

Let's Get Active!

Physical Activity in Canadian Communities

2009 PHYSICAL ACTIVITY MONITOR: FACTS & FIGURES



Importance of Facilities and Supportive Services

TABLE 1

Percentage (15 years and older) indicating facilities and services are *very* or *not at all important*, 2009

	Very important	Not at all important
Safe places to walk	82%	3%
Safe places to cycle	64%	8%
Specifically designated facilities and programs for physical activity and sport	62%	7%
Other facilities not designated specifically for physical activity and sport	54%	8%
Multi-purpose trails	46%	13%
Support services	40%	15%

Physical Activity Monitor 2009, CFLRI

Region

The 2009 Physical Activity Monitor examined the extent to which Canadians' feel that the availability of facilities and supportive services in their local communities are important. Table 1 presents the proportion of Canadians overall that report facilities and supportive services as being *very important* or *not at all important*.

Table 2 outlines regional differences in reporting facilities/programs as *very important* and *not important at all*. The provincial and territorial differences described in Table 2 vary significantly from the national average.

TABLE 2

Regional differences in reporting facilities/programs as *very important* and *not important at all*

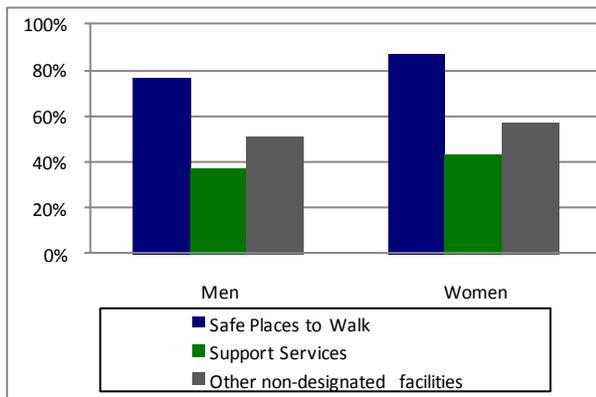
	Very important*		Not important at all*	
	Regions more likely to cite	Regions less likely to cite	Regions more likely to cite*	Regions less likely to cite
Safe places to walk		QC		
Safe places to cycle	QC	NL, PE, NS	SK	
Specifically designated facilities and programs for PA and sport	YT, NT			
Other facilities not specifically designated for PA and sport	YT			
Multi-purpose trails	YT	SK	SK	QC
Support services	NT			QC

*Compared to the national average

Physical Activity Monitor 2009, CFLRI



FIGURE 1
Percentage rating facilities and services as *very important*, by sex, 2009



Physical Activity Monitor 2009, CFLRI

Age and sex

More women than men cite safe places to walk, supportive services, and facilities that not designated specifically for physical activity and sport in their communities as *very important*. There were no differences in the level of importance for the availability of safe places to bike, designated facilities and programs, and multi-purpose trails by sex.

Whether Canadians view the availability of facilities/programs as *very or not important at all* varies by age, as summarized below:

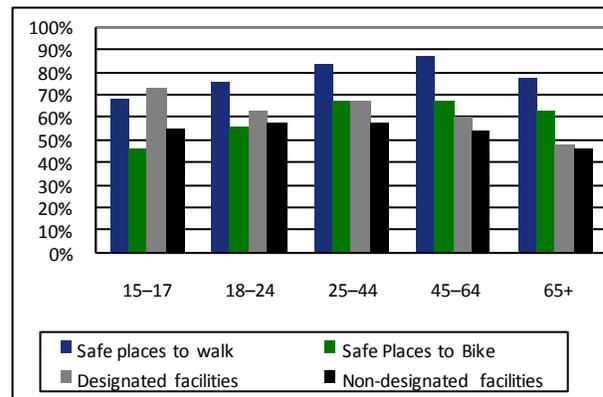
- Adults aged 25 to 64 years are more likely to cite safe places to walk as *very important*.
- Generally, younger adults are less likely to consider safe places to cycle as *very important*.
- Adults aged 45 to 64 years are generally more likely to say that having multi-purpose trails in their communities is *very important*.
- Older adults (65+ years) are the least likely to consider specifically designated facilities and other non-designated community facilities as *very important*.
- Older adults are more likely than 18 to 44 year olds to say that having support services in their communities is *not important at all*.

Socio-demographic characteristics

The level of importance attributed to having facilities and support services for physical activity and sport in the community vary by education, income, employment status and community size, as follows:

- Generally, those with the highest levels of education are more likely to cite the availability of safe places to walk and bike, multi-purpose trails, and facilities specifically designed for physical activity and sport as *very important*.
- Adults from the highest income households are most likely to

FIGURE 2
Percentage rating facilities and services as *very important*, by age, 2009



Physical Activity Monitor 2009, CFLRI

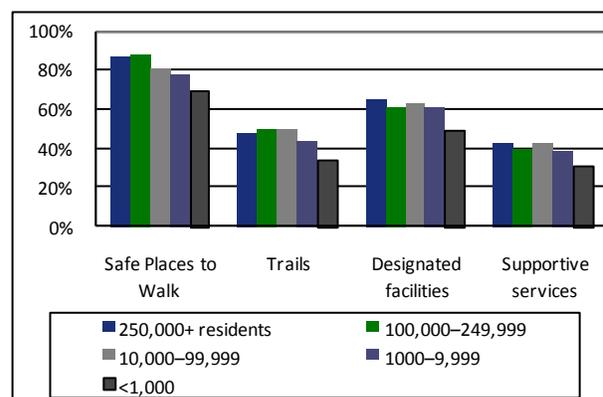
view the availability of safe places to walk and designated facilities for physical activity and sport as *very important*.

