phone Canadian Edition database and randomized them for this study. Trained interviewers from Banister Research & Consulting Inc. made all telephone calls under supervised conditions. Each questionnaire took an average of 10 minutes to complete. The data was analyzed by Strathcona County's Corporate Planning Department using SPSS for Windows.

### *Who Answered the Survey – Demographic Highlights*

This section of the report presents an overview of the type of residents who responded to the survey. Part of the sampling criteria was to survey the county by population density so 65% of the sample was derived from Sherwood Park, while the remaining 35% were living in other parts of Strathcona County. The other sampling criterion was to obtain answers from equal numbers of males and females. Almost all of the people were homeowners (94%), while the remaining 6% were renters. This was slightly higher than the 2005 census (92.2% ownership).

The majority of people who took part in the survey indicated that they were long term residents in the County. Figure 1 presents a breakdown of length of residence. The average number of years that people lived in Strathcona County was 19.4 years. It can be seen that the current study sample is relatively close to the actual makeup of the county in terms of residency.

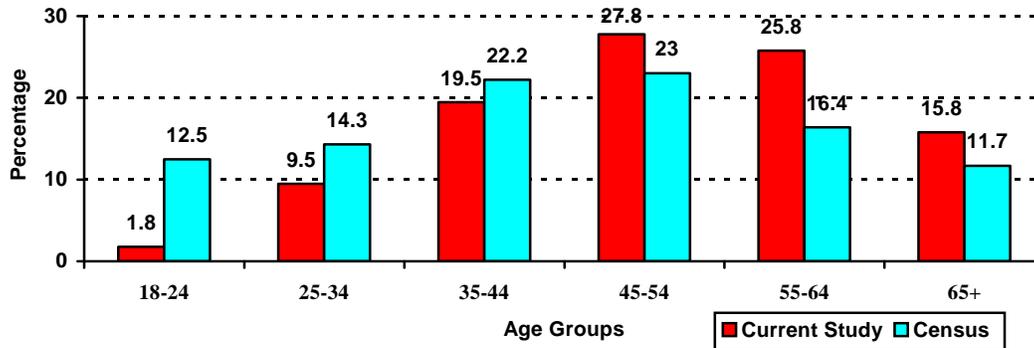
**FIGURE 1**  
**Length of Time Living in Strathcona County (Current Study and 2005 Census Comparison)**



A breakdown of the age of the respondents by location in the County is shown in Figure 2. There was a relatively good representation from all age groups, though in comparison to the

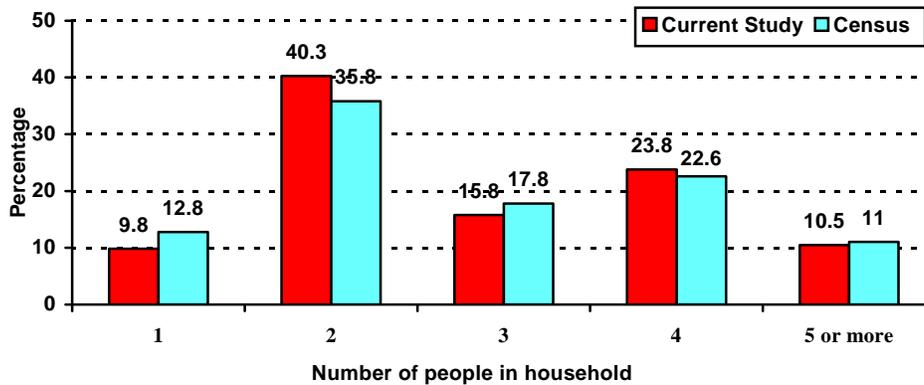
2005 census, the 18-24 year age group was under-represented and the 55- 64 age group is over-represented.

**FIGURE 2**  
**Age of Respondents (Current Study and 2005 Census Comparison<sup>3</sup>)**



The household size of the respondents is shown in Figure 3. It can be seen that the household size in sample frame corresponds to the findings from the 2005 census.

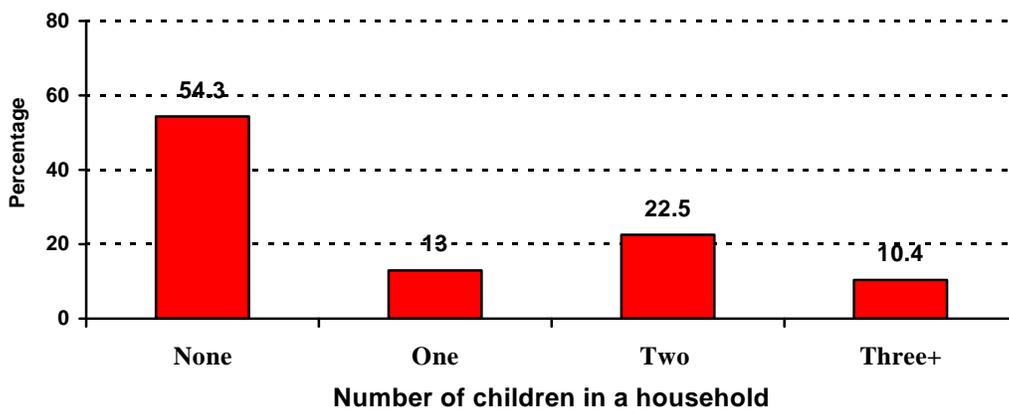
**FIGURE 3**  
**Household Size (Current Study and 2005 Census Comparison)**



<sup>3</sup> Census figures have been re-adjusted to match the parameters of the sample frame (i.e. limited to the population based on those aged 18 or older).

A breakdown of children in the household is shown in Figure 4. It can be seen that the sample has a fairly even split between households did not have children living at home with households that do. Figure 5 shows that 29.7% had children who were 15 or younger, 11.7% had children who were 16 or older, and 8.7% were households that had children from both age groups.

**FIGURE 4**  
**Number of Children in Household**



**FIGURE 5**  
**Household Composition based on Age of Children**

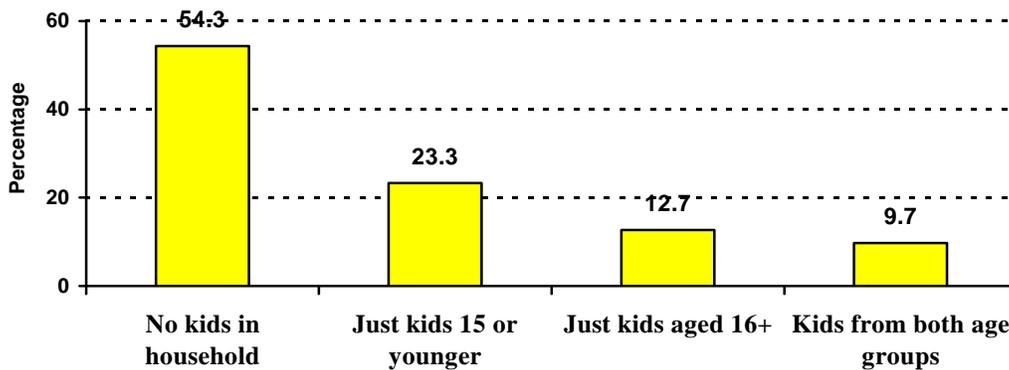


Figure 6 presents a breakdown of the family status of households. It can be seen that the majority of households can be classified as “parents with children living in the household.” The next common category was people who were married or common law but had no children living at home.

**FIGURE 6  
Family Status**

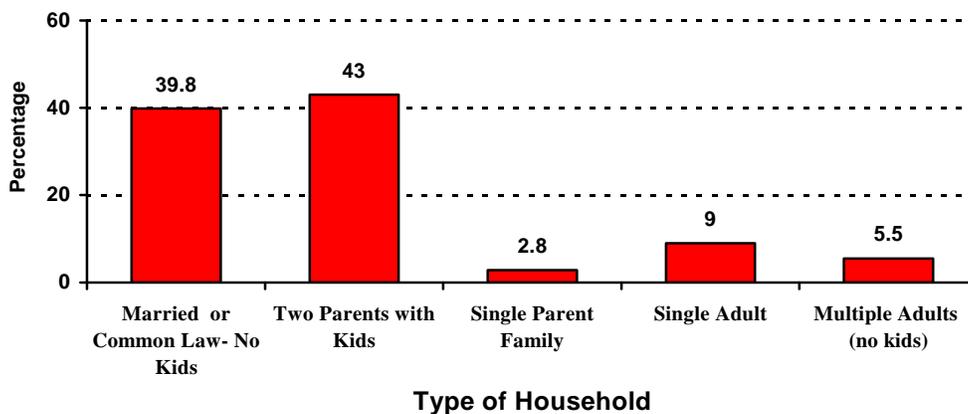


Figure 7 presents a breakdown of the employment status of respondents. The majority of people are working full-time, though an additional 23.1% are either self-employed or working part-time.

**FIGURE 7  
Employment Status**

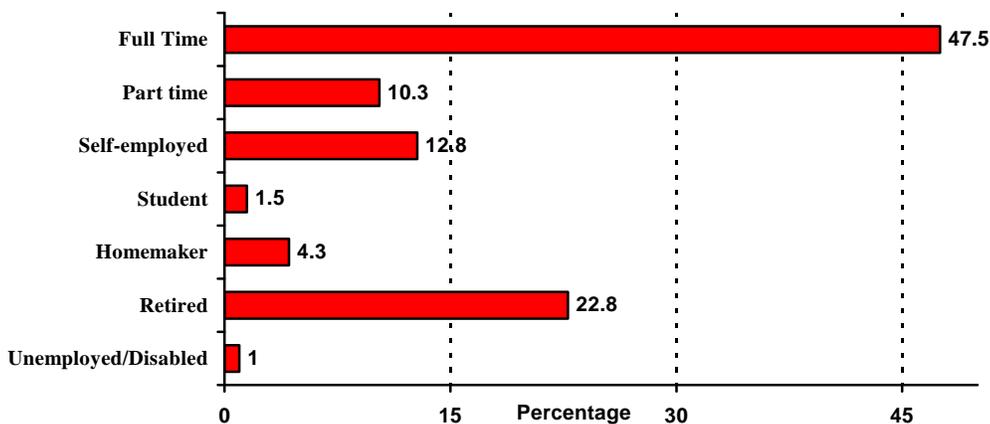
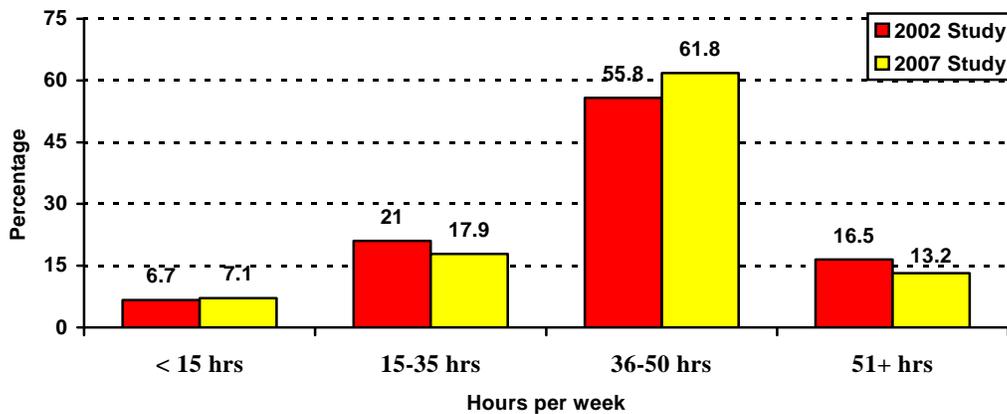
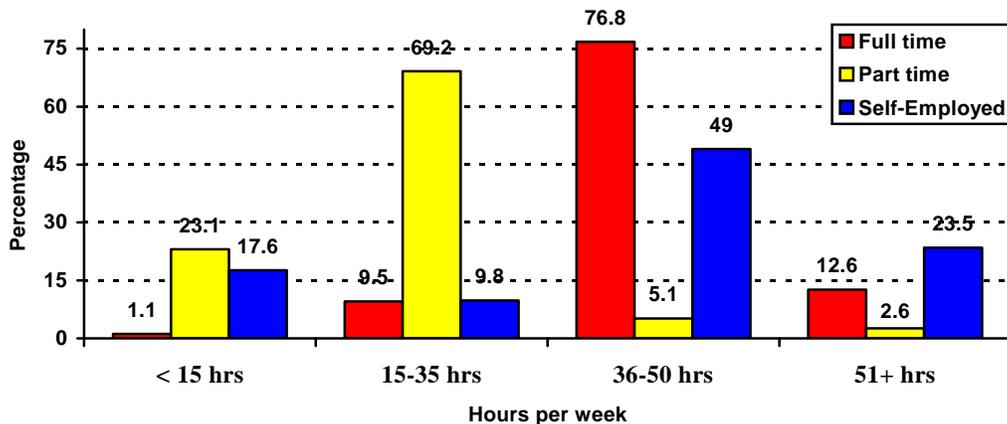


Figure 8 shows a breakdown of the number of hours that people are putting into their jobs with a comparison between the 2002 and 2007 studies. It can be seen that the distribution of work by hours has not changed significantly between 2002 and 2007 Figure 9 shows a breakdown of the number of hours per week by the working status of their jobs for the 2007 study. It can be seen that the majority of full-time and self-employed people are working more than 35 hours per week at their job.

