

Positive Wellness Survey: Report on Results

Survey Information

Survey Name: Positive Wellness Survey
Date Surveys Completed: February 2007
Date Report Completed: May 2007
Report By: Kristy Buck

Survey Description

The Positive Wellness Survey was created as part of the research and program development stage of the Wellness Project at the AIDS Committee of Toronto (ACT). The professional and personal expertise of the HIV/AIDS Wellness Advisory Network members, consultations with other service providers and clients, an analysis of the past year's ACT Community Health Forum evaluations and evaluations from this past summer's Wellness Workshops indicated that people living with HIV/AIDS (PHAs) are overall most interested in and most likely seek information about the following wellness topics: nutrition, sexuality, spirituality, emotional wellness, addictions and complementary therapies. The Positive Wellness Survey was developed in order to learn more about how to address these wellness topics through programming.

The purpose of the Positive Wellness Survey was to confirm and gauge interest in these wellness topics, to determine what PHAs are specifically seeking to learn in regard to these topics and in what format, to gain some practical and logistical information to guide program development, collect demographic and contact information, and to collect some baseline information regarding the interest PHAs have in wellness, their current practices and their current accessibility to wellness information and services.

The Positive Wellness Survey was developed by Kristy Buck and the HIV/AIDS Advisory Network survey working group, including Andrea Sharp (Social Worker at Toronto General Hospital) and two community members. The survey was also informed by consultations with ACT's Research Coordinator, Nicole Greenspan, ACT's Director of Programs & Services, Le-Ann Dolan, and ACT's Health Promotion Team (Robin Rhodes, Patrick Kearns, Haran Vijayanathan, Lily Mac and Erica Lee). The survey was piloted with a group of approximately 10 ACT staff, including PHA representation. The survey was available online and in hard copy and was promoted in the HIV/AIDS community through flyers, emails, the ACT website, and by members of the HIV/AIDS Wellness Advisory Network.

Survey Findings

Total number of respondents: 119 (99 online, 20 paper)

Demographics

All respondents were HIV+ and lived in the Toronto area (the only eligibility criteria).

3. What is your gender?

The majority of respondents were male.

- **75% (N = 89) were male**
- 24% (N = 29) were female
- 1% (N = 1) preferred not to identify
- (119 respondents, 0 skipped this question)

4. What is your sexual orientation?

The majority of respondents identified as gay/lesbian/homosexual.

- **64% (N = 75) were gay/lesbian/homosexual**
- 9% (N = 11) were bi/bisexual
- 25% (N = 30) were straight/heterosexual
- 2% (N = 2) preferred not to identify
- (118 respondents, 1 skipped this question)

5. How old are you?

The largest group of respondents was between the ages of 40 and 49. More than half of the respondents were 40 years of age or older. No respondents were under the age of 20.

- 0% (N = 0) were under 20
- 11% (N = 13) were 20-29
- 22% (N = 26) were 30-39
- **42% (N = 50) were 40-49**
- 18% (N = 21) were 50-59
- 6% (N = 7) were 60+
- 1% (N = 1) preferred not to identify
- (118 respondents, 1 skipped this question)

6. What is your ethnic identity? (Check all that apply)

The majority of respondents (64%) identified as Caucasian/White. The second largest group of respondents (14%) identified as Black/African/Caribbean.

- 3% (N = 4) selected 'Asian'
- 14% (N = 17) selected 'Black/African/Caribbean'
- **64% (N = 76) selected 'Caucasian/White'**
- 6% (N = 7) selected 'First Nations/Aboriginal'
- 7% (N = 8) selected 'Hispanic/Latino'
- 1% (N = 1) selected 'Middle Eastern'
- 4% (N = 3) selected 'Mixed'
- 3% (N = 3) selected 'South Asian'
- 1% (N = 1) preferred not to identify
- 2% (N = 2) selected 'Other'

- (118 respondents, 1 skipped this question)

7. How long have you been living with HIV/AIDS?

The largest group of respondents had been living with HIV for 10-14 years. Half of the respondents had been living with HIV for 10 or more years.

- 8% (N = 9) have been living with HIV for less than 1 year
- 11% (N = 13) have been living with HIV for 1-3 years
- 11% (N = 12) have been living with HIV for 3-5 years
- 15% (N = 17) have been living with HIV for 5-7 years
- 4% (N = 4) have been living with HIV for 7-9 years
- **23% (N = 26) have been living with HIV for 10-14 years**
- 15% (N = 17) have been living with HIV for 15-19 years
- 12% (N = 14) have been living with HIV for 20+ years
- 2% (N = 2) preferred not to say
- (114 respondents, 5 skipped this question)

8. How long have you been living in Canada?

Half of the respondents had been living in Canada for their entire life. Three quarters of respondents had been living in Canada for 20 or more years.

- 4% (N = 5) have been living in Canada for less than 1 year
- 6% (N = 7) have been living in Canada for 1-3 years
- 3% (N = 3) have been living in Canada for 3-5 years
- 3% (N = 3) have been living in Canada for 5-7 years
- 1% (N = 1) have been living in Canada for 7-9 years
- 4% (N = 5) have been living in Canada for 10-14 years
- 3% (N = 4) have been living in Canada for 15-19 years
- 25% (N = 29) have been living in Canada for 20+ years
- **50% (N = 59) have lived in Canada their entire life**
- 1% (N = 1) preferred not to say
- (117 respondents, 2 skipped this question)

9. What is the highest level of education you've completed?

The largest group of respondents had completed a college diploma or bachelor's degree. Almost three quarters of respondents had completed at least some college or university.

- 0% (N = 0) selected 'no schooling'
- 0% (N = 0) selected '8th grade or less'
- 9% (N = 11) selected 'some high school'
- 15% (N = 17) selected 'high school diploma'
- 3% (N = 3) selected 'technical or trade school'
- 24% (N = 28) selected 'some college or university'
- **41% (N = 48) selected 'college diploma or bachelor's degree'**
- 8% (N = 9) selected 'graduate school'

- 0% (N = 0) selected 'not sure'
- 1% (N = 1) selected 'other'
- (117 respondents, 2 skipped this question)

10. What is your current employment status? (Check as many as apply)

The largest group of respondents was supported by ODSP. 43% of respondents were working part-time or full-time.

- 27% (N = 32) were working full-time
- 16% (N = 19) were working part-time
- 29% (N = 34) were volunteering
- 6% (N = 7) were students
- **37% (N = 44) selected Ontario Disability Support Program (ODSP)**
- 5% (N = 6) selected 'Ontario Works (OW)'
- 17% (N = 20) selected 'Long Term Disability (LTD)'
- 6% (N = 7) selected 'Retired/Over 65'
- 6% (N = 7) selected 'Other'
- (118 respondents, 1 skipped question)

11. What is your current housing status?

Almost half of respondents indicated that they rent an apartment or house.

- **46% (N = 54) selected 'Rent apartment or house'**
- 22% (N = 26) selected 'Own condo or house'
- 18% (N = 21) selected 'Subsidized housing (Housing Connections)'
- 6% (N = 7) selected 'Supportive or assistive housing (e.g. Fife House, nursing home, hospice, etc.)'
- 4% (N = 5) selected 'Living with family or friends'
- 1% (N = 1) selected 'Shelter'
- 1% (N = 1) selected 'Homeless'
- 3% (N = 3) selected 'Other'
- (118 respondents, 1 skipped this question)

12. What is the best estimate of your individual annual income?

The largest group of respondents reported an income between \$10 000 - \$19 999. The majority of respondents (68%) had an income of \$29 999 or less.

