

# Let's Get Active!

## Physical Activity in Canadian Communities

2009 PHYSICAL ACTIVITY MONITOR: FACTS & FIGURES



### Satisfaction with Facilities and Supportive Services

TABLE 1

Degree of satisfaction with the amount of supportive services and places to be active, 2009

	Very satisfied	Not at all satisfied
Safe places to walk	53%	7%
Designated facilities, places, programs for physical activity	35%	10%
Multipurpose recreational trails	33%	15%
Safe places to ride a bicycle	30%	20%
Other places not designed for physical activity and sport	28%	10%
Support services	21%	18%

Physical Activity Monitor 2009, CFLRI

Communities can provide a number of different facilities and supportive services to promote physical activity. The 2009 Physical Activity Monitor examined the degree to which Canadians are satisfied with the physical activity options available in their community. In general, more Canadians are *very satisfied* than *not satisfied* with local opportunities for physical activity and sport (see table 1).

#### Region

Table 2 outlines the regional differences in ratings of satisfaction with the number of supports and places to be active in the local community. As a general summary, residents from some of the Atlantic provinces are more likely than Canadians overall to be dissatisfied with the amount of places and support services available in the community for physical activity and sport, whereas residents of British Columbia and the Yukon provide higher satisfaction ratings for certain facilities and supports.

TABLE 2

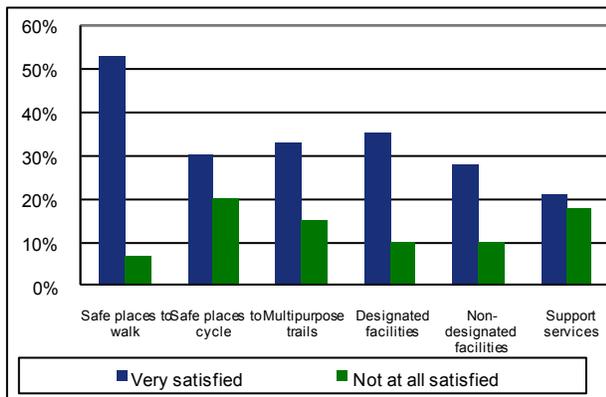
Ratings of satisfaction with the facilities and services by region, 2009

	'Very satisfied'		'Not at all satisfied'	
	More likely to indicate*	Less likely to indicate*	More likely to indicate*	Less likely to indicate*
Safe places to walk	AB, BC, YK	QC	NS, NB	
Safe places to cycle	YK,	NF, NS	NF, NS, NB	
Multipurpose trails	QC, YK	NF, PEI, NS, ON, MB, SK	ON, MB, NS, NF,	
Facilities specifically designated for PA and sport	BC, YK	NF, MB	NF, NS, NB	
Facilities not specifically designated for PA and sport	BC, YK		NF, NS, NB	
Support services	BC, YK	QC	NF, NS, QC,	BC

Physical Activity Monitor 2009, CFLRI



**FIGURE 1**  
Ratings of satisfaction with the number of facilities and supports, 2009



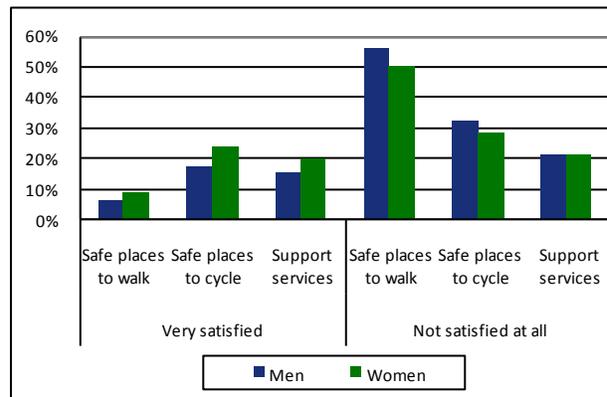
Physical Activity Monitor 2009, CFLRI

**Age and sex**

There are few differences in the level of satisfaction with facilities and services by sex; specifically, more men report being *very satisfied* with the amount of safe places to walk, whereas more women report being *not at all satisfied* with the amount of safe places to walk, cycle, and the amount of support services. With respect to age, relatively fewer adults aged 25-44 years indicate that they are *very satisfied* with the amount of:

- safe places to walk (compared to adults aged 45-64),
- safe places to cycle (compared to those 65 years and older),
- multi-purpose trails (compared to those 45 years and older),
- designated facilities for physical activity (compared to those 45 years and older),
- non-designated facilities (compared to those aged 18-24 years), and
- the availability of support services (compared to those aged 15-17 years).

