Canadian Fitness and Lifestyle Research Institute

INCREASING PHYSICAL ACTIVITY

Supporting an active workforce

Physical Activity Benchmarks Program

Programme des données repères sur l'activité physique

—a CFLRI project initiated in partnership with—

Physical Activity Unit, Health Canada, and
the Interprovincial Sport and Recreation Council

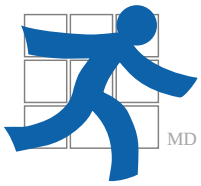
Christine Cameron, B.A., Cora Lynn Craig, M.Sc., Tom Stephens, Ph.D., Taryn A. Ready, M.A.

2001 Physical Activity Monitor

INCREASING PHYSICAL ACTIVITY
Supporting an active workforce

Acknowledgments

The Canadian Fitness and Lifestyle Research Institute commends and thanks Health Canada and the Interprovincial Sport and Recreation Council for their partnership in and financial contribution toward the Physical Activity Benchmarks Program:



Our mission

A national research agency concerned with advising, educating and informing Canadians and professionals about the importance of leading healthy, active lifestyles, the Canadian Fitness and Lifestyle Research Institute is directed by a Board of Directors comprised of eminent scholars and professionals in the areas of public health, physical education, sport sciences, recreation and medicine, as well as universities and federal and provincial levels of governments.

By creating and communicating knowledge about physical activity, its determinants and its outcomes, the Institute provides the evidence required so that individuals, professionals and policy makers can take action in improving the lifestyles of Canadians. By doing so, the Institute improves the well-being and the quality of life of Canadians and contributes to resolving health, societal and economic issues facing Canada.

Established in September 1980, in recognition of the need identified by national organizations, federal and provincial governments, and Canadian universities, the Institute is the leader in bridging the gap between knowledge on physical activity and its use. As a primary source of knowledge and through its network of national and international scholars, the Institute provides a comprehensive range of services required for evidence-base decision making to governments at all levels as well as national and private-sector organizations.

A registered not-for-profit applied research institution, the Institute operates on funds received on an annual basis from Health Canada, from contracts and grants and from publication sales. Its charitable number is 0740621-21-10.

201-185 Somerset Street West
Ottawa, Ontario
K2P 0J2

Tel.: (613) 233-5528
Fax: (613) 233-5536
info@cflri.ca
www.cflri.ca

ISBN 1-895724-35-X

Suggested citation: Cameron, C., Craig, C.L., Stephens, T., & Ready, T.A. (2002). *Increasing physical activity: Supporting an active workforce*. Ottawa, ON: Canadian Fitness and Lifestyle Research Institute.

(The French edition—ISBN 1-895724-36-8—Appuyer une main-d'oeuvre physiquement active pour accroître l'activité physique*)*

Table of contents

Acknowledgments

The Canadian Fitness and Lifestyle Research Institute commends and thanks Health Canada and the Interprovincial Sport and Recreation Council for their partnership in and financial contribution toward the Physical Activity Benchmarks Program:

- Physical Activity Unit, Health Canada
- Newfoundland Department of Tourism, Culture and Recreation—Recreation and Sport Division
- Prince Edward Island Department of Community and Cultural Affairs—Culture, Heritage, Recreation, and Sport Division
- Nova Scotia Sport and Recreation Commission, Government of Nova Scotia
- New Brunswick Culture and Sport Secretariat—Sport, Recreation and Active Living Branch
- Kino-Québec, Secrétariat au loisir et au sport
- Ontario Ministry of Tourism and Recreation—Sport and Recreation Branch
- Manitoba Department of Culture, Heritage and Tourism—Recreation and Wellness Promotion Branch
- Saskatchewan Culture, Youth and Recreation—Sport and Recreation Branch
- Alberta Community Development, Sport and Recreation Branch and the Alberta Sport, Recreation, Parks and Wildlife Foundation
- British Columbia Ministry of Community, Aboriginal and Women's Services—Sport and Community Capital Branch
- Sport and Recreation Unit, Government of Yukon
- Northwest Territories Department of Municipal and Community Affairs— Sport, Recreation and Youth Division
- Nunavut Department of Community Government and Transportation—Sport Nunavut, Recreation and Leisure Divisions

The development of this report has benefited from the guidance and thoughtful input of the Physical Activity Benchmarks Advisory Committee, and the Institute wishes to express its heartfelt gratitude to the members who volunteered their time and expertise in reviewing the report.