- 4% (N = 5) have no income
- 12% (N = 14) reported an income of less than \$9999
- **31% (N = 36) reported an income between \$10 000 - \$19 999**
- 21% (N = 25) reported an income between \$20 000 - \$29 999
- 9% (N = 10) reported an income between \$30 000 - \$39 999
- 11% (N = 13) reported an income between \$40 000 - \$49 999
- 3% (N = 4) reported an income between \$50 000 - \$59 999
- 1% (N = 1) reported an income between \$60 000 - \$69 999

- 2% (N = 2) reported an income between \$70 000 - \$79 999
- 1% (N = 1) reported an income between \$80 000 - \$89 999
- 0% (N = 0) reported an income between \$90 000 - \$99 999
- 2% (N = 2) reported an income above \$100 000
- 2% (N = 2) reported that they did not know what their income was
- 3% (N = 3) reported that preferred not to say
- (118 respondents, 1 skipped this question)

13. How much would you say you approximately spend out of pocket (not reimbursed by a health plan or drug card) on health and wellness services a month? (e.g. complementary therapies, vitamins, massage therapy, counseling, etc.)

Almost all respondents spent some money out of pocket on health and wellness services. The largest group of respondents spent more than \$200 a month on health and wellness services. 58% (N = 69) of respondents spent less than \$100 a month on health and wellness services. 17% (N = 20) of respondents spent between \$100 and \$199 and 17% (N = 20) of respondents spent more than \$200 a month on health and wellness services.

- 9% (N = 11) spend \$0
- 12% (N = 14) spend \$1 - \$24
- 13% (N = 15) spend \$25 - \$49
- 14% (N = 16) spend \$50 - \$74
- 11% (N = 13) spend \$75 - \$99
- 6% (N = 7) spend \$100 - \$124
- 5% (N = 6) spend \$125 - \$149
- 6% (N = 7) spend \$150 - \$199
- **17% (N = 20) spend more than \$200**
- 8% (N = 9) don't know how much they spend
- 0% (N = 0) prefer not to say how much they spend
- (118 respondents, 1 skipped this question)

Places You Access Services

14. Where do you or have you accessed services related to your HIV status?

The majority of respondents accessed services at ACT and TPWAF. Almost all respondents accessed some services at either an ASO or hospital.

- **79% (N = 88) access services at the AIDS Committee of Toronto (ACT)**
- 68% (N = 76) access services at the Toronto People With AIDS Foundation (TPWAF)
- 37% (N = 41) access services at St. Michael's Hospital
- 30% (N = 33) access services at the Sherbourne Health Centre
- 22% (N = 25) access services at Fife House
- 21% (N = 24) access services at Toronto General Hospital
- 21% (N = 24) access services at Mount Sinai Hospital
- 16% (N = 18) access services at Voices of Positive Women
- 15% (N = 17) access services at Sunnybrook Hospital

- 14% (N = 16) access services at other agencies – including their family doctor, other medical clinic or community health centre (N = 6), PASAN (N= 2), the Teresa Group (N = 2), 410 Sherbourne, Women’s Health in Women’s Hands, Hassle Free, Philip Aziz and CATIE (all N = 1)
- 8% (N = 9) access services at Casey House
- 6% (N = 7) access services at Africans in Partnership Against AIDS (APAA)
- 5% (N = 5) access services at the AIDS Bereavement Project
- 5% (N = 5) do not access services related to their HIV/AIDS status
- 5% (N = 5) access services at the Alliance for South Asian AIDS Prevention (ASAAP)
- 3% (N = 3) access services at African Community Health Services (ACHES)
- 2% (N = 2) access services at Asian Community AIDS Services (ACAS)
- (112 respondents, 1 skipped this question)

General Health and Wellness

15. How would you rate the following statements regarding your views on your general health and wellness? (111 respondents, 8 skipped these questions)

All respondents agreed that their health and wellness are important to them and almost all respondents were interested in learning more about how to improve their health and wellness.

My health and wellness are important to me.

- **100% (N = 111) agreed or strongly agreed** with this statement
- 0% (N = 0) were neutral with regard to this statement
- 0% (N = 0) disagreed or strongly disagreed with this statement
- 0% (N = 0) selected N/A or don’t know

I am interested in learning more about how to improve my health and wellness.

- **95% (N = 106) agreed or strongly agreed** with this statement
- 3% (N = 3) were neutral with regard to this statement
- 0% (N = 0) disagreed or strongly disagreed with this statement
- 2% (N = 2) selected N/A or don’t know

The majority of respondents indicated that they find it easy to find and access both information (70%) as well as support and services (54%) regarding their health and wellness, though almost a quarter of respondents indicated that they find it difficult to find and access support and services regarding their health and wellness. Almost a third of respondents were unsure or indicated that they found it difficult to find and access information on health wellness.

It is easy for me to find and access information on health and wellness.

- **70% (N = 78) agreed or strongly agreed** with this statement
- 23% (N = 25) were neutral with regard to this statement
- 6% (N = 7) disagreed or strongly disagreed with this statement
- 1% (N = 1) selected N/A or don’t know

It is difficult for me to find and access support and services regarding my health and wellness.

- 23% (N = 26) agreed or strongly agreed with this statement
- 20% (N = 22) were neutral with regard to this statement
- **54% (N = 60) disagreed or strongly disagreed** with this statement
- 3% (N = 3) selected N/A or don't know

16. **How interested would you be in attending:** (111 respondents, 8 skipped these questions)

Most respondents were interested in both a workshop on how to self-assess their health and wellness and a computer session on how to find health and wellness information on the internet.

A workshop on how to self-assess your health and wellness?

- **58% (N = 65) were very interested or interested**
- 38% (N = 42) were somewhat interested or a little interested
- 4% (N = 4) were not interested
- 0% (N = 0) selected N/A or don't know

A computer session on how to find health and wellness information on the internet?

- **56% (N = 62) were very interested or interested**
- 32% (N = 35) were somewhat interested or a little interested
- 12% (N = 13) were not interested
- 1% (N = 1) selected N/A or don't know

17. **How would you currently rate:** (111 respondents, 8 skipped these questions)

The responses to this question were mixed, with a significant number of respondents in each response category, though the largest group of respondents (44%) indicated that their physical health and overall health and wellness were excellent or very good. A quarter of respondents indicated that their physical health and overall health and wellness were fair or poor.

Your current physical health, specifically?

- **44% (N = 49) selected excellent or very good**
- 32% (N = 35) selected good
- 25% (N = 27) selected fair or poor

Your current overall health and wellness?

- **40% (N = 44) selected excellent or very good**
- 32% (N = 35) selected good
- 28% (N = 32) selected fair or poor

Nutrition

18. **How would you rate the following statements regarding your views on nutrition?** (108 respondents, 11 skipped these questions)

Almost all respondents agreed or strongly agreed that nutrition is an important aspect of their health and wellness.

Nutrition is an important aspect of my health and wellness.

- **94% (N = 102) agreed or strongly agreed** with this statement
- 5% (N = 5) were neutral with regard to this statement
- 0% (N = 0) disagreed or strongly disagreed with this statement
- 1% (N = 1) selected N/A or don't know

Most respondents agreed or strongly agreed that they know how to eat a nutritious diet. Almost a quarter of respondents were unsure whether they know how to eat a nutritious diet.

I know how to eat a nutritious diet.

- **66% (N = 72) agreed or strongly agreed** with this statement
- 23% (N = 25) were neutral with regard to this statement
- 9% (N = 10) disagreed or strongly disagreed with this statement
- 1% (N = 1) selected N/A or don't know

Half of respondents disagreed or strongly disagreed that it is difficult to find and access information on nutrition.

It is difficult for me to find and access information on nutrition.