**FIGURE 8**  
**Hours of Work per Week**  
**(For that working full time, part time or self-employed)**



**FIGURE 9**  
**Hours of Work per Week by Status of Employment**



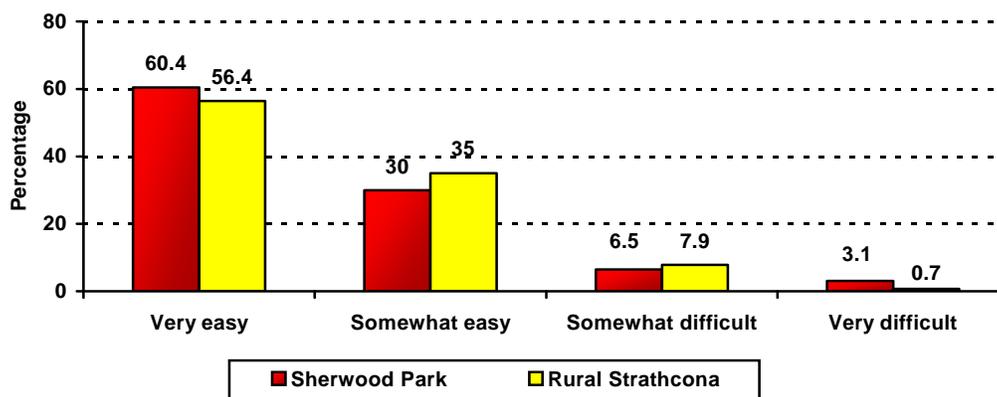
### III. RESULTS

This section of the report presents a summary of the results associated with the perceptions and awareness of residents with respect to health and lifestyle decisions. Socio-demographic comparisons, where significant, are also highlighted. Comparisons will also be made with data collected from the inaugural 2002 study when significant differences occur.

#### A. Living in Strathcona County

Respondents were initially asked to how easy it was to transport themselves to different places from their home. As seen in Figure 10, the majority of respondents found it easy or very easy to transport themselves elsewhere.

**FIGURE 10**  
**Ease of Transporting One's Self from Home in 2007**  
 (By Location of Resident within Strathcona County)



The 37 people who found getting to different places from their home difficult (9.6% Sherwood Park; 8.6%, Rural Strathcona) were asked to indicate why they felt that way. In this regard:

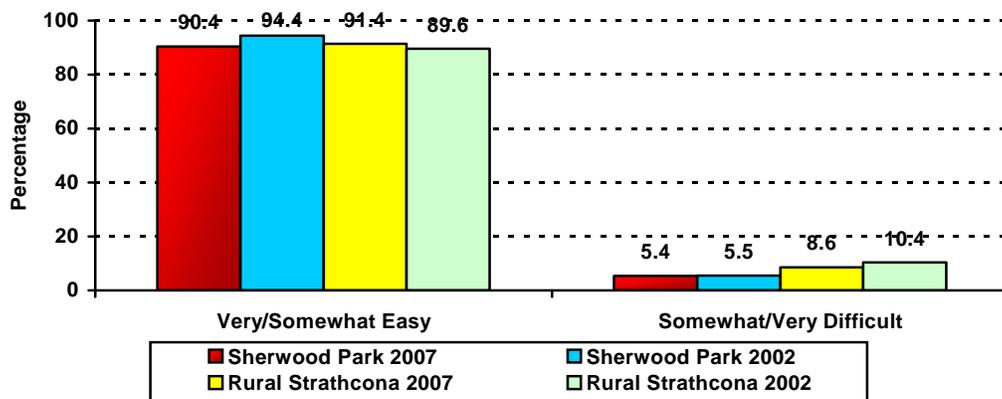
- The majority of problems came from people living in Rural Strathcona, who indicated that it was hard for them to get around because of the absence of public transportation. There were also some rural residents who felt that the roadways were in poor shape which inhibited travel within the County. A few people living in

Sherwood Park thought that the local transit service was poor and that there were not enough buses.

- Many of these people felt that roads within the County, particularly in Sherwood Park had too much traffic congestion during much of the day, as well as into the evening, particularly on the weekends. Roadways that were perceived as particular problems were Wye Road and Highway 21.

It can be seen in Figure 11 that there was little variation between 2002 and 2007 with respect to the ease at which residents found it easy or very easy to travel elsewhere (regardless of where they lived in the County).

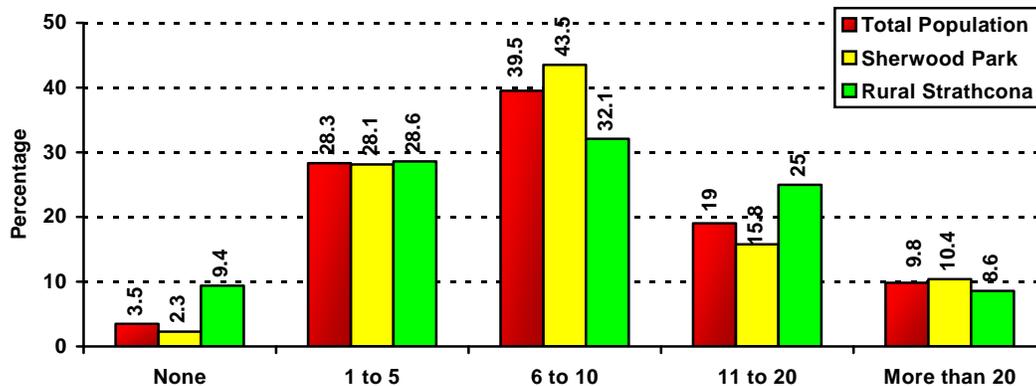
**FIGURE 11**  
**Ease of Transporting One's Self from Home**  
**2002 & 2007 Study Comparisons**  
 (By Location of Resident within Strathcona County)



## B. Life in the Neighborhood

Respondents were asked a series of questions about living in their immediate neighborhood. Figure 12 shows a breakdown of the number of adults that residents know by name within their neighborhood.

**FIGURE 12**  
**Number of Adults known by Name in the Neighborhood – 2007 Results**

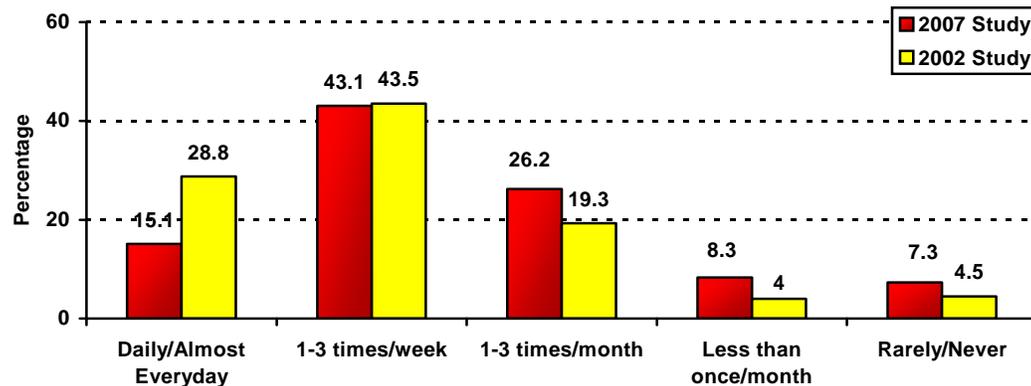


### Highlights from Figure 11

- People living in various neighborhoods throughout Strathcona County are cognizant of other people that live in their neighborhood. A further analysis revealed similar awareness patterns of neighbors regardless of whether they lived in Sherwood Park or other parts of Strathcona County (with a percentage spike associated with rural residents, where these people knew more of their neighbors compared to those living in Sherwood Park).
- In contrast to the study conducted in 2002, it was found in 2007 that single parent families knew at least one other family in their neighborhood and that a healthy percentage knew more than 5 adults. In 2002, single parents and multiple adult households tended to know fewer neighbors by name compared to married or common law residents (who may or may not have children).

Figure 13 shows a breakdown of how often residents talk to people who live in their neighborhood.

**FIGURE 13**  
**How often do Residents Talk to People in the Neighborhood**  
**2007 & 2002 Study Comparisons**



### Highlights from Figure 13

- In a direct comparison with the 2002 study, it can be seen in Figure 13 that people are talking with their neighbors *less frequently* in 2007 compared with 2002. Overall, 58.2% of people living in various neighborhoods throughout Strathcona County are talking to others at least once a week (or even more frequently). This is a drop of almost 14% from 2002, when 72.3% of residents talked to their neighbors at least once a week.
- A further analysis of the 2007 study revealed that people living in Sherwood Park talked to neighbors more frequently (68.6%) compared to those living in rural Strathcona County (38.9%). This difference may be more of a result of rural residences being physically further apart geographically, rather than due to social avoidance. However, a comparison between 2002 and 2007 reveals a significant drop for rural Strathcona County residents. In 2002, 61% of rural residents talked to their neighbors at least once a week; in 2007, this has dropped to 38.9%.
- A further analysis of the 2007 data revealed that family structure is no longer an attribute that solicits conversation with neighbors on at least a weekly basis. Overall, married couples with no children were the most social (61.1%), followed closely by those who were married with children (59.3%) and single parent families (54.6%). Single adults (50%) and single adults living with other adults (42.9%) were less actively social. It can be seen in Figure 14 that frequent conversation among all family groupings has dropped between 2002 and 2007.

**FIGURE 14**  
**Family Status of Residents Who Talk to People in the Neighborhood**  
**At Least Once a Week - 2007 & 2002 Study Comparisons**

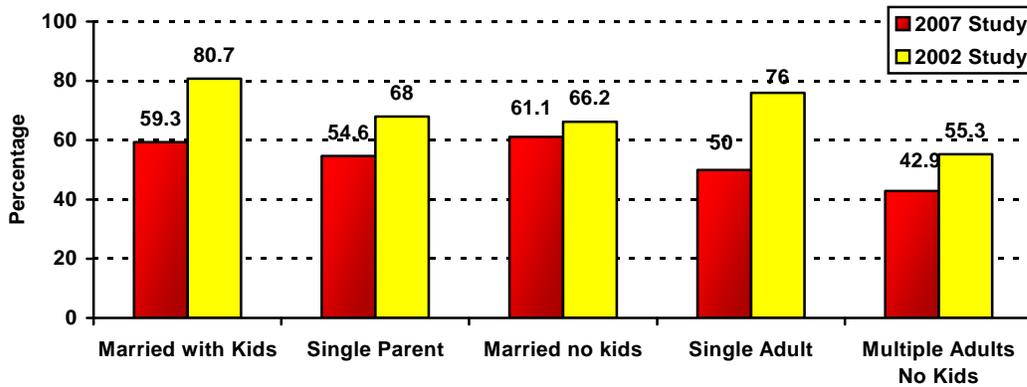
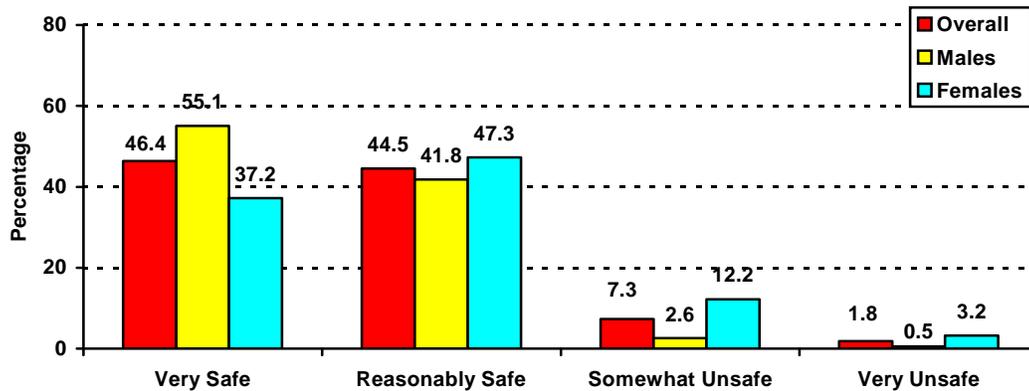


Figure 15 shows a breakdown of how safe residents feel in their neighborhood (as measured by how safe they feel walking alone in their neighborhood after dark) for 2007.

