

SECTION A

Introduction

The federal, provincial, and territorial (FPT) Ministers concerned with sport, physical activity and recreation have adopted a joint goal of increasing physical activity in every jurisdiction by 10 percentage points by 2010.¹ This section describes data from two different sources. The first topics describe activity levels of Canadian adults and youth, and progression among each jurisdiction towards achieving the goal. The data on physical activity levels originate from Statistics Canada's 2002/03 Canadian Community Health Survey, cycle 2.1. For the topics on physical activity levels of adults and youth, a classification based on energy expenditure in all non-work, non-chore activity is used. A classification of *active* represents an average daily energy expenditure of at least 3 kilocalories per kilogram (KKD) of body weight during the previous 12 months. *Moderately active* represents average energy-expenditure values that are greater than 1.5 and less than 3.0 KKD. *Inactive* corresponds to average energy-expenditure values of less than or equal to 1.5. For the purposes of goal reporting, physical activity combines moderately and active categories (1.5 KKD or greater).

To demonstrate these physical activity classifications, consider a simple example where a person walks as the sole means of accumulating physical activity during their day. In this case, they would be considered

- Active, if they walked at least 1 hour every day (3.0+ KKD);
- Moderately active, if they walked 1/2 hour every day (1.5–2.9 KKD); and,
- Inactive, if they walked no more than 1/4 hour every day (<1.5 KKD).

This section also discusses participation in walking and bicycling. Although prevalence rates of a larger list of activities is available elsewhere,² this report focuses only on walking and bicycling, as these activities are the focus for many of the factors related to physical environment discussed in this report (see later sections in this report). In this report, the data on walking and bicycling were obtained from Statistic Canada's 2002/03 Canadian Community Health Survey (cycle 2.1). Participation in walking and bicycling is defined to survey participants as participation in these activities during leisure time within the past three months.

Finally, this section discusses participation in organized and unorganized physical activities in the past year. These data are based on the Canadian Fitness and Lifestyle Research Institute's 2004 Physical Activity Monitor. Examples of organized activities or sports included aerobics, walking clubs or baseball. Examples of unorganized activities included walking to work or bicycling.

Physical activity among adults

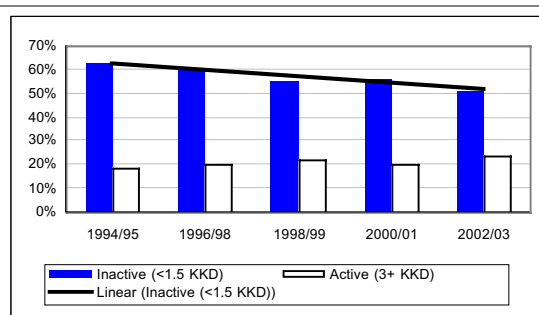
Based on data collected through the 2002/03 Canadian Community Health Survey, 49% of Canadians (aged 20 and older) are at least moderately active during their leisure time, accumulating at least 1.5 KKD of physical activity on average every day. This amount of physical activity could be achieved through walking a total of half an hour or more a day. Roughly one-quarter of adults are classified as moderately active (25%), while the same proportion are classified as active (24%).

Regional differences People living in British Columbia and Alberta are most likely to be classified as at least moderately active and those living in New Brunswick, Prince Edward Island, Newfoundland and Quebec are the least likely.

Population Groups Men are more likely than women to be at least moderately active, whereas women are more likely than men to be inactive. Adults in older age groups are less likely to be active, and therefore more likely to be inactive. Adults who have attained higher levels of education (higher than secondary school) are more likely than those with secondary school education or lower to be active. Generally speaking, those with greater household income levels are more likely to be classified as at least moderately active. Adults who are not working due to leave, unemployment, or job action are half as likely (25%) to be at least moderately active that those who work on a full time basis (50%) are retired (51%). Adults who are single are more likely to be active (56%) than those who are living with a partner (48%), who in turn are more likely than adults who are widowed, divorced or separated (42%), to be at least moderately active.

Trends Canada's *Physical Activity Guide to Healthy Active Living* for adults recommends that those aged 25–55 years should achieve 60 minutes of physical activity every day, or 30 minutes for 4 days a week if activity is moderate to vigorous in intensity. Adults older than 55 should achieve 30–60 minutes of moderate activity most days of the week. The percentage of the population that is at least moderately active has not only increased by a significant percentage (11 percentage points) since 1994/95, but also by 5% since the last reporting period (2000/01). These increases have occurred across all age groups, but less so for older adults, and older women in particular. It should be noted, however, that a change in methods by Statistics Canada might account for at least some of the differences that have appeared over time.