INTRODUCTION

Background

Many Canadians spend a large proportion of their day at work. In fact, there are currently just slightly more than 15 million Canadians in the labour force, employed on either a full-time or part-time basis.[1] Moreover, during a typical weekday, Canadian workers reportedly spend over half of their waking day (10.5 hours) working and commuting to and from their place of work.[2] It is important that this key setting, then, play a more prominent role in promoting physical activity for adults. Similar to the importance of the role of the school system in promoting physical activity to a large number of children,[3] the workplace provides the opportunity to promote physical activity to a large number of Canadian adults.

A recent Canadian survey reveals that few employers offer a comprehensive wellness program.[4] However, this same survey reveals that the majority of workplaces offer *some* wellness initiatives, including those related to physical activity, such as fitness subsidies, flexible work hours, exercise programs, fitness assessments or contests, etc. [4] Health promotion programs in the workplace provide both employees and employers with a host of benefits, including improved corporate image, improved job satisfaction, improved employee morale, reduced staff turnover, increased ability to handle job stress, and decreased conflicts at work.[5]

Besides these indirect benefits to employers, there are also several direct cost savings for companies that incorporate a health promotion program into the lives of their workers. One review summarizes several key conclusions about the economic benefit of health promotion: "evidence is clear of the relationship between high risks in health and higher health care costs and that there is an effect of health promotion programs on reduced absenteeism."[6] Several literature reviews have indicated that "well-designed, well-implemented health promotion programs" have a positive return on investment, or alternatively, the benefits outweigh the costs of such a program.[7] Researchers have estimated that the economic return for wellness programs range from $1.95–$3.75 per employee for every dollar spent.[8] Canadians spent 26 billion dollars, or an average of over $850, on supplementary insurance and "out-of-pocket" health costs in 1999.[9] Much of this insurance is obtained through their place of employment and is employer-sponsored.[9] As a way of curtailing costs, employers look for ways of reducing these health care costs.[10] Not surprisingly, in a recent Canadian survey,[4] employers highly ranked the benefits of "long-term overall health care costs savings" and "reduced workers safety and insurance claims" as reasons why they would implement a workplace wellness programs.

Although these types of direct and indirect benefits appear to be supported by a general or comprehensive health promotion program in the workplace, expert reviews in the area reveal that interventions lack general consensus regarding their effectiveness of increasing physical activity at work [11],[12] or reduced absenteeism. However, fitness programs are associated with reduced health care costs.[10] This lack of consensus may be

closely related to physical inactivity—are associated with increased health care costs and absenteeism demonstrates the case that more credible research related to physical activity in the workplace is warranted.

Governments at the federal, provincial, and territorial levels have also recognized the potential savings to the public health system by reducing and preventing chronic conditions through increasing physical activity. To this end, in 1997, they jointly adopted a goal of reducing the physical inactivity levels of Canadians by 10% by 2003.[13] As a result, the Canadian Fitness and Lifestyle Research Institute was mandated by the Interprovincial Sport and Recreation Council and the Physical Activity Unit of Health Canada to monitor the physical activity behaviors of Canadians from 1998 to 2003 through its Physical Activity Benchmarks Program, the main component of which is the annual Physical Activity Monitor.

Whereas this report focuses on factors involving physical activity patterns of Canadian workers, a separate capacity study on the workplace is also being conducted by the Institute in 2002–2003. This study, which is also a component of the Physical Activity Benchmarks Program, involves a representative sample of small-, mid-, and large-sized companies in Canada. It explores the capacity of the workplace in supporting physical activity, particularly the facilities, policies, programs, and other opportunities available in Canadian companies, as well as the attitudes of employers towards physical activity. Results from this survey will be published and will also be available on the Institute's web site in 2004.

Scope of the report

This report provides an overview of survey data from the 2001 Physical Activity Monitor. The analyses are descriptive: they describe associations between factors that should not be construed as causal relationships. Any statements implying causality or attribution of effects to physical activity level are based on the cited scholarly literature. In addition to highlighting differences among physical activity levels, the current analysis focuses on regional differences, workplace characteristics, such as the type of industry and the company size, as well as employee characteristics, including age, sex, education, income, profession, and physical activity level, within topics. Statistics on the influence of other factors (e.g., community size, employment status, the number of days worked, and family composition) are provided in the detailed tables in Appendix A.

Any analyses in this report that refers to the Canadian Community Health Survey or the National Population Health Survey, is based on Statistics Canada's Canadian Community Health Survey, Cycle 1.1., and the National Population Health Surveys' Public Use Microdata files, which contains anonymized data. All computations on these microdata were prepared by the Canadian Fitness and Lifestyle Research Institute and the responsibility for the use and interpretation of these data is entirely that of the author(s).

