

SECTION C

Introduction

Physical environment and neighbourhood characteristics are associated with physical activity. For example, physical activity participation is associated with cost and proximity of facilities, as well as safety issues.^{1,2} Research by Craig et. al. showed a higher likelihood of walking to work to be associated with a stronger neighbourhood environment score (this ecological environment score was made up of 17 neighbourhood attributes such as the number and variety of destinations, aesthetics and visual interest, social dynamics, time and effort required, traffic threats, obstacles and crime).³ Urban design and infrastructure may also play a role in influencing physical activity related behaviours. Supportive design features include proximity to shops, high population densities, zoning by-laws supporting mixed land use (i.e., an integration of workplaces, shopping or retail, park land, and housing), and mass transit supports.

Personal (or individual-level) and environmental barriers both reduce the likelihood that people will walk or bicycle. Individual level barriers are explored in a separate chapter. Environmental barriers can include lack of sidewalks, bike lanes, parks, and trails, safety concerns, access and proximity. This chapter examines the presence or absence of environmental supports available in neighbourhoods and communities. For example, the section will examine the availability of sidewalks, proximity of places to walk, number of places to walk, bicycle, or be active in other ways, and the availability of low-cost or free recreational facilities. In addition, the presence of crime and traffic threats is also explored.

Indicators used in this survey were gathered through a set of comparable and valid measures of the environment related to physical activity that were used in an international environment and physical activity study. The international physical environment measures were developed for surveillance purposes and to guide policy development related to the physical environment. An international group of physical activity experts formed the working group that constructed these questions. The questions are currently being used in some variation in other countries around the world (see www.ipenproject.org).

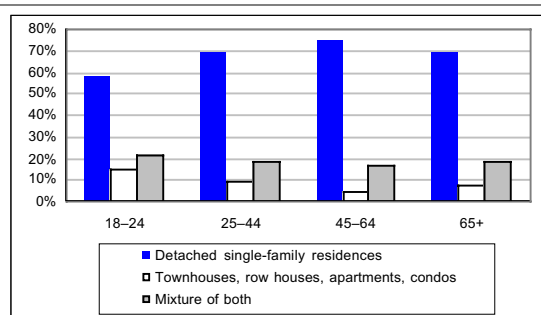
Type of housing

The majority of Canadians (69%) report that they live in neighbourhoods of detached single-family residences. Just under one-fifth of Canadians indicate that a *mix* of single-family residences and townhouses, row houses, apartments or condos of 2–3 stories can be found in and around their neighbourhood, and 8% of Canadians say that the predominant form of housing in their area is exclusively townhouses, row houses, apartments, or condos of 2–3 stories. The remainder specified apartments or condos of more than three stories as the predominant type of housing in their residential area. Residents of Quebec are more likely to say that their neighbourhoods consist mainly of townhouses, row houses, apartments, or condos of 2–3 stories high. Residents of all the Atlantic Provinces are more likely than Canadians in general to state that their neighbourhoods consist primarily of detached single family residences. Adults living in Ontario and the Northwest Territories are less likely to indicate that their neighbourhoods consist exclusively of detached single family residences, but are more likely to state that there is a mixture of housing.

Age and sex Adults aged 18–24 years old are less likely than 25–44 year olds, who in turn are less likely than 45–64 year olds, to say that the main type of housing in their neighbourhood is detached single-family residences. The converse relationship is true for adults who say that their neighbourhoods are predominantly comprised of townhouses, row houses, apartments, or condos of 2–3 stories tall.

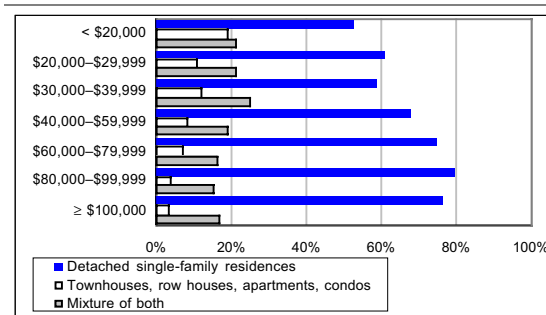
Socio-economic and—demographic factors Lower income earners are less likely than those who earn more to say that their neighbourhoods consist mostly of detached single-family residences. Individuals falling in the lowest income bracket are more likely than those with a higher reported income to say that one can find mainly townhouses, row houses, apartments, or condos of 2–3 stories in their residential area. Individuals living in the smallest communities (< 1,000) are more likely than those living in larger communities to say that the main type of housing in their neighbourhood is detached single-family residences, whereas residents of larger communities (population size of 10,000 or more) are more likely than residents of smaller ones to state that there is a mixture of housing in their neighbourhood. Similarly, married individuals are more likely to report that their neighbourhood consists of primarily detached single-family residences, whereas adults who are widowed, divorced, separated, or single are more likely to reside in neighbourhoods with a mixture of housing.

TYPE OF HOUSING
by age



2004 Physical Activity Monitor

TYPE OF HOUSING
by income



2004 Physical Activity Monitor

Supportive physical environments—proximity to amenities

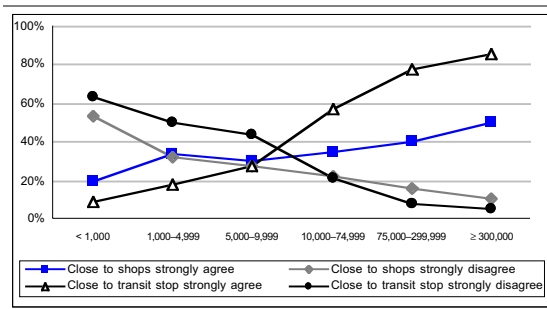
When asked if there are many shops, stores, markets, or other places to buy necessities within easy walking distance of their home, 37% of Canadians say that they strongly agreed, 26% somewhat agreed, and 37% disagreed with the statement (13% somewhat and 24% strongly). When compared to Canadians overall, those living in the Northwest Territories, Newfoundland, and Ontario are more likely and those living in New Brunswick and Nova Scotia are less likely to strongly agree with this statement. Over half of adults (53%) strongly agree, 9% somewhat agree, and 30% disagree (4% somewhat disagree and 26% strongly disagree) that their home is within a 10 to 15 minute walk of a public transit stop. Residents of Ontario, British Columbia, and the Yukon are more likely, whereas residents of the Atlantic provinces and the Northwest Territories are less likely to strongly agree with this statement.

Age and sex Adults 45 years of age and older are more likely to strongly *disagree* that there are many places to buy necessities within easy walking distance of their home, and are less likely strongly *agree* that their home is within walking distance of a transit stop compared to their younger counterparts.

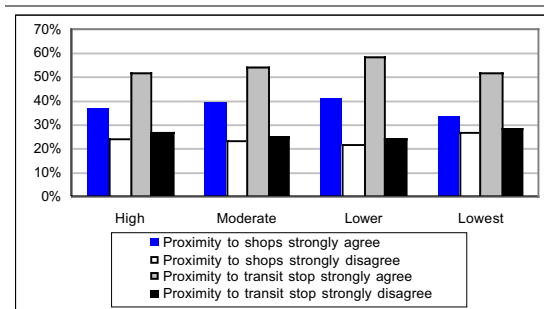
Socio-economic and—demographic factors Canadians with a university degree are more likely than those with less than secondary school education to strongly agree that there are a number of places where they can buy necessities close to their home. Furthermore, those with increasingly higher levels of education are more likely to strongly agree that there is a public transit stop near their home. Canadians living in the smallest communities (< 1,000) are less likely than those living in larger areas to strongly agree that there are many places to buy necessities within easy walking distance of their home. People in larger communities are almost 10 times more likely to strongly agree that there is a public transit stop close to home (e.g. 86% residing in communities with 300,000 residents compared to 9% in communities with less than 1,000). Those who live in smaller communities are dramatically more likely to disagree to some extent that there are amenities close their home. Adults who have never been married are more likely than those who are married or common law to strongly agree that many shops exist within easy walking distance of their home and to reside close to a public transit stop.

Activity level In general, those reporting the lowest level of daily physical activity are less likely than those with higher levels of activity to strongly agree that many shops are within easy walking distance of their home.

**PROXIMITY TO AMENITIES
by community size**



**PROXIMITY TO AMENITIES
by activity level**



Supportive physical environments—walking and bicycling

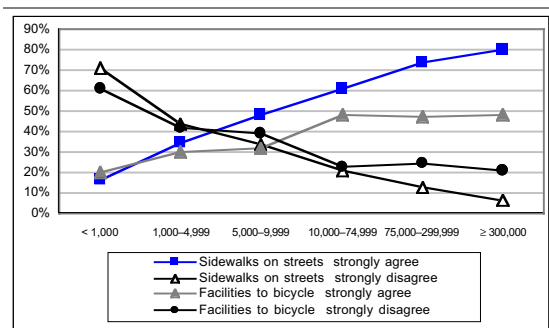
The majority of Canadians strongly agree (58%) that there are sidewalks on most of the streets in their neighbourhood. A further 11% of adults somewhat agree that there are sidewalks on most streets and 31% disagree (6% somewhat disagree and 25% strongly disagree). When compared to Canadians in general, residents of Alberta, Saskatchewan and Ontario are more likely to strongly agree with this statement and those living in all of the Atlantic Provinces and the Northwest Territories are less likely to do so. In addition, 41% of Canadians strongly agree that there are facilities to bicycle in or near their neighbourhood (special lanes, separate paths or trails, etc.), whereas 19% somewhat agree, and 40% disagree (9% somewhat disagree and 31% strongly disagree). Compared to Canadians more generally, residents of Quebec, Yukon, and Alberta are more likely, and those in Newfoundland, Nova Scotia, New Brunswick, and Manitoba are less likely, to strongly agree that there are facilities for bicycling.