PHYSICAL ACTIVITY
trends, adults 1994/95 – 2002/03



National Population Health Survey, 1994/95 to Canadian Community Health Survey, 2002/03

PHYSICAL ACTIVITY
for adults, by province and territory

	2010 goal, at least moderately active	2002/03, at least moderately active*	2000/01, at least moderately active*	Percent change
Newfoundland	46%	42%	36%	+6%
Prince Edward Island	49%	41%	39%	+2%
Nova Scotia	52%	45%	42%	+3%
New Brunswick	47%	43%	37%	+6%
Quebec	49%	45%	39%	+6%
Ontario	53%	48%	43%	+5%
Manitoba	51%	48%	41%	+7%
Saskatchewan	53%	47%	43%	+4%
Alberta	58%	53%	48%	+5%
British Columbia	65%	58%	55%	+3%
Territories	59%	50%	49%	+1%

Canadian Community Health Survey, 2000/01–2002/03

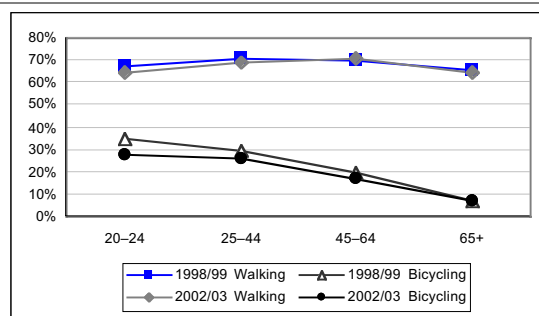
Walking or bicycling during leisure time - adults

According to the 2002/03 Canadian Community Health Survey, 69% of Canadians aged 20 and older report walking during their leisure time during the past 3 months. One out of five adults reports bicycling during the past 3 months. People living in British Columbia, Alberta are most likely to report walking, whereas residents of Quebec are the least likely. Residents of the Atlantic Provinces and Ontario are less likely to report that they bicycle; yet those in Quebec are more likely to report bicycling.

Population Groups Women are more likely than men to report walking for exercise, whereas men are more likely than women to report bicycling. Walking is least prevalent for young adults (aged 20–24) and older adults (65+ years of age). Bicycling is clearly less prevalent in older age groups; as 28% of younger adults (20–24 years) report bicycling compared to 7% of older adults (65+). Both walking and bicycling are more frequently reported by individuals who have attained higher education levels and have higher household income levels (> \$50,000 per annum) compared to those with lower education and lower household incomes. Adults who are not working due to leave, unemployment, or job action are less likely to walk or bicycle compared to that those who work or who are retired.

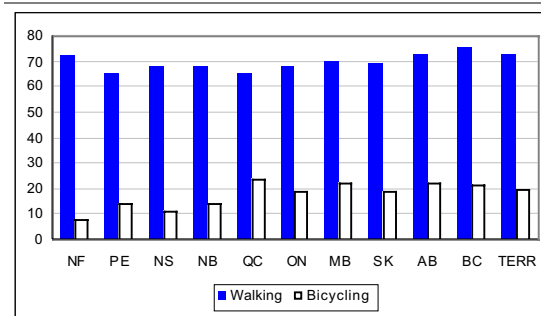
Trends The percentage of the population that report walking during leisure time has not changed since 1998/99. Women are still more likely to cite walking and it is still the most frequently reported activity among all age groups. The prevalence of bicycling has decreased, albeit only slightly, in the past 4 years. Earlier observed differences that men are more likely to cite bicycling than women, and that participation in bicycling is less likely in older age groups still persists in 2003.

WALKING AND BICYCLING
trends, adults 1998/99 – 2002/03



National Population Health Survey 1998/99 and Canadian Community Health Survey 2002/03

WALKING AND BICYCLING
for adults, by province and territory



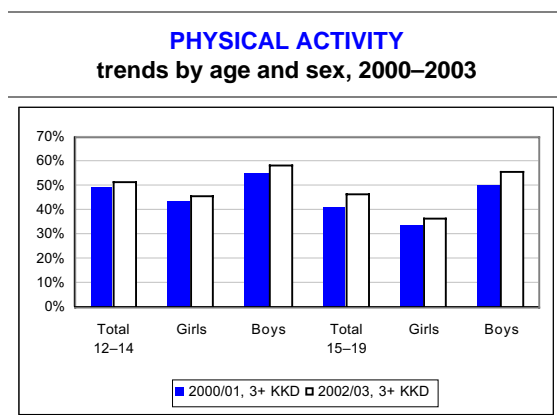
Canadian Community Health Survey, 2002/03

Physical activity among teenagers

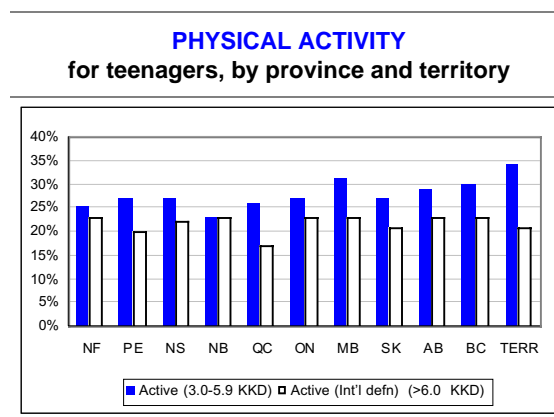
Half of Canadian teenagers (49%) are active during their leisure time, accumulating the equivalent of at least one hour of walking a day (3+ KKD). However, only 21% are accumulating enough daily activity to meet the international guidelines for optimal growth and development (6+ KKD).³ This international guideline for physical activity could be achieved through playing team sports for an hour or a half or participating in an hour of martial arts, combined with an accumulated hour of walking throughout the day. Teenagers living in Quebec are least likely to meet the 3+ KKD criterion.

