

Municipal Opportunities for Physical Activity

2009 SURVEY OF PHYSICAL ACTIVITY IN CANADIAN MUNICIPALITIES: FACTS & FIGURES



Provision of physical activity information

According to the 2009 *Survey of Physical Activity in Canadian Communities*, municipalities provide a diverse amount of information to their residents. For example,

- 80% provide information on the kinds of physical activity and sport facilities and programs that are available;
- 76% provide information on where someone can go to be active in their community;
- 42% provide information on how someone can become more active in their daily life;
- 40% provide information on why someone should be active;
- 33% offer information on how someone can improve their physical activity or sport skills;
- 27% provide information on how someone who is currently active can maintain their current level of activity; and
- 21% provide information on how a previously active individual can resume their activity level.

Generally speaking, the provision of these types of information increases substantially with increasing municipality size.

Region

Compared to the national average, Atlantic municipalities are:

- substantially more likely to provide information on why someone should be active;
- more likely to provide information on how someone can become more active; and
- slightly more likely to provide information on the kinds of activities and facilities available, on how one can improve their active skills, and on how one can maintain their current activity level.

Municipalities in Quebec are :

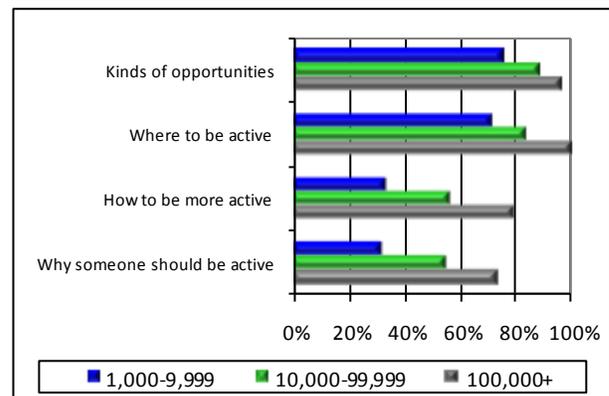
- substantially less likely than the Canadian average to provide information on why someone should be active, how one can be more active, how someone can improve their skills, and how someone can maintain their current physical activity level; and
- similarly likely to provide other types of information.

Compared to the average across Canada, Ontario communities are:

- substantially more likely to provide information on how someone can become more active;
- more likely to provide information on why one should be active and how someone can improve their skill level; and
- slightly more likely to provide information on how someone who was previously active can resume physical activity, and how someone who is currently active can maintain their current activity level.

FIGURE I

Provision of physical activity information, by community size



Survey of Physical Activity in Canadian Communities 2009, CFLRI



Compared to the Canadian average, municipalities in the West are:

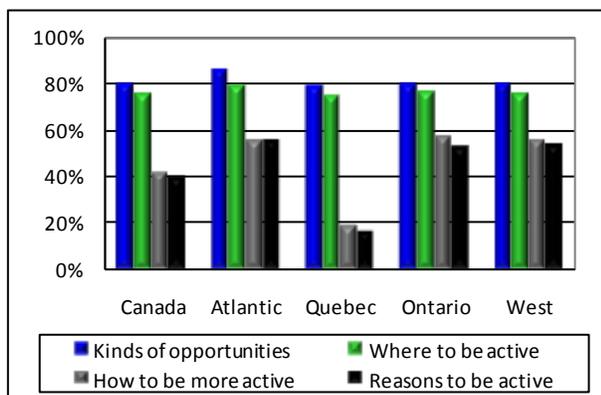
- substantially more likely to provide information on how someone can maintain his or her activity level if currently active and on how to improve their physical activity or sport skill level; and
- more likely to provide information regarding why someone should be active, how someone can be more active, and someone who was previously active can resume physical activity.

Trends

There was a decline from 2000 to 2004 in the proportion of municipalities that say that they provide information on how to improve skills, to maintain activity level of currently active adults, and to resume activity to previously active adults persists in 2009. The provision of other types of information has stayed relatively stable over all three time periods. In all three time periods, larger municipalities were more likely to provide information than smaller communities.

FIGURE 2

Provision of physical activity information, by region*

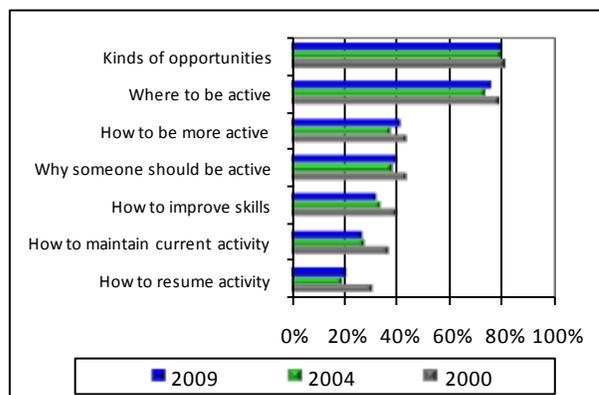


*North excluded due to small numbers - see Methodology bulletin for more detail

Survey of Physical Activity in Canadian Communities 2009, CFLRI

FIGURE 3

Provision of physical activity information, trends



Survey of Physical Activity in Canadian Communities 2000, 2004 & 2009, CFLRI

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