- 23% (N = 25) agreed or strongly agreed with this statement
- 26% (N = 28) were neutral with regard to this statement
- **50% (N = 54) disagreed or strongly disagreed** with this statement
- 1% (N = 1) selected N/A or don't know

Almost half of respondents agreed or strongly agreed that it is easy to find and access nutrition support and services.

It is easy for me to find and access nutritional support and services.

- **48% (N = 52) agreed or strongly agreed** with this statement
- 31% (N = 33) were neutral with regard to this statement
- 20% (N = 21) disagreed or strongly disagreed with this statement
- 2% (N = 2) selected N/A or don't know

Most respondents were interested in learning more about topics related to nutrition and healthy eating.

I am interested in learning more about topics related to nutrition and healthy eating.

- **76% (N = 82) agreed or strongly agreed** with this statement
- 21% (N = 23) were neutral with regard to this statement
- 1% (N = 1) disagreed or strongly disagreed with this statement
- 2% (N = 2) selected N/A or don't know

19. **What topics would you be specifically interested in learning more about?** (Check as many as you are interested in) – ranked in order of interest

Almost all respondents were interested in learning about at least one topic related to nutrition. The majority of respondents were interested in learning about Nutrition & HIV, food

supplements, cooking healthy food, nutrition & medication and healthy choices with limited resources.

- **Nutrition & HIV (76%, N = 82)**
- Food supplements (61%, N = 66)
- Cooking healthy food (55%, N = 59)
- Nutrition & medication (54%, N = 58)
- Healthy choices with limited resources (51%, N = 55%)
- Naturopathic care (38%, N = 41)
- How to access nutritional support and services (37%, N = 40)
- Nutrition basics (25%, N = 27)
- 6% (N = 6) of respondents indicated that they are not interested in the topic of nutrition
- 9% (N = 10) of respondents indicated that they were interested in learning about other topics related to nutrition – including: vegetarianism, nutrition updates, low fat & low sugar diets, nutrition on a cellular level, healthy meals for children
- (108 respondents, 11 skipped this question)

20. We'd now like to know how you'd be interested in receiving programs on nutrition.
How interested would you be in: (108 respondents, 11 skipped these questions)

Attending an information session on nutrition?

- **54% (N = 59) were very interested or interested**
- 38% (N = 40) were somewhat interested or a little interested
- 6% (N = 7) were not interested
- 2% (N = 2) selected N/A or don't know

Attending a workshop series on nutrition?

- **52% (N = 56) were very interested or interested**
- 35% (N = 38) were somewhat interested or a little interested
- 11% (N = 2) were not interested
- 2% (N = 2) selected N/A or don't know

Attending a peer-based discussion group on nutrition?

- 36% (N = 39) were very interested or interested
- **40% (N = 43) were somewhat interested or a little interested**
- 20% (N = 22) were not interested
- 4% (N = 4) selected N/A or don't know

Receiving one-on-one nutritional support?

- **56% (N = 60) were very interested or interested**
- 34% (N = 37) were somewhat interested or a little interested
- 8% (N = 9) were not interested
- 2% (N = 2) selected N/A or don't know

Receiving information on nutrition?

- **67% (N = 72) were very interested or interested**
- 28% (N = 30) were somewhat interested or a little interested
- 4% (N = 4) were not interested

- 2% (N = 2) selected N/A or don't know

Most respondents were interested in receiving information on nutrition, receiving one-on-one support and attending an information session or a workshop series. Respondents were most interested in receiving information on nutrition.

Ranked preference in program format for the topic of nutrition

- **67% (N = 72)** were very interested or interested in **receiving information**
- 56% (N = 60) were very interested or interested in one-on-one support
- 54% (N = 59) were very interested or interested in an information session
- 52% (N = 56) were very interested or interested in a workshop series
- 36% (N = 39) were very interested or interested in a discussion group

21. **What kind of information on nutrition would you be interested in receiving?** (Check as many as you are interested in) – ranked in order of interest

Most respondents were interested in articles, brochures and referral lists on nutrition.

- **60% (N = 65)** were interested in **articles on nutrition and healthy eating**
- 56% (N = 60) were interested in a brochure on nutrition and nutrition services
- 56% (N = 60) were interested in a referral list – where to find nutrition services
- 8% (N = 9) of respondents indicated that they were not interested in receiving information on nutrition
- 11% (N = 12) of respondents indicated that they were interested in other topics including: nutrition updates, self-assessing nutritional needs, vitamins, boosting immunity, counteracting side effects, interactive information, discussing nutrition with your doctor
- (108 respondents, 11 skipped this question)

Sexuality

22. **How would you rate the following statements regarding your views on sexuality and sexual health?** (106 respondents, 13 skipped these questions)

The largest group of respondents rated their current sexual health (36%) and their current sexual relationships (48%) as fair or poor.

How would you rate your current sexual health?

- 34% (N = 36) selected excellent or very good
- 22% (N = 23) selected good
- **36% (N = 38) selected fair or poor**
- 8% (N = 9) selected N/A or don't know

How would you rate your current sexual relationships?

- 18% (N = 19) selected excellent or very good
- 17% (N = 18) selected good
- **48% (N = 51) selected fair or poor**
- 17% (N = 18) selected N/A or don't know

23. Expressing myself sexually is an important aspect of my health and wellness. (106 respondents, 13 skipped these questions)

The majority of respondents agreed or strongly agreed that expressing themselves sexually is an important aspect of their health and wellness.

- **72% (N = 76) agreed or strongly agreed** with this statement
- 17% (N = 18) were neutral with regard to this statement
- 9% (N = 9) disagreed or strongly disagreed with this statement
- 3% (N = 3) selected N/A or don't know

The majority of respondents agreed or strongly agreed that it is easy to find and access information as well as support and services on sexuality and sexual health

It is easy for me to find and access information on sexuality and sexual health.

- **70% (N = 74) agreed or strongly agreed** with this statement
- 20% (N = 21) were neutral with regard to this statement
- 8% (N = 8) disagreed or strongly disagreed with this statement
- 3% (N = 3) selected N/A or don't know

It is easy for me to find and access support and services regarding sexuality and sexual health.

- **55% (N = 58) agreed or strongly agreed** with this statement
- 24% (N = 25) were neutral with regard to this statement
- 18% (N = 19) disagreed or strongly disagreed with this statement
- 4% (N = 4) selected N/A or don't know

Most respondents were interested in learning more about topics related to sexuality and sexual health.

I am interested in learning more about topics related to sexuality and sexual health.

- **57% (N = 60) agreed or strongly agreed** with this statement
- 30% (N = 32) were neutral with regard to this statement
- 10% (N = 10) disagreed or strongly disagreed with this statement
- 4% (N = 4) selected N/A or don't know

24. Which topics would you specifically be interested in learning more about? (Check as many as you are interested in) (106 respondents, 13 skipped this question)

Almost all respondents were interested in learning about at least one topic related to sexuality and sexual health. Half of respondents were interested in learning about sex & HIV.

- **Sex & HIV (50%, N = 53)**
- HIV disclosure (49%, N = 52)
- Same HIV-status relationships (sero-concordant) (46%, N = 49)
- Sexual dysfunctions (43%, N = 46)
- Meeting people to have sex with (43%, N = 45)
- Different HIV-status relationships (sero-discordant) (42%, N = 44)

- Sex after an HIV diagnosis (39%, N = 41)
- Sexual health (36%, N = 38)
- Not enough sex? (34%, N = 36)
- Sensuality (34%, N = 36)
- Safer sex (27%, N = 29)
- Too much sex? (16%, N = 17)
- 12% (N = 13) of respondents indicated that they are not interested in the topic of sexuality.
- 3% (N = 3) of respondents indicated that they were interested in other topics related to sexuality including: sex and aging, sex and dealing with loss and death and sexual addictions

25. **We'd now like to know how you'd be interested in receiving programs on sexuality.**
How interested would you be in: (106 respondents, 13 skipped these questions)

Attending an information session on sexuality?