Population Groups Teenage boys (27%) are almost twice as likely as teenage girls (14%) to meet the international guidelines for optimal growth and development. They are also more likely to meet the 3+ KKD criteria. Teenagers, aged 12 to 14 are more likely to be active than those aged 15 to 19, according to both the 6.0+ KKD and the 3.0 KKD criteria. Although gender differences appear for both age groups, the gap is wider among older youth. That is, for the 3.0+ KKD criteria, 63% of girls 15–19 years are inactive compared to 44% of boys in the same age group; whereas 55% of girls aged 12–14 years and 43% of boys in the same age group are inactive.

Trends The proportion of youth who are physically active has increased over the past decade. Moreover, activity levels of youth have increased over the past two years (since 2000/01). Although this is promising, activity levels for Canadian children and youth are still far from sufficient.⁴ *Canada's Physical Activity Guides for Children and Youth* recommend that children increase their daily activity to include an additional 90 minutes per day.⁵ During the last two years, significant increases in youth activity have occurred in Quebec, Ontario and Manitoba. As discussed with regard to adults (see topic entitled "Physical activity among adults"), at least some of this increase may be related to a change in methodology between the 2002/03 CCHS and the 2000/01 CCHS.



Canadian Community Health Survey, 2000/01–2002/03



Canadian Community Health Survey, 2002/03

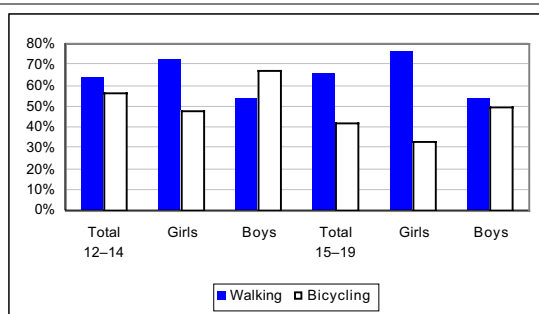
Walking or bicycling during leisure time - youth

According to the 2002/03 Canadian Community Health Survey, 64% of Canadian adolescents (12–19 year olds) report walking during their leisure time during the past 3 months. Almost half of youth (48%) report bicycling. Adolescents living Quebec are less likely than Canadian youth in general to report walking. Youth living in Quebec are more likely than youth overall to report that they bicycle, whereas those in the Territories are less likely to report bicycling.

Population Groups Adolescent girls (74%) are more likely than boys (54%) to report walking for exercise, whereas boys (56%) are more likely than girls (38%) to report bicycling. Although younger (12–14 year olds) children are equally as likely to cite walking as are their older peers (15–19 year olds), the gender gap is observed for both age categories. Bicycling is clearly less prevalent in older youth; 57% of younger adolescents (12–14 years) report bicycling compared to 42% of older adolescents (15–19 years). Youth from homes with the lowest household incomes (<\$20,000 per annum) are more likely to report walking during leisure (70%) than those from homes of the highest household incomes (>\$80,000 per year). Youth in households with incomes of \$30,000 or greater are more likely than those with lower incomes to report bicycling.

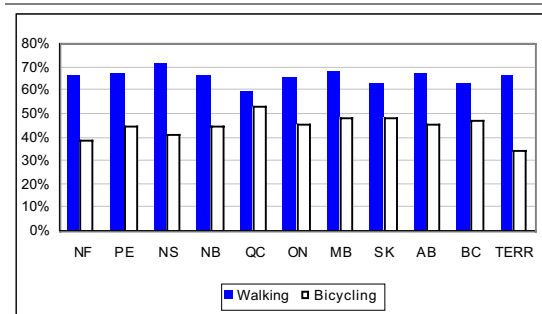
Trends The percentage of the population that reports walking as an activity has increased just slightly over the past 8 years, whereas the prevalence of bicycling among youth has remained stable. Gender differences—where girls are more likely than boys to cite walking and boys are more likely to cite bicycling—still persist over this 8 year span.

WALKING AND BICYCLING
by age and gender 2002/03



Canadian Community Health Survey, 2002/03

WALKING AND BICYCLING
for youth, by province and territory



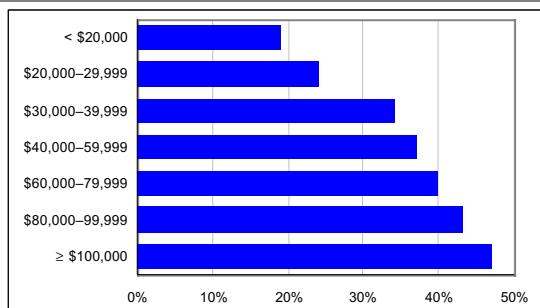
Canadian Community Health Survey, 2002/03

Participation in organized physical activity

In the 2004 Physical Activity Monitor, Canadians were asked if they had participated in organized physical activities or sports in their community such as aerobics, walking clubs or baseball in the previous twelve months. Over one-third of adults report that they have engaged in this type of activity at some point within the last year. When compared to Canadians overall, those living in the Northwest Territories (47%) and Saskatchewan (43%) are the most likely to say that they have participated in some type of organized activity. Quebec residents on the other hand, are less likely than other Canadians to report this, with only 29% of residents indicating that they have been involved in organized activities within the last year.

