

Table 1: Ranking of health regions by Proportion of Physically Active Children and Youth	Proportion of Adults who are sufficiently active				Proportion of Youth who are sufficiently active				Overall			
	%	95% Confidence Interval		Significantly higher or lower (p<0.05) than Canada	Rank	%	95% Confidence Interval		Significantly higher or lower (p<0.05) than Canada	Rank	Score	Rank
		Lower	Upper				Lower	Upper				
Canada	49.4%	49.0%	49.9%			21.5%	20.6%	22.5%				
Health Region												
North Shore/Coast Garibaldi Health Service Delivery Area, BC	63.9%	59.6%	68.0%	Higher	4	30.8%	21.5%	41.8%	Same	7	11	1
East Kootenay Health Service Delivery Area, BC	63.3%	57.8%	68.4%	Higher	5	30.7%	18.8%	45.9%	Same	8	13	2
Central Vancouver Island Health Service Delivery Area, BC	63.1%	58.9%	67.1%	Higher	6	30.1%	20.6%	41.5%	Same	10	16	3
District of Algoma Health Unit, ON	55.6%	50.8%	60.4%	Higher	12	31.7%	21.6%	43.9%	Same	4	16	3
Northwestern Health Unit, ON	56.2%	50.6%	61.7%	Higher	8	30.5%	19.4%	44.5%	Same	9	17	4
South Vancouver Island Health Service Delivery Area, BC	67.7%	64.1%	71.1%	Higher	1	28.4%	20.6%	37.8%	Same	16	17	4
Leeds, Grenville and Lanark District Health Unit, ON	56.0%	51.6%	60.2%	Higher	9	29.6%	21.5%	39.3%	Same	11	20	5
Vancouver Health Service Delivery Area, BC	54.6%	51.1%	58.1%	Higher	17	31.6%	22.7%	42.1%	Higher	5	22	6
Simcoe Muskoka District Health Unit, ON	53.8%	50.5%	57.2%	Higher	21	33.6%	26.0%	42.2%	Higher	2	23	7
Peterborough County-City Health Unit, ON	54.8%	50.1%	59.5%	Higher	16	29.3%	19.3%	41.8%	Same	13	29	8
Thunder Bay District Health Unit, ON	55.4%	51.0%	59.7%	Higher	13	26.2%	17.7%	36.9%	Same	20	33	9
Regina Qu'Appelle Regional Health Authority, SK	51.6%	47.7%	55.5%	Same	29	31.3%	23.2%	40.8%	Higher	6	35	10
Aspen Regional Health Authority, AB	53.1%	48.6%	57.6%	Same	23	29.5%	18.7%	43.2%	Same	12	35	10
Durham Regional Health Unit, ON	53.2%	49.4%	56.9%	Same	22	26.0%	19.5%	33.9%	Same	22	44	11
Niagara Regional Area Health Unit, ON	50.4%	46.8%	54.0%	Same	33	28.4%	21.3%	36.9%	Same	16	49	12
Kootenay-Boundary Health Service Delivery Area, BC	65.1%	59.4%	70.3%	Higher	3	21.0%	11.8%	34.4%	Same	47	50	13
Fraser East Health Service Delivery Area, BC	51.0%	46.6%	55.3%	Same	32	26.3%	18.4%	36.1%	Same	19	51	14
Chinook Regional Health Authority, AB	55.9%	51.2%	60.4%	Higher	10	22.1%	15.0%	31.4%	Same	43	53	15
Northwest & Northeast Health Service Delivery Areas, BC	51.5%	47.3%	55.8%	Same	30	25.9%	17.6%	36.3%	Same	23	53	16
Sudbury and District Health Unit, ON	54.2%	50.2%	58.2%	Higher	18	23.3%	15.1%	34.1%	Same	35	53	16
Kingston, Frontenac and Lennox and Addington Health Unit, ON	54.8%	50.7%	58.9%	Higher	16	23.0%	14.8%	34.0%	Same	38	54	17