- **45% (N = 48) were very interested or interested**
- 30% (N = 32) were somewhat interested or a little interested
- 21% (N = 22) were not interested
- 4% (N = 4) selected N/A or don't know

Attending a workshop series on sexuality?

- **41% (N = 43) were very interested or interested**
- 32% (N = 34) were somewhat interested or a little interested
- 24% (N = 25) were not interested
- 4% (N = 2) selected N/A or don't know

Attending a peer-based discussion group on sexuality?

- **38% (N = 40) were very interested or interested**
- 32% (N = 34) were somewhat interested or a little interested
- 26% (N = 28) were not interested
- 4% (N = 4) selected N/A or don't know

Receiving one-on-one support regarding sexuality?

- 35% (N = 37) were very interested or interested
- **36% (N = 38) were somewhat interested or a little interested**
- 25% (N = 26) were not interested
- 5% (N = 5) selected N/A or don't know

Receiving information on sexuality?

- **52% (N = 55) were very interested or interested**
- 28% (N = 29) were somewhat interested or a little interested
- 18% (N = 19) were not interested
- 3% (N = 3) selected N/A or don't know

Most respondents were interested in receiving information on sexuality and sexual health. Less than half of respondents were interested in attending an information session, a workshop series, a discussion group or one-on-one support.

Ranked preference in program format for the topic of sexuality:

- **52% (N = 55) were very interested or interested in receiving information**
- 45% (N = 48) were very interested or interested in an information session
- 41% (N = 43) were very interested or interested in a workshop series
- 38% (N = 40) were very interested or interested in a discussion group
- 35% (N = 37) were very interested or interested in one-on-one support

26. **What kind of information on sexuality would you be interested in receiving?** (Check as many as you are interested in) – ranked in order of interest

Over half of respondents were interested in articles on sexuality. About half of respondents were interested in a brochure or a referral list.

- **53% (N = 56) were interested in articles on sexuality**
- 49% (N = 52) were interested in a brochure on sexuality
- 47% (N = 50) were interested in a referral list – where to find sexuality and sexual health services
- 22% (N = 23) of respondents indicated that they were not interested in receiving information on sexuality
- 5% (N = 5) of respondents indicated that they were interested in other topics including: sexuality and sexual health support group, sex and spirituality, online interactive information
- (106 respondents, 13 skipped this question)

Spirituality

The section on spirituality in the survey was introduced with the following paragraph:

Spirituality can mean a lot of different things to different people. For some people it's related to their religious beliefs, but for some it's not. In general terms, spirituality refers to your values and beliefs, your connections with your self, others, nature and possibly higher beings, and the meaning and purpose you find in life.

27. **How would you rate the following statements regarding your views on spirituality?**
(106 respondents, 13 skipped these questions)

The majority of respondents indicated that their spiritual life is an important aspect of their health and wellness.

My spiritual life is an important aspect of my health and wellness.

- **75% (N = 80) agreed or strongly agreed** with this statement
- 12% (N = 13) were neutral with regard to this statement
- 10% (N = 10) disagreed or strongly disagreed with this statement
- 3% (N = 3) selected N/A or don't know

Over half of respondents indicated that it is easy for them to find and access information on spirituality. A quarter of respondents were unsure.

It is easy for me to find and access information on spirituality.

- 55% (N = 58) agreed or strongly agreed with this statement
- 26% (N = 28) were neutral with regard to this statement
- 13% (N = 14) disagreed or strongly disagreed with this statement
- 6% (N = 6) selected N/A or don't know

The largest group of respondents agreed or strongly agreed that it is difficult to find someone or somewhere that supports their spiritual beliefs. A quarter of respondents were unsure and a third of respondents disagreed or strongly disagreed.

It is difficult for me to find someone or somewhere that supports my spiritual beliefs.

- 35% (N = 38) agreed or strongly agreed with this statement
- 25% (N = 27) were neutral with regard to this statement
- 32% (N = 34) disagreed or strongly disagreed with this statement
- 7% (N = 7) selected N/A or don't know

The largest group of respondents was interested in learning more about topics related to spirituality.

I am interested in learning more about topics related to spirituality.

- 45% (N = 47) agreed or strongly agreed with this statement
- 39% (N = 41) were neutral with regard to this statement
- 14% (N = 15) disagreed or strongly disagreed with this statement
- 3% (N = 3) selected N/A or don't know

28. **What topics would you be specifically interested in learning more about?** (Check as many as you are interested in) – ranked in order of interest

Over half of respondents were interested in learning about the mind, body and spirit connections and spirituality and coping with HIV. The majority of respondents were interested in learning about at least one topic related to spirituality, though 20% of respondents indicated that they are not interested in the topic of spirituality.

- **The mind, body and spirit connections (54%, N = 57)**
- Spirituality and coping with HIV (52%, N = 55)
- The benefits spirituality may have on my health and quality of life (44%, N = 46)
- How to enhance and/or revitalize my spirituality (43%, N = 45)
- What is spirituality and what does it mean to me? (34%, N = 36)
- Where to go for spiritual support (33%, N = 35)
- Specific spiritual philosophies (16%, N = 17)
- 20% (N = 21) of respondents indicated that they are not interested in the topic of spirituality
- 11% (N = 12) of respondents indicated that they were interested in learning about other topics related to spirituality – First Nations philosophies, Buddhism, Catholicism, Christianity, yoga, meditation, tai chi, phallus worshippers, non-religious topics
- (106 respondents, 13 skipped this question)

29. **We'd now like to know how you'd be interested in receiving programs on spirituality.**
How interested would you be in: (106 respondents, 13 skipped this question)

Attending an information session on spirituality?

- **44% (N = 46) were very interested or interested**
- 25% (N = 27) were somewhat interested or a little interested
- 26% (N = 27) were not interested
- 5% (N = 5) selected N/A or don't know

Attending a workshop series on spirituality?

- **38% (N = 40) were very interested or interested**
- 29% (N = 31) were somewhat interested or a little interested
- 28% (N = 29) were not interested
- 5% (N = 5) selected N/A or don't know

Attending a peer-based discussion group on spirituality?

- **39% (N = 41) were very interested or interested**
- 23% (N = 25) were somewhat interested or a little interested
- 33% (N = 35) were not interested
- 5% (N = 5) selected N/A or don't know

Receiving one-on-one spirituality support?

- 33% (N = 35) were very interested or interested
- **35% (N = 37) were somewhat interested or a little interested**
- 30% (N = 31) were not interested
- 2% (N = 2) selected N/A or don't know

Receiving information on spirituality?

- **46% (N = 48) were very interested or interested**
- 25% (N = 27) were somewhat interested or a little interested
- 25% (N = 26) were not interested
- 4% (N = 4) selected N/A or don't know

Respondents were most interested in receiving information on spirituality, though less than half of respondents were interested in any one form of information on spirituality.

Ranked preference in program format for the topic of spirituality:

- **46% (N = 48) were very interested or interested in receiving information**
- **44% (N = 46) were very interested or interested in an information session**
- **39% (N = 41) were very interested or interested in a discussion group**
- **38% (N = 40) were very interested or interested in a workshop series**
- **33% (N = 35) were very interested or interested in one-on-one support**

30. **What kind of information on spirituality would you be interested in receiving?** (Check as many as you are interested in) – ranked in order of interest

Over half of respondents were interested in articles and a referral list on spirituality. A quarter of respondents were not interested in receiving information on spirituality.

