



ASSESSING SUCCESS:TRENDS IN PARTICIPATION



Popular activities among adults

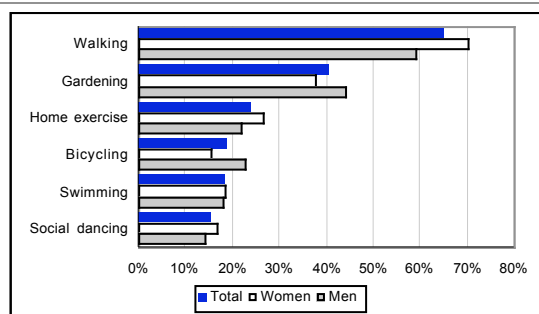
Walking is ranked as the top physical activity in which Canadian adults participated over the three months prior the survey (65%), followed by gardening (41%), and home exercise (24%). Less than one in five adults reported bicycling (19%), swimming (18%), and social dancing (15%). Roughly half of this number reported weight training (11%), golfing (11%), jogging or running (11%), fishing (8%), bowling, (8%), and exercise classes (7%). A mere 5% or less mentioned in-line skating (5%), ice skating (5%), baseball or softball (5%), hockey (4%), basketball (4%), downhill skiing (4%), tennis (3%) or volleyball (3%).

Age and sex Women are more likely than men to report participating in walking, home exercise, social dancing, and exercise class, whereas men are more likely than women to cite participation in gardening, bicycling, weight training, golfing, jogging or running, fishing, and team sports such as baseball or softball, hockey, and basketball. Regardless of age, walking is cited as the most popular activity. With the exception of walking, reported participation in physical activities generally is lower in older age groups. Adults aged 25–64 are more likely than their younger and older counterparts to report gardening. Younger adults are more likely than any other age group to cite home exercise, swimming, social dancing, weight training, jogging or running, bowling, in-line skating, and some team sports.

Trends Generally, the ranking of activities were similar between 1998/99 and 2000/01 although the actual participation rates reported for the top activities is lower in 2000/01. However, generally speaking, the trends that appeared among gender and age groups in 1998/98 still appeared in 2000/01.

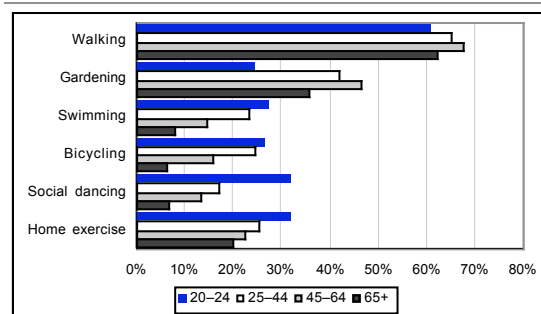
Implications Similar to previously reported data, certain activities seem to prevail among certain population groups. For example, participation in team sports and activities of greater intensity are more prevalent among men and younger adults, whereas individual activities of moderate intensity are more popular with women. For media promotion of physical activity, identification of the preferred types of physical activities is useful for identifying or targeting messages for certain population segments.

**POPULAR PHYSICAL ACTIVITIES FOR ADULTS
by sex, 2000/01**



Canadian Community Health Survey, 2000/01

**POPULAR PHYSICAL ACTIVITIES FOR ADULTS
by age, 2000/01**



Canadian Community Health Survey, 2000/01

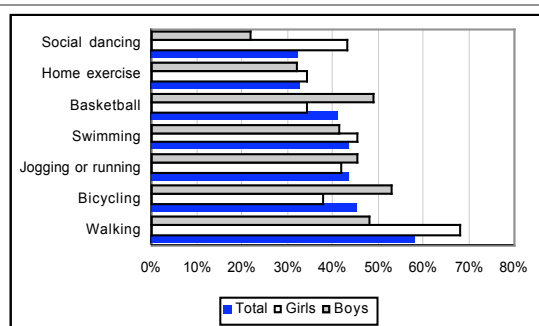
Popular activities among youth

Similar to data for adults aged 20 years and older, walking is also ranked as the top physical activity among youth aged 12–19 years (58%). Walking is followed in popularity by bicycling (45%), jogging or running (43%), swimming (43%), basketball (42%), home exercise (33%), and social dancing (32%). Roughly one-quarter of youth reported participation in gardening (26%), in-line skating (26%), volleyball (26%), weight training (25%), and bowling (21%). Between 10%–20% of youth cite participation in baseball or softball (17%), ice skating (14%), hockey (13%), downhill skiing (13%), golf (12%), fishing (12%), tennis (11%), and exercise class (11%).

