

# Municipal Opportunities for Physical Activity

2015 SURVEY OF PHYSICAL ACTIVITY OPPORTUNITIES IN CANADIAN COMMUNITIES



## Availability of physical activity and sport strategies

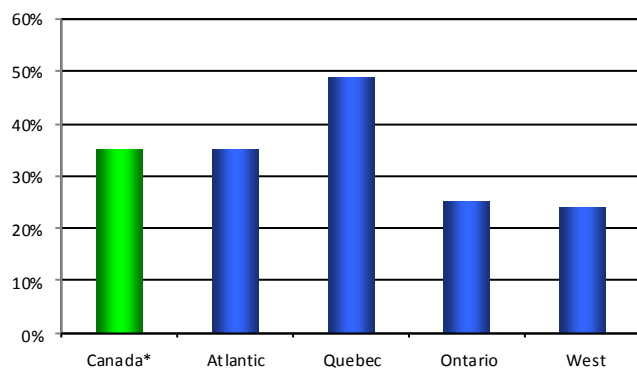
The 2015 Survey of Physical Activity Opportunities in Canadian Communities conducted by the Canadian Fitness and Lifestyle Research Institute explores factors associated with physical activity and sport at the local or community level. This research asks municipal administrators about the availability of formal strategies for physical activity and sport in communities with at least 1,000 residents. In addition, municipal administrators were asked about the level of priority that is attached to the promotion of certain healthy behaviours in the community. When asked about the availability of formal strategies for physical activity and sport opportunities for citizens in the community, 35% of administrators indicate that this type of strategy was available in their community.

### Community characteristics

Compared to the average, a greater percentage of communities in Quebec have a formal physical activity or sport strategy for citizens in the community, whereas relatively fewer communities in Ontario and the West indicate availability.

FIGURE 1

Availability of formal strategy for physical activity or sport by region



Survey of Physical Activity Opportunities in Canadian communities, 2015, CFLRI  
\*Sample size limits individual release of data in the North.

Slightly more large communities (10,000 or more residents) say that they have a formal strategy for physical activity and sport compared to smaller communities (between 1,000 to 9,999 residents).

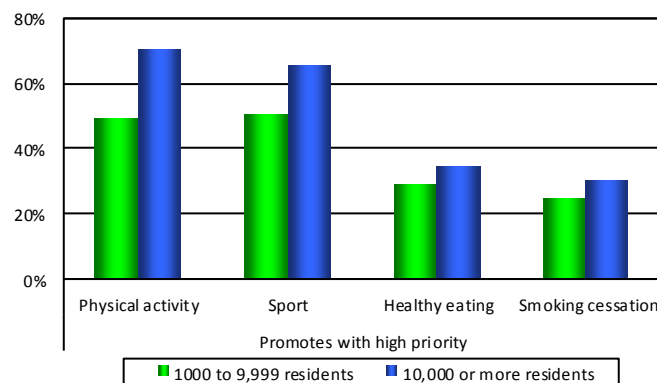
### Prioritizing physical activity and sport

Among the communities with at least 1,000 residents, municipal administrators were asked about the level of priority that they assign to promoting several healthy behaviours in the community. As such,

- 56% of municipal administrators indicate that they attribute considerably high priority to physical activity;
- 55% say that sport is a high priority;
- 31% specify high priority for healthy eating;
- 26% cite high priority for smoking cessation; and
- 20% indicate a high priority for a healthy weight.

FIGURE 2

Promoting healthy behaviours by community size (% who cite considerably high priority)



Survey of Physical Activity Opportunities in Canadian communities, 2015, CFLRI



A greater proportion of communities in the Atlantic indicate that their community places considerable priority on healthy eating, smoking cessation and physical activity compared to the national average. On the contrary, a lower proportion of those living in Ontario indicate a high priority on healthy eating and physical activity. Communities in the West are less likely to place considerably high priority on smoking cessation.

A significantly higher proportion of large communities (10,000 or more residents) indicate that their community places considerably high priority on sport and physical activity compared to smaller communities (1,000 to 9,999 residents). A slightly higher proportion of large communities indicate considerably high priority on healthy eating and smoking cessation compared to smaller communities.

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