Technology use and literacy in physically active adults with cancer

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?

Average Age: 61
Ethnicity: 96% Caucasian
Education: 83% Post-Secondary+
Income: 66% >$60,000

1. Technology Use
   - Computer: 88%
   - Smartphone: 88%
   - Activity Tracker: 36%
   - Exercise App: 32%

2. Usefulness for Physical Activity
   - Considered useful or very useful: Activity Tracker 84%
   - Exercise App 81%

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"

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