Eastern Ontario Health Unit, ON	49.8%	45.5%	54.2%	Same	37	27.5%	18.9%	38.2%	Same	17	54	17
Fraser South Health Service Delivery Area, BC	51.1%	47.6%	54.6%	Same	31	25.5%	19.4%	32.7%	Same	25	56	18
Fraser North Health Service Delivery Area, BC	55.0%	51.6%	58.4%	Same	15	22.0%	15.6%	30.1%	Same	44	59	19
Richmond Health Service Delivery Area, BC	52.7%	47.9%	57.5%	Same	25	23.9%	15.0%	36.0%	Same	34	59	19
Peace Country & Northern Lights Health, AB	48.8%	45.1%	52.6%	Same	44	28.5%	21.5%	36.8%	Same	15	59	19
Northern Interior Health Service Delivery Area, BC	52.9%	48.0%	57.7%	Same	24	23.2%	14.9%	34.1%	Same	36	60	20
Prince Albert Parkland & Mamawetan/Keewatin/Athabasca Regional Health Authorities, SK	46.0%	41.5%	50.5%	Same	59	34.0%	24.9%	44.5%	Higher	1	60	20
Calgary Health Region, AB	56.5%	53.8%	59.2%	Higher	7	20.1%	15.2%	26.1%	Same	54	61	21
Lambton Health Unit, ON	53.9%	49.1%	58.5%	Same	20	21.4%	14.2%	31.0%	Same	46	66	22
City of Ottawa Health Unit, ON	54.6%	51.6%	57.7%	Higher	17	20.4%	14.8%	27.3%	Same	51	68	23
David Thompson Regional Health Authority, AB	51.0%	47.0%	55.0%	Same	32	23.2%	16.7%	31.4%	Higher	36	68	23
Grey Bruce Health Unit, ON	55.1%	50.4%	59.7%	Higher	14	19.7%	11.9%	30.8%	Same	56	70	24
North Vancouver Island Health Service Delivery Area, BC	65.4%	59.0%	71.3%	Higher	2	16.1%	7.7%	30.6%	Same	68	70	24
Haliburton, Kawartha, Pine Ridge District Health Unit, ON	49.6%	45.0%	54.2%	Same	39	24.5%	16.6%	34.7%	Higher	32	71	25
City of Hamilton Health Unit, ON	47.3%	43.9%	50.7%	Same	50	25.6%	19.1%	33.3%	Higher	24	74	26
York Regional Health Unit, ON	49.4%	46.2%	52.6%	Same	40	23.2%	17.7%	29.7%	Higher	36	76	27
Zone 2 (DHA 3), NS	49.9%	44.3%	55.5%	Same	36	22.7%	12.2%	38.1%	Higher	40	76	27
Middlesex-London Health Unit, ON	52.6%	48.9%	56.2%	Same	26	20.3%	13.7%	29.0%	Same	52	78	28
Okanagan Health Service Delivery Area, BC	55.7%	51.3%	60.0%	Higher	11	16.8%	11.1%	24.6%	Same	67	78	28
Region 2, NB	45.1%	40.8%	49.5%	Same	63	26.7%	17.5%	38.5%	Higher	18	81	29
Porcupine Health Unit, ON	41.7%	36.9%	46.6%	Lower	79	32.8%	22.8%	44.6%	Higher	3	82	30
Brant County Health Unit, ON	52.5%	47.7%	57.2%	Same	27	19.9%	12.7%	29.8%	Same	55	82	31
Waterloo Health Unit, ON	49.1%	45.7%	52.6%	Same	41	22.3%	15.8%	30.5%	Same	42	83	32
North Bay Parry Sound District & Timiskaming Health Units, ON	48.5%	44.7%	52.4%	Same	45	22.9%	16.4%	31.0%	Higher	39	84	33
Thompson/Cariboo Health Service Delivery Area, BC	55.7%	50.9%	60.5%	Higher	11	15.0%	8.2%	25.9%	Same	74	85	34
Windsor-Essex County Health Unit, ON	46.6%	42.9%	50.2%	Same	55	24.8%	17.5%	33.9%	Higher	30	85	34