Age and sex Girls are more likely than boys to report participation in walking, swimming, social dancing, volleyball, and exercise classes. However, boys are more likely than girls to report bicycling, jogging or running, weight training, downhill skiing, golf, fishing, tennis, gardening, and team sports, including basketball, baseball or softball, and hockey. Adolescents, aged 12–14, are more likely than those aged 15–19 to report bicycling, swimming, basketball, in-line skating, volleyball, baseball or softball, and ice skating, whereas older youth are more likely than younger youth to report participation in home exercise and weight training. Although the drop-off in participation rates of activities among older adolescents appears for both girls and boys, the decline is most apparent for older female adolescents. For example, when looking at the most popular activities, participation rates for bicycling among girls drops from 50% for those age 12–14 to 32% for girls aged 15–19, and similarly, 49% of girls age 12–14 report participation in basketball, whereas only 27% of girls aged 15–19 report playing basketball.

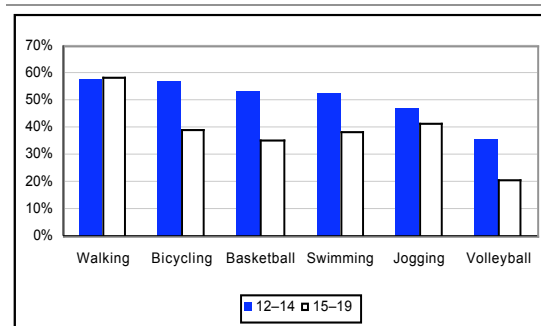
Implications Among adolescents, the decline of participation in most physical activities by age group is a concern. However, the sharp decline or “double whammy” for older adolescent girls is particularly worrisome. Particular emphasis needs to be focused on this group, given: (1) the role of physical activity in improving emotional and mental well-being (i.e., positive self-esteem, improved self-image) among adolescent girls, and (2) the role that childhood physical activity has on activity levels and chronic conditions in later life.

**POPULAR PHYSICAL ACTIVITIES FOR YOUTH
by sex, 2000/01**



Canadian Community Health Survey, 2000/01

**POPULAR PHYSICAL ACTIVITIES FOR YOUTH
by age, 2000/01**



Canadian Community Health Survey, 2000/01

Healthy lifestyle behaviours among aboriginals

According to the 2000/01 Canadian Community Health Survey, dramatic differences are apparent when comparing the self-identified off-reserve aboriginal versus the non-aboriginal populations in Canada.

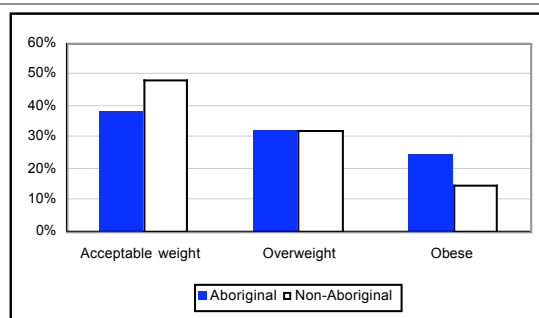
Self-rated health and body mass index Fewer off-reserve aboriginals compared to non-aboriginals rate their health as very good or excellent, whereas aboriginals are more likely to rate their health as poor-to-good. Roughly one-quarter (24%) of off-reserve aboriginals (20–64 year olds) are considered obese compared to 15% of the non-aboriginal population. In addition, roughly two-thirds (38%) of the aboriginal population fall into the acceptable weight category compared to half of the non-aboriginal (49%) population.

Smoking and drinking Aboriginals are more likely than non-aboriginals to report that they are daily or occasional smokers (53% vs. 26% respectively) and that they are frequent drinkers, that is they report consumption of 5 or more drinks per occasion, 12 or more times a year (34% vs. 20% respectively). These patterns hold true for both sexes.

Physical activity and nutrition Aboriginals are more likely than non-aboriginals to report being physically active, equally likely to report moderately active, and less likely to be physically inactive during their leisure time. Aboriginals are more likely than non-aboriginals to report that they consume less than the recommended 5 servings of fruit and vegetables daily. However, the gap in dietary practices between aboriginals and non-aboriginals appears to be evident among females only.