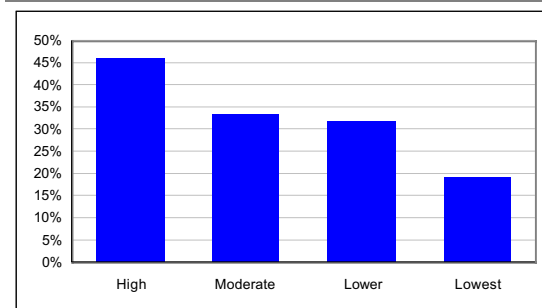
Population Groups The percentage of Canadian adults who report having participated in organized physical activity or sport during the past twelve months is significantly lower in older age groups. A greater percentage of Canadians in higher income brackets or who have higher levels of education say that they have participated in organized physical activity or sport during the past twelve months. This type of participation is also related to overall activity level, with highly active adults being more than two times as likely as sedentary adults to report doing so. Individuals living in communities of at least 10,000 citizens are more likely than those living in smaller communities to say that they have participated in some form of organized physical activity or sport during the last year. Just under half of those who have never been married—many of whom are younger adults—say that they have participated in organized physical activity or sport within the year, making these individuals the most likely to engage in organized activity.

**PARTICIPATION IN ORGANIZED ACTIVITIES
by income**



2004 Physical Activity Monitor, CFLRI

**PARTICIPATION IN ORGANIZED ACTIVITIES
by activity level**



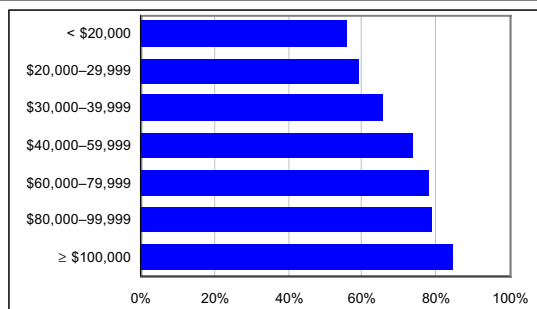
2004 Physical Activity Monitor, CFLRI

Participation in unorganized physical activity or sport

In addition to being asked if they had participated in organized physical activities or sports during the previous twelve months, Canadians were also asked if they had been involved in any type of unorganized activity, such as walking or bicycling. Seven in ten Canadians say that they have participated in this type of activity at some point during the past year. Those living in the Northwest Territories are more likely than Canadians in general to participate in unorganized physical activities or sports, with 78% of respondents saying they have done so within the year.

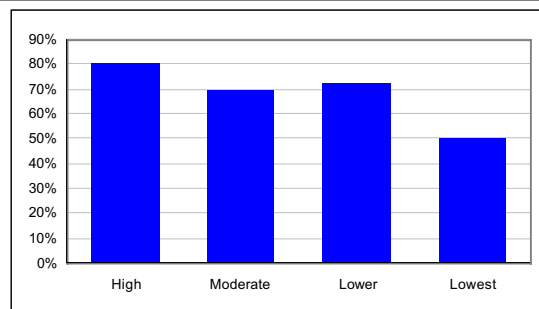
Population Groups The number of Canadians reporting that they have participated in unorganized physical activity or sport during the last twelve months is less prevalent in successive older age groups, with older adults (65+) being less than half as likely as teenagers (15–17) to say that they have engaged in this type of activity. Adults with higher levels of education and income are increasingly more likely to report they have participated in unorganized physical activity or sport during the past year. As is the case with organized physical activity and sport, more active Canadians are more likely to say that they have participated in unorganized activities. Canadians living in communities with a population of more than 5,000 citizens are more likely than those living in smaller municipalities to say that they have participated in unorganized physical activity or sport sometime in the past year. Over four in five adults who have never been married say that they have participated in some form of unorganized physical activity or sport within the past year.

**PARTICIPATION IN UNORGANIZED ACTIVITIES
by income**



2004 Physical Activity Monitor, CFLRI

**PARTICIPATION IN UNORGANIZED ACTIVITIES
by activity level**



2004 Physical Activity Monitor, CFLRI

Summary and discussion of section

The proportion of active adults and youth have increased over the past two years. Some of these increases may be due to methodological changes between the two data collection cycles; a lower proportion of Canadians completed face to face interviews in the second of these cycles of the Canadian Community Health Survey. The observed increases are most clearly evident in particular jurisdictions.

Although the long-term trend to increasing physical activity level during leisure-time may be continuing, there also continues to be marked disparities between population groups: men are more active than women, activity is increasingly less prevalent in older age groups, and in those with lower levels of education. Generally speaking, physical activity levels among these population groups have increased over time. Moreover, along with differences by income, adults who are not working due to reasons other than retirement or attending school are half as likely to be active as other Canadians. Finally, although differences in physical activity level are not available for community size, differences are observed in the types of activities in which people participate.

Who is least likely to be active?

