

Technology use and literacy in physically active adults with cancer

TAKE-HOME MESSAGES

Technology is well-integrated within the lives of physically active adults with cancer

Mobile apps and wearables are seen as most useful for supporting physical activity habits

There is a need to improve health technology literacy in this population

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We asked physically active adults with cancer

- 1 What technologies are you using and how often?
- 2 Do you find technology useful to support your physical activity habits?
- 3 How confident are you in using technology for managing your health?



585
Responses

Average Age: 61

Ethnicity: 96% Caucasian

Education: 83% Post-Secondary+

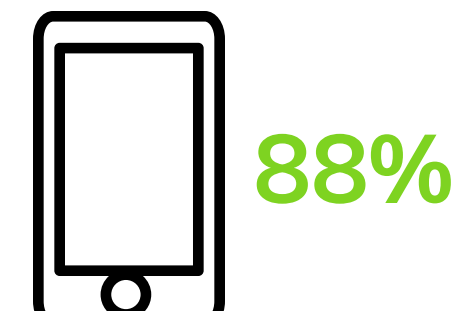
Income: 66% >\$60,000

1 Technology Use

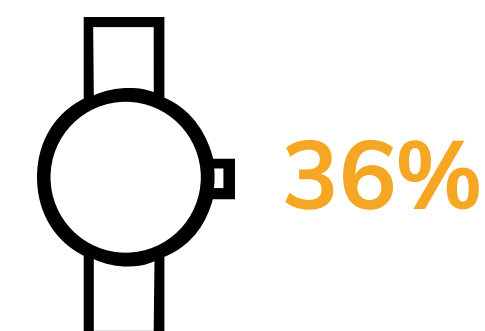
Computer



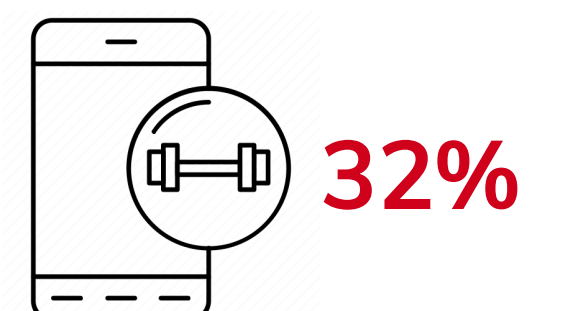
Smartphone



Activity Tracker



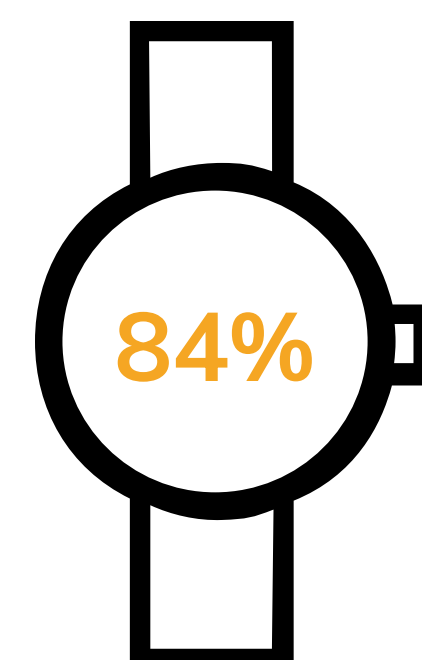
Exercise App



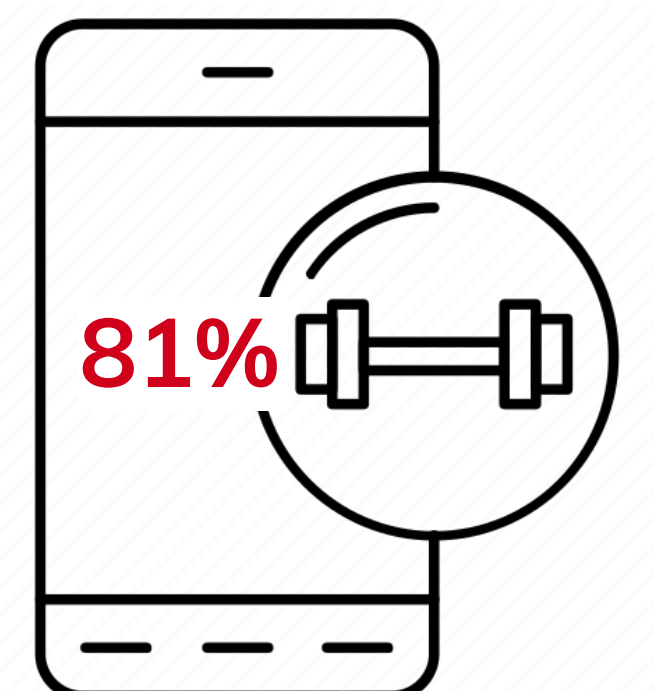
2 Usefulness for Physical Activity

Considered
useful or
very useful

Activity
Tracker



Exercise
App



3 Health Technology Literacy

Low
1.7 out of 4

Lowest scores in

"Access to digital services that work"

"Digital services that suit individual needs"

FIND THE ARTICLE

A survey of technology literacy and use in cancer survivors from the Alberta Cancer Exercise program

Manuel Ester, Margaret McNeely, Meghan H. McDonough, S. Nicole Culos-Reed

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