**FIGURE 15**  
**How Safe do Residents Feel in their Neighborhood**  
**(Overall Results and by Gender)**



**Highlights from Figure 15**

- It seems that people living in various neighborhoods throughout Strathcona County feel that their neighborhoods are safe. Overall, just over 90% felt very or reasonably safe. This is almost the same finding as the 2002 study.
- A further analysis revealed that perceptions of safety vary on the basis of gender. More males than females believe that the neighborhood is “very safe;” it can also be seen that 15.4% of females would feel somewhat unsafe or very unsafe walking in

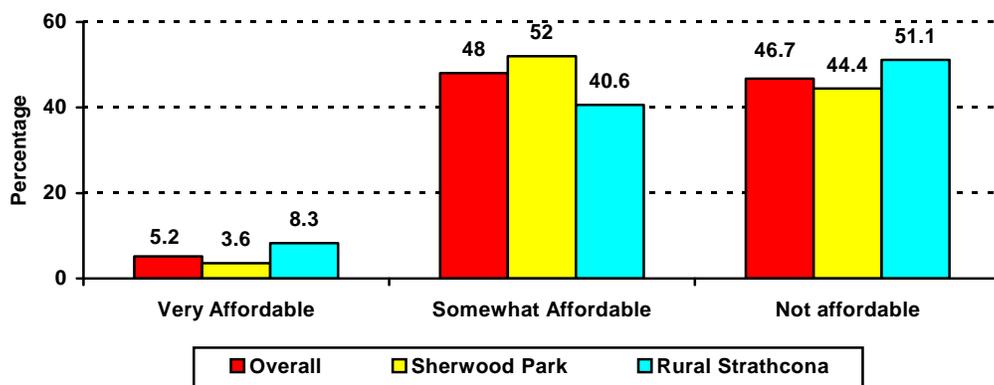
their neighborhoods alone after dark, compared to 3.1% of males who felt this way. Again, these trends were very similar to findings from the 2002 study.

- A further analysis of the 2007 data did not show any differences of safety with respect to people living in Sherwood Park or rural Strathcona. Family status was also not a factor with respect to perceptions of safety in the neighborhood.

### C. Affordability in the Neighborhood

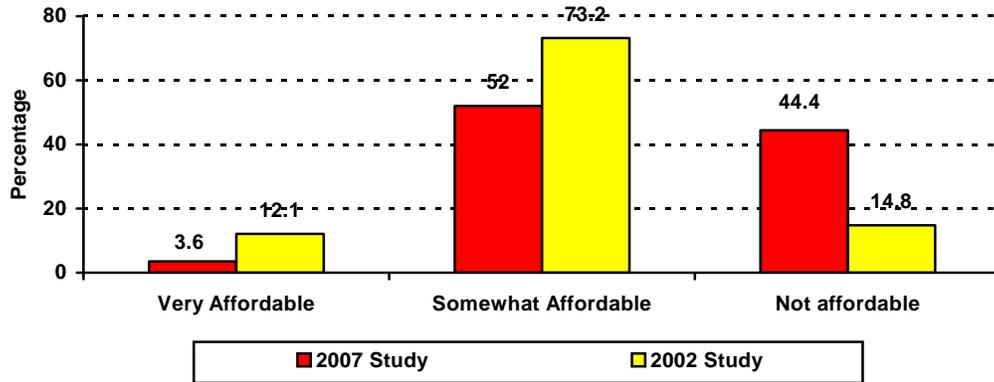
Figure 16 shows a breakdown of how affordable residents find the houses in Strathcona County. It seems that there is a strong split among residents on this issue, as a strong percentage of residents living in both Sherwood Park and Rural Strathcona believe that housing in the County is *not affordable*.

**FIGURE 16**  
**Affordability of Houses in Strathcona County**

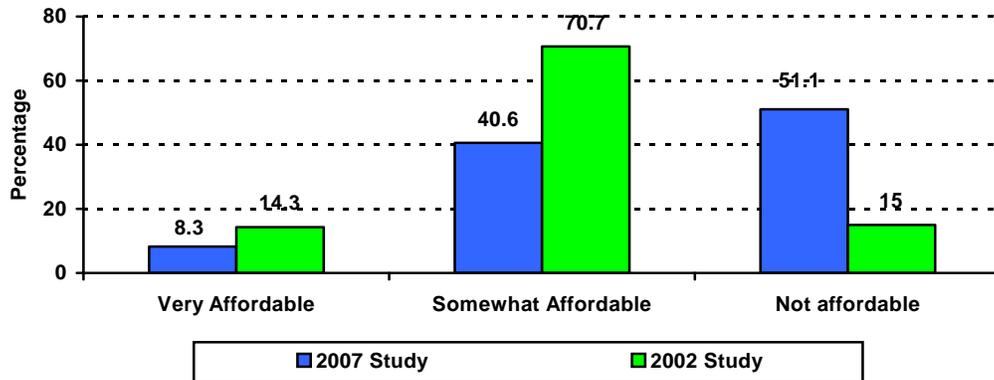


Housing affordability has shown a dramatic shift between 2002 and 2007 in both Sherwood Park and Rural Strathcona. It can be seen in Figure 17 (Sherwood Park) and Figure 18 (Rural Strathcona) that the views toward affordability have shifted dramatically toward housing being *unaffordable*.

**FIGURE 17**  
**Affordability of Houses in Strathcona County noted by Sherwood Park Residents 2002 & 2007 Study Comparisons**

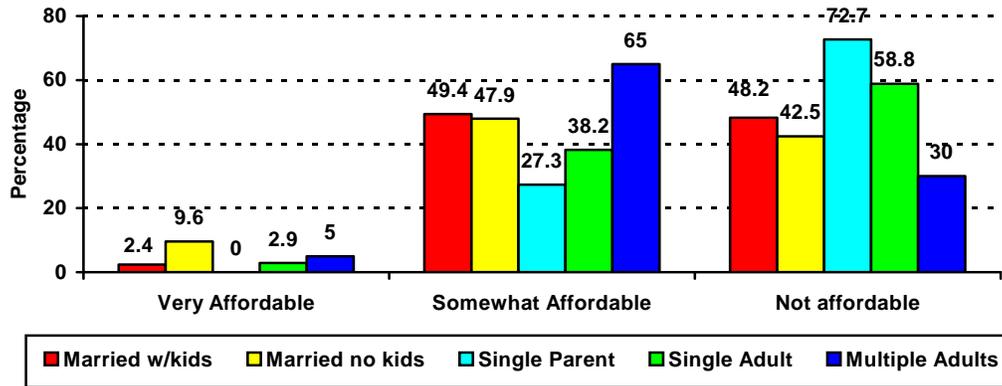


**FIGURE 18**  
**Affordability of Houses in Strathcona County noted by Rural County Residents 2002 & 2007 Study Comparisons**



A further analysis revealed that perceptions of housing affordability vary on the basis of family status. As seen in Figure 19, those who are single parents or single adult households are the least likely to feel that housing in the community is affordable. No one, regardless of family status, believes that housing is very affordable in the community.

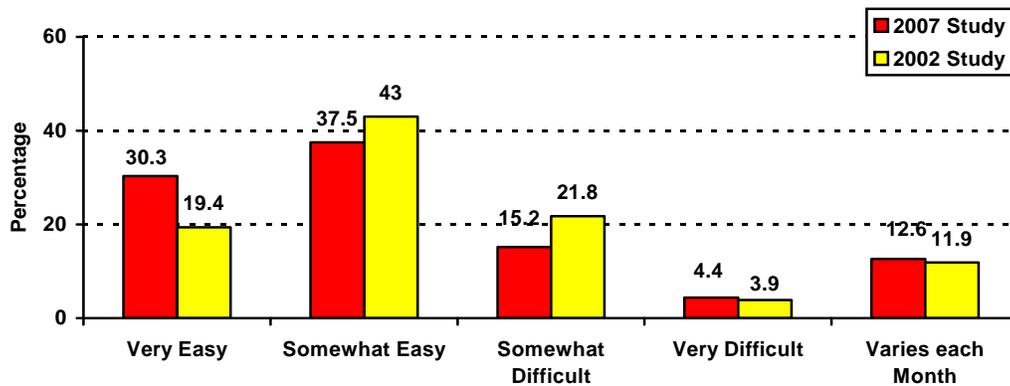
**FIGURE 19**  
**Affordability of Houses in Strathcona County**



A further analysis revealed that perceptions of housing affordability did not vary on the basis of age in 2007.

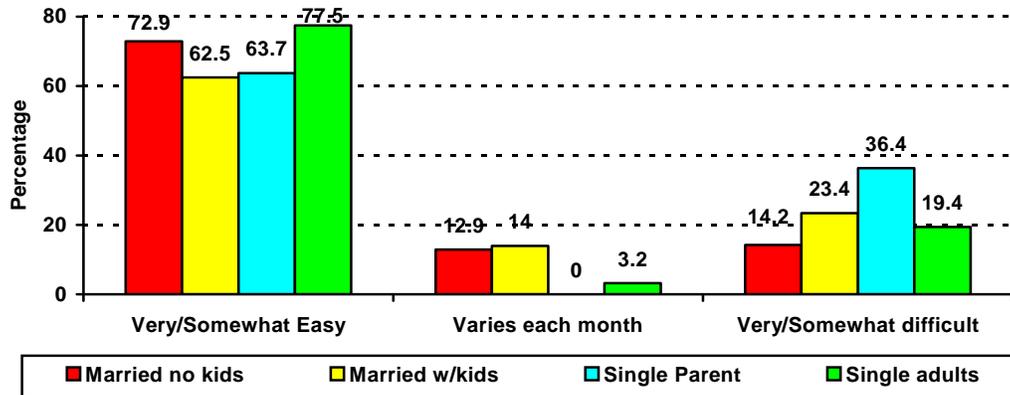
Respondents were then asked to indicate how well they were able to meet monthly household expenses. The overall results are shown in Figure 20. It can be seen that the majority of residents do not have difficulty meeting monthly household expenses. Furthermore, it can be seen that things have somewhat improved since 2002. The patterns shown in Figure 20 were similar for people living in Sherwood Park or in rural Strathcona in both 2007 and the earlier 2002 study.

**FIGURE 20**  
**Ability to meet Monthly Household Expenses**  
**2002 & 2007 Study Comparisons**



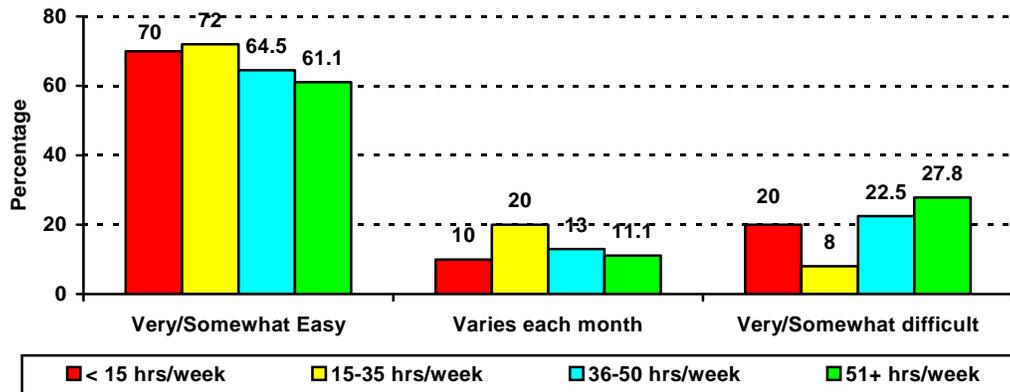
A breakdown of ability to meet monthly household expenses by family status for 2007 is shown in Figure 21. Although just over one third of single parents in the County are having difficulty meeting monthly household expenses, this figure has improved substantially over 2002 when 60.9% of single parent families had trouble meeting monthly household expenses.

**FIGURE 21**  
**Ability to meet Monthly Household Expenses in 2007**  
 (Family Status Comparisons)



A breakdown of ability to meet monthly household expenses by hours of work per week in 2007 is shown in Figure 22. It can be seen that hours per week was not a factor in perceptions of meeting monthly household expenses.

**FIGURE 22**  
**Ability to meet Monthly Household Expenses in 2007**  
 (Hours Per week Comparisons)



## D. Perceptions of Bullying

Residents were asked to assess whether “bullying” was a problem within Strathcona County. The purpose of this question was for people to assess the extent that they thought this was a problem in schools or in the home, and not whether they had encountered such problems themselves. The questions were premised by the statement, “Some people in a community may be involved in situations where they are physically and/or mentally abused by another person or persons. The overall results are shown in Table 1 below. It can be seen from this table that residents perceive that bullying is a minor problem that they think could be occurring in a variety of settings. However, there is a strong perception by residents that bullying in local junior high schools is a **major problem**.