- Women
- Teenage girls
- Older teenagers (compared to younger teenagers)
- Older adults
- Adults with lower levels of education
- Adults in households with lower income
- Adults who are not working for reasons other than retirement
- Adults who are widowed, divorced or separated
- Residents of New Brunswick, Prince Edward Island, Newfoundland and Quebec

Implications and Recommendations

Despite a trend to increasing physical activity during leisure time,⁶ one-half of Canadian adults are still inactive and approximately 80% of youth are not active enough to meet international guidelines for physical activity of expending 6+ KKD daily in physical activity. In addition, 27% of youth do not meet the minimum 3.0 KKD adult criteria. Given the apparent conflict between escalating rates of obesity in Canada among youth and adults and greater likelihood to be active, other mitigating factors may be involved. These factors may include reduced energy expenditure outside of leisure time due to improved technology; development of urban design and suburban environments which favour motorized vehicles,⁶ or other non-active modes of commuting; an imbalance in dietary practices and food intake; and perhaps genetics or metabolic circumstances. For example, a study examining food intake and food habits of adults and adolescents compared to the recommendations from *Canada's Food Guide to Healthy Eating* found a large contribution of carbohydrate and fat intake from foods such as soft drinks, desserts,

candies, oils, and potatoes,⁷ and that these foods were the prevailing source of energy for youth and adults.

Current estimates place the cost of physical inactivity in Canada at \$5.3 billion (\$1.6 billion in direct costs and \$3.7 billion in indirect costs) and the cost of obesity in Canada at \$4.3 billion (\$1.6 billion of direct costs and \$2.7 billion of indirect costs) in health care expenditures.⁸ This represents the total economic cost as 2.6% and 2.2% respectively of the total health care costs in Canada.⁸ There is concern that chronic disease resulting from obesity may threaten or cripple the health care system in Canada. The federal, provincial, and territorial Ministers of health have been addressing physical inactivity and poor nutrition as key modifiable factors in combating the obesity epidemic among Canadians—both young and old. Consequently they have adopted the goal set by the FPT Ministers concerned with sport, physical activity and recreation to increasing physical activity in every jurisdiction by 10 percentage points by 2010.¹ Although a significant increase in activity levels for several jurisdictions over the last two years appears promising at first blush, it is important to understand possible factors that may have affected the observed differences. Included in this may be differences in data collection methodologies over the period (see the section in the appendix entitled “Survey Methodology” for further discussion of methodological differences). Therefore, activity levels should be monitored over multiple time periods to assess progress.

Walking is an easy, low-skill, inexpensive, and convenient mode of incorporating physical activity into daily life. To effectively promote walking as an effective means of incorporating physical activity into daily living, a supportive physical environment which encourages safe and walkable routes is important. Communities could provide linkages between residential, business, and retail areas with a system of well-networked trails and pathways, or ensure that transportation policies incorporate networking of trails and pathways with public transportation routes. Other means of increasing the supportiveness of environments include ensuring public transportation that supports bicycle commuting, with bicycle carriers, bicycle racks, or safe storage facilities. Municipal officers and urban planners could identify problem areas in traffic or transit patterns to ensure that active commuting can be realized (e.g., restricting streets to walking or bicycling only, ensuring bicycle friendly lanes on roadways). Safety issues must also be taken into consideration, and can be identified through safety audits on streets or trails, and addressed through bike patrols on bicycle paths, and well-maintained and lit sidewalks or paths.

Opportunities for both organized and unorganized physical activities appear to be lacking or less accessible in small communities (less than 10,000 residents). As seen in a later section (see later sections in the report), residents of small communities are less likely to cite many available places to walk and bicycle, cite fewer recreational trails, and are generally less likely to be very satisfied with the number of opportunities for physical activity and sport that are currently available in their community. Research has shown that access to exercise facilities such as trails, is positively correlated with physical activity and that access to walking trails in a rural community may be beneficial to certain population segments who are particularly susceptible to physical inactivity, including women and individuals of lower socioeconomic status.⁹ For small and rural communities that have little access to physical activity facilities, the promotion of facilities that may or may not be specifically designed for physical activity may be useful.

These can include schools outside of school hours, community centres, or meeting rooms within places of worship.

Eight out of every ten Canadian workers commute by automobile. A mere 8% actually take active forms of transportation to work, such as walking or bicycling.¹⁰ Moreover, only one out of ten adults take public transport, which provides some opportunity for walking. Workplaces could get involved through the promotion of active commuting to and from work. This could be done with encouragement, incentives, awards, rewards, role modelling, and ensuring the availability of amenities such as showers, change areas, lockers, and safe bicycle racks and storage. Walking “trails” can be set up throughout the work environment, involving early morning, lunchtime, and after work walking clubs. Workplaces could also promote incidental physical activity through motivational signage encouraging stair use and encouraging recreational physical activity by sponsoring employee walking or skiing clubs and promoting participation in local special events (e.g., walk for cancer research).

Given that physical inactivity during childhood has been linked to sedentary behaviours in adulthood,¹¹ schools could play a key role in promoting physical activity, by providing opportunities to participate in organized and unorganized activities, and in increasing walking and bicycling as modes of active transportation to and from school.¹² Results from this study indicate that participation in organized and unorganized physical activity is increasingly less prevalent in older age groups and participation in these types of activities are more likely to be done by those who are already more active. Encouraging children and youth of all levels of skill, development, interest and confidence may be key to promoting a life-long interest in adopting a physically active lifestyle. This should be targeted towards pre-adolescent children, and girls in particular, as physical activity is less prevalent among older youth.¹³

Research from this report reveals socio-economic disparities: adults and youth of lower income status are less likely to report walking and bicycling and less likely to report participating in both organized and unorganized physical activities. Addressing perceived barriers associated with income may be important considerations for increasing physical activity participation among this group. For example, adults with lower household income levels are approximately three times more likely to report cost, lack of skill, and difficulty getting to places to be active as key barriers compared to adults of higher incomes (see later sections in the report), and in addition they are roughly four times more likely to cite safety concerns compared to higher income individuals. Research has shown that low-income adults are more likely to walk to work and to shops than to travel by car.¹⁴ Providing easy and low-cost opportunities for physical activity that can be easily integrated in one’s day may be useful for this segment of the population.