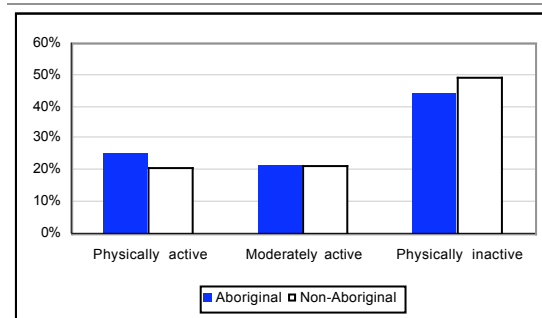
Implications It is of great interest to note that leisure-time physical activity is the only healthy behaviour that holds a positive relationship with aboriginal status, where citing aboriginal ethnicity appears to be positively associated with greater levels physical activity. It leads one to hypothesize that the elevated levels of obesity among the off-reserve aboriginal population may be affected by decreased physical activity levels *outside* of leisure time, including activity in the workplace. However, the high prevalence of obesity among this population emphasizes the need for physical activity and nutrition surveillance and possible interventions for this particular segment of the population. Investigations into the physical activity patterns outside of leisure time are warranted.

LIFESTYLE PRACTICES OF ABORIGINALS
body mass index (20–64 year olds), 2000/01



Canadian Community Health Survey, 2000/01

LIFESTYLE PRACTICES OF ABORIGINALS
physical activity levels, 2000/01



Canadian Community Health Survey, 2000/01

Healthy lifestyle behaviours among immigrants

Differences are apparent when comparing healthy lifestyle behaviours between self-identified immigrants versus Canadian citizens (at birth), according to the 2000/01 Canadian Community Health Survey.

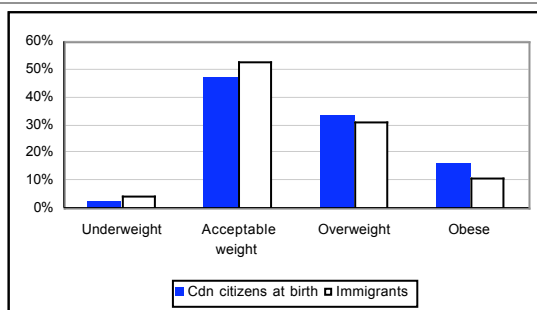
Self-rated health and body mass index A lower proportion of immigrants compared to non-immigrants in Canada rate their health as very good or excellent. This is true for both men and women. Immigrants (11%) are less likely to be considered obese compared to 16% of the non-immigrant population, whereas 53% of the immigrant population fall into the acceptable weight category compared to 47% of the non-immigrant population (20–64 year olds).

Smoking and drinking Immigrants are less likely than Canadian citizens to report that they are currently daily or occasional smokers (17% immigrant versus 28% non-immigrant) and, in fact, immigrants are more likely to report that they have never smoked. Immigrants are also less likely than non-immigrants to report that they consume 5 or more drinks per occasion, twelve or more times a year (11% immigrant versus 22% non-immigrant), and are more likely to report that they never consume 5 or more drinks on any occasion (73% immigrant compared to 52% Canadian citizens).

Physical activity and nutrition Immigrants are less likely than non-immigrants to be classified as being physically active or moderately active. Immigrants, however, are more likely to report being physically inactive during their leisure time. Male immigrants are more likely than male non-immigrants to report that they consume more than the recommended 5 servings of fruit and vegetables daily.

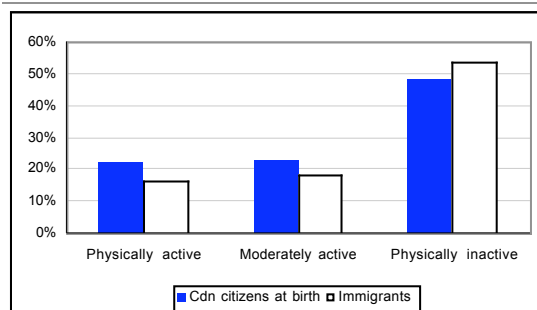
Implications The scenario for immigrants appears to be opposite of that of aboriginals, in that leisure-time physical inactivity (that is, that immigrants are more likely to be inactive) is the only unhealthy behaviour exhibited by most immigrants. This statement suggests that, generally, increasing to a moderate amount of physical activity may be beneficial to this sub-population. It is important for service providers to ensure that culturally sensitive opportunities for physical activity be available for immigrants.

LIFESTYLE PRACTICES AMONG IMMIGRANTS
body mass index (20–64 year olds), 2000/01



Canadian Community Health Survey, 2000/01

LIFESTYLE PRACTICES AMONG IMMIGRANTS
physical activity levels, 2000/01



Canadian Community Health Survey, 2000/01

Popularity of physical recreation activities of adults, age 20+

Statistics Canada, Canadian Community Health Survey, 2000/01

Rank, 2000/01	Activity	Percent of population ¹		
		Total	Women	Men
1	Walking	65%	70%*	59%
2	Gardening, yard work	41	38	44*
3	Home exercise	24	26*	22
4	Bicycling	19	15	23*
5	Swimming	18	19	18
6	Social dancing	15	17*	14
7	Weight training	11	9	15*
8	Golfing	11	6	17*
9	Jogging, running	11	8	13*
10	Fishing	8	4	13*
11	Bowling	8	7	8
12	Exercise classes, aerobics	7	10*	4
13	In-line skating	5	4	6
14	Skating	5	4	5
15	Baseball, softball	4	2	6*
16	Hockey	4	1	7*
17	Basketball	4	2	6*
18	Downhill skiing	4	3	5
19	Tennis	3	2	4
20	Volleyball	3	3	4

¹ Percentage of Canadians who participated at least once in given activity within last 3 months.