- **53% (N = 56) were interested in articles on spirituality**
- 51% (N = 54) were interested in a referral list – where to find spiritual support
- 42% (N = 44) were interested in a brochure on spirituality and services
- 27% (N = 29) of respondents indicated that they were not interested in receiving information on nutrition
- 3% (N = 3) of respondents indicated that they were interested in other topics including: a day or weekend spirituality retreat
- (106 respondents, 13 skipped this question)

Emotional Wellness

The section on emotional wellness in the survey was introduced with the following paragraph:

Emotional wellness includes keeping a balance between positive and negative feelings, managing stress levels, maintaining a positive outlook on life, and finding support from others when you need it.

31. How would you rate the following statements regarding your views on your emotional wellness? (104 respondents, 15 skipped these questions)

The largest group of respondents rated their current emotional wellness (43%) as well as their current social supports and relationships (38%) as fair or poor.

How would you rate your current emotional wellness?

- 28% (N = 29) selected excellent or very good
- 29% (N = 30) selected good
- **43% (N = 45) selected fair or poor**
- 1% (N = 1) selected N/A or don't know

How would you rate your current social supports and relationships?

- 24% (N = 25) selected excellent or very good
- 34% (N = 36) selected good
- **38% (N = 40) selected fair or poor**

32. My emotional wellness is an important aspect of my overall health. (104 respondents, 15 skipped these questions)

Almost all respondents agreed or strongly agreed that their emotional wellness is an important aspect of their overall health.

- **95% (N = 100) agreed or strongly agreed** with this statement
- 3% (N = 3) were neutral with regard to this statement
- 2% (N = 2) disagreed or strongly disagreed with this statement
- 0% (N = 0) selected N/A or don't know

A majority (75%) of respondents were concerned about their emotional wellness.

I am concerned about my emotional wellness.

- **75% (N = 79) agreed or strongly agreed** with this statement
- 15% (N = 16) were neutral with regard to this statement
- 8% (N = 10) disagreed or strongly disagreed with this statement
- 0% (N = 0) selected N/A or don't know

Almost half of respondents indicated that it is easy to find and access information on emotional wellness as well as services supporting emotional wellness.

It is easy for me to find and access information on how to improve my emotional wellness.

- **46% (N = 49) agreed or strongly agreed** with this statement
- 28% (N = 29) were neutral with regard to this statement
- 25% (N = 26) disagreed or strongly disagreed with this statement
- 1% (N = 1) selected N/A or don't know

It is easy for me to find and access services that support my emotional wellness.

- **46% (N = 48) agreed or strongly agreed** with this statement
- 25% (N = 26) were neutral with regard to this statement
- 29% (N = 30) disagreed or strongly disagreed with this statement
- 1% (N = 1) selected N/A or don't know

A majority of respondents were interested in learning more about ways to improve their emotional wellness.

I am interested in learning more about ways to improve my emotional wellness.

- **73% (N = 76) agreed or strongly agreed** with this statement
- 18% (N = 19) were neutral with regard to this statement
- 9% (N = 9) disagreed or strongly disagreed with this statement
- 1% (N = 1) selected N/A or don't know

33. Which topics would you specifically be interested in learning more about? (Check as many as you are interested in)

Almost all respondents were interested in learning about at least one topic about emotional wellness. Most respondents were interested in learning about how to maintain a positive outlook on life, relationships, coping with depression, body image & self-esteem and stress management.

- **Maintaining a positive outlook on life (72%, N = 75)**
- Relationships (69%, N = 72)
- Coping with depression (67%, N = 70)
- Body image & self-esteem (64%, N = 67)
- Stress management (61%, N = 63)
- Coping with HIV (48%, N = 50)
- How to find a counsellor (21%, N = 23)
- 3% (N = 4) of respondents indicated that they are not interested in the topic of emotional wellness.

- 4% (N = 4) of respondents indicated that they were interested in other topics related to emotional wellness including: suicide, weight training, grief management and support services.
- (104 respondents, 15 skipped this question)

34. **We'd now like to know how you'd be interested in receiving programs on emotional wellness.** How interested would you be in: (104 respondents, 15 skipped these questions)

Attending an information session on emotional wellness?

- **54% (N = 56) were very interested or interested**
- 31% (N = 32) were somewhat interested or a little interested
- 14% (N = 15) were not interested
- 2% (N = 2) selected N/A or don't know

Attending a workshop series on emotional wellness?

- **51% (N = 53) were very interested or interested**
- 31% (N = 33) were somewhat interested or a little interested
- 15% (N = 16) were not interested
- 3% (N = 3) selected N/A or don't know

Attending a peer-based discussion group on emotional wellness?

- **45% (N = 47) were very interested or interested**
- 30% (N = 32) were somewhat interested or a little interested
- 23% (N = 24) were not interested
- 2% (N = 2) selected N/A or don't know

Receiving one-on-one support regarding emotional wellness?

- **49% (N = 51) were very interested or interested**
- 34% (N = 36) were somewhat interested or a little interested
- 14% (N = 15) were not interested
- 3% (N = 3) selected N/A or don't know

Receiving information on emotional wellness?

- **60% (N = 63) were very interested or interested**
- 27% (N = 28) were somewhat interested or a little interested
- 10% (N = 11) were not interested
- 3% (N = 3) selected N/A or don't know

Over half of respondents were interested in receiving information on emotional wellness and attending an information session or workshop series on emotional wellness. About half of respondents were interested in one-on-one support or a discussion group.

Ranked preference in program format for the topic of emotional wellness:

- **60% (N = 63) were very interested or interested in receiving information**
- 54% (N = 56) were very interested or interested in an information session
- 51% (N = 53) were very interested or interested in a workshop series
- 49% (N = 51) were very interested or interested in one-on-one support
- 45% (N = 47) were very interested or interested in a discussion group

35. **What kind of information on emotional wellness would you be interested in receiving?**
(Check as many as you are interested in) – ranked in order of interest

Most respondents were interested in articles, brochures and referral lists on emotional wellness. Almost all respondents were interested in receiving some kind of information on emotional wellness.

- **64% (N = 67) were interested in articles on emotional wellness**
- 59% (N = 61) were interested in a brochure on emotional wellness and services
- 55% (N = 57) were interested in a referral list – where to find counseling and support services
- 10% (N = 10) of respondents indicated that they were not interested in receiving information on emotional wellness
- 3% (N = 3) of respondents indicated that they were interested in other topics including: where to find groups support, one-on-one counseling
- (104 respondents, 15 skipped this question)

Complementary Therapies

For the purpose of the survey, complementary therapies were defined as herbal therapies, wellness strategies, massage and manipulation techniques, mind-body medicine and touch therapies.

36. **How would you rate the following statements regarding your views on complementary therapies?** (103 respondents, 16 skipped these questions)

Most respondents agree or strongly agree that complementary therapies are an important aspect of their health and wellness.

Complementary therapies are an important aspect of my health and wellness.

- **63% (N = 65) agreed or strongly agreed** with this statement
- 19% (N = 20) were neutral with regard to this statement
- 15% (N = 15) disagreed or strongly disagreed with this statement
- 3% (N = 3) selected N/A or don't know

The largest group of respondents agreed or strongly agreed that they are knowledgeable about complementary therapies. Almost 60% of respondents were unsure or disagreed with the statement.

I am knowledgeable about complementary therapies.

- **42% (N = 43) agreed or strongly agreed** with this statement
- 26% (N = 27) were neutral with regard to this statement
- 29% (N = 30) disagreed or strongly disagreed with this statement
- 3% (N = 3) selected N/A or don't know

The largest group of respondents agreed or strongly agreed that it is easy to find and access information on complementary therapies and complementary therapies themselves, though approximately 60% of respondents were unsure or disagreed with these statements.