Peel Regional Health Unit, ON	46.1%	43.0%	49.1%	Same	58	25.0%	19.8%	31.0%	Higher	28	86	35
Zone 5 (DHA 8), NS	44.9%	40.0%	49.9%	Same	65	26.1%	17.2%	37.5%	Higher	21	86	35
Huron County & Perth District Health Units, ON	49.7%	45.7%	53.7%	Same	38	20.6%	14.0%	29.4%	Same	49	87	36
Winnipeg Regional Health Authority, MB	46.8%	43.9%	49.8%	Same	53	23.1%	17.2%	30.2%	Higher	37	90	37
Sun Country, Five Hills & Cypress Regional Health Authorities, SK	44.7%	41.4%	48.1%	Same	66	25.4%	19.2%	32.8%	Higher	26	92	38
North Eastman & South Eastman Regional Health Authorities, MB	44.6%	40.2%	49.0%	Same	67	25.2%	17.4%	35.1%	Higher	27	94	39
Renfrew County and District Health Unit, ON	54.1%	48.8%	59.2%	Same	19	14.3%	8.4%	23.1%	Same	75	94	39
Chatham-Kent Health Unit, ON	48.1%	43.5%	52.7%	Same	47	21.0%	13.5%	31.0%	Same	47	94	39
Zone 6 (DHA 9), NS	49.0%	45.3%	52.8%	Same	42	20.3%	14.1%	28.4%	Same	52	94	40
Capital Health, AB	50.2%	47.3%	53.1%	Same	35	18.4%	13.4%	24.8%	Same	60	95	41
Hastings and Prince Edward Counties Health Unit, ON	44.7%	40.1%	49.5%	Same	66	24.9%	16.7%	35.4%	Higher	29	95	42
Wellington-Dufferin-Guelph Health Unit, ON	50.3%	46.3%	54.4%	Same	34	18.2%	12.6%	25.5%	Same	61	95	42
Haldimand-Norfolk Health Unit, ON	51.0%	45.9%	56.1%	Same	32	17.3%	10.4%	27.4%	Same	65	97	43

Région du Bas-Saint-Laurent, PQ	48.9%	46.3%	51.5%	Same	43	20.1%	15.6%	25.5%	Same	54	97	43
Prince & Kings Counties, PEI	38.5%	34.6%	42.7%	Same	84	28.7%	21.0%	37.9%	Same	14	98	44
Yukon & Northwest Territories & Nunavut	46.2%	43.3%	49.1%	Same	57	22.1%	17.8%	27.1%	Same	43	100	45
Région de la Côte-Nord, PQ	43.6%	39.8%	47.5%	Same	70	24.6%	13.5%	40.5%	Higher	31	101	46
Région de l'Outaouais, PQ	49.6%	45.8%	53.4%	Same	39	17.7%	12.3%	24.7%	Same	63	102	47
Région de Montréal, PQ	46.7%	44.8%	48.6%	Same	54	20.5%	16.6%	25.1%	Same	50	104	48
Halton Regional Health Unit, ON	51.9%	48.2%	55.6%	Same	28	14.0%	9.0%	21.2%	Same	76	104	48
Western & Labrador-Grenfell Regional Integrated Health Authorities, NL	43.4%	39.5%	47.3%	Same	71	23.9%	17.0%	32.5%	Higher	34	105	49
City of Toronto Health Unit, ON	47.6%	45.2%	49.9%	Same	49	19.6%	15.1%	25.1%	Same	57	106	50
Région de la Gaspésie - Îles-de-la-Madeleine, PQ	47.1%	43.1%	51.1%	Same	51	19.9%	13.0%	29.1%	Same	55	106	50
Eastern Regional Integrated Health Authority, NL	43.3%	40.1%	46.5%	Same	72	22.9%	16.2%	31.4%	Higher	39	111	55
Zone 1 (DHA 1 & 2), NS	41.3%	36.6%	46.2%	Same	81	24.3%	14.8%	37.0%	Same	33	114	52
Brandon Regional Health Authority, MB	46.2%	42.1%	50.3%	Same	57	18.8%	12.3%	27.7%	Same	58	115	53
Elgin-St Thomas Health Unit, ON	49.9%	44.8%	55.0%	Same	36	12.9%	6.9%	22.8%	Same	80	116	54