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- ¹² Go For Green (Accessed: May 2005). Active & Safe Routes to School [On-line]. Available: http://www.goforgreen.ca/asrts/program_e.html
- ¹³ Craig, C.L., Cameron, C., Russell, S.J. & Beaulieu, A. (2001). *Increasing physical activity: Supporting children's participation*. Ottawa, ON : Canadian Fitness and Lifestyle Research Institute.
- ¹⁴ Murakami, E., Young, J. (1997). Daily travel by persons with low income. In: *Proceedings from the Nationwide Personal Transportation Survey Symposium*. Washington, DC: U.S. Department of Transportation, Federal Highway Administration, Office of Highway Policy Information, 65-84.

Physical activity among adults, 20 years and older

2002/03 Canadian Community Health Survey

	Inactive	Moderately active	Active ¹
<i>TOTAL, ADULTS (20+)</i>	51%	25%	24%
women	54	25	21
men	48	25	27
<i>20–24</i>	40	25	35
women	46	26	29
men	35	25	40
<i>25–44</i>	50	25	25
women	52	26	22
men	48	25	28
<i>45–64</i>	52	26	22
women	53	27	20
men	52	25	23
<i>65+</i>	59	23	19
women	65	21	14
men	50	25	25
<i>REGION</i>			
<i>East</i>	56	24	20
Newfoundland	58	23	19
Prince Edward Island	59	22	19
Nova Scotia	55	25	21
New Brunswick	57	24	19
Quebec	55	25	20
Ontario	52	25	24
<i>West</i>	46	26	28
Manitoba	52	24	24
Saskatchewan	53	24	23
Alberta	47	25	27
British Columbia	42	27	31
<i>North</i>	50	23	27

¹ Kilocalories/kilogram of body weight/day; an energy expenditure of 3 KKD is roughly equivalent to walking one hour every day.

– Data unavailable because of insufficient sample size.

Physical activity among adults, 20 years and older (cont'd)

2002/03 Canadian Community Health Survey

	Inactive	Moderately active	Active ¹
<i>EDUCATION LEVEL</i>			
Less than secondary	64%	20%	16%
Secondary	53	24	23
Some post-secondary	47	26	27
Post-secondary graduation	47	27	26
<i>HOUSEHOLD INCOME</i>			
< \$15,000	59	21	20
\$15,000–29,999	60	21	19
\$30,000–49,999	55	25	20
\$50,000–79,999	51	26	23
≥ \$80,000	41	29	30
<i>EMPLOYMENT STATUS</i>			
Working	50	26	24
Working, student	41	26	33
Not working, retired	49	26	25
Not working, Other	75	14	11
<i>FAMILY COMPOSITION</i>			
Living with a partner	52	26	23
Widowed, divorced, separated	58	23	19
Never married	44	25	31

¹ Kilocalories/kilogram of body weight/day; an energy expenditure of 3 KKD is roughly equivalent to walking one hour every day.

– Data unavailable because of insufficient sample size.

Trends in physical activity since 1994¹

Statistics Canada, Canadian Community Health Survey and National Population Health Survey

	2002 ²	2000 ³	1998 ⁴	1996 ⁵	1994 ⁶
<i>TOTAL, ADULTS (20+)</i>	49%	44%	45%	40%	38%
<i>women</i>	46	41	41	38	35
<i>men</i>	52	47	48	42	42
<i>20–24</i>	60	54	57	51	48
<i>women</i>	54	49	54	48	43
<i>men</i>	65	59	60	54	53
<i>25–44</i>	50	44	45	41	38
<i>women</i>	48	42	41	40	35
<i>men</i>	53	46	48	42	42
<i>45–64</i>	48	42	44	39	38
<i>women</i>	47	41	43	38	37
<i>men</i>	48	44	45	40	38
<i>65+</i>	41	38	38	34	35
<i>women</i>	35	32	33	29	30
<i>men</i>	50	47	45	41	42
<i>REGION</i>					
<i>East</i>	44	39	40	34	33
<i>Newfoundland</i>	42	36	39	34	31
<i>Prince Edward Island</i>	41	39	38	29	30
<i>Nova Scotia</i>	45	42	43	37	32
<i>New Brunswick</i>	43	37	37	32	35
<i>Quebec</i>	45	39	41	36	33
<i>Ontario</i>	48	43	45	41	38
<i>West</i>	54	50	49	44	46
<i>Manitoba</i>	48	41	39	37	42
<i>Saskatchewan</i>	47	43	41	35	39
<i>Alberta</i>	53	48	50	46	45
<i>British Columbia</i>	58	55	53	47	49
<i>North</i>	50	49	n/a	n/a	n/a
<i>Yukon</i>	n/a	n/a	n/a	n/a	n/a
<i>Northwest Territories</i>	n/a	n/a	n/a	n/a	n/a
<i>Nunavut⁷</i>	n/a	n/a	n/a	n/a	n/a
<i>EDUCATION LEVEL</i>					
<i>Less than secondary</i>	36	33	36	33	31
<i>Secondary</i>	47	42	42	39	39
<i>Some-post secondary</i>	53	48	47	42	39
<i>Post-secondary graduation</i>	53	48	49	44	43

1 Activity for adults is defined as a daily energy expenditure of 1.5 kilocalories/kilogram of body weight/day or more; roughly equivalent to walking one half hour every day or more.