Age and sex Adults aged 25–44 are more likely than 45–64 year olds to strongly agree that there are sidewalks on most streets in their neighbourhood. Women are less likely than men to strongly agree that there are facilities to bicycle located near their home. Young adults (age 18–24) are the least likely to strongly disagree that there are bicycle facilities in their neighbourhoods.

Socio-economic and—demographic factors Canadians with less than secondary school education are less likely than those with more education to strongly agree that there are sidewalks on most of the streets in their neighbourhood. People who live in larger communities are more likely to strongly agree that there are sidewalks on most of the streets in their neighbourhood. Those living in the smallest communities (<1,000) are more likely than those living in larger communities to strongly disagree that there are sidewalks on the streets and facilities to bicycle in or near their neighbourhoods. Adults who have never been married are more likely than those who are married or common-law to strongly agree that there are sidewalks on most of the streets in their neighbourhood.

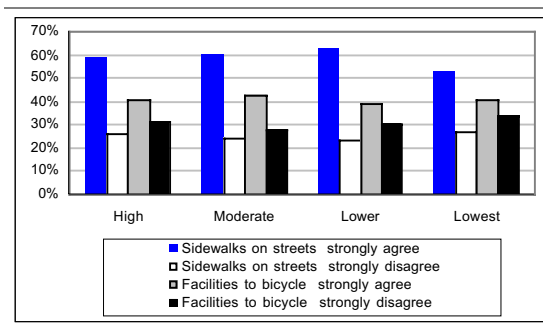
Activity Level Adults reporting the lowest level of daily physical activity are less likely than those with higher levels of activity to strongly agree that there are sidewalks on most of the streets in their neighbourhood.

WALKING AND BICYCLING
by community size



2004 Physical Activity Monitor

WALKING AND BICYCLING
by activity level



2004 Physical Activity Monitor

Community infrastructure—walking trails

Roughly half of all Canadians (51%) report that there are many places in their community where they can safely walk, including sidewalks and walking trails. A further 40% of individuals state that there are some places, and a mere 9% report that there are none at all. Moreover, 27% of adults report that they are very satisfied, 48% are somewhat satisfied and 25% are not at all satisfied with the amount of places that they can safely walk in their local municipality.

Compared to Canadians in general, those living in the Yukon and Alberta are the most likely to say that there are many places in their community where they can safely walk. However, those living in all the Atlantic Provinces are less likely to say the same. Individuals living in the Yukon and Northwest Territories are the most likely to say that they are very satisfied with the number of places that they can safely walk when compared to adults in Canada more generally.

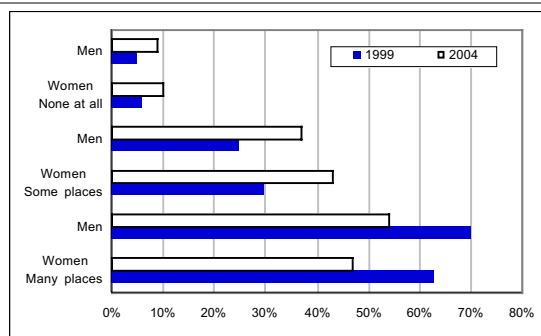
Age and sex Overall, men are more likely than women to say that there are many places in their community where they can safely walk, such as sidewalks, paths and walking trails. Younger Canadians (age 15–17) are the most likely, whereas older Canadians (65 years and older) are the least likely to state that there are many places where they can safely walk in their community. Men are also more likely than women to say that they are very satisfied with the number of places to safely walk in their community.

Socio-economic and—demographic factors Canadians with higher levels of education and income are more likely than those with less education and lower income to report that there are many places for them to safely walk in their community. Those living in larger communities are more likely than those living in smaller communities to say that there are many places for them to walk safely.

Activity level Inactive Canadians are less likely than those who are more active to report the existence of many places to walk safely in their community. Canadians who are more active are more likely to state that they are very satisfied with the opportunities that they have for physical activity and sport in their community.

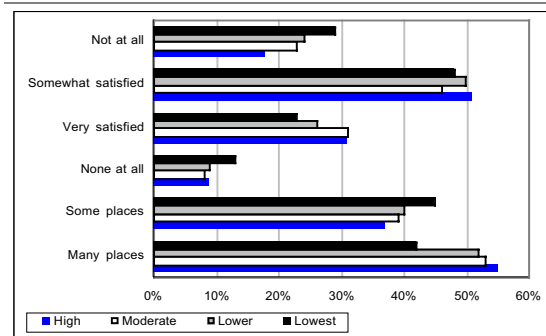
Trends Since 1999, there has been a significant decrease in the proportion of Canadians who report that there are many places and a significant increase in the proportion who state that there are only some places in their community where they can safely walk.⁴ However, the patterns that appear in 1999—where men are more likely than women and active Canadians are more likely than inactive ones to report that there are many places to walk— still persist in 2004.

WALKING OPPORTUNITIES
trends (age 18+) by gender (1999–2004)



1999 & 2004 Physical Activity Monitor

WALKING OPPORTUNITIES
by activity level



2004 Physical Activity Monitor

Community infrastructure—designated bike lanes, trails, paths

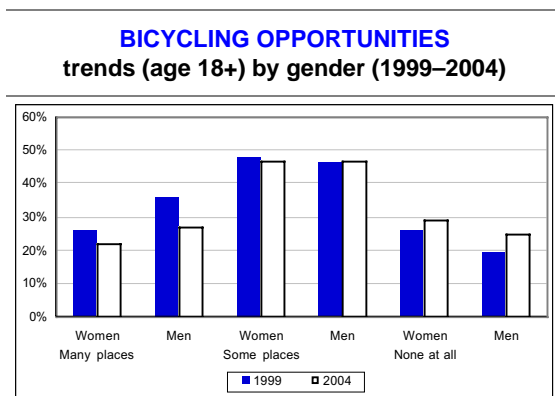
One-quarter of Canadians report that there are many places to safely ride a bike, such as designated bike lanes, special trails and paths in their community. A further 47% of adults say that there are at least some places in their community where they are able to bike safely and 27% say that there are none of these places at all. One in every five Canadians reports that they are very satisfied with the number of lanes, trails and paths that their municipality offers, and a further 47% indicate that they are somewhat satisfied with their options. The remaining 32% are not at all satisfied with the number of these types of places. When compared to Canadians overall, individuals living in the Yukon, Quebec and Alberta are more likely, whereas individuals living in Manitoba or the Atlantic provinces are less likely to say that there are many places where they can safely ride a bike. Compared to adults in Canada more generally, residents of Prince Edward Island and the Yukon are less likely, whereas those in Nova Scotia are more likely to state that they are not at all satisfied with the amount of safe places to bicycle in their community.

Age and sex Overall, men are more likely than women to say that there are many places in their community where they can safely ride a bike and that they are very satisfied with these places, whereas women are more likely to say that there are none of these types of places available in their community or that they are not very satisfied with the number of places. Adults aged 15–17 years are significantly more likely than older Canadians (45 years and older) to state that there are many places locally where they can safely bicycle.

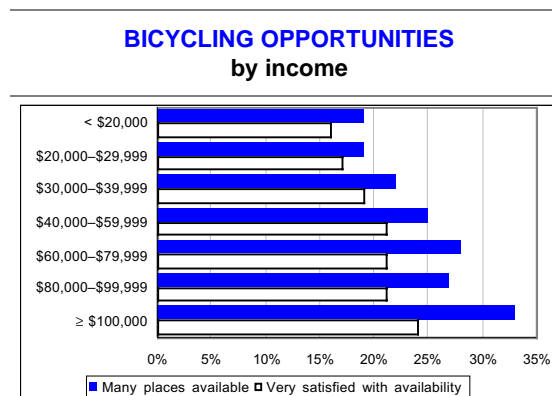
Socio-economic and—demographic factors Canadians with increasingly higher income levels are more likely to say that there are many places where they are able to bike safely. Individuals in the highest income bracket (\$100,000+) are more likely than those earning under \$30,000 per year to be very satisfied with the number of places that they can safely bicycle. Adults living in the smaller communities are less likely than larger communities to report that there are many places to safely bicycle in the community.

Activity level Inactive Canadians are more likely than those who are more active to report state that there are no places at all to safely bicycle in their community.

Trends There has been a significant decrease in the proportion of adults who report that there are many places in their community where they can safely bicycle since 1999.⁴ As in 1999, men are still more likely than women to state that there are many places to safely ride a bike in their community.



1999 & 2004 Physical Activity Monitor



2004 Physical Activity Monitor

Community infrastructure—recreation trails

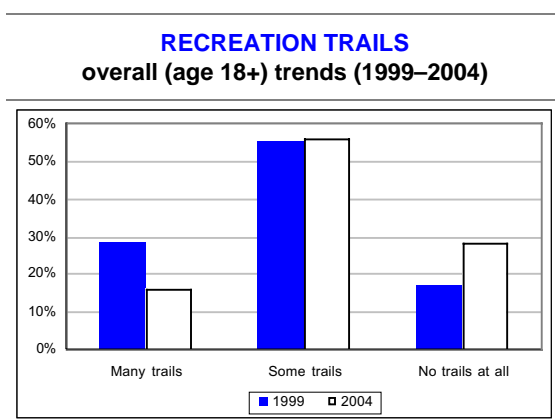
Only 16% of Canadian adults report that there are many multi-purpose recreation trails in their community that can be used for different physical activities and sports. The majority of adults (56%) report that there are some of these types of trails and a further 28% say that there are none at all. Roughly the same percentage of adults (17%) say that they are very satisfied, whereas 53% say that they are somewhat satisfied and 30% are not at all satisfied with the number of multi-purpose trails that are available locally. Individuals living in the Yukon are over three times as likely as Canadians more generally to say that there are many multi-purpose recreation trails available for public use in their community. In addition, residents of Ontario are less likely, whereas those in Alberta are more likely, to report the availability of many multi-purpose recreational trails.