Saskatoon Regional Health Authority, SK	47.0%	43.3%	50.7%	Same	52	17.0%	11.8%	23.8%	Same	66	118	55
Heartland & Prairie North Regional Health Authorities, SK	43.0%	38.8%	47.2%	Same	74	21.5%	14.4%	30.8%	Same	45	119	56
East Central Health, AB	47.9%	43.0%	52.7%	Same	48	15.0%	9.4%	23.0%	Same	74	122	57
Sunrise & Kelsey Trail Regional Health Authorities, SK	48.3%	43.7%	53.0%	Same	46	13.4%	7.2%	23.7%	Same	78	124	58
Regions 4 & 5, NB	45.2%	40.7%	49.9%	Same	62	18.0%	11.6%	26.9%	Same	62	124	58
Zone 4 (DHA 6 & 7), NS	39.5%	34.7%	44.5%	Lower	83	22.5%	12.5%	36.9%	Higher	41	124	58
Region 1, NB	42.3%	38.0%	46.6%	Lower	77	20.7%	13.5%	30.4%	Same	48	125	59
Région de la Mauricie et du Centre-du-Québec, PQ	46.1%	42.5%	49.7%	Same	58	16.0%	10.5%	23.6%	Same	69	127	60
Queens County, PEI	43.3%	38.4%	48.5%	Lower	72	19.9%	11.4%	32.6%	Same	55	127	60
Interlake Regional Health Authority, MB	48.5%	42.2%	54.8%	Same	45	5.0%	1.9%	12.3%	Same	82	127	60
Région du Saguenay - Lac-Saint-Jean, PQ	47.0%	43.1%	51.0%	Same	52	14.0%	8.2%	23.0%	Same	76	128	61
Région de la Chaudière-Appalaches, PQ	43.9%	40.3%	47.6%	Lower	69	18.6%	12.6%	26.5%	Same	59	128	61
Région de l'Estrie, PQ	44.0%	39.8%	48.2%	Lower	68	18.4%	11.7%	27.8%	Same	60	128	61
Région de la Montérégie, PQ	45.0%	42.2%	48.0%	Lower	64	17.3%	12.1%	24.1%	Same	65	129	62
Zone 3 (DHA 4 & 5), NS	41.6%	36.7%	46.7%	Lower	80	20.6%	12.7%	31.4%	Same	49	129	62
Région des Laurentides, PQ	45.5%	41.9%	49.1%	Same	60	15.9%	10.9%	22.7%	Same	70	130	63
Region 3, NB	43.3%	39.2%	47.6%	Lower	72	18.8%	12.3%	27.7%	Same	58	130	63
Région de la Capitale Nationale, PQ	46.4%	43.3%	49.4%	Same	56	14.3%	9.3%	21.2%	Same	75	131	64
Région de Laval, PQ	42.7%	40.0%	45.5%	Lower	76	18.4%	13.7%	24.3%	Same	60	136	65
Central Regional Integrated Health Authority, NL	38.5%	33.9%	43.3%	Lower	84	20.2%	12.0%	32.0%	Same	53	137	66
Oxford County Health Unit, ON	45.4%	40.6%	50.3%	Same	61	13.3%	7.8%	21.9%	Same	79	140	67
Région de Lanaudière, PQ	43.1%	39.5%	46.7%	Lower	73	15.8%	10.7%	22.6%	Same	71	144	68
Palliser Health Region, AB	41.3%	36.8%	46.0%	Lower	81	17.4%	9.7%	29.3%	Same	64	145	69
Région de l'Abitibi-Témiscamingue, PQ	41.9%	38.2%	45.7%	Lower	78	15.5%	9.6%	24.2%	Same	73	151	70
Parkland, Norman & Burntwood/Churchill Regional Health Authorities, MB	42.9%	38.8%	47.2%	Lower	75	13.7%	7.8%	23.2%	Same	77	152	71
Central Regional Health Authority, MB	35.9%	31.2%	40.8%	Lower	85	15.6%	8.7%	26.2%	Same	72	157	72
Regions 6 & 7, NB	40.8%	36.9%	44.9%	Lower	82	12.8%	7.8%	20.4%	Lower	81	163	73

Data Source : 2005 Canadian Community Health Survey

Data for adults are age and sex standardized to the Canadian population.