Community places and settings for physical activity

2008 Physical Activity Monitor

	Places or settings used in community when active				
	Walking trails or paths	Local parks	Private gyms or fitness centres	Municipal recreation agencies	Workplace
TOTAL, 15 and older	70%	66%	34%	34%	30%
Men	70%	67%	34%	35%	35%
Women	70%	66%	34%	32%	25%
AGE					
15 to 17	68%	66%	40%	44%	18%
Men	63%	60%	45%	44%	-
Women	74%	72%	-	45%	-
18 to 24	65%	63%	54%	42%	35%
Men	64%	61%	59%	45%	41%
Women	66%	64%	48%	38%	29%
25 to 44	74%	73%	39%	39%	38%
Men	73%	75%	39%	39%	44%
Women	75%	72%	38%	39%	32%
45 to 64	74%	66%	29%	28%	32%
Men	73%	68%	26%	30%	35%
Women	74%	65%	32%	27%	28%
65 and older	57%	55%	18%	25%	6%
Men	63%	56%	15%	26%	9%
Women	52%	54%	20%	24%	5%
EDUCATION LEVEL					
Less than secondary school	60%	58%	25%	26%	20%
Secondary school	67%	63%	32%	32%	35%
College, trade school	70%	67%	36%	36%	34%
University	76%	73%	38%	38%	28%
HOUSEHOLD INCOME					
< $20,000	58%	55%	25%	21%	24%
$20,000 - $29,999	64%	59%	25%	27%	26%
$30,000 - $39,999	58%	67%	24%	30%	31%
$40,000 - $59,999	71%	68%	29%	33%	32%
$60,000 - $79,999	70%	70%	41%	40%	36%
$80,000 - $99,999	71%	70%	37%	38%	37%
≥ $100,000	78%	71%	44%	39%	32%
MARITAL STATUS					
Married, common-law	73%	69%	30%	33%	30%
Widowed, divorced,	60%	61%	27%	27%	22%
Never married	66%	63%	46%	39%	33%
EMPLOYMENT STATUS					
Full-time	73%	69%	38%	34%	42%
Part-time	71%	70%	41%	38%	35%
Student (not working)	67%	63%	49%	42%	15%
Homemaker	71%	69%	24%	32%	-
Unemployed	59%	57%	19%	28%	19%
Retired	61%	57%	19%	27%	4%
REGION					
Atlantic	73%	61%	36%	29%	31%
Newfoundland	75%	60%	36%	29%	31%
Prince Edward Island	74%	52%	38%	34%	32%
Nova Scotia	71%	63%	38%	30%	35%
New Brunswick	73%	59%	34%	28%	28%
Quebec	71%	63%	35%	26%	23%
Ontario	65%	66%	33%	33%	29%
West	74%	72%	35%	42%	36%
Manitoba	66%	67%	26%	31%	35%
Saskatchewan	63%	65%	34%	35%	38%
Alberta	72%	68%	41%	39%	39%
British Columbia	80%	78%	33%	49%	34%
North	81%	66%	36%	51%	43%
Yukon	89%	66%	35%	57%	37%
Northwest Territories	85%	71%	38%	50%	42%
Nunavut	-	-	-	-	-
COMMUNITY SIZE					
250,000 or larger	72%	74%	40%	38%	28%
100,000 to 249,999	72%	72%	37%	35%	30%
10,000 to 99,999	73%	68%	37%	35%	31%
1,000 to 9,999	69%	58%	30%	34%	31%
< 1,000	59%	48%	22%	23%	31%
ACTIVITY LEVEL					
Inactive	50%	51%	20%	20%	26%
Somewhat active	69%	64%	28%	29%	30%
Moderately active	72%	72%	30%	34%	25%
Active	76%	70%	44%	41%	33%
SPORT PARTICIPATION					
Participates in sport	74%	72%	48%	46%	34%
Does not participate	68%	64%	28%	28%	28%