Age and sex Men are more likely than women to state that there are many multi-purpose recreation trails available for them to use within their community. Women on the other hand, are significantly more likely than men to say that none of these trails exist at all.

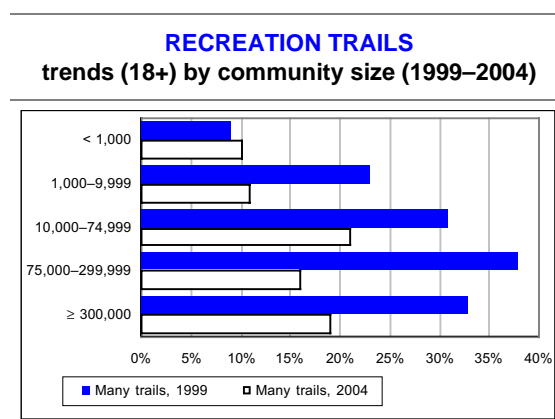
Socio-economic and—demographic factors Canadians with higher income levels and higher levels of education are more likely to report that there are many multi-purpose recreation trails that can be used for different activities available locally. Generally speaking, Canadians living in communities with a population of at least 10,000 citizens are more likely than those living in smaller municipalities to say that there are many multi-purpose recreation trails available for public use. The smallest communities (< 1,000 residents) are more likely than larger communities to report that they are not at all satisfied with the amount of multi-purpose recreation trails.

Activity Level The least active adults are more likely that those who are highly active to report that there are no multi-purpose recreation trails at all in their community.

Trends Since 1999,⁴ there has been a significant decrease in the proportion of adults who report that there are many recreation trails and a significant increase in the proportion of adults who report that there are no recreation trails at all in their community. In 2004, residents of larger communities are less likely to report many trails compared to 1999.



1999 & 2004 Physical Activity Monitor



1999 & 2004 Physical Activity Monitor

Community infrastructure—designated facilities

One-third of Canadians report that there are many facilities, places and programs in their community that are designated specifically for physical activity and sport participation (e.g., fitness centres, pools, arenas, tennis or racquet ball courts). A further 56% say that there are some of these types of opportunities and 11% report that there are none at all. However, only 14% of adults report being very satisfied with the number of facilities, places and programs that are available. The majority (60%), however, state that they are somewhat satisfied with the number of opportunities; however, 26% are not at all satisfied. Individuals living in the Quebec, British Columbia, and the Yukon are more likely, whereas those in Prince Edward Island, Nova Scotia, New Brunswick, and Manitoba are less likely than Canadians overall to report that there are many facilities, places and programs in their community which are designed specifically for physical activity and sport.

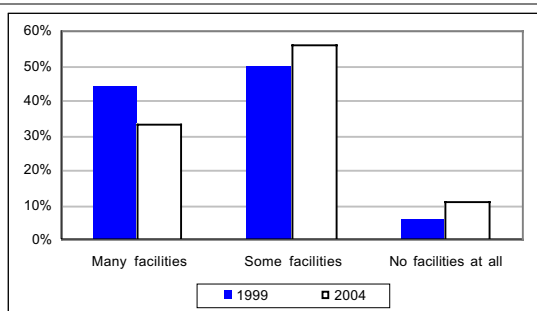
Age and sex Adults aged 25–64 are less likely than young adults (aged 15–17) to say that there are many places in their community designated specifically for doing physical activities and sports.

Socio-economic and—demographic factors Adults with post-secondary education are more likely than those with lower levels of education to cite the availability of many facilities. Similarly, adults with higher incomes are increasingly more likely to cite the availability of many of such places. The percentage of Canadians who report that there are many local facilities designated specifically for physical activity and sport rises dramatically in larger communities. Individuals living in communities with a population of less than 1,000 residents are less likely than those living in larger communities to be very satisfied with the number of such facilities available locally.

Activity level Inactive individuals are less likely than more active individuals to report that there are many facilities, places and programs in their community that are designated specifically for doing physical activities and sports.

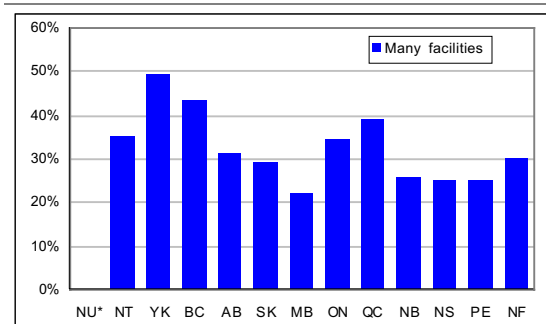
Trends There has been a significant decrease in the proportion of adults who report that there are many facilities, places and programs in their community that are designated specifically for doing physical activities and sports since 1999.⁴ Inactive Canadians remain less likely than more active adults to report that there are many facilities, places and programs in their community that are designated specifically for doing physical activities and sports over the two time periods.

DESIGNATED FACILITIES
overall (age 18+) trends (1999–2004)



1999 & 2004 Physical Activity Monitor

DESIGNATED FACILITIES
by province/territory



2004 Physical Activity Monitor

* Data unavailable because of insufficient sample size.

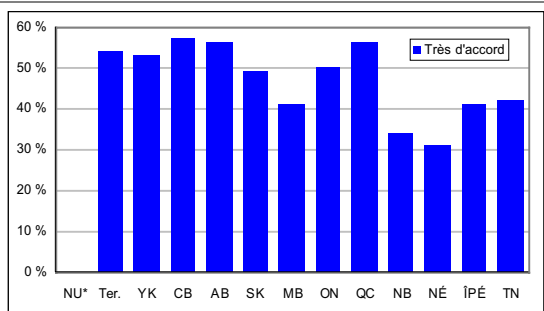
Supportive physical environments—discounted facilities

Just under half of Canadians (49%) strongly agree that their neighbourhood has several free or low-cost recreation facilities available for public use (parks, walking trails, bike paths, recreation centres, swimming pools, etc.). A further 28% of adults somewhat agree and 22% disagree to some extent with the statement (8% somewhat disagree and 14% strongly disagree). When compared to Canadians overall, those living in British Columbia and Quebec are more likely to strongly agree with this statement whereas those living in Nova Scotia, Prince Edward Island, New Brunswick and Manitoba are the least likely to say the same.

Age and sex Women are less likely than men to strongly agree that their neighbourhood has several free or low cost recreation facilities available for use by the public. Adults older than 45 years of age are more likely than their younger counterparts to strongly disagree that their neighbourhood has several free or low-cost recreation facilities available for public use.

Socio-economic and—demographic factors Canadians with a university degree are more likely than those with secondary school education or less to strongly agree that their neighbourhood has several free or low cost recreation facilities available for public use. Individuals living in communities with a population of less than 10,000 people are less likely than those living in larger communities to strongly agree that there are several free or low-cost recreation facilities nearby for them to use.

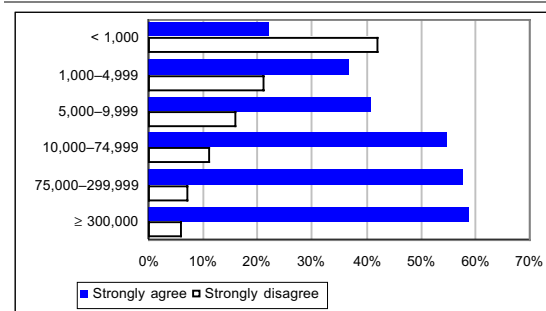
**DISCOUNTED FACILITIES
by province/territory**



2004 Physical Activity Monitor

* Data unavailable because of insufficient sample size.

**DISCOUNTED FACILITIES
by community size**



2004 Physical Activity Monitor

Supportive physical environments—crime rates

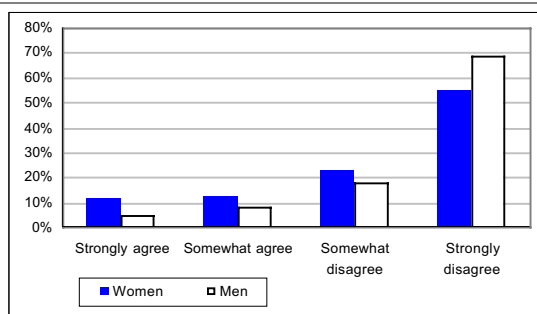
The majority of Canadians disagree that the crime rate in their neighbourhood makes it unsafe to go on walks at night (20% somewhat disagree and 62% strongly disagree). Only 8% of respondents strongly agree and 10% somewhat agree with this statement. When compared to Canadians more generally, Newfoundland and Prince Edward Island residents are more likely to strongly disagree that high crime rates in their neighbourhood prevent people from going for walks at night.

Age and sex Overall, women are twice as likely as men to strongly agree that the crime rate in their neighbourhood makes it unsafe to go for walks at night. Older adults (65 years and older) are more likely than younger adults (18–44 year olds) to strongly agree that the crime rate in their neighbourhood prevents them from going for walks at night.

Socio-economic factors Individuals with less than secondary school education are more likely than those with more education to strongly agree that the crime rate in their neighbourhood makes it unsafe to go on walks at night. Conversely, adults with more than secondary school education are more likely to strongly disagree that neighbourhood crime rates make them feel unsafe. Similarly, adults with higher incomes are more likely than those with lower incomes to strongly disagree that neighbourhood crime rates prevents them from walking at night. Residents of smaller communities are less likely than those in larger communities to cite neighbourhood crime rates as an impediment to walking at night (i.e. 77% of residents living in communities with a population size of 1,000 or less residents strongly disagree compare to 52% of residents living in communities of 300,000 or more).