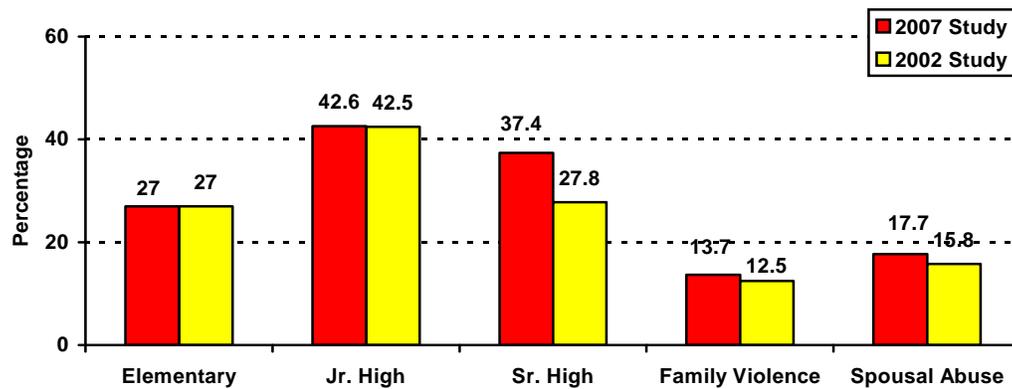
**Table 1**  
**Perceptions of Bullying in Strathcona County in 2007\***

	<b>Major problem</b>	<b>Minor problem</b>	<b>No problem</b>
<b>Bullying in elementary schools</b>	27.0%	63.9%	9.1%
<b>Bullying in junior high schools</b>	<b>42.6%</b>	51.1%	6.4%
<b>Bullying in senior high schools</b>	37.4%	53.5%	9.1%
<b>Family violence</b>	13.7%	72.3%	14.0%
<b>Spousal abuse</b>	17.7%	68.4%	13.9%

\*Percentages in this table add up to 100% by rows for each type of issue.

A comparison between 2002 and 2007 with respect to perceptions of bullying as a major problem are depicted in Figure 23. It can be seen that perceptions of bullying in senior high schools has increased in the five year period, while there has been no change for any of the other categories.

**FIGURE 23**  
**Percentage of Residents Who Perceive Bullying as a Major Problem**  
**2002 & 2007 Study Comparisons**



Additional insight into bullying perceptions in 2007 can be gained by looking more closely at demographic characteristics of the residents. Table 2 shows a breakdown of perceptions of bullying by the family status of residents. It can be seen from this table that single adults (who did not have children) saw the perceptions of bullying within schools as more of a major problem than those from other family groups.

**Table 2**  
**Perceptions of Bullying in Strathcona County in 2007 – By Family Status**

	<b>Married no kids</b>	<b>Married with kids</b>	<b>Single parent family</b>	<b>Single adult(s)</b>
<b>Bullying in elementary schools</b>	<b>%</b>	<b>%</b>	<b>%</b>	<b>%</b>
Major problem	24.4%	26.4%	12.5%	41.4%
Minor problem	65.1%	65.9%	75.0%	48.3%
Not a problem	10.5%	7.8%	12.5%	10.3%
<b>Bullying in junior high schools</b>	<b>%</b>	<b>%</b>	<b>%</b>	<b>%</b>
Major problem	39.0%	41.0%	33.3%	63.0%
Minor problem	51.2%	54.7%	55.6%	33.3%
Not a problem	9.8%	4.3%	11.1%	3.7%
<b>Bullying in senior high schools</b>	<b>%</b>	<b>%</b>	<b>%</b>	<b>%</b>
Major problem	39.8%	31.1%	44.4%	50.0%
Minor problem	49.4%	62.3%	33.3%	40.6%
Not a problem	10.8%	6.6%	22.2%	9.4%
<b>Family violence</b>	<b>%</b>	<b>%</b>	<b>%</b>	<b>%</b>
Major problem	11.0%	12.0%	11.1%	27.0%
Minor problem	78.0%	72.8%	55.6%	59.5%
Not a problem	11.0%	15.2%	33.3%	13.5%
<b>Spousal abuse</b>	<b>%</b>	<b>%</b>	<b>%</b>	<b>%</b>
Major problem	18.8%	12.5%	37.5%	29.4%
Minor problem	68.8%	75.0%	37.5%	50.0%
Not a problem	12.5%	12.5%	25.0%	20.6%

\*Percentages in this table add up to 100% by columns for each type of issue.

Table 3 shows a breakdown of perceptions of bullying by gender, where it can be seen that females consistently perceive bullying as a major problem more often than male residents. For most types of bullying problems, almost twice as many females perceived these to be major problems within Strathcona County compared to male residents. The one exception was the perception of family violence, which did not differ by gender.

**Table 3**  
**Perceptions of Bullying in Strathcona County – By Gender**

	<b>Males</b>	<b>Females</b>
<b>Bullying in elementary schools</b>	<b>%</b>	<b>%</b>
Major problem	19.7%	34.4%
Minor problem	65.4%	62.4%
Not a problem	15.0%	3.2%
<b>Bullying in junior high schools</b>	<b>%</b>	<b>%</b>
Major problem	32.3%	54.1%
Minor problem	57.3%	44.1%
Not a problem	10.5%	1.8%
<b>Bullying in senior high schools</b>	<b>%</b>	<b>%</b>
Major problem	28.9%	46.8%
Minor problem	57.9%	48.6%
Not a problem	13.2%	4.6%
<b>Family violence</b>	<b>%</b>	<b>%</b>
Major problem	13.5%	13.8%
Minor problem	70.2%	74.6%
Not a problem	16.3%	11.5%
<b>Spousal abuse</b>	<b>%</b>	<b>%</b>
Major problem	14.5%	21.1%
Minor problem	65.9%	71.1%
Not a problem	19.6%	7.8%

\*Percentages in this table add up to 100% by columns for each type of issue.

Table 4 shows a breakdown of perceptions of bullying by age. It can be seen that those residents aged 34 or younger were more inclined to believe that bullying was a major problem in all three levels of schooling compared to older age groups. There were no major differences between age groups with respect to perceptions of family violence or spousal abuse.

**Table 4**  
**Perceptions of Bullying in Strathcona County in 2007 – By Age Group**

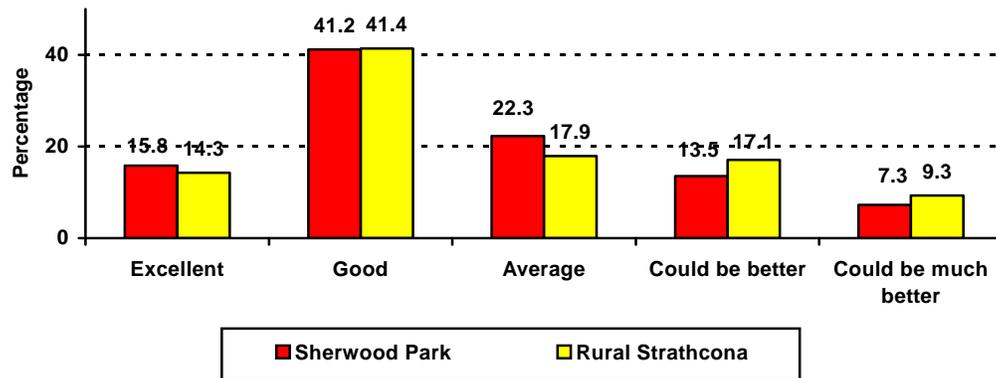
	<b>18 - 34</b>	<b>35 - 54</b>	<b>55 - 64</b>	<b>65+</b>
<b>Bullying in elementary schools</b>	<b>%</b>	<b>%</b>	<b>%</b>	<b>%</b>
Major problem	46.9%	23.4%	23.8%	27.6%
Minor problem	50.0%	68.8%	61.9%	62.1%
Not a problem	3.1%	7.8%	14.3%	10.3%
<b>Bullying in junior high schools</b>	<b>%</b>	<b>%</b>	<b>%</b>	<b>%</b>
Major problem	69.0%	36.4%	43.1%	40.7%
Minor problem	27.6%	58.7%	48.3%	48.1%
Not a problem	3.4%	5.0%	8.6%	11.1%
<b>Bullying in senior high schools</b>	<b>%</b>	<b>%</b>	<b>%</b>	<b>%</b>
Major problem	54.8%	30.9%	37.3%	43.3%
Minor problem	32.3%	62.7%	52.5%	43.3%
Not a problem	12.9%	6.4%	10.2%	13.3%
<b>Family violence</b>	<b>%</b>	<b>%</b>	<b>%</b>	<b>%</b>
Major problem	15.4%	13.2%	10.8%	18.2%
Minor problem	65.4%	74.3%	73.8%	68.2%
Not a problem	19.2%	12.5%	15.4%	13.6%
<b>Spousal abuse</b>	<b>%</b>	<b>%</b>	<b>%</b>	<b>%</b>
Major problem	17.9%	14.0%	21.5%	22.7%
Minor problem	67.9%	72.9%	69.2%	54.5%
Not a problem	14.3%	13.2%	9.2%	22.7%

\*Percentages in this table add up to 100% by columns for each type of issue.

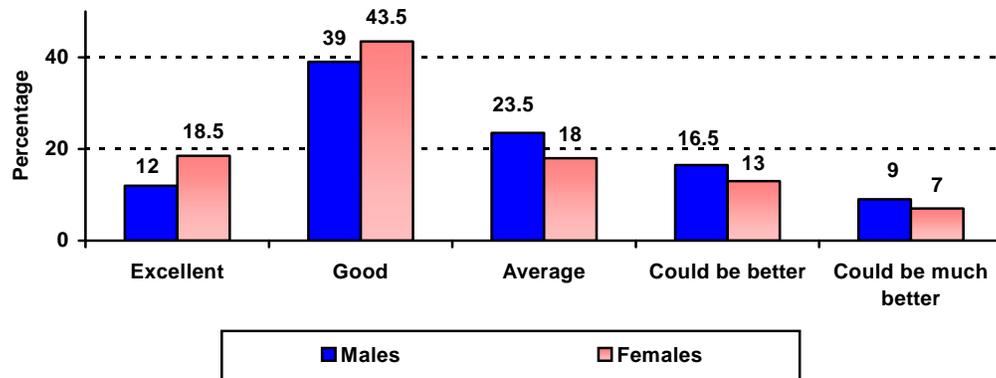
## E. Aspects of Health

Residents were asked a series of questions with respect to their personal health. A rating of personal health by type of resident for 2007 is shown in Figure 24 below. The 2007 ratings are about the same as what was reported in 2002. A further demographic profile revealed that people's health rating was similar to what is shown below, regardless of age or family status. In Figure 25, it can be seen that in 2007, females gave themselves a better personal health rating than males.

**FIGURE 24**  
**2007 Rating of Personal Health**  
 (By Location of Resident within Strathcona County)



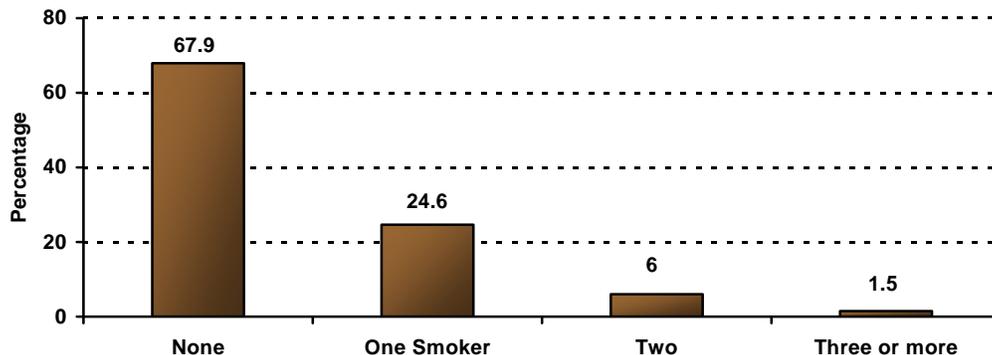
**FIGURE 25**  
**2007 Rating of Personal Health**  
 (By Gender)



County residents were also asked about their tobacco smoking patterns as well as for others within their households. The following patterns were found for 2007 (with comparisons from 2002 when significant):

- Overall, 13.4% of respondents indicated that they were smokers (with another 10% indicating that they were trying to quit). This is down from the 17.4% who were smokers in 2002 (with 2% more trying to quit).
- More males (15.5%) than females (11.5%) were smokers. This is down from 2002, where 19.4% males and 16% females were smokers.
- There was no differentiation in smoking patterns between age groups, or between those living in Sherwood Park and those living in rural Strathcona.
- The number of tobacco products smoked in a typical day ranged from 1 to 35 items; the average number smoked in a typical day was 11 (or 7 if the calculated average includes people who said “0” because they are trying to quit).
- It was also found that 16.8% of households had another member of the household that smoked. Of these, almost all of the household members were over 18 years of age (only 9 households indicated that there were family members under 18 who were smokers). Smoking households usually had 1 or 2 family members who smoked. A breakdown of the number of smokers in Strathcona County households (including non-smokers) is summarized in Figure 26.