Survey sample and methods

The Physical Activity Monitor is an annual telephone-interview survey of a random sample of Canadians. Findings in this report are based on a sample of 4,503 Canadian

adults. Employed Canadians 18 and over (excluding self-employed, 8% of respondents) were asked the work related questions, whereas all respondents 18 and over were asked about their physical activity patterns and participation rates in various types of physical activities. A minimum sample of roughly 250 adults was selected within each of the provinces and territories, with an additional sample in many of the provinces and territories. Data were collected via computer-assisted telephone interviews with a randomly selected individual aged 18 or older within the household. Further details about the sampling and interview procedures are included in Appendix B.

Structure of the report

The report provides a synopsis of the current situation in Canada that is relevant to policy and decision-makers in designing initiatives to reduce physical inactivity among Canadians in the workplace.

The findings are presented and discussed in six sections:

***Highlights*—**a summary of key findings and their implications for advancing the public agenda and designing relevant strategies.

***The current situation*—**level of inactivity, popular activities, active commuting to work, stage of change or readiness to becoming active by age, sex, region, and province.

***Physical activity—barriers and benefits*—**reported barriers to being active and beliefs about the work-related benefits of physical activity such as reducing turnover, by workplace characteristics such as the size and type of workplace, and by employee characteristics, including province, age and sex, household income, education, profession and activity level.

***Encouraging physical activity at work*—**employer attitude and support for physical activity, opportunities for physical activity near and at work, supports for physical activity, and fitness information at work, by type and size of workplace, province, age and sex, household income, education, profession, and physical activity level.

***Fitness opportunities*—**fitness instruction or counselling at work, physical activity facilities and programs at work, who has access to these facilities and programs, when they can be accessed, management of facilities and programs with breakdowns by workplace characteristics such as size and type of company, and employee characteristics, including province, age and sex, household income, education, profession, and physical activity level.

***Making a difference*—**considerations for developing initiatives to support physical activity of adults, with emphasis on the role of the Canadian workplace.

HIGHLIGHTS

Key findings

Physical inactivity remains a risk factor for the majority of the Canadian population.

Physical inactivity levels for adults in Canada

- Current estimates from the National Population Health Survey indicate that the majority of Canadians (55%) are physically inactive.
- A substantial number of Canadians in every province are insufficiently active, with the highest rates of inactivity occurring in Newfoundland (61%), Prince Edward Island (62%), New Brunswick (63%), and Manitoba (61%) and the lowest in British Columbia (47%).
- Slightly more women (59%) than men (52%) are physically inactive.
- The proportion of those physically inactive increases with age. Sex-related differences are most apparent among older adults, where 67% of women are inactive compared with 55% of men.
- The level of physical inactivity decreases as education level increases (64% among those with less than secondary graduation versus 51% among university and college graduates). Moreover, as income level increases, the proportion who are physically inactive decreases (62% versus 44%).
- The top five most popular physical activities in Canada reported by adults in a previous three month period are walking (69%), gardening and yard work (48%), home exercise (29%), swimming (24%), and bicycling (24%).
- Women are more likely than men to report walking, participating in home exercise, and exercise classes. Men are more likely than women to report participating in gardening, biking, golfing, jogging, weight training, fishing, baseball or softball, basketball, and hockey.
- Walking remains the most popular activity regardless of age, followed by gardening and home exercise.

The majority of Canadian youth are considered inactive.

Physical inactivity levels for youth in Canada

- According to the National Population Health Survey (NPHS), 58% of Canadian youth aged 12–19 were physically inactive in the three months prior to the survey, where the term *physically inactive* is equivalent to an energy expenditure of less than three kilocalories per kilogram of body weight per day (KKD).
- As many as 84% may not have been active enough to meet international guidelines for optimal growth and development, that is having an energy expenditure of less than 6–8 KKD kilocalories per kilogram of body weight per day (KKD).

- The levels of physical inactivity among youth vary nationwide, from a high of between 66% and 68% in Prince Edward Island, New Brunswick and Saskatchewan to a low of about 50% in Nova Scotia and Alberta.

- Girls are significantly less active than boys, with 64% of girls and 52% of boys being considered physically inactive. Fewer girls than boys meet the criterion for optimal growth and development (12% versus 20%).

- Youth living in higher income families are the least likely to be physically inactive (44% versus between 57% and 67% for other income levels).

- Walking is reportedly the most popular activity for adolescents aged 12–19, with 60% of youth reporting walking in the three months prior to the survey. At least one-third of youth report participating in bicycling, swimming, jogging or running, basketball, social dancing, and home exercise during the same period, and at least one-quarter report gardening, in-line skating, volleyball, and weight training. Bowling, baseball or softball, skating, exercise classes, fishing, golf, hockey and tennis round out the list, having participation rates of 10% or higher in the previous three months. Finally, 7% of youth report participating in downhill skiing.