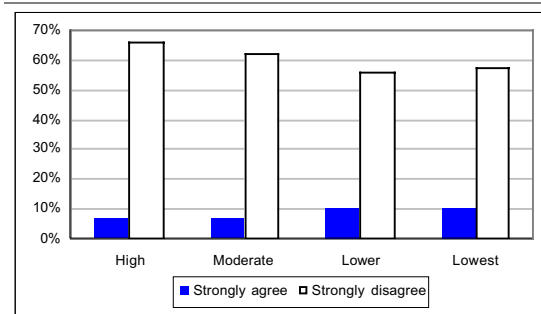
Activity level Active and moderately active Canadians are more likely than those with lower levels of daily physical activity to say that they strongly disagree that the crime rate in their neighbourhood makes it unsafe for them to go on walks at night.

**CRIME RATES
by gender**



2004 Physical Activity Monitor

**CRIME RATES
by activity level**



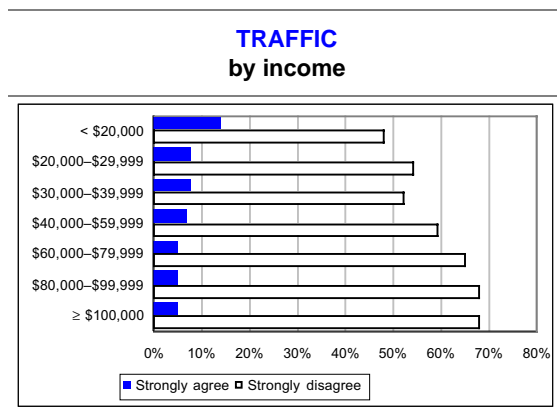
2004 Physical Activity Monitor

Supportive physical environments—traffic

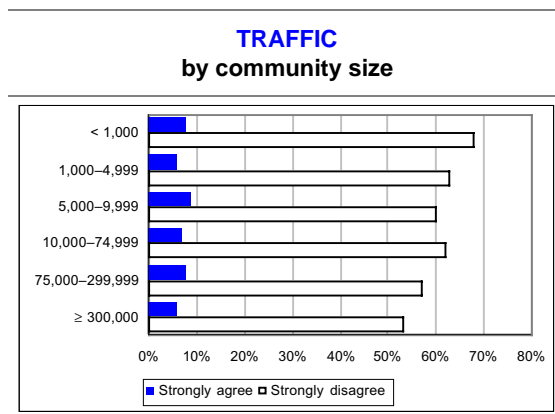
Canadians were asked if the volume of traffic on the streets makes it difficult or unpleasant for them to go walking in their neighbourhood. As is the case with crime rates, the overwhelming majority of respondents say that they disagree with this statement (23% somewhat disagree and 60% strongly disagree). Only 7% of Canadians say that they strongly agree and a further 10% somewhat agree that traffic is a serious concern. When compared to Canadians more generally, those living in Saskatchewan or the Yukon are more likely and residents of British Columbia are less likely to strongly disagree that there is so much traffic on their streets that walking is made both difficult and unpleasant.

Age and sex Adults aged 45–64 years of age are more likely than adults aged 25–44 years to strongly disagree that street traffic makes walking in their neighbourhood difficult and unpleasant.

Socio-economic and—demographic factors Those with less than some secondary school education are more likely than those with a university education to strongly agree that the volume of street traffic in their neighbourhood makes it difficult and unpleasant to walk. Similarly, adults with lower incomes are more likely than those with higher incomes to strongly agree that the volume of street traffic in their neighbourhood prevents them from walking. Generally, Canadians living in very small communities (< 1,000) are more likely than those living in larger communities (5,000+) to strongly disagree that there is so much traffic on the streets that walking in their neighbourhood becomes difficult and unpleasant.



2004 Physical Activity Monitor



2004 Physical Activity Monitor

Summary of section

Generally speaking, the majority of Canadians report the presence of characteristics thought to be supportive of places to walk or otherwise be active within their communities. This is more apparent among inhabitants of larger communities. Residents of smaller communities tend to cite a lower number of places to be active. It is important to note that although there are supportive features in neighbourhoods, few Canadians report that there are safe places to walk.

In most cases, women are less likely to strongly agree that there are many places to be active. This trend has persisted in many cases over time.⁴ In addition, women are more likely than men to strongly agree that crime rate in their neighbourhood makes it unsafe to go on walks.

Less active adults are less likely than active adults to strongly agree that there are certain amenities available in their neighbourhood. This is a disturbing trend that has persisted over time.⁴

Discussion, Implications and Recommendations

Urban design and aspects related to infrastructure, including proximity to shops, high population density levels, accessibility, availability of sidewalks, aesthetics, security and safety, zoning by-laws supporting mixed land use, and mass transit supports are associated with walking and may therefore play a role in encouraging physical activity. Generally speaking, the majority of Canadians rate individual aspects of the physical environment as supportive of physical activity. For example, they are generally in close proximity to amenities and facilities, opportunities are generally available (some or many), and there is a general consensus that crime and traffic are not major barriers to physical activity in neighbourhoods. Similar data collected in the United States using the same type of environmental measures found that environments supporting walking and bicycling (for purposes other than leisure), availability of free or low cost recreational opportunities, and low neighbourhood crime rates are associated with higher levels of physical activity.⁵ Although the Physical Activity Monitor did not replicate all relationships with physical activity level, some of these relationships that appeared in this report were consistent with the U.S. study. It should be noted however, that both the U.S. study and the data reported here compare the availability of environmental supports with total activity. Different relationships may emerge in examining the supports against walking alone and this needs to be investigated further.

In addition, while the majority of Canadians report individual features of the environment as being supportive this may not necessarily translate into a neighbourhood that is in fact walkable. Other work suggests that it is the combination of certain features that make a neighbourhood walkable.⁶ Nonetheless, understanding the distribution of environmental features within a neighbourhood is important for monitoring how the face of neighbourhoods change over time and how these might be related to perceptions that there are many or few safe places to walk or to bicycle.

Walking is an activity that is generally easy for all age groups, involves little skill, is inexpensive, and provides convenient means of incorporating physical activity into daily life. Research examining the relationship between urban travel and obesity rates among

industrialized nations indicates that in Europe and North America, the proportion of trips involving walking was inversely related to obesity rates, meaning that people who take the most walking trips are the least likely to be obese while those who walk the least are the most likely to be obese. Likewise, the total percentage of trips taken by walking, bicycling, and public transit was also inversely correlated with obesity rates. The researchers concluded from their study that policies directed to promoting walking and bicycling as modalities for commuting could help to curb escalating obesity rates.⁷ Research has also shown that neighbourhood walkability, which includes factors such as mixed land use, networking of streets, and residential density, has been found to be related to physical activity. However, associations between environmental variables and physical activity varied in different population subgroups.⁸ Research contained in other sections of this report indicates that economic disparities appear for adults and youth. Those with lower incomes are less likely to report walking and bicycling *for leisure during their spare time*. To overcome these discrepancies, identifying and understanding barriers associated with income may be important considerations. 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 with higher incomes (see a later section in this report) and, in addition, they are roughly four times more likely to cite safety concerns compared to higher income individuals. On the other hand, research has shown that low-income adults are more likely to *walk to work and to shops* than to travel by car.⁹ An earlier topic (see topic entitled “Type of housing”) shows that individuals with lower levels of income are more likely to live in neighbourhoods with a mixture of buildings, so this may facilitate walking for utilitarian purposes, such as shopping. Identifying problem areas in traffic or transit patterns and addressing safety issues (i.e., safety audits of neighbourhoods, bike patrols on bicycle paths, well-maintained and lit sidewalks or paths) may also contribute to increased use of active transportation among this group and others. 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. In addition, ensuring that public opportunities that support bicycle commuting with bicycle carriers, bicycle racks, or safe storage facilities may prove beneficial.

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 segments who are particularly susceptible to physical inactivity, including women and individuals of lower socioeconomic status.¹⁰ A key finding of this report was the fact that residents of small communities are less likely to cite the availability of many places to walk and bicycle, report fewer recreational trails, and are generally less likely to be very satisfied with the number of opportunities for physical activity and sport currently available in their community. These data are generally supported by a companion study to the 2004 Physical Activity Monitor that surveyed Canadian municipalities responses to the availability and degree of importance attributed to physical activity. Generally speaking, the smallest of communities are less likely to state that more trails and facilities would help their residents become more active, and to perceive physical activity as a high priority on the agenda. It is important to find ways of promoting physical activity to residents of these small communities without depleting already limited fiscal and human resources.

The significant decrease in the perceived number of places to be active in the local community over the period from 1999 to 2004 is of concern. The reasons for this change (e.g., concerns about traffic, characteristics of facilities) are unclear, however, it is interesting to note from a parallel survey of communities that a substantial amount of municipalities (60%) report that an increase in the amount of walking, bicycling, and multi-purpose trails would help to increase physical activity levels among citizens. Over half of all municipalities also believe that an increase in the number of indoor (54%) and outdoor (52%) sport and recreation facilities would help increase the physical activity levels of their citizens. Moreover, the continued trend of less active Canadians reporting fewer places to be active than active adults is of concern. Half of Canadians that use public facilities are already active.¹¹ Active individuals are also more likely to be aware of and to use these types of facilities, as well as to attribute a high level of importance to them.⁴ These patterns may lead to further gaps in the activity level between Canadians who are less active and those who are most active that has emerged in recent years.¹² Specific strategies may need to be adopted to identify programs and public facilities (including places to walk) located in low income areas, whether they suit the needs of local residents and the types of promotion that would be most appropriate and effective in motivating this population to be active.