It is easy for me to find and access information on complementary therapies.

- 37% (N = 38) **agreed or strongly agreed** with this statement
- 36% (N = 37) were neutral with regard to this statement
- 24% (N = 25) disagreed or strongly disagreed with this statement
- 3% (N = 3) selected N/A or don't know

It is easy for me to find and access complementary therapies.

- 33% (N = 34) **agreed or strongly agreed** with this statement
- 32% (N = 33) were neutral with regard to this statement
- 32% (N = 33) disagreed or strongly disagreed with this statement
- 3% (N = 3) selected N/A or don't know

A majority of respondents were interested in learning more about complementary therapies.

I am interested in learning more about complementary therapies.

- 69% (N = 71) **agreed or strongly agreed** with this statement
- 22% (N = 23) were neutral with regard to this statement
- 8% (N = 8) disagreed or strongly disagreed with this statement
- 1% (N = 1) selected N/A or don't know

37. **Which topics would you specifically be interested in learning more about?** (Check as many as you are interested in)

Almost all respondents were interested in learning about at least one topic related to complementary therapies. Most respondents were interested in learning about massage and manipulation techniques, what complementary therapies are and how they can be beneficial, how to access complementary therapies, wellness strategies and mind-body medicine.

- **Massage and manipulation techniques (66%, N = 68)**
- What are complementary therapies and how can they benefit me? (60%, N = 62)
- How to access complementary therapies (58%, N = 60)
- Wellness strategies (e.g. aromatherapy, colour therapy, essence therapies, juicing, etc.) (54%, N = 56)
- Mind-body medicine (e.g. affirmations, guided imagery, meditation, tai chi, yoga, etc.) (53%, N = 55)
- Choosing over the counter products (48%, N = 49)
- Touch therapies (e.g. therapeutic touch, reiki, pranic healing, etc.) (48%, N = 49)
- 10% (N = 10) of respondents indicated that they are not interested in the topic of complementary therapies.
- 4% (N = 4) of respondents indicated that they were interested in other topics related to complementary therapies including: shiatsu & Swedish massage, composition of medications, acupuncture.
- (103 respondents, 16 skipped this question)

38. **We'd now like to know how you'd be interested in receiving programs on complementary therapies.** How interested would you be in: (103 respondents, 16 skipped these questions)

Attending an information session on complementary therapies?

- **55% (N = 57) were very interested or interested**
- 28% (N = 28) were somewhat interested or a little interested
- 17% (N = 17) were not interested
- 1% (N = 1) selected N/A or don't know

Attending a workshop series on complementary therapies?

- **52% (N = 54) were very interested or interested**
- 30% (N = 31) were somewhat interested or a little interested
- 17% (N = 18) were not interested
- 0% (N = 0) selected N/A or don't know

Attending a peer-based discussion group on complementary therapies?

- **44% (N = 46) were very interested or interested**
- 32% (N = 33) were somewhat interested or a little interested
- 22% (N = 23) were not interested
- 1% (N = 1) selected N/A or don't know

Receiving one-on-one support regarding complementary therapies?

- **50% (N = 52) were very interested or interested**
- 29% (N = 29) were somewhat interested or a little interested
- 20% (N = 21) were not interested
- 1% (N = 1) selected N/A or don't know

Receiving information on complementary therapies?

- **66% (N = 68) were very interested or interested**
- 23% (N = 23) were somewhat interested or a little interested
- 11% (N = 11) were not interested
- 1% (N = 1) selected N/A or don't know

Most respondents were interested in receiving information on complementary therapies and attending an information session or workshop series on complementary therapies. Almost half of respondents were interested in one-on-one support or a discussion group about complementary therapies.

Ranked preference in program format for the topic of complementary therapies:

- **66% (N = 68) were very interested or interested in receiving information**
- 55% (N = 57) were very interested or interested in an information session
- 52% (N = 54) were very interested or interested in a workshop series
- 50% (N = 52) were very interested or interested in one-on-one support
- 44% (N = 46) were very interested or interested in a discussion group

39. **What kind of information on complementary therapies would you be interested in receiving?** (Check as many as you are interested in) – ranked in order of interest

Almost all respondents were interested in receiving some type of information on complementary therapies. A majority of respondents were interested in articles, referral lists and brochures on complementary therapies.

- **63% (N = 65) were interested in articles on complementary therapies**
- **63% (N = 65) were interested in a referral list – where to find complementary therapy services**
- 61% (N = 63) were interested in a brochure on complementary therapies
- 11% (N = 11) of respondents indicated that they were not interested in receiving information on complementary therapies
- 2% (N = 2) of respondents indicated that they were interested in receiving information on access to treatments and information that is online and interactive.
- (103 respondents, 16 skipped question)

Addictions

40. Do you consider yourself as someone with an addiction?

Almost half of respondents indicated that they do not consider themselves to have an addiction, though one third of respondents indicated that they do consider themselves as someone with an addiction.

- **48% (N = 49) of respondents indicated NO**, they do not consider themselves as someone with an addiction
- 33% (N = 34) of respondents indicated YES, they do consider themselves as someone with an addiction
- 2% (N = 2) indicated that they preferred not to say
- 3% (N = 3) indicated that they an other response including quitting smoking
- (103 respondents, 16 skipped this question)

41. If so, what do you consider yourself addicted to? (Check as many as apply)

Over half of respondents indicated that they are addicted to nicotine.

- **55% (N = 35) selected nicotine**
- 23% (N = 15) selected sex
- 22% (N = 14) selected 'other' including: cocaine, valium, E, K, crack, chocolate, OCD, eating better, solitude, phone and online connections
- 20% (N = 13) selected other drug(s)
- 14% (N = 9) selected alcohol
- 13% (N = 8) selected marijuana
- 13% (N = 8) selected eating
- 8% (N = 5) selected 'prefer not to say'
- 2% (N = 1) selected gambling
- (64 respondents, 55 skipped this question)

42. How concerned are you about your addiction(s)?

The responses to this question were mixed, though the largest number of respondents indicated that they were a little concerned about their addiction. A majority of respondents (67%, N = 51) indicated that they are very concerned, somewhat concerned or a little concerned about their addiction(s).

- 21% (N = 16) were very concerned
- 21% (N = 16) were somewhat concerned
- **25% (N = 19) were a little concerned**
- 20% (N = 15) were not concerned
- 4% (N = 3) didn't know
- 3% (N = 2) preferred not to say
- 8% (N = 6) selected 'other' including: in treatment or concerned about friend
- (77 respondents, 42 skipped this question)

43. **We'd now like to know how you'd be interested in receiving programs on addictions.**
How interested would you be in: (94 respondents, 25 skipped these questions)

Attending an information session on addictions and where to find resources and support?

- 27% (N = 25) were very interested or interested
- 25% (N = 23) were somewhat interested or a little interested
- **43% (N = 40) were not interested**
- 6% (N = 6) selected N/A or don't know

Attending a workshop series on addictions and HIV?

- 27% (N = 25) were very interested or interested
- 24% (N = 22) were somewhat interested or a little interested
- **45% (N = 42) were not interested**
- 5% (N = 5) selected N/A or don't know

Attending a peer-based discussion group on coping with addictions and HIV?

- 23% (N = 21) were very interested or interested
- 25% (N = 23) were somewhat interested or a little interested
- **47% (N = 44) were not interested**
- 5% (N = 5) selected N/A or don't know

Receiving one-on-one support regarding your addiction(s)?

- 33% (N = 31) were very interested or interested
- 17% (N = 16) were somewhat interested or a little interested
- **44% (N = 41) were not interested**
- 5% (N = 5) selected N/A or don't know

Receiving print resources on coping with addictions?