- Boys are more likely than girls to report bicycling, jogging or running, playing basketball, doing gardening, weight training, playing baseball or softball, fishing, golfing, playing hockey and playing tennis. Girls are more likely to report walking, dancing, and attending exercise classes.

Compared to the mid-nineties, more Canadians are currently in the maintenance stage and fewer are in the action stage.

Physical activity behavior and the intent to adopt a more active lifestyle

- 39% of Canadians are in the maintenance stage, reporting that they are active regularly over the previous 12 months; 36% are in the action stage, having taken steps to become active and intending to be so in the next 12 months; 17% are in relapse, having been active at some point in the previous 12 months, but not currently active nor intending to be so in the future; 5% are seriously contemplating taking some action to become more active, but are not active currently; and the remaining 2% who are not active, most are in the precontemplation stage having not been active in the past 12 months and not intending to be active in the future with very few having dropped out of activity with no intention to resume.

- Residents in Saskatchewan and the Yukon are more likely to be in the action stage and those in Nunavut are less likely to be in the maintenance stage and more likely to be in the relapse stage than Canadians generally.

- Reports of being regularly active over the past 12 months increases by age group while being in the action stage decreases. Younger (18–24 year olds) and older (over 65) men are more likely than women in these age groups to be in the maintenance stage.

- Clerical workers are generally more likely to be in the relapse and less likely to be in the action stage than other professions.
- Workplaces in the government and public sector are more likely than those in the private sector to have workers in the maintenance stage and are less likely to have workers in the relapse stage.

A sizeable proportion of Canadians get some exercise by actively commuting, but this is still limited.

- In the past year, 41% of Canadians walked to or from work or school, or to do errands. On average, those who walk to commute did so for 153 days and spent 40 minutes on each occasion. Just 13% of Canadians commuted by bicycle in the past year, and they did so an average of 57 days with each occasion lasting 36 minutes.
- Residents in the British Columbia, the Northwest Territories, and Nunavut are much more likely than Canadians overall to report walking as a means of commuting. Compared with the Canadian average, Newfoundland, Prince Edward Island, and New Brunswick residents report fewer days, whereas those in Manitoba and Nunavut report more days in which they walked to commute. Adults in the Northwest Territories are more likely than Canadians in general to report commuting by bicycle. Saskatchewan residents report a higher average number of days, whereas those in Alberta, New Brunswick, and Nunavut report fewer days cycling than Canadians overall.
- Women are more likely than men to report walking to commute; men are more likely than women to report bicycling to commute. On average, women indicate more days walking than men, whereas men report more days bicycling than women.
- Adults aged 18–24 are more likely than other ages to report walking to commute as well as to state more occasions.
- Active adults are more likely than those less active to report greater number of days walking and bicycling.
- Adults in clerical positions are more likely than other professions to report walking as a means of commuting.
- Workplaces in the government and public sector are more likely than those in the private sector to report that they walk as a means of commuting. Workplaces in construction and manufacturing are less likely to commute by walking.

Canadian workers hold strong positive beliefs about the work-related benefits of physical activity.

Beliefs about the benefits of physical activity

- About nine in ten believe that regular physical activity improves one’s ability to cope and reduces stress (13% moderately strongly and 75% strongly), improves productivity (18% and 69%), helps one to recover more quickly from minor illnesses

(19% and 65%), and be more effective on the job, for example by improving concentration (21% and 61%).

- Working women are more likely than men to hold strong positive beliefs about the above health-related benefits of physical activity.
- Workers with university education are more likely than those with secondary or less to hold strong positive beliefs, and, generally, workers with higher household incomes (> $60,000) are more likely than those with lower incomes to agree that physical activity helps one cope and reduces stress.
- Laborers are less likely than clerks, professionals, and managers to hold strong positive beliefs about each benefit.
- Being active is positively associated with holding strong beliefs.
- With the exception of recovering more quickly from minor illnesses, private sector employees are less likely than those in the public sector to strongly believe in the work-related benefits of physical activity.
- Workers in the education, health, and service sectors are more likely than those in the industry and manufacturing sectors to hold strong beliefs about each benefit.