**FIGURE 26**  
**Number of Smokers in Strathcona County Households - 2007**

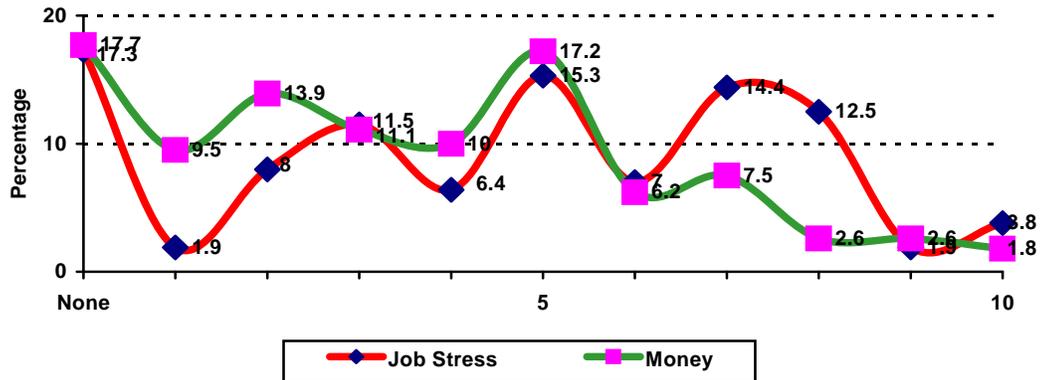


## F. Rating Stress

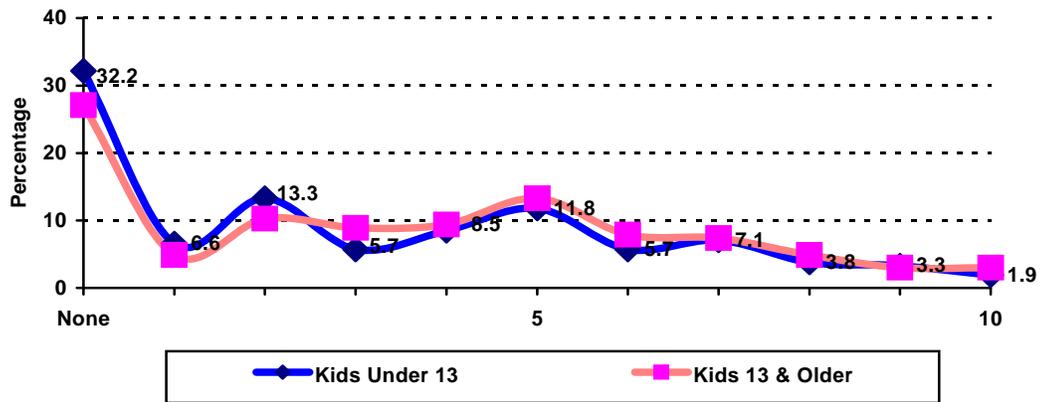
In 2007 (as in 2002), residents were asked a series of questions with respect to the type of stressful situations that they might encounter. Each situation was rated on a scale from 0 to 10. Overall patterns are plotted in Figures 27, 28 and 29 on the next page. It should also be noted some stress situations did not apply to some residents, which are noted as follows:

- 195 residents (49%) excluded from *Stress from Dealing with kids 13 & older*
- 185 residents (46.7%) excluded from *stress from Dealing with kids under 13*
- 84 residents (21.2%) excluded from *Job stress*
- 43 residents (3.7%) excluded from *Stress from Interactions with significant other*
- 11 residents (2.8%) excluded from *stress from Maintaining the residence*
- 11 residents (2.8%) excluded from *stress from Money management*

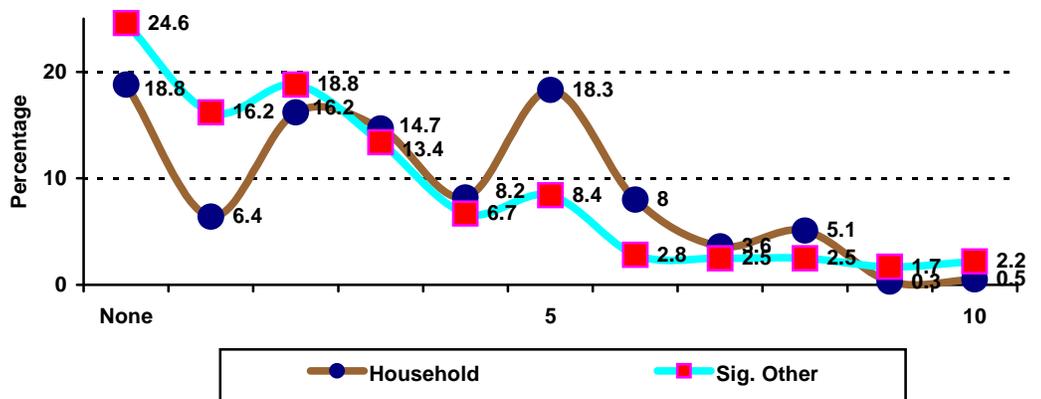
**FIGURE 27**  
**2007 Stress Ratings – Job & Money Management**



**FIGURE 28**  
**2007 Stress Ratings – Dealing with Children**



**FIGURE 29**  
**2007 Stress Ratings- Household Maintenance & Significant Other**



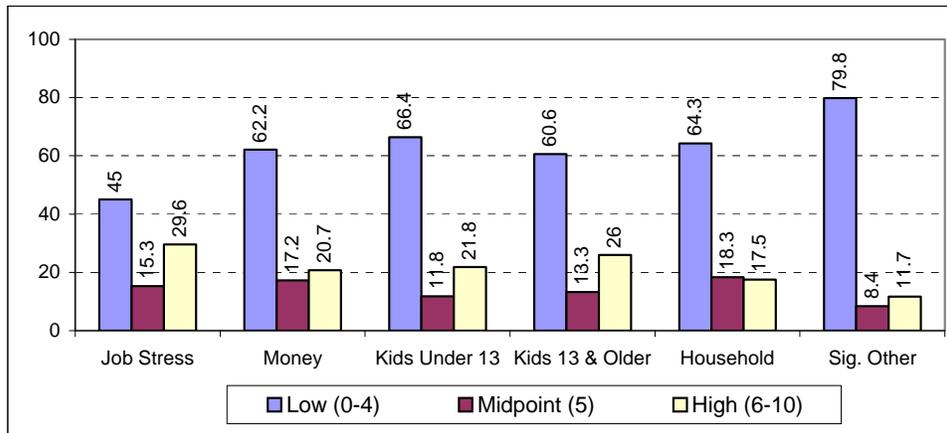
## Highlights from Figures 27 through 29 and other trends associated with demographic characteristics

- 55% of residents reported stress levels of 5 or greater **related to their job**. This was the highest type of stressful situation of the six that were asked in this survey;
  - There were no statistically different trends seen between males and females for this item. In other words, one's perceived stress level with respect to one's job was not dependent on one's within the household.
  - With respect to age groups, the stress associated with one's job lessened as one grew older, with the highest stress levels recorded with those between the ages of 18 and 34.
  - With respect to family status, those who were married but had no kids had the lowest amount of stress related to one's job. Those who were married with children and those who were single parents experienced higher levels of stress.
  - Between 2002 and 2007, the stress level associated with one's job has dropped by nearly 10% (the stress rating of 5 or higher was reported to be 64.7% in 2002).
- With respect to **money management stress**, 37.8% of residents reported a stress level of 5 or greater.
  - With respect to age groups, the stress associated with managing money lessened as one grew older, with the highest stress levels noted among those between the ages of 18 and 34.
  - Men feel slightly more stress from managing money than women, though the difference was not statistically significant.
  - The presence of children in a household contributes to money management stress for County residents. Stress levels were higher among residents in "married with children" families and "single parent" families than for couples with no children or single adult(s) households. This was also the case in 2002.
  - Between 2002 and 2007, the stress level associated with money management has dropped by just over 9% (the stress rating of 5 or higher was reported to be 46.7% in 2002).
- With respect to **stress levels from dealing with children**, 33.6% reported stress levels of 5 or greater when dealing with children (under age 13). A similar percentage of residents (39.4%) reported stress levels of 5 or greater when dealing with children aged 13 or older.
  - With respect to the age of the resident, the stress associated with dealing with children under age 13 lessened as one grew older, with the highest stress levels noted among those between the ages of 18 and 34. Stress levels associated with dealing with children who were 13 or older was highest among those between the ages of 35 and 54.

- With respect to dealing with children, the stress levels were similar between men and women (regardless of the age of the child).
- As might be expected, people living in households with children had higher stress levels with this item than people living in other type of households. Those who were married with children experienced the most stress with dealing with children under the age of 13, while single parents had the highest level of stress dealing with children who were 13 or older.
- Between 2002 and 2007, the stress level associated with children has dropped by just under 12% for dealing with children under 13 years of age (the stress rating of 5 or higher was reported to be 45.2% in 2002). The level of stress dealing with older children was very similar to what was reported in 2002 (42.7%).
- With respect to stress resulting from **maintaining the household**, 35.7% of residents reported a stress level of 5 or greater.
  - A further investigation by demographic characteristics revealed that with respect to age groups, the stress associated with maintaining the household lessened as one grew older, with the highest stress levels noted among those between the ages of 18 and 34.
  - Females feel more stress from managing the household (at 42.5% reporting stress levels of 5 or greater) compared to men (29.1%).
  - Stress levels were considerably higher among “single parent” families than for other family structures.
  - Between 2002 and 2007, the stress level associated maintaining the household was very similar to what was reported in 2002 (39.1%).
- With respect to stress resulting from **dealing with one’s significant other**, 20.1% of residents reported a stress level of 5 or greater. This was the lowest stressful situation out of the six that were queried.
  - One’s perceived stress level with respect to dealing with one’s significant other was not affected by gender or age.
  - People living in single parent families had the highest stress level recorded for this item compared to other family situations. This is likely associated with the problems associated with spouses or ex-spouses who are no longer living in the household. This was also the case in 2002.
  - Between 2002 and 2007, the stress level associated with dealing with one’s significant other was very similar to what was reported in 2002 (24.6%).

A summary of stress levels for these problems are grouped together in Figure 30. It can be seen that the highest form of stress experienced by residents is stress from one’s job, followed by money worries and stress from children.

**FIGURE 30**  
**2007 Stress Ratings Summarized**

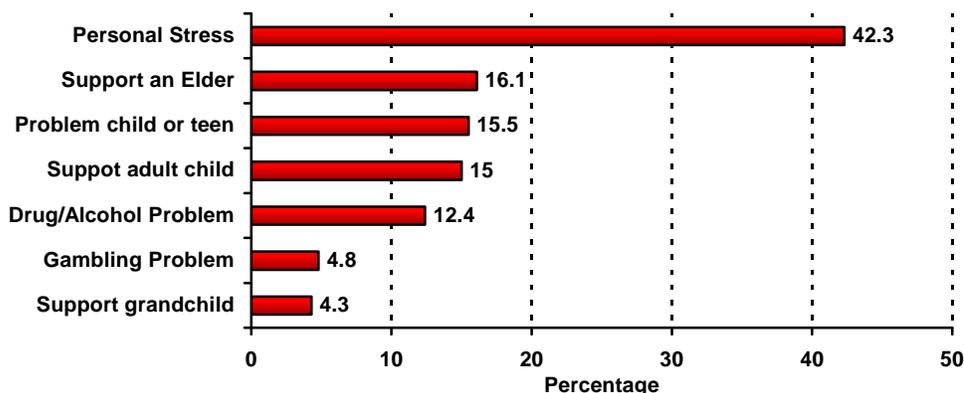


### G. Presence of Family Problems

Residents were asked a series of potential situations that could occur within a family setting and were asked to indicate whether such a problem occurred in their household within the past five years. Overall, it was found that 36.8% of households did not experience any of these problems,<sup>4</sup> so Figure 31 shows a breakdown from the 63.2% of County households that had experienced one or more of these problems. It can be seen that having to deal with “personal stress” was the most common encountered problem, followed by “caring or financially supporting an elderly family member” or dealing with someone “who had a problem with alcohol or drugs.”

<sup>4</sup> This was similar to the 2002 study.

**FIGURE 31**  
**Family Problems Encountered within the Past 5 Years (2007 Findings)**



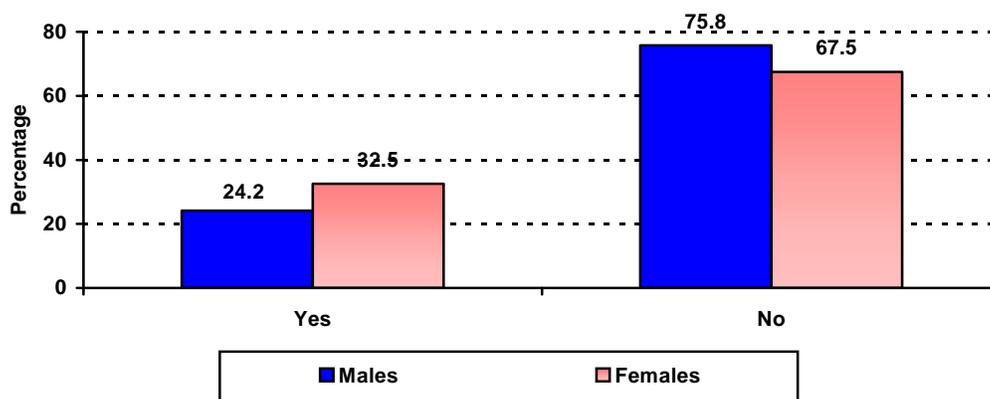
**Other trends associated with demographic characteristics for these items**

- With respect to *dealing with a problem child or teen in the household*, this problem was higher in “single parent” households than in other households.
- With respect to *personal stress*, this was reported more often by people aged 18-34 than for other age groups. This was also something that occurred more often by females compared to males living in the County. Personal stress was something that was very common among single parent families and was considerably higher (on a proportionate basis) than it was for other family structures.
- With respect to *dealing with someone with an alcohol or drug problem*, reports was proportionately higher among those aged 18-34 compared with older age groups.
- With respect to *dealing with someone with a gambling problem*, although small, the impact of this problem was higher in households where there were no children compared to households where children were living.
- More people between the ages of 35 and 54 reported having to *care or financially support an elderly family member* more than those in other age groups.
- Not surprisingly, those from “married with children” households had a higher tendency to have to *care or financially support an adult child in their household* compared to other family structures. Furthermore, people between the ages of 35 and 64 dealt with adult children more than those in older or younger age groups.
- Having to *care or financially support a grandchild in their household* increased as the age of the person increased. Although it was a small percentage, those aged 55 or older dealt with grandchildren more than those in other age groups.