- **39% (N = 36) were very interested or interested**
- 17% (N = 15) were somewhat interested or a little interested
- **39% (N = 36) were not interested**
- 5% (N = 5) selected N/A or don't know

Respondents were most interested in receiving information on addictions. Approximately one quarter to one third of respondents were interested in one-on-one support, attending an information session, a workshop series or a discussion group about addictions.

Ranked preference in program format for the topic of addictions:

- **39% (N = 36)** were very interested or interested in **receiving information**
- 33% (N = 31) were very interested or interested in one-on-one support
- 27% (N = 25) were very interested or interested in an information session
- 27% (N = 25) were very interested or interested in a workshop series
- 23% (N = 21) were very interested or interested in a discussion group

44. What kind of information on addictions would you be interested in receiving? (Check as many as you are interested in) – ranked in order of interest

Respondents were most interested in receiving a brochure on addictions and services.

- **43% (N = 40)** were interested in a **brochure on addictions and services**
- 41% (N = 38) were interested in articles on coping with addictions
- 37% (N = 34) were interested in a referral list – were to find addiction services
- 34% (N = 32) of respondents indicated that they were not interested in receiving information on addictions
- 3% (N = 3) of respondents indicated that they were interested in receiving information on addictions in other formats including online.
- (93 respondents, 26 skipped this question)

Logistics

45. Would you like to attend a wellness program at 399 Church Street (location of the AIDS Committee of Toronto and the Toronto People With AIDS Foundation)?

More than half of respondents indicated that they would like to attend a wellness program at 399 Church Street.

- **55% (N = 57)** of respondents selected **YES, they would like to attend a wellness program at 399 Church Street**
- 34% (N = 35) of respondents selected maybe
- 7% (N = 7) of respondents selected no
- 4% (N = 4) indicated that they didn't know
- (103 respondents, 16 skipped this question)

46. If not, why not?

The largest number of respondents indicated that they would prefer to receive services elsewhere or had another reason for not being interested in accessing services at 399 Church Street.

- **38% (N = 11)** indicated that they would prefer to receive services elsewhere

- **38% (N = 11) indicated that they had another reason including not being interested, not wanting to be in classrooms, the space not being conducive to wellness and wanting to be in a larger space.**
- 21% (N = 6) indicated that don't want to receive services in an 'HIV building'.
- 17% (N = 5) indicated that they do not feel comfortable at 399 Church Street.
- 7% (N = 2) indicated that they have never been to 399 Church Street.
- 0% (N = 0) indicated that 399 Church Street is too far away or too hard to get to.
- (29 respondents, 90 skipped this question)

47. Where would you be willing to attend a wellness program? (Check as many as apply)

A majority of respondents indicated that they would be willing to attend a wellness program at ACT, TPWAF or the 519 Community Centre.

- **65% (N = 67) selected the AIDS Committee of Toronto (ACT)**
- 53% (N = 55) selected the Toronto People With AIDS Foundation (TPWAF)
- 53% (N = 55) selected the 519 Community Centre
- 34% (N = 35) selected the YMCA
- 31% (N = 32) selected the Sherbourne Health Centre
- 24% (N = 25) selected St. Michael's Hospital
- 23% (N = 24) selected 410 Sherbourne
- 23% (N = 24) selected a university or college campus
- 22% (N = 23) selected Casey House
- 21% (N = 22) selected Mount Sinai Hospital
- 19% (N = 20) selected Toronto General Hospital
- 15% (N = 15) selected Fife House
- 13% (N = 13) selected Voices of Positive Women
- 13% (N = 13) selected other community agency or somewhere else including: library, not an ASO, community centre, Teresa Group, Women's Health in Women's Hands, Regent Park Health Centre
- 8% (N = 8) selected Sunnybrook Hospital
- 8% (N = 8) selected Africans in Partnership Against AIDS (APAA)/African Community Health Services (ACHES)/Black Coalition for AIDS Prevention (BlackCAP)
- 6% (N = 6) selected the AIDS Bereavement Project
- 4% (N = 4) selected the Alliance for South Asian AIDS Prevention (ASAAP)
- 3% (N = 3) selected Asian Community AIDS Services (ACAS)
- (103 respondents, 16 skipped this question)

48. What time is convenient to you? (Check all that apply)

Most respondents were interested in attending a wellness program in the evening.

- **56% (N = 58) selected evenings**
- 39% (N = 40) selected weekends
- 30% (N = 30) indicated that it doesn't matter
- 19% (N = 20) selected weekdays
- 6% (N = 6) selected 'other' and included afternoons
- (103 respondents, 16 skipped this question)

49. What would you require to be able to attend wellness programming? (Check as many as apply)

Most respondents indicated that they required refreshments. Almost half of respondents indicated that they required tokens.

- **54% (N = 54) selected refreshments**
- 44% (N = 44) selected tokens
- 34% (N = 34) selected nothing
- 9% (N = 9) selected childcare
- 8% (N = 8) selected other including: privacy & confidentiality, time, money, motivation, interest, clean bathroom, wheelchair accessibility and volunteer support.
- (100 respondents, 19 skipped this question)

50. Do you have regular internet access – either at home or elsewhere?

A majority of respondents (76%) indicated that they have regular internet access.

- **76% (N = 78) selected yes**
- 8% (N = 8) selected no
- 17% (N = 17) selected sometimes
- (103 respondents, 16 skipped this question)

51. Would you prefer to receive information and/or resources electronically (via email) or in print (paper copies)?

More than half of respondents indicated that they would prefer to receive information and resources electronically.

- **60% (N = 62) selected ‘electronically’**
- 23% (N = 24) selected ‘either’
- 12% (N = 12) selected ‘print’
- 5% (N = 5) indicated that they were not interested
- (103 respondents, 16 skipped this question)

A few last questions...

52. What other health and wellness topics would you be interested in learning more about?

- Suggested topics included: medication, sex & aging, heart, organs, skin, leadership & empowerment, relationships, herpes, Hepatitis C, cooking, employment, self-esteem, pregnancy, parenting, coping with stigma & discrimination
- (45 respondents, 74 skipped this question)

53. Do you have any other suggestions for health and wellness programs?

- Other suggestions included: dating, social wellness, disclosure, support for straight men, housing, dental health, medication, leadership, street drugs, therapeutic touch, (online) self-assessment tools, and information and programs in other languages
- (37 respondents, 82 skipped this question)

54. Do you have any other comments regarding how you'd like wellness programs to be delivered?

- Comments included: by mail, email, posters, causal, easy to access, confidential, delivered by peers, include a way to suggest ideas anonymously, health & wellness getaway, small group sessions, online information & tools, interactive groups for learning & skills development
- (39 respondents, 80 skipped this question)

Discussion & Implications

The results of the Positive Wellness Survey clearly show that respondents are interested in topics related to health and wellness and are also interested in learning more about how to improve their health and wellness. 100% of respondents indicated that their health and wellness are important to them and 95% of respondents stated that they are interested in learning more about how to improve their health and wellness. The overall findings of the survey generally support our original ideas that people living with HIV/AIDS (PHAs) are interested in topics related to their health and wellness – including nutrition, complementary therapies, emotional wellness, sexuality and spirituality – and that some PHAs are concerned about addictions.

In terms of the representation of our sample group, overall the respondents of the survey were mainly Caucasian, well-educated, gay men between the ages of 40 and 49, who were born in Canada, have been living with HIV/AIDS for 10 or more years and who are connected to services – primarily ACT and PWA. The largest group of respondents indicated that they are supported by ODSP, rent their accommodation and have an income of less than \$20 000 a year. In addition to these characteristics, respondents were attracted and able to fill out a survey and we assume that they were more interested in the topics of health and wellness than other PHAs. It is important to note that the representation of PHAs who completed the survey may not match the diversity of PHAs living in Toronto. The results of this survey should, therefore, be interpreted accordingly, in conjunction with other culturally relevant sources of information.