- data not available due to insufficient sample

Community places and settings for physical activity (cont'd)

2008 Physical Activity Monitor

	Places or settings used in community when active				
	Local sports clubs	Local school	University facility	YMCA or YWCA	Church or other places of worship
TOTAL, 15 and older	23%	21%	11%	11%	10%
Men	30%	23%	13%	11%	9%
Women	16%	19%	9%	11%	10%
AGE					
15 to 17	40%	81%	-	-	-
Men	54%	81%	-	-	-
Women	-	81%	-	-	-
18 to 24	35%	36%	33%	19%	8%
Men	42%	36%	31%	19%	-
Women	28%	36%	36%	19%	-
25 to 44	26%	22%	11%	12%	7%
Men	35%	26%	16%	13%	8%
Women	18%	18%	7%	11%	5%
45 to 64	18%	14%	6%	7%	8%
Men	23%	16%	8%	8%	9%
Women	12%	12%	4%	7%	8%
65 and older	9%	5%	3%	6%	17%
Men	11%	-	-	-	12%
Women	8%	5%	-	7%	22%
EDUCATION LEVEL					
Less than secondary school	19%	34%	5%	15%	19%
Secondary school	22%	20%	8%	11%	9%
College, trade school	25%	18%	8%	9%	8%
University	23%	18%	18%	11%	7%
HOUSEHOLD INCOME					
< $20,000	14%	16%	13%	9%	11%
$20,000 - $29,999	17%	15%	10%	12%	8%
$30,000 - $39,999	16%	15%	6%	11%	15%
$40,000 - $59,999	22%	20%	12%	10%	10%
$60,000 - $79,999	24%	25%	11%	12%	10%
$80,000 - $99,999	29%	23%	9%	11%	7%
≥ $100,000	27%	17%	16%	9%	5%
MARITAL STATUS					
Married, common-law	20%	16%	7%	9%	9%
Widowed, divorced, separated	14%	11%	6%	11%	13%
Never married	31%	36%	22%	16%	9%
EMPLOYMENT STATUS					
Full-time	26%	18%	10%	10%	7%
Part-time	24%	29%	16%	12%	9%
Student (not working)	37%	63%	35%	21%	-
Homemaker	13%	16%	-	-	16%
Unemployed	12%	18%	-	-	5%
Retired	11%	7%	4%	7%	16%
REGION					
Atlantic	22%	20%	15%	12%	11%
Newfoundland	20%	20%	16%	13%	13%
Prince Edward Island	18%	21%	22%	-	7%
Nova Scotia	26%	23%	15%	15%	10%
New Brunswick	20%	16%	13%	10%	12%
Quebec	21%	22%	10%	6%	5%
Ontario	22%	20%	10%	14%	11%
West	25%	21%	12%	11%	10%
Manitoba	23%	18%	12%	15%	12%
Saskatchewan	26%	27%	12%	9%	11%
Alberta	28%	21%	15%	14%	11%
British Columbia	23%	21%	11%	8%	10%
North	31%	31%	-	-	7%
Yukon	31%	17%	-	-	-
Northwest Territories	34%	25%	-	-	-
Nunavut	-	-	-	-	-
COMMUNITY SIZE					
250,000 or larger	25%	23%	16%	13%	8%
100,000 to 249,999	26%	17%	12%	11%	7%
10,000 to 99,999	24%	22%	11%	11%	7%
1,000 to 9,999	23%	20%	7%	6%	12%
< 1,000	16%	15%	3%	6%	10%
ACTIVITY LEVEL					
Inactive	9%	12%	4%	8%	13%
Somewhat active	16%	18%	7%	10%	8%
Moderately active	21%	19%	8%	11%	9%
Active	31%	27%	17%	13%	9%
SPORT PARTICIPATION					
Participates in sport	51%	37%	20%	14%	10%
Does not participate	10%	14%	7%	9%	10%

- data not available due to insufficient sample