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Type of housing

2004 Physical Activity Monitor

	Main type of housing in respondent's neighbourhood				
	Detached single-family residences	Townhouses, row houses, apartments, or condos of 2-3 stories	Mix of single-family residences, townhouses, row houses, apartments or condos	Apartments or condos of 4-12 stories	Apartments or condos of more than 12 stories
<i>TOTAL, ADULTS (15+)</i>	69%	8%	19%	2%	2%
<i>women</i>	68	8	20	2	2
<i>men</i>	70	8	18	2	2
<i>15-17</i>	70	—	—	—	—
<i>women</i>	—	—	—	—	—
<i>men</i>	—	—	—	—	—
<i>18-24</i>	58	15	21	—	—
<i>women</i>	56	16	22	—	—
<i>men</i>	61	13	21	—	—
<i>25-44</i>	69	9	19	2	2
<i>women</i>	69	7	21	—	—
<i>men</i>	68	10	17	—	—
<i>45-64</i>	74	5	17	2	—
<i>women</i>	73	6	17	—	—
<i>men</i>	76	4	18	—	—
<i>65+</i>	69	—	19	—	—
<i>women</i>	65	—	21	—	—
<i>men</i>	73	—	—	—	—
<i>REGION</i>					
<i>East</i>	78	6	13	—	—
<i>Newfoundland</i>	79	—	12	—	—
<i>Prince Edward Island</i>	78	—	16	—	—
<i>Nova Scotia</i>	78	—	11	—	—
<i>New Brunswick</i>	78	—	13	—	—
<i>Quebec</i>	63	16	16	4	—
<i>Ontario</i>	65	8	23	—	3
<i>West</i>	72	6	18	2	—
<i>Manitoba</i>	77	—	12	—	—
<i>Saskatchewan</i>	73	—	20	—	—
<i>Alberta</i>	68	—	22	—	—
<i>British Columbia</i>	73	—	16	—	—
<i>North</i>	66	5	26	—	—
<i>Yukon</i>	73	—	21	—	—
<i>Northwest Territories</i>	60	6	31	—	—
<i>Nunavut</i>	—	—	—	—	—

— Data unavailable because of insufficient sample size.

Type of housing (cont'd)

2004 Physical Activity Monitor

	Main type of housing in respondent's neighbourhood				
	Detached single-family residences	Townhouses, row houses, apartments, or condos of 2-3 stories	Mix of single-family residences, townhouses, row houses, apartments or condos	Apartments or condos of 4-12 stories	Apartments or condos of more than 12 stories
<i>COMMUNITY SIZE</i>					
< 1,000	90%	—	6%	—	—
1,000–4,999	80	5	13	—	—
5,000–9,999	80	8	10	—	—
10,000–74,999	68	9	20	—	—
75,000–299,999	67	8	23	—	—
More than 300,000	52	11	27	5	4
<i>ACTIVITY LEVEL</i>					
High	70	8	18	2	—
Moderate	68	8	20	3	—
Lower	67	9	20	—	—
Lowest	71	8	16	—	—
<i>EDUCATION LEVEL</i>					
Less than secondary	71	10	17	—	—
Secondary	70	8	17	3	—
College	71	7	19	—	—
University	66	8	21	3	2
<i>HOUSEHOLD INCOME</i>					
< \$20,000	53	19	21	—	—
\$20,000–29,999	61	11	21	—	—
\$30,000–39,999	59	12	25	—	—
\$40,000–59,999	68	8	19	—	—
\$60,000–79,999	75	7	16	—	—
\$80,000–99,999	80	—	15	—	—
≥ \$100,000	77	—	17	—	—
<i>EMPLOYMENT STATUS</i>					
Full-time worker	69	8	20	2	1
Part-time worker	73	8	15	—	—
Unemployed	64	11	20	—	—
Homemaker	77	—	14	—	—
Student	61	12	22	—	—
Retired	72	7	16	—	—
<i>FAMILY COMPOSITION</i>					
Living with a partner	77	5	15	2	1
Widowed, divorced, separated	62	10	23	4	—
Never married	56	13	24	4	—

— Data unavailable because of insufficient sample size.

Supportive physical environments—proximity to amenities

2004 Physical Activity Monitor

	Proximity to shops, stores, markets				10-15 minute walk to transit stop*			
	Strongly agree	Somewhat agree	Somewhat disagree	Strongly disagree	Strongly agree	Somewhat agree	Somewhat disagree	Strongly disagree
<i>TOTAL, ADULTS (15+)</i>	37%	26%	13%	24%	53%	9%	4%	26%
women	38	25	13	24	54	8	4	27
men	37	26	14	23	52	11	4	25
<i>15-17</i>	—	—	—	—	—	—	—	—
women	—	—	—	—	—	—	—	—
men	—	—	—	—	—	—	—	—
<i>18-24</i>	37	35	13	15	57	13	7	22
women	36	35	13	16	56	11	—	22
men	38	34	14	14	57	15	—	22
<i>25-44</i>	39	26	14	21	56	8	4	26
women	40	26	13	22	57	7	3	27
men	37	27	16	20	55	10	5	24
<i>45-64</i>	37	22	12	29	50	9	3	28
women	37	21	13	29	51	8	3	28
men	38	23	12	28	49	9	4	28
<i>65+</i>	32	23	14	32	46	11	—	26
women	33	21	13	33	51	—	—	25
men	31	25	—	31	41	—	—	28
<i>REGION</i>								
<i>East</i>	33	22	14	31	31	7	5	46
Newfoundland	47	25	10	18	42	—	—	36
Prince Edward Island	31	19	17	33	—	—	—	68
Nova Scotia	28	20	15	37	39	—	—	42
New Brunswick	26	23	15	36	35	—	—	42
Quebec	33	30	18	19	53	15	6	22
Ontario	42	26	11	20	66	8	2	19
<i>West</i>	36	26	12	25	57	9	4	23
Manitoba	34	30	10	26	55	—	—	28
Saskatchewan	36	24	14	26	46	11	—	30
Alberta	37	27	13	23	58	—	—	24
British Columbia	38	24	12	26	64	13	—	14
<i>North</i>	45	22	13	20	51	9	—	23
Yukon	34	20	16	30	61	—	—	20
Northwest Territories	54	24	12	11	42	11	—	25
Nunavut	—	—	—	—	—	—	—	—

— Data unavailable because of insufficient sample size.

* Caution: In some instances, 'not applicable' exceeded 3% and are not shown. For this reason, columns may not add up to 100%.

Supportive physical environments—proximity to amenities (cont'd)

2004 Physical Activity Monitor

	Proximity to shops, stores, markets				10-15 minute walk to transit stop*			
	Strongly agree	Somewhat agree	Somewhat disagree	Strongly disagree	Strongly agree	Somewhat agree	Somewhat disagree	Strongly disagree
COMMUNITY SIZE								
< 1,000	20%	17%	10%	54%	9%	6%	5%	63%
1,000–4,999	34	21	14	32	18	8	6	50
5,000–9,999	30	27	15	28	28	10	–	44
10,000–74,999	35	28	14	22	57	11	5	21
75,000–299,999	40	28	15	16	78	11	–	8
More than 300,000	50	27	12	11	86	7	–	5
ACTIVITY LEVEL								
High	37	26	13	24	52	9	4	27
Moderate	39	26	12	23	54	8	4	25
Lower	41	23	13	22	58	9	–	24
Lowest	33	26	13	27	52	9	4	28
EDUCATION LEVEL								
Less than secondary	34	25	15	26	41	10	8	30
Secondary	38	27	11	25	47	11	4	30
College	37	27	14	23	55	8	3	26
University	39	24	14	23	63	8	2	21
HOUSEHOLD INCOME								
< \$20,000	41	26	14	19	46	12	8	27
\$20,000–29,999	40	25	13	22	46	10	–	29
\$30,000–39,999	39	30	10	21	53	9	–	26
\$40,000–59,999	36	25	14	24	49	10	4	30
\$60,000–79,999	36	25	13	27	56	10	–	25
\$80,000–99,999	35	24	14	27	57	8	–	25
≥ \$100,000	38	25	16	22	61	7	–	24
EMPLOYMENT STATUS								
Full-time worker	38	25	13	23	56	9	3	25
Part-time worker	38	24	12	25	48	8	–	32
Unemployed	37	29	12	22	47	10	–	30
Homemaker	32	26	16	26	46	–	–	32
Student	37	33	14	16	59	12	–	21
Retired	35	22	12	31	48	10	–	26
FAMILY COMPOSITION								
Living with a partner	35	25	13	27	51	9	4	28
Widowed, divorced, separated	40	23	13	25	51	9	–	28
Never married	42	29	13	16	60	10	5	21

– Data unavailable because of insufficient sample size.

* Caution: In some instances, 'not applicable' exceeded 3% and are not shown. For this reason, columns may not add up to 100%.

Supportive physical environments—walking and bicycling

2004 Physical Activity Monitor

	Sidewalks on streets				Facilities to bicycle			
	Strongly agree	Somewhat agree	Somewhat disagree	Strongly disagree	Strongly agree	Somewhat agree	Somewhat disagree	Strongly disagree
<i>TOTAL, ADULTS (15+)</i>	58%	11%	6%	25%	41%	19%	9%	31%
<i>women</i>	58	11	6	25	38	19	10	33
<i>men</i>	59	11	5	25	43	19	9	29
<i>15–17</i>	–	–	–	–	–	–	–	–
<i>women</i>	–	–	–	–	–	–	–	–
<i>men</i>	–	–	–	–	–	–	–	–
<i>18–24</i>	61	14	6	19	35	28	13	24
<i>women</i>	61	–	–	19	32	28	14	26
<i>men</i>	61	15	–	19	39	28	12	21
<i>25–44</i>	60	10	6	24	42	20	9	30
<i>women</i>	59	11	5	25	38	21	9	32
<i>men</i>	60	9	7	24	46	18	9	27
<i>45–64</i>	56	10	5	28	41	16	9	34
<i>women</i>	55	11	6	27	41	14	9	36
<i>men</i>	57	9	4	29	41	18	8	33
<i>65+</i>	56	10	–	29	44	17	–	32
<i>women</i>	59	–	–	28	41	18	–	35
<i>men</i>	53	–	–	29	47	–	–	28
<i>REGION</i>								
<i>East</i>	45	11	6	38	30	19	9	42
<i>Newfoundland</i>	49	10	–	37	26	18	11	45
<i>Prince Edward Island</i>	40	14	–	38	46	22	–	23
<i>Nova Scotia</i>	44	–	–	42	23	15	–	54
<i>New Brunswick</i>	47	13	–	34	31	21	–	41
<i>Quebec</i>	53	13	9	25	56	20	7	16
<i>Ontario</i>	68	10	4	19	37	18	11	33
<i>West</i>	64	9	5	22	41	20	8	32
<i>Manitoba</i>	57	12	–	26	30	17	–	45
<i>Saskatchewan</i>	68	–	–	20	35	17	–	40
<i>Alberta</i>	81	–	–	12	55	19	–	19
<i>British Columbia</i>	51	–	–	30	38	24	–	28
<i>North</i>	49	12	10	30	45	20	11	24
<i>Yukon</i>	55	–	–	30	50	24	–	17
<i>Northwest Territories</i>	43	16	–	29	40	18	12	30
<i>Nunavut</i>	–	–	–	–	–	–	–	–

– Data unavailable because of insufficient sample size.

