

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

VS
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

MEMBER OUTCOMES

33%
LOWER RISK OF
SUBSTANCE USE
DISORDER

31%
LOWER RISK OF
PSYCHOTIC
DISORDERS

37%
LOWER RISK OF
PERSONALITY
DISORDERS

31%
LOWER RISK OF
SCHIZOPHRENIA

31%
LOWER RISK OF
DEMENTIA



ATTENDANCE AT A MEDICAL FITNESS FACILITY
= LOWER RISK OF NEW MENTAL DISORDERS