Almost everyone in this study (89.2%) indicated that they knew someone living within 15 minutes of their home that they could turn to for help if they were faced with a personal emergency and had no one in their household that was readily available to help. This figure, although strong, is smaller than the 95.5% reported in 2002.

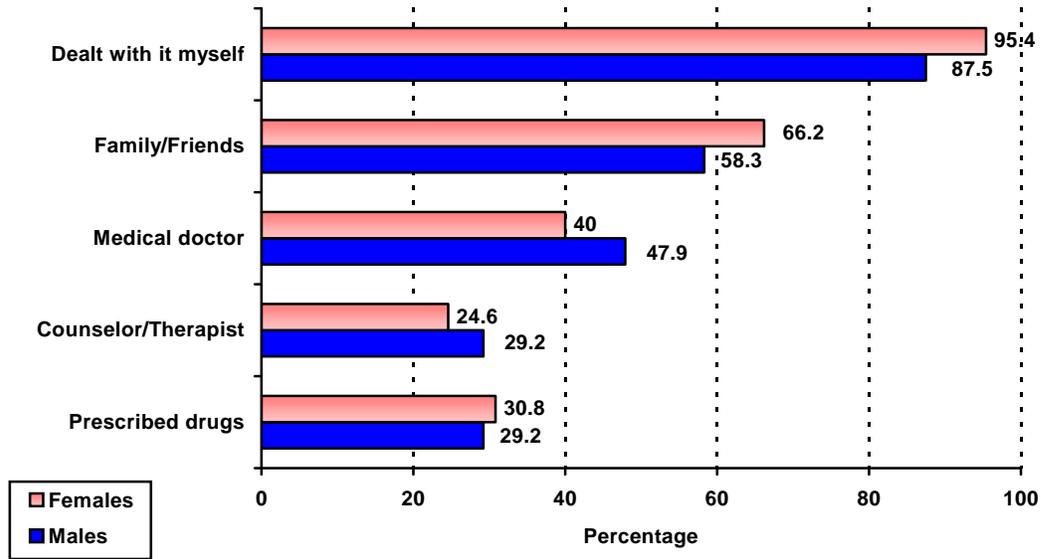
New to the 2007 study were two questions pertaining to symptoms of depression. It can be seen in Figure 32 that more females reported feeling depressed compared to males. There were no other differences seen for other demographic characteristics.

**FIGURE 32**  
**2007 Reports of Symptoms of Depression**  
 (By Gender)



A breakdown of the sources that were used to deal with depression is depicted in Figure 33. It can be seen from this figure that most people who suffer from depression try to deal with it themselves, and females are more inclined to do this than males. More males than females sought out treatment from a medical doctor or therapist than females. It can also be seen that approximately the same percentage of males and females would make use of prescription drugs. On a positive note, everyone who reported being depressed sought out at least one of the potential sources noted in this figure to help them deal with the symptoms. In other words, no one who suffered from depression ignored the problem.

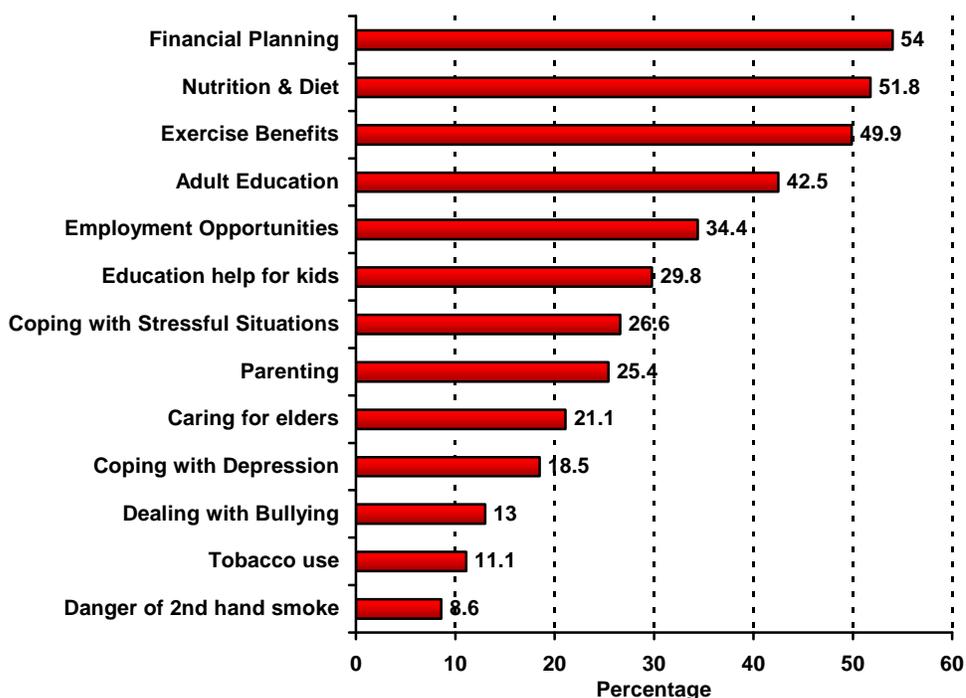
**FIGURE 33**  
**2007 Sources of Help for Dealing with Depression**  
**(By Gender)**



## H. Seeking Advice on Lifestyle Issues

Residents were asked to indicate whether they had looked for advice on various general lifestyle issues.<sup>5</sup> Thirteen topics were read to respondents, with the results shown in Figure 34. The results in this year's study were similar to the findings from 2002, although less people were looking for employment or education opportunities in 2007 compared to 2002.

**FIGURE 34**  
**2007 Results Pertaining to Seeking Advice on Lifestyle Issues**  
**within the Past 5 Years**



<sup>5</sup> Only 10.3% of residents never looked for advice on any of these issues.

## Highlights from Figure 34 and other trends associated with demographic characteristics for these items

- The top areas where people looked for advice was on *financial planning, nutrition and diet, exercise, adult education opportunities* and *employment opportunities*. Outside of some minor changes in order, these were also the most popular subjects noted by residents in 2002.
- With respect to family status, single parent households had a greater tendency to seek out advice on *coping with stressful situations, tobacco use* and *dealing with second hand smoke* than people in other types of families.
- Households with children (both single parent families and traditional nuclear families) looked for advice on *employment opportunities, parenting, and educational help for children* to a greater extent than other households.
- Married couples with children sought out advice on the *dealing with bullying* and the *benefits of regular exercise* to a greater extent than those in other types of households.
- There were some minor differences among gender in 2007 with respect to interest in certain topics. Topics of greater interest to females included seeking information on *exercise, coping with depression* and *caring for an elderly family member*. Topics of greater interest to males included seeking information on *educational help for children*.
- In terms of age, the interest in *employment opportunities, education opportunities, parenting a child* and *tobacco use* steadily dropped in importance as the age of the resident increased. Seeking advice on *bullying* was highest among those aged 35-54.

### I. Availability of Information in Strathcona County for Lifestyle Issues

Residents were asked to indicate the extent that they believed information of particular lifestyle topics was available within Strathcona County. Eleven topic areas were read to respondents. The results are shown in Table 5. The first part of the table shows the perceived awareness level of information among residents, while the second part of the table rates the accessibility of information for each topic (based those who were aware that the County had the information in the first place).

**Table 5**  
**Availability of Lifestyle Information in Strathcona County for 2007**

	Awareness of Information		Rating of Available Information (based on awareness)				
	Not Aware	Yes, Aware	Excellent	Very good	Average	Fair	Poor
<b>Benefits of regular exercise</b>	19.3%	80.8%	22.6%	47.4%	22.6%	4.3%	3.1%
<b>Nutrition</b>	42.0%	58.0%	11.2%	34.5%	37.1%	8.6%	8.6%
<b>Dangers of tobacco</b>	43.3%	56.8%	12.3%	39.6%	30.8%	8.4%	8.8%
<b>Alcohol or drug abuse</b>	44.8%	55.3%	6.8%	31.7%	38.9%	11.8%	10.9%
<b>Financial planning assistance</b>	44.8%	55.3%	11.3%	34.8%	34.8%	11.3%	7.7%
<b>Parenting tips</b>	47.3%	52.8%	13.3%	39.3%	29.4%	8.1%	10.0%
<b>Coping with stress</b>	48.5%	51.5%	2.4%	23.3%	48.5%	13.6%	12.1%
<b>Coping with depression</b>	48.8%	51.3%	4.4%	24.4%	42.4%	15.1%	13.7%
<b>Help for teens</b>	49.3%	50.8%	9.4%	29.1%	36.9%	10.3%	14.3%
<b>Help for seniors</b>	50.3%	49.8%	10.1%	40.2%	33.2%	9.0%	7.5%
<b>Abusive situations in a household</b>	55.5%	44.5%	5.1%	32.6%	39.3%	12.4%	10.7%

It can be seen from Table 5 that apart from the topic on *the benefits of regular exercise*, almost half of County residents were not even aware that information on several lifestyle topics could be found within the County. Lifestyle areas that were particularly acute included some of the “high risk” areas: *dealing with abuse within households*, *help for teens*, *help for seniors*, *coping with depression* and *coping with stress*.

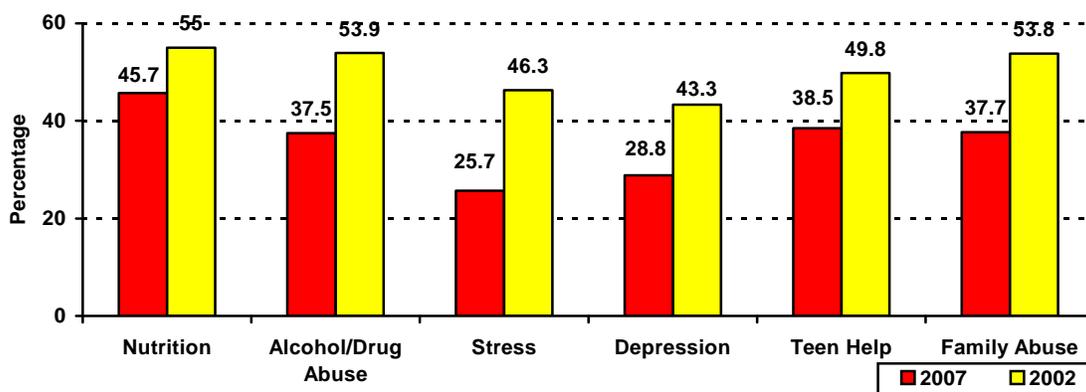
Those residents who believed that information on lifestyle topics were available gave a rating on whether they thought the information on the topics was excellent, very good, average, fair or poor. Topics within the County that residents felt had *excellent or very good* information included: *benefits of regular exercise* (70% rated existing information as excellent or very good), *parenting tips* (52.6%), *dangers of tobacco* (51.9%), and *help for seniors* (50.3%). Lifestyle topics where many “aware” residents felt that County information was fair or poor included *coping with depression* (28.8%), *coping with stress* (25.7%), *help for teens* (24.6%), *abusive situations in households* (23.1%) and *alcohol or drug abuse* (22.7%).

For the most part, demographic characteristics were not factors in differentiating how residents rated the quality of County information on various lifestyle topics. The one exception was with the information about *help for seniors*, where considerably more people aged 65 or older gave this material an excellent/very good rating compared to those in younger age groups.

**Strathcona**  
County

A comparison between 2002 and 2007 where there was a change between years with respect to people's perceptions of the County having excellent or very good information on particular lifestyle topics is shown in Figure 35. It can be seen that there has been a general decrease in perceptions of information on lifestyle topics between 2002 and 2007.<sup>6</sup> The topics that had the largest drop in positive ratings over this five year period were *coping with stress*, *coping with depression* and *alcohol/drug abuse*.

