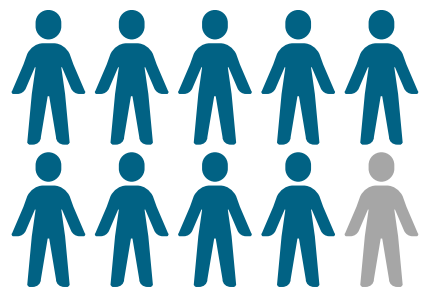


Exploring the Awareness and Perceptions of the Canadian 24-Hour Movement Guidelines in Rural and Remote Communities

Objectives

This study explored the perspectives and experiences of people living in rural and remote communities to improve the relevancy and impact of the Canadian 24-Hour Movement Guidelines.

What did we do?



Phase One:
Online Survey



Phase Two:
Individual Interviews

What did we find?

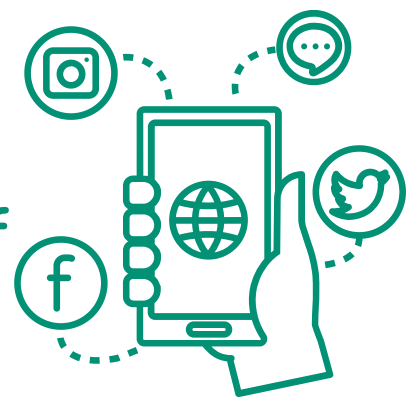
44.7% Were aware of the guidelines

2/3 of rural residents

Did not answer any of the questions on sedentary behaviour or sleep recommendations correctly

61.9% Had moderate-to-high knowledge of physical activity recommendations and dosages

Social media and websites of local organizations were the most common source of information on movement behaviours



Recommendations to the Guidelines

Physical Activity

- Provide information on wildlife safety and exercising outdoors
- Provide information for being active with chronic conditions
- Promote guidelines through local community leaders and organizations
- Provide information on specific benefits of being active



Sedentary Behaviour

- Provide information on the differences between sedentary behaviour and physical inactivity
- Provide tips for goal setting, action planning, and self-monitoring
- Promote guidelines through workplaces



Sleep

- Provide information on seasonal depression
- Provide tips to combat seasonal changes in daylight



For more information

Contact PhysicalActivity@unbc.ca
or visit our website at MoveTheNorth.ca