2 Statistics Canada, Canadian Community Health Survey, 2002/03.

3 Statistics Canada, Canadian Community Health Survey, 2001/02.

4 Statistics Canada, National Population Health Survey, 1998/99.

5 Statistics Canada, National Population Health Survey, 1996/97.

6 Statistics Canada, National Population Health Survey, 1994/95.

7 Nunavut data included in Northwest Territories for 1996 and 1994 study years.

Trends in physical activity since 1994¹ (cont'd)

Statistics Canada, Canadian Community Health Survey and National Population Health Survey

	2002 ²	2000 ³	1998 ⁴	1996 ⁵	1994 ⁶
<i>HOUSEHOLD INCOME</i>					
< \$15,000	41	37	#	#	#
\$15,000–29,999	40	36	#	#	#
\$30,000–39,999	45	40	#	#	#
\$50,000–79,999	49	45	#	#	#
≥ \$80,000	59	53	#	#	#
<i>EMPLOYMENT STATUS</i>					
Working, non-student	50	43	45	40	38
Working, student	59	57	56	51	50
Student, not working	–	52	50	50	42
Retired	51	46	49	52	38
<i>COMMUNITY STATUS</i>					
Rural	n/a	n/a	45	36	35
Urban	n/a	n/a	46	37	40
Metropolitan	n/a	n/a	42	41	38
<i>MARITAL STATUS</i>					
Living with partner	48	43	44	39	38
Widowed, divorced or separated	42	37	40	36	36
Never married	46	43	50	47	43

1 Activity for adults is defined as a daily energy expenditure of 1.5 kilocalories/kilogram of body weight/day or more; roughly equivalent to walking one half hour every day.

2 Statistics Canada, Canadian Community Health Survey, 2002/03.

3 Statistics Canada, Canadian Community Health Survey, 2001/02.

4 Statistics Canada, National Population Health Survey, (NPHS) 1998/99.

5 Statistics Canada, National Population Health Survey, 1996/97.

6 Statistics Canada, National Population Health Survey, 1994/95.

7 Nunavut data included in Northwest Territories for 1996 and 1994 study years.

NPHS public use file did not release similar categories for comparison with more recent years.

Walking or bicycling during leisure time - adults

2002/03 Canadian Community Health Survey

	Walking ¹	Bicycling ¹
<i>TOTAL, ADULTS (20+)</i>	69%	20%
<i>women</i>	74	17
<i>men</i>	64	24
<i>20–24</i>	65	28
<i>women</i>	75	23
<i>men</i>	55	33
<i>25–44</i>	69	26
<i>women</i>	76	22
<i>men</i>	62	29
<i>45–64</i>	71	17
<i>women</i>	75	15
<i>men</i>	66	20
<i>65+</i>	65	7
<i>women</i>	63	4
<i>men</i>	68	11
<i>REGION</i>		
<i>East</i>	69	12
<i>Newfoundland</i>	72	8
<i>Prince Edward Island</i>	65	14
<i>Nova Scotia</i>	68	11
<i>New Brunswick</i>	68	14
<i>Quebec</i>	65	24
<i>Ontario</i>	68	19
<i>West</i>	73	21
<i>Manitoba</i>	70	22
<i>Saskatchewan</i>	69	19
<i>Alberta</i>	73	22
<i>British Columbia</i>	75	21
<i>North</i>	73	20

¹ Participated during leisure time in the 3 months prior to responding to the survey.

– Data unavailable because of insufficient sample size.

Walking or bicycling during leisure time - adults (cont'd)

2002/03 Canadian Community Health Survey

	Walking ¹	Bicycling ¹
<i>EDUCATION LEVEL</i>		
<i>Less than secondary</i>	60%	12%
<i>Secondary</i>	67	19
<i>Some post-secondary</i>	68	22
<i>Post-secondary graduation</i>	72	24
<i>HOUSEHOLD INCOME</i>		
<i>< \$15,000</i>	66	13
<i>\$15,000–29,999</i>	65	13
<i>\$30,000–49,999</i>	66	18
<i>\$50,000–79,999</i>	70	22
<i>≥ \$80,000</i>	73	27
<i>EMPLOYMENT STATUS</i>		
<i>Working</i>	69	23
<i>Working, student</i>	70	31
<i>Not working, retired</i>	72	16
<i>Not working, Other</i>	56	6
<i>FAMILY COMPOSITION</i>		
<i>Living with a partner</i>	70	20
<i>Widowed, divorced, separated</i>	67	13
<i>Never married</i>	66	26

¹ Participated during leisure time in the 3 months prior to responding to the survey.

– Data unavailable because of insufficient sample size.