**FIGURE 35**  
**Changes in Combined Excellent/Very Good Ratings between 2002 & 2007**  
(Selected Topics)



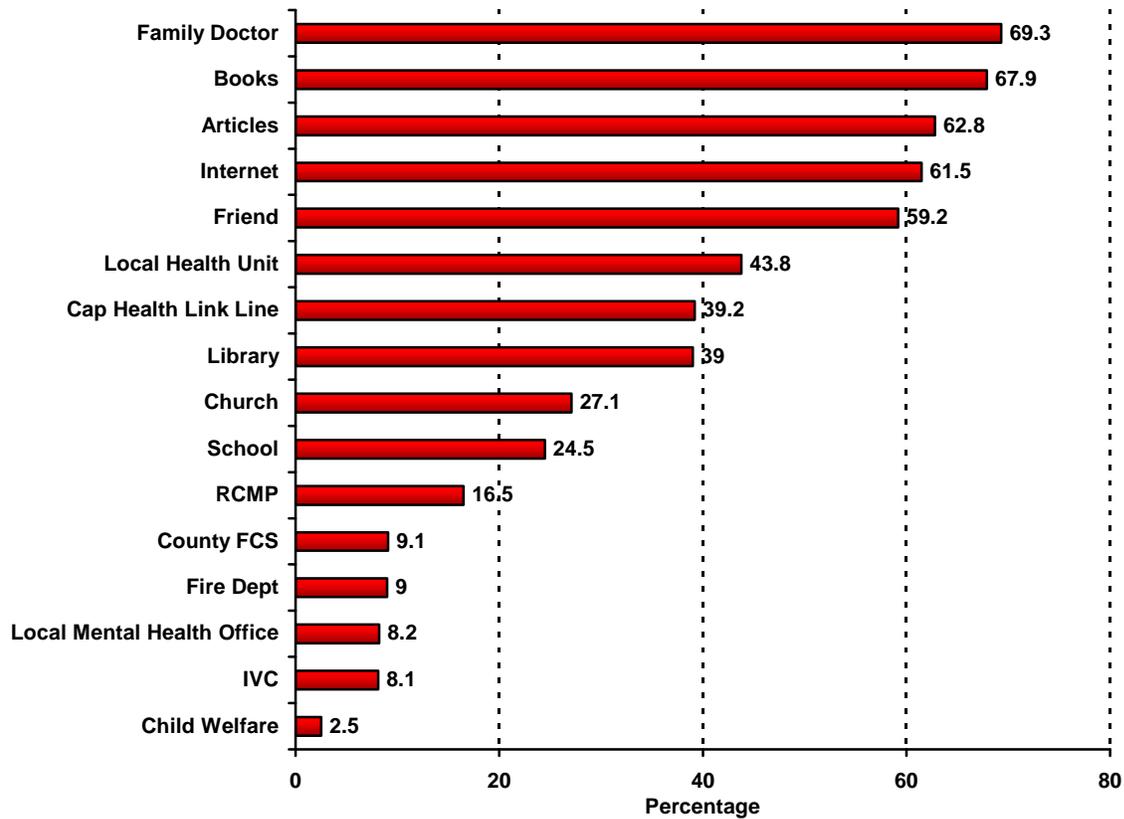
## J. Sources of Information for Lifestyle Issues

Residents were asked to indicate who they would turn to get information on different lifestyle issues. Sixteen potential sources were read to respondents. The results are shown in Figure 36.<sup>7</sup> It should be noted that the source of information would be dependent on the type of lifestyle issue that residents were thinking of (and based on the topic areas previously read to residents), and that residents were not asked to indicate what specific lifestyle topics they were thinking of when they indicated who or what they might turn to for information or help.

<sup>6</sup> None of the lifestyle topics had higher combined *excellent/very good* ratings in 2007 compared to 2002.

<sup>7</sup> Only 5.5% of residents would not consult anyone with respect to a lifestyle issue.

**FIGURE 36**  
**Where would People Seek Advice on Lifestyle Issues – 2007 Results**  
 (All residents)



It can be seen from Figure 36 that the family doctor would be the primary source of information that people would turn to. Books or articles from magazines or newspapers were another potential source, followed by the internet as a source of information or seeking help from a family friend. These were also the top choices when this data was first gathered in 2002.

It can also be seen from this figure that only 9.1% of residents would think of contacting Strathcona County Family & Community Services. This is a 6.1% drop from 2002, when 15.2% of residents thought of FCS.

In a comparison between 2002 and 2007, there were substantial drops with residents turning to the following sources of information:

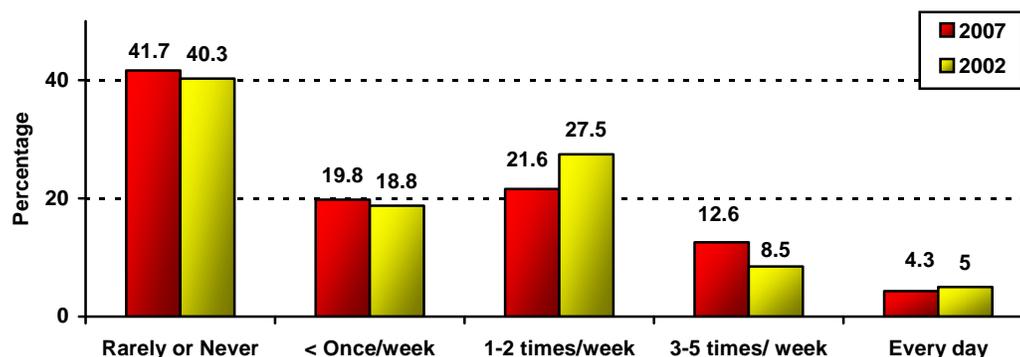
	2007	2002	Change
• School/Ed. Institution	24.5%	43.1%	- 18.6%
• Public Library	39.0%	51.0%	- 12.0%
• Family Doctor	69.3%	80.3%	- 11.0%
• Books	67.9%	78.8%	- 10.9%

The one source where there was an increase found between 2002 and 2007 was seeking help from the *Capital Health Link Line*. There was almost a 7% increase found, as 32.7% accessed this in 2002 compared to 39.2% in 2007.

### K. Alcohol and Drug Use within Strathcona County

The last set of questions directed to residents was with respect to alcohol and drug use. The average alcoholic beverage consumption in a typical week for 2007 and 2002 is depicted in Figure 37. It can be seen that there was virtually no difference in trends for this item between 2002 and 2007 for any of the rate of consumption. It can be seen that close to 42% of residents rarely drank alcohol in 2007.

**FIGURE 37**  
Weekly Alcoholic Consumption within Strathcona County Households  
(2007 and 2002 comparisons)



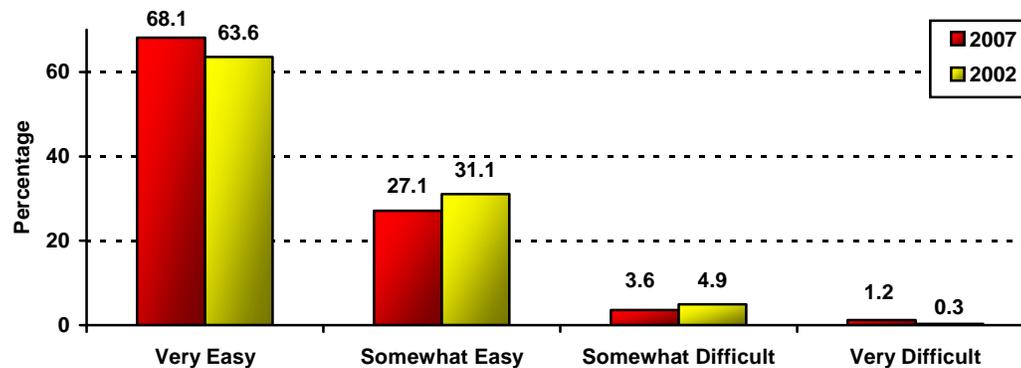
Among those who consumed alcohol one or more times a week in 2007:

- The majority of these residents were between the ages of 35 and 54 (49.7%).
- More males (59.5%) than females (40.5%) indicated that they consumed alcohol regularly (similar to findings from 2002).
- It was found that 8.5% of residents who consumed alcohol one or more times a week had family or friends who expressed concern about their use of alcohol. Although the finding itself is low, this is a 6.1% increase in concern over 2002, when just 2.4% had family or friends who expressed concern about their use of alcohol.

All residents, regardless of their rate of alcohol consumption, were asked to indicate whether the presence of alcohol had ever had a negative impact on their life. Overall, in 2007, 31.9% of residents indicated that there were past problems with alcohol, either with themselves personally or by its use by other people that they interacted with. This is a 5.3% drop from the 2002 study. A further analysis from the 2007 data revealed that this occurred more with females (36%) than males (27.8%). Age and family status were not influencing factors in this regard.

All respondents were asked to indicate how easy it would be for someone to obtain illegal drugs in Strathcona County. The results are depicted in Figure 38. For both 2007 and 2002, It can be seen that virtually all residents believed that obtaining illegal drugs in the County would be very or somewhat easy.<sup>8</sup>

**FIGURE 38**  
**Perceived Availability of Illegal Drugs within Strathcona County**  
**(2007 and 2002 comparisons)**



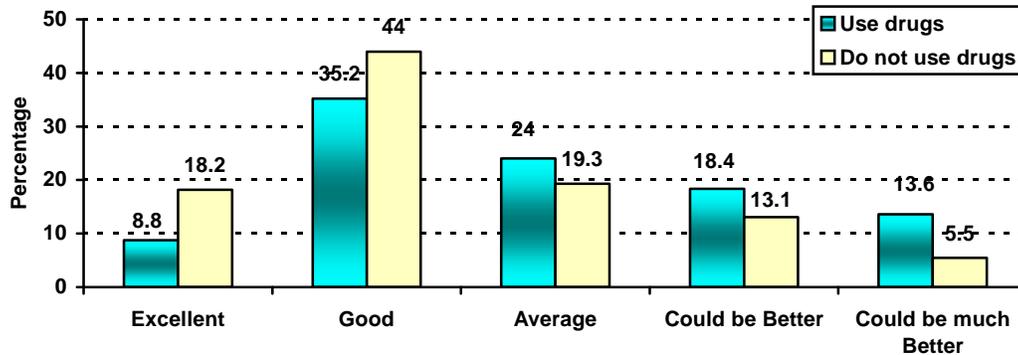
Apart from over-the-counter drugs, residents were also asked about whether they had used “prescription or other drugs for control of pain or for pleasure” anytime within the past year. Overall, 31.3% of residents in 2007 indicated such use, with 3.2% of these indicating that their family or friends had expressed concern over their use of these particular drugs. This is similar to findings from 2002 (34.2% use, with 6.6% having family or friends concerned with their drug use)

A further analysis of the 2007 data revealed that of the residents who used “prescription or other drugs for control of pain or for pleasure,” more were males (36%) as opposed to females (26.5%). Age and family status were not factors associated with drug use within the County.

<sup>8</sup> This excludes 65 residents (or 16.3% of the sample) who didn’t know or wouldn’t answer the question. In 2002, this figure was 96 residents (or 23.9% of the 2002 sample)

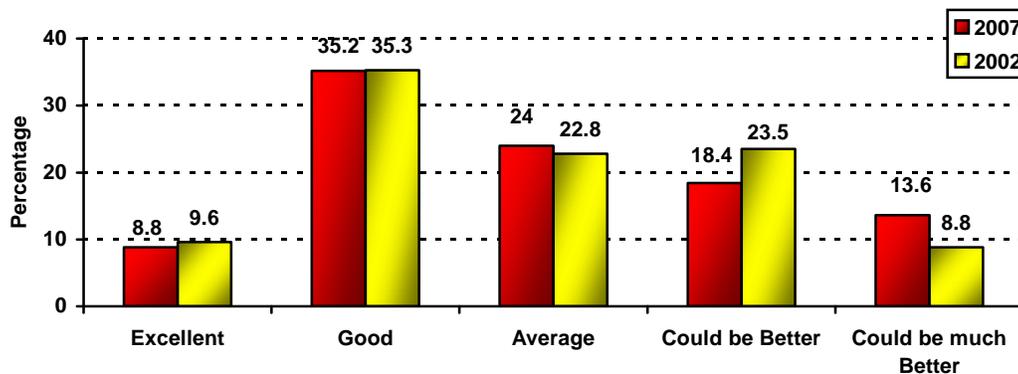
A comparison of how one rated personal health based on those who were using prescription drugs and those who were not is depicted in Figure 39. Residents who are not using prescription drugs are rating their health better than those who are using drugs.

**FIGURE 39**  
**Rating of One’s Health**  
 (Based on residents who use or do not prescription or other recreational drugs)



A breakdown the perceived state of one’s health of those using prescription drugs in 2007 and 2002 is depicted in Figure 40. The findings between the two studies are fairly similar, though a few more residents in 2007 indicated that their personal health could be *much better* compared to what was reported in 2002.