**FIGURE 2**  
Ratings of satisfaction with the number of facilities and supports by sex, 2009



Physical Activity Monitor 2009, CFLRI

**Socio-economic and demographic characteristics**

Table 3 outlines the characteristics of those who indicate that they are *very satisfied* with the number of supports and facilities available in their community. In general, the degree of satisfaction with certain opportunities for physical activity varied by community size. Overall, relatively fewer residents of smaller communities report being *very satisfied*, whereas they are more likely to report dissatisfaction with the number of facilities and support services available compared to larger communities.

**Physical activity and sport participation**

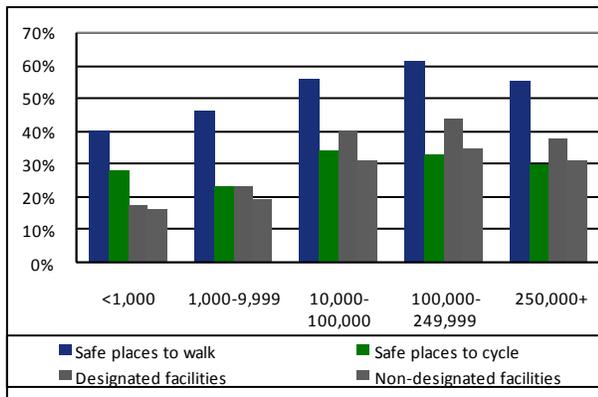
Compared to those who are less active, a greater proportion of active individuals report being *very satisfied* with the number of safe places to walk, and designated PA facilities. No clear relationship was found for reporting this by sport participation with the exception for safe places to walk, where sport

**TABLE 3**  
Socio-demographic characteristics of those who report being 'very satisfied' with local supports and facilities

	Socio-demographic characteristics of those who report being 'very satisfied'
Safe places to walk	-More university educated adults (compared to high school or less) -More adults in the highest income households (compared to incomes of <\$60,000) -Residents of larger communities (compared to communities of <1,000 residents)
Safe places to cycle	-Residents of larger communities (compared to communities of 1,000-9,999 residents)
Multipurpose trails	-No significant differences
Facilities specifically designated for PA and sport	-Some income differences, adults with highest income compared to some lower -Residents of larger communities (compared to communities <10,000 residents)
Facilities not specifically designated for PA and sport	-Some income differences, adults with highest income compared to some lower -Residents of larger communities (compared to communities of <10,000 residents)
Support Services	-Adults with less than high school (compared to college educated) -Adults from lowest income (compared to some higher income households- \$40,000-\$79,999) -Residents of larger communities (compared to communities of <1,000 residents) -Retirees

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**FIGURE 3**  
Percentage 'very satisfied' with facilities and supports, by community size, 2009



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Participants are more likely to be *very satisfied* and less likely than non-participants to be *not at all satisfied*.

**Trends**

Since 2004\*,<sup>1</sup> the proportion indicating that they are *very satisfied* with the number of safe places to walk, cycle, and specifically designated facilities have increased, while the proportions *not satisfied* have decreased.

Since 2004, provincial/territorial and regional changes in the proportion who report being very satisfied with the number of facilities and support services are summarized as follows:

- Safe places to walk – significant increases have occurred in all provinces and territories
- Designated physical activity facilities – significant increases in all provinces and territories
- Safe places to cycle – Increases have occurred in New Brunswick, Ontario, Yukon and Northwest Territories.
- Multi-purpose trails – Increases have occurred in New Brunswick, Quebec, Alberta and British Columbia.

**References**

\* Non-designated facilities and supportive services were not assessed in 2004.  
1. Cameron, C., Craig, C.L., & Paolin, S. (2005). Local opportunities for physical activity and sport: Trends from 1999-2004. Ottawa, ON: Canadian Fitness and Lifestyle Research Institute

Other changes among those who report being either *very satisfied* or *not at all satisfied* with the number of facilities/services in their communities since 2004 include:

- sex differences not apparent in 2004 have emerged- men are more likely to report being 'very satisfied' while more women report being *not at all satisfied* with the number of safe places to walk. Men were also more likely to report *not at all satisfied* with the number of places to cycle.
- associations between age and reporting *very satisfied* with the number of safe places to walk and designated places for physical activity continue to persist, though the nature of the relationship has changed; where in 2004 young individuals were more likely than older to report being *very satisfied* in 2009 older adults were more likely to report this.
- The relationships between satisfaction with the number of safe places to walk and education and income have newly emerged in 2009, whereas the relationship with community size has persisted over time. Similarly, the relationship between satisfaction ratings with the number of designated physical activity and sport facilities and community size have also continued since 2004.

**FIGURE 4**  
Ratings of satisfaction with the number of facilities and supports, trends 2004-2009



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**CANADIAN FITNESS & LIFESTYLE RESEARCH INSTITUTE**

201-185 Somerset Street West • Ottawa, ON K2P 0J2 • (613) 233-5528 • info@cflri.ca



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