Supportive physical environments—walking and bicycling (cont'd)

2004 Physical Activity Monitor

	Sidewalks on streets				Facilities to bicycle			
	Strongly agree	Somewhat agree	Somewhat disagree	Strongly disagree	Strongly agree	Somewhat agree	Somewhat disagree	Strongly disagree
<i>COMMUNITY SIZE</i>								
< 1,000	16%	8%	5%	71%	20%	13%	6%	61%
1,000–4,999	35	14	8	44	30	18	10	42
5,000–9,999	48	12	–	34	32	21	8	39
10,000–74,999	61	11	7	21	48	21	8	23
75,000–299,999	74	9	–	13	47	20	8	25
More than 300,000	80	9	4	6	48	20	11	21
<i>ACTIVITY LEVEL</i>								
High	59	10	5	26	41	19	9	31
Moderate	60	11	6	24	42	21	9	28
Lower	62	10	5	23	39	21	10	30
Lowest	53	14	6	27	41	16	9	34
<i>EDUCATION LEVEL</i>								
Less than secondary	50	11	7	31	39	17	9	35
Secondary	57	9	4	30	39	16	10	35
College	60	11	5	23	42	22	9	28
University	62	11	6	21	42	20	9	28
<i>HOUSEHOLD INCOME</i>								
< \$20,000	59	13	–	23	39	20	10	31
\$20,000–29,999	55	10	6	29	38	21	11	30
\$30,000–39,999	56	12	–	27	39	18	9	34
\$40,000–59,999	58	10	7	25	40	18	10	32
\$60,000–79,999	57	9	7	26	42	20	10	29
\$80,000–99,999	62	7	–	26	46	19	8	27
≥ \$100,000	62	11	4	23	46	19	7	27
<i>EMPLOYMENT STATUS</i>								
Full-time worker	60	11	5	24	43	19	9	30
Part-time worker	53	12	9	27	38	21	11	29
Unemployed	54	13	–	29	36	20	12	32
Homemaker	52	12	–	30	34	17	–	40
Student	62	12	–	20	34	29	–	27
Retired	56	8	–	30	43	15	8	34
<i>FAMILY COMPOSITION</i>								
Living with a partner	55	11	6	28	41	18	9	33
Widowed, divorced, separated	59	11	5	26	43	16	8	33
Never married	65	11	6	18	39	24	11	26

– Data unavailable because of insufficient sample size.

Community infrastructure—walking trails

2004 Physical Activity Monitor

	Amount of places to safely walk			Degree of satisfaction with amount of places to walk		
	Many	Some	None at all	Very satisfied	Somewhat satisfied	Not at all satisfied
<i>TOTAL, ADULTS (15+)</i>	51%	40%	9%	27%	48%	25%
women	48	42	10	25	51	24
men	54	37	9	29	45	26
<i>15–17</i>	65	30	–	39	37	25
women	60	38	–	–	–	–
men	70	–	–	–	–	–
<i>18–24</i>	54	40	5	29	47	25
women	51	43	–	25	52	23
men	58	38	–	33	41	27
<i>25–44</i>	51	41	9	27	47	26
women	49	43	8	26	51	24
men	52	39	9	29	43	28
<i>45–64</i>	51	38	11	25	50	25
women	46	41	13	23	51	26
men	56	35	9	27	48	24
<i>65+</i>	46	42	12	23	52	25
women	43	45	12	22	54	24
men	50	38	13	25	50	25
<i>REGION</i>						
<i>East</i>	36	49	14	27	50	24
Newfoundland	42	45	13	34	44	22
Prince Edward Island	36	53	11	33	53	13
Nova Scotia	32	52	16	19	50	31
New Brunswick	36	48	16	23	51	26
Quebec	55	37	8	22	48	30
Ontario	52	39	8	26	50	25
<i>West</i>	56	36	8	28	45	28
Manitoba	44	45	11	24	49	26
Saskatchewan	53	38	9	23	51	25
Alberta	66	28	–	34	35	30
British Columbia	57	36	–	27	45	28
<i>North</i>	57	33	10	41	48	10
Yukon	69	24	–	47	44	8
Northwest Territories	46	42	12	38	51	11
Nunavut	–	–	–	–	–	–

– Data unavailable because of insufficient sample size.

Community infrastructure—walking trails (cont'd)

2004 Physical Activity Monitor

	Amount of places to safely walk			Degree of satisfaction with amount of places to walk		
	Many	Some	None at all	Very satisfied	Somewhat satisfied	Not at all satisfied
<i>COMMUNITY SIZE</i>						
< 1,000	26%	43%	31%	30%	47%	23%
1,000–4,999	38	48	14	30	47	23
5,000–9,999	41	45	13	26	50	24
10,000–74,999	59	36	5	26	50	24
75,000–299,999	60	38	–	25	50	25
More than 300,000	64	33	3	26	44	30
<i>ACTIVITY LEVEL</i>						
High	55	37	9	31	51	18
Moderate	53	39	8	31	46	23
Lower	52	40	9	26	50	24
Lowest	42	45	13	23	48	29
<i>EDUCATION LEVEL</i>						
Less than secondary	46	39	15	27	47	25
Secondary	47	42	11	25	51	24
College	52	40	8	26	50	24
University	58	37	5	29	44	27
<i>HOUSEHOLD INCOME</i>						
< \$20,000	43	44	14	20	53	27
\$20,000–29,999	45	44	12	28	52	20
\$30,000–39,999	48	42	10	23	55	22
\$40,000–59,999	51	39	10	29	48	23
\$60,000–79,999	54	39	7	29	46	25
\$80,000–99,999	60	33	7	28	44	28
≥ \$100,000	63	31	6	32	41	28
<i>EMPLOYMENT STATUS</i>						
Full-time worker	54	38	8	27	47	25
Part-time worker	47	42	11	23	49	28
Unemployed	43	42	15	25	51	24
Homemaker	44	43	14	31	49	20
Student	58	36	–	34	41	25
Retired	47	41	11	23	51	26
<i>FAMILY COMPOSITION</i>						
Living with a partner	49	40	11	25	49	27
Widowed, divorced, separated	47	41	12	26	51	23
Never married	57	38	6	32	44	24

– Data unavailable because of insufficient sample size.

Community infrastructure—designated bike lanes, trails, paths

2004 Physical Activity Monitor

	Amount of places to safely bike			Degree of satisfaction with amount of places to bike		
	Many	Some	None at all	Very satisfied	Somewhat satisfied	Not at all satisfied
<i>TOTAL, ADULTS (15+)</i>	25%	47%	27%	20%	47%	32%
women	23	47	29	18	48	34
men	27	47	25	22	47	31
<i>15–17</i>	34	45	21	28	46	25
women	–	49	–	–	–	–
men	37	41	–	–	–	–
<i>18–24</i>	25	54	20	22	49	29
women	23	56	21	20	52	28
men	29	52	19	23	47	30
<i>25–44</i>	26	49	25	19	47	34
women	24	49	26	18	47	36
men	28	49	23	21	47	32
<i>45–64</i>	23	44	33	20	49	32
women	21	44	35	17	50	32
men	25	44	31	22	47	32
<i>65+</i>	22	42	29	20	44	36
women	21	40	30	17	41	42
men	24	44	27	24	47	30
<i>REGION</i>						
<i>East</i>	12	50	36	18	45	37
Newfoundland	11	51	36	17	41	41
Prince Edward Island	17	62	21	24	55	21
Nova Scotia	–	40	49	18	39	43
New Brunswick	13	51	35	15	46	39
Quebec	39	44	15	22	44	34
Ontario	23	47	29	19	49	32
<i>West</i>	26	45	28	22	48	31
Manitoba	15	42	41	21	46	32
Saskatchewan	19	46	35	18	55	27
Alberta	37	43	18	23	44	33
British Columbia	29	48	23	24	47	29
<i>North</i>	30	51	19	18	57	25
Yukon	41	46	12	25	56	19
Northwest Territories	20	55	25	14	58	28
Nunavut	–	–	–	–	–	–

– Data unavailable because of insufficient sample size.