**FIGURE 40**  
**2007 and 2002 Rating of One’s Health**  
 (Based on residents who use prescription or other recreational drugs)



All residents, regardless of whether or not they had used prescription or other drugs within the past, were asked to indicate whether the use of prescription or illegal drugs by themselves or by others had ever had a negative impact on their life. Overall, 13% of residents indicated that there were past problems with drug abuse, either through personal use or by the abuse of others that they interacted with. This was almost identical to the 2002 study, where 11.1% of residents reported past problems.

In 2007, those from single parent families reported this as being a problem more than those in other family settings. There were no differences seen with respect to gender or age.

APPENDIX A: THE QUESTIONNAIRE

**Strathcona County Health & Lifestyle Questionnaire – 2007 Final**

Hello. My name is \_\_\_\_\_ of *Banister Research*. We are doing a survey of adult residents on behalf of Strathcona County to get your opinions about health and lifestyle trends. The results of this study will be used in the development of a national strategy on enhancing health and lifestyles of Canadians. Can you spare me about **15 minutes** of your time right now to take part in this important survey?

**(Use if Respondent says “No”)**

IF NO: When could I call you back to answer this survey?...Note time for follow-up  
**Is there someone else in your household who could answer this survey? )**

**ONCE AN ADULT MEMBER OF THE HOUSEHOLD IS ON THE LINE, CONTINUE.**

The survey will ask for your opinions about health and lifestyle trends in Strathcona County. The County will use these results to evaluate its services and help make the best use of its resources.

I'd like to start off with some general questions about living in Strathcona County.

A. On an overall basis, how easy do you find it is to transport yourself to different places from your home? Would you say it was:

- 1. Very easy
- 2. Somewhat easy
- 3. Somewhat difficult, or
- 4. Very difficult
- 9. Don't know/Refused



Why do you find it difficult? ( <i>note answers below</i> ) _____ _____
---

I'd now like to ask you some general questions about life in your immediate neighborhood, which we're defining as the portion of the community where your home is located.

B. How many of the adults in your neighborhood do you know by name? Would you say:

- 1. None
- 2. 1 to 5 adults
- 3. 6 to 10 adults
- 4. 11 to 20 adults, or
- 5. More than 20 adults

9. Don't know/No answer

---

C. How often do you talk to your neighbors? Would you say:

1. Daily or almost everyday
  2. 1 – 3 times a week
  3. 1 – 3 times a month
  4. Less than once a month
  5. Rarely or never
- 

9. Don't know/No answer

D. How safe do you feel walking alone in your immediate neighbourhood after dark? Do you feel:

1. Very safe
  2. Reasonably safe
  3. Somewhat unsafe, or
  4. Very unsafe
- 

9. Don't know/Wouldn't answer

E. How affordable do you find the housing in this community? Would you say that it's:

1. Very affordable
  2. Somewhat affordable, or
  3. Not affordable
- 

9. Don't know/Wouldn't answer

F. A challenge that many families face each month is having adequate money to meet the monthly household expenses. In general, for the family, is it:

1. Very easy to meet monthly expenses
  2. Somewhat easy to meet monthly expenses
  3. Somewhat difficult to meet monthly expenses
  4. Very difficult to meet monthly expenses, or
  5. It regularly varies between easy and difficult to meet monthly expenses
- 

9. Don't know/Wouldn't answer

G. Some people in a community may be involved in situations where they are physically and or mentally abused by another person or persons. I'm going to read a short list of potential situations that might exist in our community, and for each, please tell me if you think this is a major problem, a minor problem or not a problem here in Strathcona County. There are no right or wrong answers.

What about _____? <u>In the County</u> is this a...	Major Problem	Minor Problem	Not a Problem	Don't Know
Bullying in elementary schools?	3	2	1	9
Bullying in junior high schools?	3	2	1	9
Bullying in senior high schools?	3	2	1	9
Family violence?	3	2	1	9
Spousal abuse?	3	2	1	9

I'd now like to ask you some general questions about your health. To begin with...

H. Considering your present weight, eating habits, exercise patterns and present lifestyle, I'd like you to rate your overall health. Is it:

1. Excellent
2. Good
3. Average
4. Could be somewhat better, or
5. Could be much better
9. Don't know/Wouldn't answer

I. Do you smoke?

1. Yes
2. Trying to quit
3. No
9. Refused

How many tobacco products do you smoke in a typical day? \_\_\_\_\_

J. Does anyone else in your household smoke?

1. Yes
2. No
9. Refused

Including yourself, how many smokers in your household are:  
 a) Under 18 years of age? \_\_\_\_\_  
 b) Aged 18 or older? \_\_\_\_\_

- K. Life can be stressful. I'm going to read a short list of ways that might cause stress. For each, I'd like you to select a number between zero and ten, where **zero** means the situation is not at all stressful to you and **ten** means you find the situation very stressful. If the situation doesn't apply to you, please tell me. There are no right or wrong answers.

What about \_\_\_\_\_?

	Not at all Stressful										Very Stressful	Doesn't Apply
	0	1	2	3	4	5	6	7	8	9	10	99
Job Stress?	0	1	2	3	4	5	6	7	8	9	10	99
Stress from maintaining the residence?	0	1	2	3	4	5	6	7	8	9	10	99
Stress from dealing with kids under 13?	0	1	2	3	4	5	6	7	8	9	10	99
Stress from dealing with kids 13 or older?	0	1	2	3	4	5	6	7	8	9	10	99
Stress from managing money?	0	1	2	3	4	5	6	7	8	9	10	99
Stress from interactions with my significant other?	0	1	2	3	4	5	6	7	8	9	10	99

- L. There may be instances when family problems emerge. I'm going to read a short list of potential problems, and for each, please tell me if you've **had to take major steps** to deal with them within the past 5 years. There are no right or wrong answers.

***Read list – Circle all that apply***

Within the past 5 years have you had to:

1. Deal with a difficult/problem child or teenager in your household?
2. Deal with personal stress?
3. Deal with someone who had a problem with alcohol or drugs?
4. Deal with someone who had a gambling problem?
5. Care or financially support an elderly family member?
6. Care or financially support an adult child in your household?
7. Care or financially support a grandchild in your household?

M. Do you have someone living within 15 minutes of you that you could turn to for help if you were faced with some sort of personal emergency and there was no one in your household that could help?

1. Yes
2. No \_\_\_\_\_
9. Don't know/ Wouldn't answer

N. Have you experienced feelings or symptoms of depression anytime within the past 12 months?

1. Yes

2. No \_\_\_\_\_

9. Don't know/Wouldn't disclose

*Skip to question P on the next page*

O. Please tell me which of the following sources you've used to help you deal with depression: (**Read list, circle all that apply**)

What about from \_\_\_\_\_:

1. A medical doctor?
2. A family member or friend?
3. A counselor or therapist?
4. Prescribed anti-depressants?
5. Dealt with the depression myself
- \_\_\_\_\_
9. Would not disclose

- P. The next part of our survey is about some general lifestyle situations that may be encountered by people like yourself who live in Strathcona County. I'm going to read a series of general subjects to you and for each, tell me if you have ever looked for any advice on the subject for yourself or another family member within the past 5 years. OK?

*(Read list, circle all that apply) Please note that final list will be randomized.*

Within the past 5 years, have you ever looked for advice on:

1. Proper nutrition and diet?
  2. Employment opportunities?
  3. Adult education opportunities?
  4. Financial planning strategies?
  5. Benefits of regular exercise?
  6. Tobacco use?
  7. Dangers of second hand smoke?
  8. Parenting a child or grandchild?
  9. Educational help for children in your household?
  10. How to deal with bullying?
  11. Personally coping with depression?
  12. Personally coping with stressful situations?
  13. Caring for an elderly family member?
- 
0. None of the above

Q. I'd now like you to rate the present availability of information in Strathcona County for some of the lifestyle situations I've just read to you. For each one I read, I'd like you to tell me whether you think the County has excellent, very good, average, fair or poor information available. If you're not sure, please tell me. There are no right or wrong answers.

What about _____? In the County, is the available information:	Excellent	Very Good	Average	Fair	Poor	DK
Nutrition?	5	4	3	2	1	9
Help for seniors?	5	4	3	2	1	9
Financial planning assistance?	5	4	3	2	1	9
Benefits of regular exercise?	5	4	3	2	1	9
Dangers of tobacco?	5	4	3	2	1	9
Parenting tips?	5	4	3	2	1	9
Help for teens?	5	4	3	2	1	9
Abusive situations in a household?	5	4	3	2	1	9
Alcohol or drug abuse?	5	4	3	2	1	9
Coping with depression?	5	4	3	2	1	9
Coping with stress?	5	4	3	2	1	9

R. There are different sources that people can access to get information about various lifestyle concerns. I'm going to read you a list of possible sources of information. Please tell me which of these sources you've used to help you deal with any lifestyle concerns: (**Read list, circle all that apply**)

What about from \_\_\_\_\_:

1. Your family doctor?
2. A family friend?
3. Books?
4. The RCMP?
5. A local Health Unit?
6. A local Mental Health office?
7. Newspaper or magazine articles?
8. Capital Health Link Line?
9. The internet?
10. A school or educational institution?
11. Strathcona County Family and Social Services?
12. A church?
13. The library?
14. The Information and Volunteer Centre?
15. Child Welfare?
16. The Fire Department?
17. Any other sources? (**Please indicate:**) \_\_\_\_\_
0. None of the above

I'd now like to ask you some general questions about alcohol and drug use. We recognize that this may be a sensitive issue for some people, but the information that we are gathering on this is going to be of tremendous help in the development of a Canada-wide campaign on helping people and households who have difficulties with alcohol and drugs.

S. Over the course of a typical week, how often do you have alcoholic beverages, that is, beer, wine or spirits? Would you say:

- 1. Usually every day
- 2. Three to five times a week
- 3. One or two times a week,
- 2. Less than once a week, or
- 3. Rarely or never
- 9. Don't know/ Wouldn't answer

Have your family or friends ever expressed concern about your use of alcohol?

- 1. Yes
- 2. No
- 9. Don't know/ Wouldn't answer

T. Personal alcohol use, or the use of alcohol by others can have a negative impact in a household. Has alcohol ever had a negative impact on your life?

- 1. Yes
- 2. No
- 9. Don't know/ Wouldn't answer

U. How easy do you think it would be for someone to obtain illegal drugs here in Strathcona County? Would you say it would be:

- 1. Very easy
- 2. Somewhat easy
- 3. Somewhat difficult, or
- 4. Very difficult
- 9. Don't know/ Wouldn't answer

V. Almost everyone has used over-the counter drugs such as Tylenol at one time or another. However, there are some people who constantly use prescription drugs for control of pain, to help them sleep or to help them stay awake. Other people might use drugs such as marijuana for relaxation or pleasure. In the past year, apart from over-the-counter drugs, have you used prescription or other drugs for control of pain or for pleasure?

1. Yes  →

2. No

9. Don't know/ Wouldn't answer

Have your family or friends ever expressed concern about your use of these particular drugs?

1. Yes

2. No

9. Don't know/ Wouldn't answer

W. Personal drug use, or the use impact in a household. Have t

1. Yes

2. No

9. Don't know/Refused to answer

In finishing up this survey, I'd like to get some basic information about your household so that we may better understand how your answers compare to others that we've talked to. This information will remain confidential. To begin with...

X. How many years have you lived in Strathcona County? \_\_\_\_\_  
*(Note: IF LESS THAN ONE YEAR, ENTER 0)*

Y. Do you live:

1. In Sherwood Park, or

2. In other parts of Strathcona County?

Z. Including yourself, how many people live in your household? \_\_\_\_\_ *(If "One" Go to Q22)*

a) How many of these people are children aged 15 or younger? \_\_\_\_\_

b) How many are children aged 16 or older? \_\_\_\_\_

AA. And as I read a list of age groups, please stop me when I mention the group that includes your age....

- 1. 18 to 24
- 2. 25 to 34
- 3. 35 to 44
- 4. 45 to 54
- 5. 55 to 64
- 6. 65 years of age or older
- 9. Refused

BB. Do you own or rent your home?

- 1. Own
- 2. Rent
- 9. Refused

CC With respect to marital status, are you:

- 1. Single
- 2. Married or Common Law
- 3. Separated
- 4. Divorced, or
- 5. Widowed
- 9. Refused

DD. Are you presently...*[READ]*

- 1. A student
- 2. Self-employed
- 3. Employed full-time
- 4. Employed part-time
- 5. A homemaker
- 6. Retired, or
- 7. Unemployed
- 9. Refused



At the present time, how many hours in an average week are you working in your job?  
Would you say:

- 1. Less than 15 hours per week
- 2. 15 to 35 hours per week
- 3. 36 to 50 hours per week
- 4. More than 50 hours per week
- 9. Would not answer

EE. Could I please have your postal code?

\_\_\_\_ - \_\_\_\_ - \_\_\_\_ - \_\_\_\_ - \_\_\_\_

FF. **DO NOT READ. NOTE GENDER**

1. Male
2. Female

Could I please get your first name or initials in case my supervisor wants to verify that we completed this survey? \_\_\_\_\_

Thank you for your help in completing this survey, and have a very pleasant evening.

**DO NOT READ:** Phone #: \_\_\_\_\_