- Homemakers are more likely to say that having safe places to walk and support services are *very important*, whereas students are less likely to say that having safe places to cycle are *very important*. Retirees are less likely to say that the availability of designated and non-designated facilities for physical activity and sport are *very important*, yet are more likely to say that having support services are *not important at all*.
- Those living in the smallest communities (<1,000 residents) are generally less likely than those living in larger communities to say that the availability of facilities and support services are *very important*.

Activity level and sport participation

Sedentary adults are the least likely to say that they consider safe places to walk, to bicycle, specifically designated facilities, and

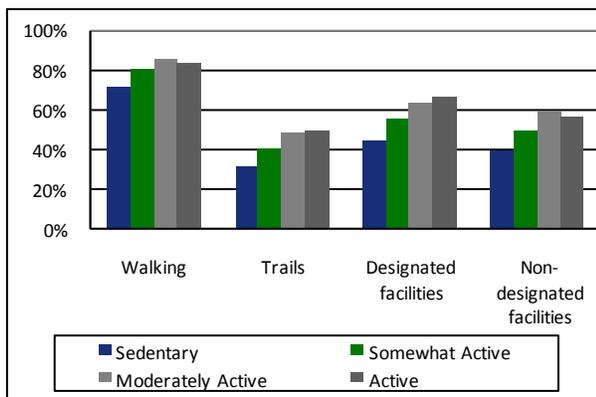
FIGURE 3
Percentage rating facilities and services as *very important*, by community, 2009



Physical Activity Monitor 2009, CFLRI

FIGURE 4

Percentage rating facilities and services as *very important*, by activity level, 2009



Physical Activity Monitor 2009, CFLRI

other non-designated community facilities for physical activity and sport as *very important*. Active individuals are more likely to say that having support services in the community is *very important*. Those that do not participate in sport are more likely to say that having support services, multi-purpose trails, facilities specifically designated for physical activity and sport, as well as other non-designated facilities are *not important at all*, whereas conversely, sport participants are more likely to say that having both designated and non-designated facilities for physical activity are *very important*.

Trends

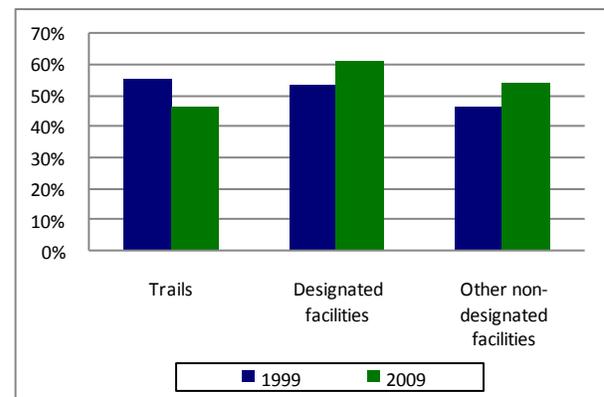
Compared to 1999, there have been increases in 2009 in the proportion of Canadians who indicate that it is *very important* to have support services, specifically designated facilities and programs, and also facilities that are not specifically designated in the community. There has been a decrease over time in the proportion that consider multi-purpose trails as *very important*, whereas there has been no differences in the proportions reporting this for safe places to walk and cycle.

Within provinces and territories, changes since 1999 include:

- Decreases since 1999 in the proportion of those residing in Newfoundland and Labrador who say that it is *very important* to have safe places to cycle in their communities.
- Decreases in the proportions living in Prince Edward Island, Ontario and Alberta that say that having multipurpose trails in the community is *very important*
- Increases over time in the proportion of residents from Ontario, Quebec, and Nova Scotia who indicate that the availability of specifically designated facilities and programs for physical activity and sport is *very important*.
- Over time, increases in the proportion of residents from Quebec and Nova Scotia who indicate that the availability of other non-designated community facilities is *very important*.

FIGURE 5

Percentage rating facilities and services as *very important*, trends, 1999 and 2009



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Sex differences regarding perceived importance of having facilities and services in the community have generally remained unchanged over the past 10 years, with two notable exceptions. In 2009, more women than men say that support services and other non-designated facilities are *very important*, whereas this relationship was not evident in 1999.

When compared to 1999, newly emerging relationships appear in 2009 between importance of having facilities and services in the community and socio-demographic characteristics, including:

- Older adults are now least likely to consider other non-designated facilities as *very important*
- Those from higher income households are more likely to cite safe places to walk and designated facilities as *very important*
- University educated adults are most likely to say that having multi-purpose trails in the community is *very important*
- Retirees are now less likely to say that designated and non-designated facilities are *very important*. Also, homemakers are now more likely to consider safe places to walk and supportive services in the community as *very important*.
- Residents of the smallest communities are now less likely to say that multi-purpose trails, other non-designated facilities, and supportive services are *very important*, whereas these relationships did not appear in 1999.

References

1. Craig, C.L., Cameron, C., Russell, S.J., & Beaulieu, A. (2001). Increasing physical activity: Building a supportive recreation and sport system. Ottawa, ON: Canadian Fitness and Lifestyle Research Institute

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