The Association between Medical Fitness Facility Attendance and Incident Mental Disorders:

A Retrospective Cohort Study of 15,407 Members (Can. J. Public Health, 2024.)



15,407 **Medical Fitness Facility** Members

507,400 Non-Members*

* Winnipeg residents who did not attend a Medical Fitness Facility during the study period were compared to members of two medical fitness facilities



The study group and control had no prior history of mental disorders*



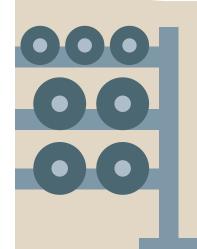
Average age = 46.1 years

- 48.7% male
- 51.3% female



The study group and control were matched on: age, multiple diseases, gender, income and year of study entry

* including mood and anxiety disorders, substance use disorders, dementia, personality disorders, schizophrenia, and psychotic disorders





MEMBERS HAD ACCESS TO:

Personalized health assessment and wellness plan

Group exercise including classes adapted for mobility, health conditions

Accessible exercise space and equipment



Guidance from degreed, certified professionals



Healthy lifestyle coaching in areas including nutrition, sleep, stress



management, smoking cessation and chronic disease management



Members swiped in to access the facilities



LOWER RISK OF **SUBSTANCE USE DISORDER**

LOWER RISK OF **PSYCHOTIC DISORDERS**

LOWER RISK OF **PERSONALITY DISORDERS**

LOWER RISK OF **SCHIZOPHRENIA**

LOWER RISK OF **DEMENTIA**



ATTENDANCE AT A MEDICAL FITNESS FACILITY

= LOWER RISK OF NEW MENTAL DISORDERS