Community infrastructure—designated bike lanes, trails, paths (cont'd)

2004 Physical Activity Monitor

	Amount of places to safely bike			Degree of satisfaction with amount of places to bike		
	Many	Some	None at all	Very satisfied	Somewhat satisfied	Not at all satisfied
<i>COMMUNITY SIZE</i>						
< 1,000	13%	32%	54%	19%	45%	36%
1,000–4,999	16	45	37	20	46	33
5,000–9,999	20	49	29	20	50	30
10,000–74,999	30	51	18	19	51	30
75,000–299,999	28	52	19	21	49	30
More than 300,000	31	47	21	20	45	35
<i>ACTIVITY LEVEL</i>						
High	26	47	26	20	49	31
Moderate	26	48	24	20	46	34
Lower	22	49	27	18	50	31
Lowest	23	42	31	22	46	33
<i>EDUCATION LEVEL</i>						
Less than secondary	22	45	30	20	48	31
Secondary	23	45	31	19	48	33
College	27	47	26	20	48	32
University	26	49	23	21	46	33
<i>HOUSEHOLD INCOME</i>						
< \$20,000	19	46	32	16	48	36
\$20,000–29,999	19	51	27	17	52	31
\$30,000–39,999	22	45	31	19	47	33
\$40,000–59,999	25	45	29	21	48	31
\$60,000–79,999	28	49	23	21	47	32
\$80,000–99,999	27	53	19	21	47	32
≥ \$100,000	33	43	23	24	46	30
<i>EMPLOYMENT STATUS</i>						
Full-time worker	26	48	26	20	48	32
Part-time worker	25	48	27	17	50	33
Unemployed	23	42	34	19	44	37
Homemaker	18	48	33	16	55	30
Student	29	49	21	24	50	27
Retired	22	41	30	23	40	37
<i>FAMILY COMPOSITION</i>						
Living with a partner	24	47	29	20	47	33
Widowed, divorced, separated	24	40	31	18	44	38
Never married	27	51	22	22	49	29

– Data unavailable because of insufficient sample size.

Community infrastructure—recreation trails

2004 Physical Activity Monitor

	Amount of multi-purpose recreation trails			Degree of satisfaction with amount of trails		
	Many	Some	None at all	Very satisfied	Somewhat satisfied	Not at all satisfied
<i>TOTAL, ADULTS (15+)</i>	16%	56%	28%	17%	53%	30%
<i>women</i>	14	55	30	16	52	32
<i>men</i>	17	56	26	17	54	29
<i>15–17</i>	–	58	29	–	62	–
<i>women</i>	–	58	–	–	67	–
<i>men</i>	–	59	–	–	56	–
<i>18–24</i>	13	60	27	16	57	27
<i>women</i>	11	60	30	17	53	30
<i>men</i>	16	60	24	–	60	23
<i>25–44</i>	17	56	27	17	51	33
<i>women</i>	16	53	30	16	50	33
<i>men</i>	18	58	24	17	51	32
<i>45–64</i>	16	54	30	15	54	31
<i>women</i>	15	55	30	16	54	31
<i>men</i>	16	53	31	15	54	31
<i>65+</i>	16	56	28	18	52	30
<i>women</i>	13	56	31	16	50	33
<i>men</i>	20	55	24	20	55	26
<i>REGION</i>						
<i>East</i>	11	59	30	16	53	31
<i>Newfoundland</i>	15	57	28	18	53	30
<i>Prince Edward Island</i>	10	70	20	18	59	23
<i>Nova Scotia</i>	–	49	44	16	47	38
<i>New Brunswick</i>	12	62	26	14	57	29
<i>Quebec</i>	18	57	25	18	52	30
<i>Ontario</i>	13	57	31	17	51	33
<i>West</i>	17	52	31	17	54	29
<i>Manitoba</i>	11	53	36	15	55	30
<i>Saskatchewan</i>	10	52	38	15	55	30
<i>Alberta</i>	24	46	30	15	53	32
<i>British Columbia</i>	20	57	23	20	55	25
<i>North</i>	33	54	14	14	65	21
<i>Yukon</i>	51	41	9	–	66	13
<i>Northwest Territories</i>	16	66	18	–	64	26
<i>Nunavut</i>	–	–	–	–	–	–

– Data unavailable because of insufficient sample size.

Community infrastructure—recreation trails (cont'd)

2004 Physical Activity Monitor

	Amount of multi-purpose recreation trails			Degree of satisfaction with amount of trails		
	Many	Some	None at all	Very satisfied	Somewhat satisfied	Not at all satisfied
<i>COMMUNITY SIZE</i>						
< 1,000	10%	44%	46%	15%	45%	40%
1,000–4,999	12	56	33	16	52	32
5,000–9,999	10	65	25	17	59	23
10,000–74,999	21	60	19	16	57	27
75,000–299,999	16	63	21	17	56	27
More than 300,000	18	51	31	18	48	34
<i>ACTIVITY LEVEL</i>						
High	18	56	26	16	54	30
Moderate	16	56	28	17	54	29
Lower	14	55	31	16	55	29
Lowest	14	54	32	18	51	31
<i>EDUCATION LEVEL</i>						
Less than secondary	13	55	32	17	55	29
Secondary	14	56	29	16	54	29
College	18	56	26	16	53	31
University	18	55	27	16	52	32
<i>HOUSEHOLD INCOME</i>						
< \$20,000	13	52	34	15	51	34
\$20,000–29,999	15	57	28	15	56	29
\$30,000–39,999	13	62	25	14	54	32
\$40,000–59,999	15	55	30	16	56	28
\$60,000–79,999	16	59	25	14	55	30
\$80,000–99,999	21	57	22	17	53	30
≥ \$100,000	20	55	24	19	48	33
<i>EMPLOYMENT STATUS</i>						
Full-time worker	16	56	28	16	53	31
Part-time worker	16	60	24	16	55	29
Unemployed	19	45	36	18	48	33
Homemaker	13	51	36	19	53	28
Student	13	60	27	15	61	24
Retired	17	56	27	17	51	32
<i>FAMILY COMPOSITION</i>						
Living with a partner	17	55	28	17	52	31
Widowed, divorced, separated	17	52	31	15	51	35
Never married	14	59	27	17	56	27

– Data unavailable because of insufficient sample size.

Community infrastructure—designated facilities

2004 Physical Activity Monitor

	Amount of designated facilities for physical activity			Degree of satisfaction with amount of designated facilities		
	Many	Some	None at all	Very satisfied	Somewhat satisfied	Not at all satisfied
<i>TOTAL, ADULTS (15+)</i>	34%	56%	11%	14%	60%	26%
women	33	55	11	14	61	25
men	34	57	10	14	60	26
<i>15–17</i>	43	49	–	–	42	32
women	49	44	–	–	–	–
men	38	54	–	–	42	–
<i>18–24</i>	35	57	7	19	61	21
women	34	59	–	21	60	20
men	37	56	–	17	62	22
<i>25–44</i>	33	57	10	13	61	27
women	34	55	11	12	62	26
men	32	60	9	13	59	27
<i>45–64</i>	32	55	13	11	64	25
women	31	55	14	11	64	25
men	32	55	12	11	63	26
<i>65+</i>	35	54	11	14	57	29
women	33	55	12	15	56	30
men	37	53	10	–	58	29
<i>REGION</i>						
<i>East</i>	26	54	19	13	58	29
Newfoundland	30	51	19	16	53	31
Prince Edward Island	25	60	14	15	65	20
Nova Scotia	25	50	25	12	56	32
New Brunswick	26	56	18	–	59	31
Quebec	39	55	6	12	60	27
Ontario	34	57	9	14	61	25
<i>West</i>	32	58	9	14	61	25
Manitoba	22	68	10	14	62	24
Saskatchewan	29	60	10	–	64	22
Alberta	31	59	10	–	59	28
British Columbia	43	49	8	16	58	25
<i>North</i>	42	51	7	15	65	20
Yukon	49	43	8	–	70	15
Northwest Territories	35	58	–	–	61	23
Nunavut	–	–	–	–	–	–

– Data unavailable because of insufficient sample size.

Community infrastructure—designated facilities (cont'd)

2004 Physical Activity Monitor

	Amount of designated facilities for physical activity			Degree of satisfaction with amount of designated facilities		
	Many	Some	None at all	Very satisfied	Somewhat satisfied	Not at all satisfied
<i>COMMUNITY SIZE</i>						
< 1,000	7%	58%	36%	7%	56%	37%
1,000–4,999	15	70	15	14	58	28
5,000–9,999	28	64	8	16	60	24
10,000–74,999	44	51	5	14	65	21
75,000–299,999	48	46	5	15	62	23
More than 300,000	40	54	6	15	58	27
<i>ACTIVITY LEVEL</i>						
High	36	55	10	15	61	24
Moderate	37	54	10	15	62	23
Lower	32	57	10	12	62	26
Lowest	27	60	13	13	59	28
<i>EDUCATION LEVEL</i>						
Less than secondary	27	57	15	16	55	28
Secondary	30	58	12	14	61	25
College	36	54	10	14	61	25
University	38	55	7	11	63	26
<i>HOUSEHOLD INCOME</i>						
< \$20,000	26	59	15	15	54	31
\$20,000–29,999	25	60	15	13	63	24
\$30,000–39,999	32	57	11	16	57	28
\$40,000–59,999	32	57	10	12	66	23
\$60,000–79,999	36	55	9	14	61	25
\$80,000–99,999	43	52	–	12	60	28
≥ \$100,000	42	52	7	15	61	25
<i>EMPLOYMENT STATUS</i>						
Full-time worker	34	56	10	13	63	24
Part-time worker	34	54	11	16	54	30
Unemployed	22	61	17	14	56	30
Homemaker	27	54	19	–	71	19
Student	36	56	8	17	58	25
Retired	35	55	11	13	56	31
<i>FAMILY COMPOSITION</i>						
Living with a partner	33	55	12	12	61	27
Widowed, divorced, separated	31	57	12	11	59	30
Never married	36	56	8	18	60	23

– Data unavailable because of insufficient sample size.