* Significantly greater than other sex.

Popularity of physical recreation activities of adults, by age

Statistics Canada, Canadian Community Health Survey, 2000/01

	20-24		25-44		45-64		65+	
	Top activities	%	Top activities	%	Top activities	%	Top activities	%
1.	Walking	61	Walking	65	Walking	68	Walking	62
2.	Social dancing	32	Gardening	42	Gardening	47	Gardening	35
3.	Home exercise	32	Home exercise	25	Home exercise	22	Home exercise	20
4.	Jogging, running	28	Bicycling	24	Bicycling	16	Swimming	8
5.	Swimming	27	Swimming	23	Swimming	15	Social dancing	7
6.	Weight training	27	Social dancing	17	Social dancing	13	Golfing	6
7.	Bicycling	26	Weight training	15	Golfing	11	Bicycling	6
8.	Gardening	25	Jogging, running	14	Fishing	8	Bowling	5
9.	In-line skating	16	Golfing	13	Weight training	7	Exercise classes	4
10.	Bowling	16	Fishing	10	Jogging, running	6	Fishing	3
11.	Basketball	15	Bowling	9	Exercise classes	6	Weight training	2
12.	Golfing	13	Exercise classes	9	Bowling	5	Jogging, running	1
13.	Exercise classes	12	Skating	7	Skating	3	Tennis	1
14.	Fishing	10	In-line skating	6	Downhill skiing	3	Downhill skiing	1
15.	Baseball, softball	10	Baseball, softball	6	Tennis	2	Skating	1
16.	Volleyball	9	Hockey	6	Baseball, softball	2		
17.	Hockey	9	Downhill skiing	5	Hockey	2		
18.	Tennis	8	Basketball	5	In-line skating	1		
19.	Downhill skiing	8	Volleyball	4	Basketball	1		
20.	Skating	7	Tennis	4	Volleyball	1		

Popularity of physical recreation activities of youth, age 12–19

Statistics Canada, Canadian Community Health Survey, 2000/01

Rank, 2000/01	Activity	Percent of children ¹		
		Total	Girls	Boys
1	Walking	58%	68%*	48%
2	Bicycling	45	38	53*
3	Jogging, running	43	42	45*
4	Swimming	43	46*	41
5	Basketball	42	34	49*
6	Home exercise	33	34	32
7	Social dancing	32	43*	22
8	Gardening	26	21	31*
9	In-line skating	26	26	26
10	Volleyball	26	30*	23
11	Weight training	25	15	35*
12	Bowling	21	21	21
13	Baseball, softball	17	13	21*
14	Skating	14	13	14
15	Ice hockey	13	4	22*
16	Downhill skiing	13	11	15*
17	Golfing	12	5	19*
18	Fishing	12	7	16*
19	Tennis	11	9	13*
20	Exercise classes	11	15*	7

¹ Percentage who participated at least once in last 3 months.

* Significantly greater than other sex.

Popularity of physical recreation activities of youth, by age

Statistics Canada, Canadian Community Health Survey, 2000/01

		12-14		15-19	
		Top activities	%	Top activities	%
1.	Walking		58	Walking	58
2.	Bicycling		57	Jogging, running	42
3.	Basketball		53	Bicycling	39
4.	Swimming		53	Swimming	38
5.	Jogging, running		47	Basketball	35
6.	Volleyball		36	Home exercise	35
7.	In-line skating		32	Social dancing	33
8.	Social dancing		32	Weight training	30
9.	Home exercise		29	Gardening	26
10.	Gardening		27	In-line skating	23
11.	Bowling		21	Volleyball	21
12.	Baseball, softball		21	Bowling	20
13.	Skating		20	Baseball, softball	15
14.	Downhill skiing		16	Golfing	12
15.	Weight training		16	Hockey	12
16.	Hockey		15	Exercise classes	12
17.	Fishing		14	Downhill skiing	11
18.	Golf		12	Tennis	11
19.	Tennis		12	Skating	11
20.	Exercise classes		9	Fishing	10