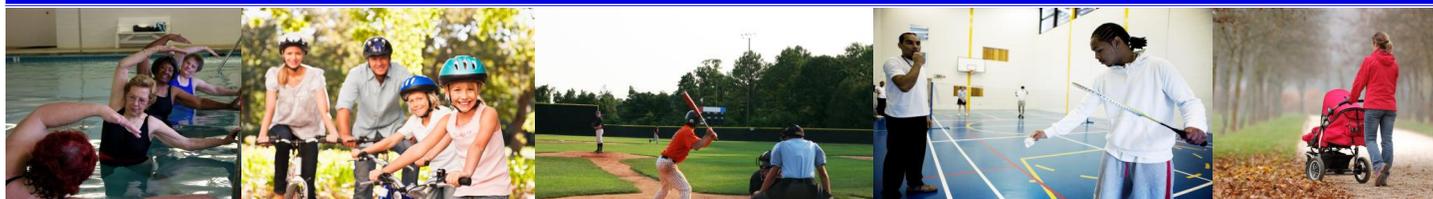


Let's Get Active!

Physical Activity in Canadian Communities

2009 PHYSICAL ACTIVITY MONITOR: FACTS & FIGURES



Facilities and supportive services for physical activity

Communities can offer a number of different facilities and supportive services to promote and encourage physical activity (PA) and sport among residents. The 2009 Physical Activity Monitor examines Canadians' perceptions about the number of such facilities and supports in their local communities.

Table 1 presents the proportions of Canadians overall that say that they have *no* and *many* supports and places to be active in their communities. Table 2 outlines the regional differences in the perceptions about the number of supports and places to be active in the local community.

Socio-demographic characteristics: many amenities

More men than women indicate that their communities have many places to safely walk. Young adults aged 18 to 24 years are more likely to say that there are many safe places to walk and cycle (compared to those aged 25 to 44 years), that there are PA-designated facilities and that there are non-designated PA facilities (compared to those 25 years and older). Compared to 25 to 64 year-olds, more adults aged 65 years or older report having access to many support services.

TABLE 1

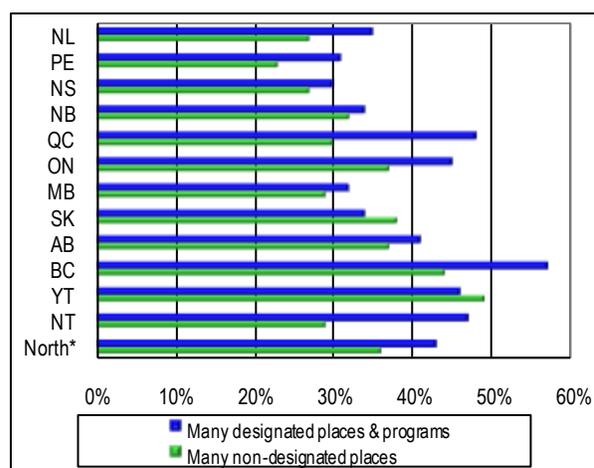
% indicating 'no' or 'many' PA and sport facilities and supports, Canadians 15+ years

	None	Many
Safe places to walk (e.g., sidewalks, walking trails)	5%	66%
Safe places to cycle (e.g., bike lanes, cycling paths)	19%	32%
Multi-purpose trails (e.g., to walk, cycle, cross-country ski)	23%	20%
Facilities designated for PA and sport	6%	45%
Non-designated facilities for PA and sport (e.g., schoolyards)	5%	35%
Support services (e.g., instruction, childcare)	19%	16%

Physical Activity Monitor 2009, CFLRI

FIGURE 1

Many designated and non-designated places, by province



* 'North' includes Yukon, Northwest Territories, and Nunavut

Physical Activity Monitor 2009, CFLRI

Greater proportions of adults with higher education or income report having many safe places to walk in their local community compared to those with lower education or income. Similarly, higher household income is also associated with reporting many non-designated PA facilities to be active.

Compared to those living in larger communities, residents of smaller communities (fewer than 10,000 residents) are less likely to report having many of each of the physical activity and sport amenities listed. Residents of the smallest communities (fewer than 1,000 residents) are particularly less likely to have many safe places to walk, PA-designated facilities, and support services.

Socio-demographic characteristics: no amenities

Table 3 outlines the characteristics of those who are more likely to indicate that their communities lack each of the supports and places to be active in their community.

TABLE 2

Regional differences* in the number of supports/places to be active, Canadians 15+ years

	Regions more likely to have <i>no</i> supports/places to be active*	Regions more likely to have <i>many</i> supports/places to be active*
Safe places to walk	NS, NB, MB	BC, YT
Safe places to cycle	NL, NS, NB, MB, SK, NT	QC, BC, YT
Multi-purpose trails	NL, NS, SK	BC, YT
Facilities specifically designated for PA and sport	NL, PE, NS, NB	BC
Facilities not designated specifically for PA and sport	NL, PE, NS, NB	BC, YT
Support services	NL, PE, NS, QC	BC, YT

* compared to the national average

Physical Activity Monitor 2009, CFLRI

Physical activity and sport participation

Compared to those who are inactive, more active adults say that there are many safe places to walk and PA-designated facilities. More sport participants than non-participants report having many of these same facilities, along with non-designated PA facilities.

Except for safe places to cycle, more sedentary adults than active ones say that there are no supports or facilities to be active in their community. This relationship is similar when looking at sport participation: compared to sport participants, more non-participants say that there are no supports or facilities to be active in their local community.

Trends

Previous reports focus primarily on those who report having many physical activity and sport amenities in their communities. The trends discussed below will likewise focus on this group.