Supportive physical environments—discounted facilities

2004 Physical Activity Monitor

	Availability of free or low cost recreation facilities			
	Strongly agree	Somewhat agree	Somewhat disagree	Strongly disagree
<i>TOTAL, ADULTS (15+)</i>	49%	28%	8%	14%
<i>women</i>	46	29	9	16
<i>men</i>	52	27	8	13
<i>15–17</i>	–	–	–	–
<i>women</i>	–	–	–	–
<i>men</i>	–	–	–	–
<i>18–24</i>	47	36	9	9
<i>women</i>	41	40	–	11
<i>men</i>	53	32	–	–
<i>25–44</i>	50	29	8	13
<i>women</i>	48	29	9	14
<i>men</i>	52	29	7	11
<i>45–64</i>	49	25	8	18
<i>women</i>	46	27	9	19
<i>men</i>	53	23	8	17
<i>65+</i>	49	22	–	21
<i>women</i>	48	23	–	21
<i>men</i>	52	20	–	22
<i>REGION</i>				
<i>East</i>	36	32	9	22
<i>Newfoundland</i>	42	35	–	16
<i>Prince Edward Island</i>	41	32	–	20
<i>Nova Scotia</i>	31	29	–	31
<i>New Brunswick</i>	34	32	12	22
<i>Quebec</i>	56	27	8	9
<i>Ontario</i>	50	27	9	14
<i>West</i>	52	28	7	13
<i>Manitoba</i>	41	34	–	18
<i>Saskatchewan</i>	49	24	12	15
<i>Alberta</i>	56	28	–	10
<i>British Columbia</i>	57	27	–	12
<i>North</i>	53	26	9	11
<i>Yukon</i>	53	27	–	12
<i>Northwest Territories</i>	54	25	10	11
<i>Nunavut</i>	–	–	–	–

– Data unavailable because of insufficient sample size.

Supportive physical environments—discounted facilities (cont'd)

2004 Physical Activity Monitor

	Availability of free or low cost recreation facilities			
	Strongly agree	Somewhat agree	Somewhat disagree	Strongly disagree
<i>COMMUNITY SIZE</i>				
< 1,000	22%	25%	10%	42%
1,000–4,999	37	31	11	21
5,000–9,999	41	33	10	16
10,000–74,999	55	27	7	11
75,000–299,999	58	28	7	7
More than 300,000	59	28	7	6
<i>ACTIVITY LEVEL</i>				
High	50	27	9	14
Moderate	51	30	8	12
Lower	48	28	8	16
Lowest	46	27	11	16
<i>EDUCATION LEVEL</i>				
Less than secondary	47	25	9	19
Secondary	46	28	9	18
College	50	28	9	13
University	52	29	8	11
<i>HOUSEHOLD INCOME</i>				
< \$20,000	47	26	8	19
\$20,000–29,999	44	28	9	19
\$30,000–39,999	45	28	11	16
\$40,000–59,999	48	29	9	14
\$60,000–79,999	53	29	6	12
\$80,000–99,999	55	28	–	12
≥ \$100,000	54	27	9	10
<i>EMPLOYMENT STATUS</i>				
Full-time worker	51	28	8	13
Part-time worker	45	31	9	16
Unemployed	44	27	9	20
Homemaker	41	30	–	19
Student	50	33	–	–
Retired	51	21	8	19
<i>FAMILY COMPOSITION</i>				
Living with a partner	49	27	8	16
Widowed, divorced, separated	49	25	8	17
Never married	49	32	9	10

– Data unavailable because of insufficient sample size.

Supportive physical environments—crime rates

2004 Physical Activity Monitor

	Street crime makes it unsafe to go on walks at night			
	Strongly agree	Somewhat agree	Somewhat disagree	Strongly disagree
<i>TOTAL, ADULTS (15+)</i>	8%	10%	20%	62%
women	11	12	23	55
men	5	8	18	69
<i>15–17</i>	–	–	–	–
women	–	–	–	–
men	–	–	–	–
<i>18–24</i>	7	10	20	62
women	–	10	26	55
men	–	11	15	70
<i>25–44</i>	6	11	20	63
women	8	13	21	58
men	5	8	19	68
<i>45–64</i>	10	9	20	62
women	13	11	22	54
men	6	7	17	71
<i>65+</i>	14	11	22	53
women	17	12	25	46
men	–	–	–	62
<i>REGION</i>				
<i>East</i>	7	8	16	68
Newfoundland	–	–	11	77
Prince Edward Island	–	–	19	69
Nova Scotia	9	13	14	64
New Brunswick	–	–	20	65
Quebec	7	8	24	61
Ontario	9	10	22	60
<i>West</i>	10	12	21	58
Manitoba	13	12	20	56
Saskatchewan	–	12	18	64
Alberta	–	9	23	60
British Columbia	11	14	22	52
<i>North</i>	6	12	17	64
Yukon	–	17	16	61
Northwest Territories	–	8	19	67
Nunavut	–	–	–	–

– Data unavailable because of insufficient sample size.

Supportive physical environments—crime rates (cont'd)

2004 Physical Activity Monitor

	Street crime makes it unsafe to go on walks at night			
	Strongly agree	Somewhat agree	Somewhat disagree	Strongly disagree
<i>COMMUNITY SIZE</i>				
< 1,000	5%	5%	13%	77%
1,000–4,999	5	6	17	72
5,000–9,999	7	8	18	66
10,000–74,999	8	10	22	61
75,000–299,999	10	11	20	59
More than 300,000	10	14	25	52
<i>ACTIVITY LEVEL</i>				
High	7	9	18	66
Moderate	7	9	22	62
Lower	10	13	21	56
Lowest	10	10	23	57
<i>EDUCATION LEVEL</i>				
Less than secondary	14	9	22	54
Secondary	8	10	20	62
College	8	10	20	63
University	6	10	20	64
<i>HOUSEHOLD INCOME</i>				
< \$20,000	15	15	21	49
\$20,000–29,999	12	11	21	55
\$30,000–39,999	10	10	20	60
\$40,000–59,999	7	10	21	62
\$60,000–79,999	4	10	18	68
\$80,000–99,999	–	7	20	68
≥ \$100,000	5	6	18	70
<i>EMPLOYMENT STATUS</i>				
Full-time worker	7	9	20	64
Part-time worker	8	11	19	62
Unemployed	13	12	20	55
Homemaker	15	–	19	58
Student	–	12	21	60
Retired	11	10	22	57
<i>FAMILY COMPOSITION</i>				
Living with a partner	8	8	20	64
Widowed, divorced, separated	11	13	21	55
Never married	8	12	20	60

– Data unavailable because of insufficient sample size.

Supportive physical environments—traffic

2004 Physical Activity Monitor

	The volume of traffic on the streets makes it difficult or unpleasant to walk			
	Strongly agree	Somewhat agree	Somewhat disagree	Strongly disagree
<i>TOTAL, ADULTS (15+)</i>	7%	10%	23%	60%
<i>women</i>	8	11	23	58
<i>men</i>	6	10	23	61
<i>15–17</i>	–	–	–	–
<i>women</i>	–	–	–	–
<i>men</i>	–	–	–	–
<i>18–24</i>	6	10	26	58
<i>women</i>	–	11	26	56
<i>men</i>	–	10	26	60
<i>25–44</i>	6	12	24	58
<i>women</i>	7	12	24	58
<i>men</i>	6	11	25	58
<i>45–64</i>	8	9	19	63
<i>women</i>	9	9	20	62
<i>men</i>	7	9	19	64
<i>65+</i>	9	10	23	58
<i>women</i>	–	–	21	55
<i>men</i>	–	–	25	61
<i>REGION</i>				
<i>East</i>	9	12	20	59
<i>Newfoundland</i>	–	12	17	65
<i>Prince Edward Island</i>	9	13	23	55
<i>Nova Scotia</i>	13	13	16	58
<i>New Brunswick</i>	–	11	23	58
<i>Quebec</i>	7	8	26	58
<i>Ontario</i>	7	12	22	59
<i>West</i>	7	9	25	58
<i>Manitoba</i>	–	11	31	53
<i>Saskatchewan</i>	–	–	19	71
<i>Alberta</i>	–	–	23	63
<i>British Columbia</i>	11	11	27	50
<i>North</i>	–	8	20	69
<i>Yukon</i>	–	–	17	74
<i>Northwest Territories</i>	–	–	22	64
<i>Nunavut</i>	–	–	–	–

– Data unavailable because of insufficient sample size.

Supportive physical environments—traffic (cont'd)

2004 Physical Activity Monitor

	The volume of traffic on the streets makes it difficult or unpleasant to walk			
	Strongly agree	Somewhat agree	Somewhat disagree	Strongly disagree
<i>COMMUNITY SIZE</i>				
< 1,000	8%	9%	15%	68%
1,000–4,999	6	11	20	63
5,000–9,999	9	11	21	60
10,000–74,999	7	9	23	62
75,000–299,999	8	11	25	57
More than 300,000	6	13	28	53
<i>ACTIVITY LEVEL</i>				
High	7	11	21	61
Moderate	7	9	23	61
Lower	6	11	23	59
Lowest	7	10	24	58
<i>EDUCATION LEVEL</i>				
Less than secondary	10	11	23	56
Secondary	8	10	22	60
College	7	10	23	60
University	5	10	23	61
<i>HOUSEHOLD INCOME</i>				
< \$20,000	14	12	26	48
\$20,000–29,999	8	13	25	54
\$30,000–39,999	8	13	28	52
\$40,000–59,999	7	12	23	59
\$60,000–79,999	5	10	20	65
\$80,000–99,999	–	8	19	68
≥ \$100,000	–	9	18	68
<i>EMPLOYMENT STATUS</i>				
Full-time worker	6	10	23	61
Part-time worker	9	9	22	60
Unemployed	11	14	25	51
Homemaker	10	14	19	57
Student	–	12	27	58
Retired	8	9	21	61
<i>FAMILY COMPOSITION</i>				
Living with a partner	7	10	22	62
Widowed, divorced, separated	11	9	21	59
Never married	7	12	26	55

– Data unavailable because of insufficient sample size.