Current Status of Respondents' Health & Wellness

Overall, close to half of the respondents indicated that both their current physical health and their current overall health and wellness are excellent or very good. Approximately a quarter of respondents, though, rated their current physical and overall health and wellness as fair or poor.

In terms of emotional health, almost all respondents (95%) agreed that their emotional wellness is an important aspect of their overall health though most of these respondents (75%) also stated that they are concerned about the state of their current emotional wellness. In addition, almost half of respondents rated their current emotional wellness as fair or poor and over a third of respondents rated their current social supports and relationships as fair or poor. These findings support the priority respondents placed overall on seeking information and support on how to improve their emotional wellness, specifically.

Sexuality also emerged as an important topic for respondents - a majority of respondents (72%) agreed that expressing themselves sexually is an important aspect of their health and wellness, though only one third of respondents rated their current sexual health as excellent or very good and only 18% of respondents rated their current sexual relationships as excellent or very good.

Sixty-four respondents indicated an addiction to a substance or activity. 55% of these respondents (35 individuals) indicated that they are addicted to nicotine. A majority of respondents with an addiction to a substance or activity (51 individuals) stated that they are very concerned, somewhat concerned or a little concerned about their addiction(s).

Interest in Specific Health & Wellness Topics

The professional and personal expertise of the members of the HIV/AIDS Wellness Advisory Network, consultations with other service providers and clients, an analysis of this past year's ACT Community Health Forum evaluations and the evaluations from this past summer's Wellness Workshops informed the prioritization of the broad wellness topics addressed in the Positive Wellness Survey. The wellness topics addressed by the survey were: nutrition, sexuality, spirituality, emotional wellness, complementary therapies and addictions. In each section, respondents were asked to rate the statement 'I am interested in learning more about topics related to (one of these categories)' – for all categories, except for addictions. (A separate series of questions regarding addictions was included in the survey.) A ranking of the categories (in terms of the percentage of respondents who indicated that they agreed or strongly agreed with this statement) is as follows:

- **Nutrition & healthy eating** (76% strongly agreed or agreed)
- Emotional wellness (73% strongly agreed or agreed)
- Complementary therapies (69% strongly agreed or agreed)
- Sexuality & sexual health (57% strongly agreed or agreed)
- Spirituality (45% strongly agreed or agreed)

For each wellness topic category, the largest number of respondents indicated that they agreed or strongly agreed with the statement 'I am interested in learning more about topics related to (one of the categories)' indicating that respondents are overall interested in the areas of health and wellness that were identified in the survey.

This ranking of health and wellness topics provides an indication of where to focus preliminary efforts in developing new wellness programs – nutrition, emotional wellness and complementary therapies appear to be slightly more interesting to respondents than sexuality and spirituality. (A separate series of questions was asked about the topic of addictions, so the responses could not be directly compared with the other topics, but, overall, there were fewer respondents interested in addictions programming than respondents who were interested in other types of wellness programming.)

Despite the fact that spirituality seemed to be the least popular topic when the categories were compared in this manner, it is important to note that 35% of respondents indicated that they find it difficult to find someone or somewhere that supports their spiritual beliefs. Also, in terms of sexuality, though fewer respondents indicated that this was a topic they were interested in learning more about, the majority of respondents (48%) indicated that their current sexual health and current sexual relationships are fair or poor while a majority (72%) of respondents also indicated that expressing themselves sexually is an important aspect of their health and wellness. These findings suggest PHAs' perspectives on both spirituality and sexuality may be more complicated than views on some of the other wellness topics. It may be necessary to address the topics of spirituality and sexuality in different or less direct ways through programming and the provision of information – perhaps by integrating the topics with other more popular health and wellness topics.

Importance of Access to Information on Health & Wellness Topics

The results of the survey also highlight the interest respondents have in accessing information (as opposed to programs) on health and wellness topics. In each topic-specific section of the survey, respondents were asked to rate their interest in various program format models, including: an

information session, a workshop series, a peer-based discussion group, one-on-one support and receiving information. Receiving information was the most popular response for each of the wellness topics and therefore appears to be slightly more interesting to respondents than other program format models. Apart from this observation, there seemed to be no clear general or topic-specific program format preference. These results suggest that an emphasis should be placed on developing and promoting accessible written resources on health and wellness topics and supports the idea that any form of programming should include resource listings and handout materials.

As the following ranking illustrates, respondents are most interested in receiving information on nutrition, followed by complementary therapies and emotional wellness. These findings mirror the top three topics in terms of respondents' general interest, as was outlined above.

- **Nutrition (67% (N = 72) were very interested or interested)**
- Complementary therapies (66% (N = 68) were very interested or interested)
- Emotional wellness (60% (N = 63) were very interested or interested)
- Sexuality (52% (N = 55) were very interested or interested)
- Spirituality (46% (N = 48) were very interested or interested)
- Addictions (39% (N = 36) were very interested or interested)

Also noteworthy was the finding that a majority of respondents (76%) have regular internet access and would prefer to receive information and resources electronically (60% selected 'electronically' and 23% selected 'either electronically or in print'). Given the high rate of surveys completed online (99 of 119 responses), the acceptability of electronic resources among this group is not surprising. However, whether the sample represents the diverse PHA community is still a question.

Respondents also seemed to be interested in having the opportunity to develop skills to self-assess their own health and wellness (more than half indicated that they were interested in attending a workshop on this topic) and find information on their own related to health and wellness (more than half also indicated that they were interested in attending a computer session on how to find health and wellness related information on the internet). This finding suggests that it would be useful to include a skills-building component in future wellness programs or offer specific training in these areas.

Next Steps

The next steps of the Wellness Project include the development and implementation of new programs and initiatives that address the needs identified by this report including the clear desire that has been highlighted by PHAs for increased access to health and wellness related information.

One way in which this need will be addressed is through a joint venture between ACT and PWA, supported by the HIV/AIDS Wellness Advisory Network – a topic-centred health promotion newsletter entitled 'Being Well: The PWA/ACT Wellness Bulletin for PHAs.' The first few editions of the newsletter will cover complementary therapies, nutrition and smoking cessation and will include personal and professional perspectives on the topics as well as resource and referral listings.

The development of an online cross-agency community calendar of events and programs for PHAs hosted on the ACT website will also help to improve access to information regarding what services are available to PHAs in the city. This resource will be useful to both PHAs and service providers

working with PHAs in that it will include an array of programs designed for PHAs and will be searchable by population group (e.g. women, youth, etc.)

Given that nutrition was the most popular topic for PHAs who completed this survey, the HIV/AIDS Wellness Advisory Network decided to focus on this topic in preliminary program development. We have hosted our first HIV & nutrition information session, hosted by a dietitian from St. Michael's Hospital who presented on the topic of eating a healthy diet on a budget. Valuable program planning information was obtained in the evaluations of this first nutrition session and plans for subsequent nutrition sessions on other specific topics related to HIV & nutrition are underway.

Ongoing program development will also involve addressing the other topics that were highlighted in the results of the survey including programs and other initiatives to increase PHAs' access to information. For instance, the project coordinator of the Wellness Project has been in consultation with the library department at ACT to consider ways to address the needs identified for access to information on health and wellness topics. Ideas have included the creation of online topic-specific bibliographies, ongoing promotion of new and existing 'info to go' packages on specific topics that have been identified as well as the possible inclusion of these resources in upcoming 'Being Well' newsletters. Preliminary plans to host a computer session on how to find health and wellness related information on the internet are also underway.