Since 1999, the proportion indicating that there are many non-designated PA facilities to be active in the community has increased, while the proportion reporting many multi-purpose trails has decreased over the same time period. Compared to 2004*, the prevalence of having many of each type of facility in the community is higher in 2009.

TABLE 3

Socio-demographic characteristics of those more frequently having 'no' local supports and facilities, Canadians 15+ years

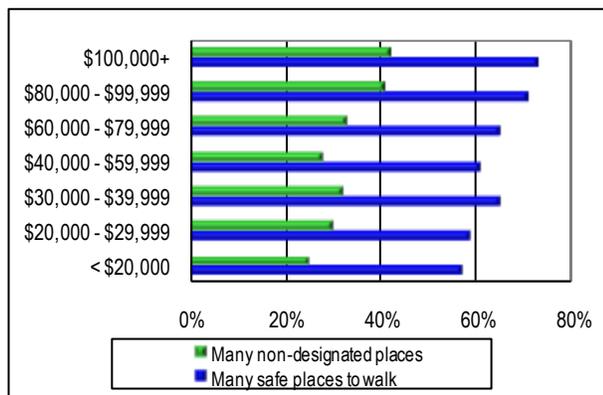
	Socio-demographic characteristics of those who have <i>no</i> amenities
Safe places to walk	-Less than high school education (vs. university) -Lowest household income (vs. \$80,000+) -Communities < 10,000 residents, particularly those < 1,000 (vs. larger)
Safe places to cycle	-Less than high school education (vs. university) -Lowest household income (vs. \$100,000+) -Communities < 10,000 residents, particularly those < 1,000 (vs. larger)
Multi-purpose trails	-Communities < 10,000 residents, particularly those < 1,000 (vs. larger) -Large cities 250,000+ residents (vs. 10,000 to 249,999)
Facilities designated for physical activity and sport	-Women (slight difference vs. men) -Less than high school education (vs. any higher level) -Lowest household income (vs. \$60,000+) -Communities < 10,000 residents, particularly those < 1,000 (vs. larger) -Retirees (vs. national average)
Facilities not designated specifically for physical activity and sport	-Less than high school education (vs. any higher level) -Lowest household income (vs. \$60,000+) -Communities < 10,000 residents, particularly those < 1,000 (vs. larger) -Retirees (vs. national average)
Support services	-Ages 25 to 44 years (vs. 18 to 24 years, 25+ years) -Lowest household income (vs. \$100,000+) -Communities < 10,000 residents, particularly those < 1,000 (vs. larger)

Physical Activity Monitor 2009, CFLRI

* Non-designated facilities and supportive services not assessed in 2004

FIGURE 2

Many safe places to walk and many non-designated facilities, by household income



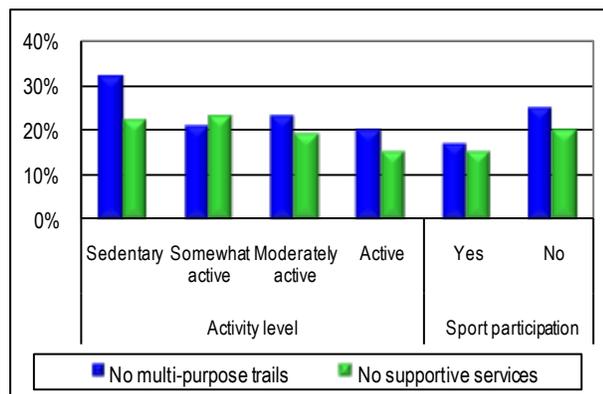
Physical Activity Monitor 2009, CFLRI

Since 1999, changes within each province and territory in the proportions reporting having many facilities in their community include:

- fewer residents of Prince Edward Island say that there are many safe places to walk;
- fewer in Quebec and Alberta say that there are many multi-purpose trails; and

FIGURE 3

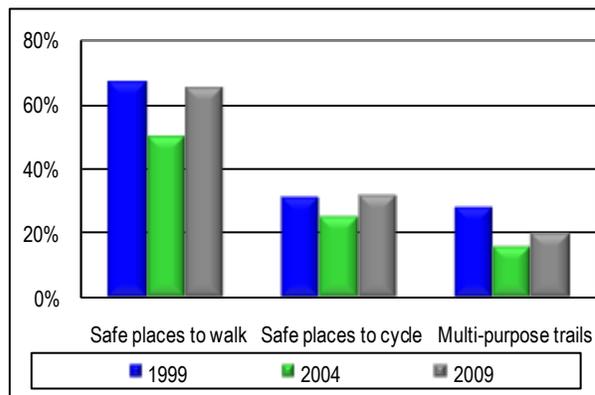
No access to multipurpose trails and support services, by activity level and sport participation



Physical Activity Monitor 2009, CFLRI

FIGURE 4

Many safe places to walk and cycle, and many multi-purpose trails (age 18+), trends



Physical Activity Monitor 1999, 2004 & 2009, CFLRI

- higher proportions in Newfoundland and Labrador, Prince Edward Island, New Brunswick, and Ontario say that there are many non-designated facilities.

Compared to 2004*, there have been increases in 2009 in the proportions reporting having:

- many safe places to walk in most provinces and territories (exceptions are the prairie provinces);
- many designated facilities and programs in Quebec, Ontario, Alberta, and British Columbia;
- many multi-purpose trails in Ontario and British Columbia; and
- many places to safely cycle in British Columbia and Yukon.

Other trends of note among those who report having many amenities in their communities include:

- sex differences noted in previous survey periods no longer appear (except for safe places to walk, where men remain more likely than women to have access to many such amenities);
- associations between education and household income and reporting many safe places to cycle, multi-purpose trails, and designated places and programs do not appear in 2009; and
- residents of smaller communities remain less likely to have many physical activity and sport amenities in their communities.

* Non-designated facilities and supportive services not assessed in 2004

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