Physical activity among youth, 12–19 years old

2002/03 Canadian Community Health Survey

	Inactive (<1.5 KKD)	Moderately active (1.5-2.9 KKD)	Active (3.0-5.9 KKD)	Active (Int'l defn) (<6.0 KKD)
<i>TOTAL, ADULTS (12–19)</i>	28%	23%	27%	21%
<i>girls</i>	33	26	25	15
<i>boys</i>	23	21	29	27
12–14	24	24	29	23
<i>girls</i>	27	28	28	18
<i>boys</i>	21	22	29	29
15–19	31	23	26	20
<i>girls</i>	38	25	24	14
<i>boys</i>	24	20	29	27
<i>REGION</i>				
<i>East</i>	31	21	25	22
<i>Newfoundland</i>	33	19	25	23
<i>Prince Edward Island</i>	31	23	27	20
<i>Nova Scotia</i>	29	23	27	22
<i>New Brunswick</i>	34	20	23	23
<i>Quebec</i>	29	28	26	17
<i>Ontario</i>	28	22	27	23
<i>West</i>	26	22	29	23
<i>Manitoba</i>	27	19	31	23
<i>Saskatchewan</i>	28	24	27	21
<i>Alberta</i>	26	23	29	23
<i>British Columbia</i>	26	22	30	23
<i>North</i>	27	18	34	21

¹ Kilocalories/kilogram of body weight/day; an energy expenditure of 3 KKD is roughly equivalent to walking one hour every day.

– Data unavailable because of insufficient sample size.

Walking or bicycling during leisure time - youth

2002/03 Canadian Community Health Survey

	Walking ¹	Bicycling ¹
<i>TOTAL, ADULTS (12–19)</i>	64%	48%
girls	74	38
boys	54	56
12–14	63	57
girls	72	48
boys	54	67
15–19	65	42
girls	76	33
boys	54	50
<i>REGION</i>		
East	68	42
Newfoundland	66	39
Prince Edward Island	67	45
Nova Scotia	71	41
New Brunswick	66	45
Quebec	59	53
Ontario	65	46
West	65	47
Manitoba	68	48
Saskatchewan	63	48
Alberta	67	46
British Columbia	63	47
North	66	34
<i>HOUSEHOLD INCOME</i>		
< \$15,000	70	38
\$15,000–29,999	65	45
\$30,000–49,999	65	49
\$50,000–79,999	64	49
≥ \$80,000	62	49

¹ Participated during leisure time in the 3 months prior to responding to the survey.

– Data unavailable because of insufficient sample size.

Participation in organized and unorganized physical activities

2004 Physical Activity Monitor

	Participation in organized physical activities	Participation in unorganized physical activities
<i>TOTAL, ADULTS (15+)</i>	35%	70%
<i>women</i>	34	70
<i>men</i>	35	72
<i>15–17</i>	61	91
<i>women</i>	61	92
<i>men</i>	62	89
<i>18–24</i>	54	85
<i>women</i>	54	85
<i>men</i>	55	85
<i>25–44</i>	41	78
<i>women</i>	39	79
<i>men</i>	43	77
<i>45–64</i>	27	67
<i>women</i>	29	66
<i>men</i>	24	67
<i>65+</i>	14	44
<i>women</i>	14	41
<i>men</i>	14	49
<i>REGION</i>		
<i>East</i>	34	66
<i>Newfoundland</i>	36	68
<i>Prince Edward Island</i>	36	65
<i>Nova Scotia</i>	31	65
<i>New Brunswick</i>	33	67
<i>Quebec</i>	29	75
<i>Ontario</i>	35	68
<i>West</i>	37	72
<i>Manitoba</i>	34	71
<i>Saskatchewan</i>	43	70
<i>Alberta</i>	37	74
<i>British Columbia</i>	37	72
<i>North</i>	41	77
<i>Yukon</i>	35	75
<i>Northwest Territories</i>	47	78
<i>Nunavut</i>	–	–

– Data unavailable because of insufficient sample size.

Participation in organized and unorganized physical activities (cont'd)

2004 Physical Activity Monitor

	Participation in organized physical activities	Participation in unorganized physical activities
<i>COMMUNITY SIZE</i>		
<1,000	31%	66%
1,000–4,999	31	67
5,000–9,999	32	71
10,000–74,999	37	73
75,000–299,999	39	74
300,000+	37	75
<i>ACTIVITY LEVEL</i>		
High	46	80
Moderate	33	70
Lower	32	72
Lowest	19	50
<i>EDUCATION LEVEL</i>		
Less than secondary	28	59
Secondary	31	67
College	36	72
University	42	81
<i>HOUSEHOLD INCOME</i>		
< \$20,000	19	56
\$20,000–29,999	24	59
\$30,000–39,999	34	66
\$40,000–59,999	37	74
\$60,000–79,999	40	78
\$80,000–99,999	43	79
≥ \$100,000	47	85
<i>EMPLOYMENT STATUS</i>		
Full-time worker	39	76
Part-time worker	38	80
Unemployed	24	60
Homemaker	22	59
Student	59	85
Retired	16	48
<i>FAMILY COMPOSITION</i>		
Living with a partner	32	69
Widowed, divorced, separated	22	55
Never married	47	81

– Data unavailable because of insufficient sample size.