

# Municipal Opportunities for Physical Activity

2015 SURVEY OF PHYSICAL ACTIVITY OPPORTUNITIES IN CANADIAN COMMUNITIES



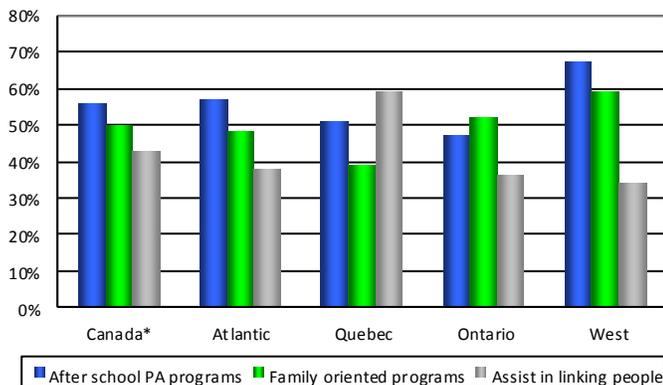
## Facilities and programming in support of physical activity among families

The Canadian Fitness and Lifestyle Research Institute's 2015 Survey of Physical Activity Opportunities in Canadian Communities examined factors associated with physical activity and sport at the local or community level. The survey asked municipal administrators (in communities with at least 1,000 residents) to indicate whether various facilities and programs to support or promote physical activity for families are available in their communities. According to administrators, the following percentages of communities provide:

- after school physical activity or sport programs for children (56%);
- family-oriented programs (49%);
- family changing facilities (48%);
- assistance with linking people with others for physical activity (43%);
- programs for pregnant or post-partum women (23%);
- child care for participants of physical activity programs (14%).

FIGURE 1

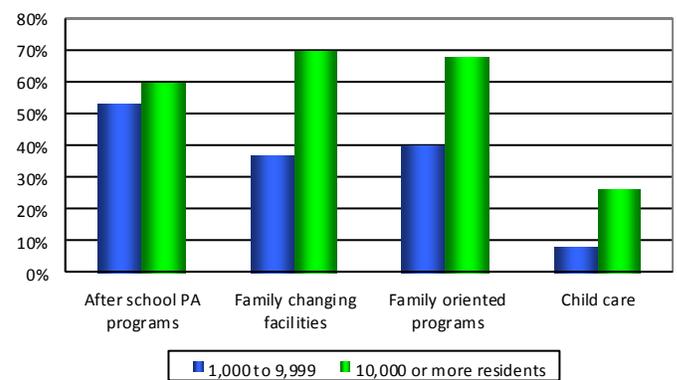
Facilities and programs in support of physical activity for families by region



Survey of Physical Activity opportunities in Canadian communities, 2015, CFLRI  
 \*Sample size limits individual release of data in the North.  
 PA=physical activity

FIGURE 2

Facilities and programs in support of physical activity for families by community size



Survey of Physical Activity opportunities in Canadian communities, 2015, CFLRI  
 PA=physical activity

According to municipal administrators, relatively fewer communities in the Atlantic, Ontario, and the West indicate that they assist with linking people for physical activity, whereas relatively more communities in Quebec cite this. Compared to the national average, communities in Quebec are more likely to provide family changing facilities, yet are less likely to provide family-oriented programs. A lower percentage of communities in Ontario provide after school physical activity or sport programs for children, whereas a higher percentage of communities in the West provide this. In addition, a greater percentage of communities in the West provide family-oriented programs, child care for participants of physical activity programs, and programs for pregnant or post-partum women compared to the national average.

Provision of municipal facilities and services in support of physical activity for families varies considerably by community size. Generally, administrators in larger municipalities (10,000 residents or more) are substantially more likely to indicate that the facilities and services are available to help families in being more active compared to those in smaller communities.

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