Barriers to being active

- Two in five working Canadians say that constant tight deadlines at work are important in stopping them from being active. Two in five state that lack of time due to work is an important barrier to their activity. One-quarter say that the lack of pleasant places to walk, bicycle, or be active near work is important as a barrier to their activity. One-third say that roads near work are too busy for safe walking or cycling and this is an important barrier in preventing them from being active.
- Employees in the Northwest Territories and the Yukon are much more likely than Canadians overall to say that busy roads near work are somewhat or not at all important as barriers to their activity.
- Young adults (18–24 years old) are less likely than other ages to report tight deadlines at work as an important barrier to their activity.
- Men are more likely than women to report lack of time due to work as somewhat or not at all important as a barrier to their physical activity. This difference is most prominent among young adults.
- Adults with a university education are more likely to attribute high importance to tight deadlines and lack of time due to work as barriers for activity. This pattern holds true for professionals and managers as well.
- Government and public sector employees are more likely than those in the private sector to report the lack of time due to work as an important barrier for their physical activity.

Recruitment and potential employee turnover

- When asked how much the physical activity opportunities, programs, and facilities at work influenced their decision to accept a job working for their current employer, 89% of Canadians say that they were influenced somewhat or not at all. Six percent state they were moderately influenced and 5% indicate the level of influence to be quite a bit or a great deal.
- When asked how much such opportunities influence them to keep working for their current employer, 59% report somewhat or not at all, 18% state moderately, and 22% say quite a bit or a great deal.
- Residents of Nunavut are less likely to report that the physical activity opportunities only somewhat or did not influence their decision to accept a job working for their current employer.
- Women in the work force (91%) are more likely than men (86%) to say that they were only somewhat or not at all influenced by the physical activity opportunities at their workplace in accepting a job with their current employer.
- Less active Canadians are more likely than active Canadians to say that they were somewhat or not at all influenced by the activity opportunities at work when accepting a job with their current employer, and that they are, at most, somewhat influenced by these opportunities in their decision to keep working for their current employer.
- Employees with a university education are more likely to report that the physical activity opportunities somewhat or did not influence their decision to stay with their current employer.

Absenteeism

- 16% of working Canadians report that they have missed work because of sickness, injury, or disability for six or more days, 41% said one to five days, and 42% reported that they had taken no sick days.
- Residents of the North are less likely to report that they have taken no sick days, compared to the Canadian average.
- The likelihood of having no sick days away from work in the previous year increases as workers' activity levels increase.
- With the exception of clerical occupations, those in professional positions (35%) are less likely than others to report no sick days.
- Men (46%) are more likely than women (38%) to report no sick days, and conversely, women are more likely to report absenteeism rates of six or more days in the past year. These differences are most pronounced among the 25–44 year age group.
- Workplaces in construction (50%) and transportation (49%) fields are the most likely, whereas those in the government or public sector (34%) and in the education, health,

and social services (35%) are the least likely to report taking no sick days in the past year.

- Very small workplaces (≤ 10) are the most likely to have employees reporting no absenteeism in the previous year whereas larger workplaces (≥ 500) are the least likely to have no reported absenteeism.

Canadian employees currently only receive modest support from their employers, to be physically active. If they receive support through the workplace, it is at least to some extent indirectly due to their employer

Employer attitude and support for physical activity

- 20% of Canadian workers report that their employer is very or extremely supportive, with most reporting moderate (18%) or little or no encouragement (61%). Of those reporting no support, 45% believe that employer encouragement would help them to be active. Of those having some support, 67% think that such support actually helps them to be active.
- Active workers are more likely than those less active to report that their workplaces are very or extremely supportive of physical activity.
- Among those reporting no support, workers with less than secondary education are less likely than others to state that they believe that employer encouragement would help them become more active.
- Among those reporting some support, workers with less than secondary education are more likely to report that employer support actually helps them be more active.
- With the exception of clerks who are just as likely, labourers are more likely than others to have little or no employer support for physical activity.
- Of those who have no support, professionals are more likely than skilled tradesmen and labourers to believe that employer support would help them become more active.
- Compared with not-for-profit or government and other public sector workplaces, private sector workplaces tend to be less supportive of employee physical activity.
- Workers in manufacturing industries (79%) are most likely to report little or no employer support for physical activity, whereas those in finance and business services (51%) are the least likely to report little support.
- With the exception of very small companies (e.g. less than 10 employees), there is a general increase in those who report a great deal of support with the size of the company.

Incentives and rewards for physical activity at work

- One-quarter of working Canadians can organize or participate in a community physical activity event during work hours without pay deduction, but only 10% report

workplace awards, recognition, or other types of motivation to encourage being active.

- Workers in Nova Scotia (42%), the Northwest Territories (46%), and Nunavut (52%) are more likely than Canadians in general to be able to participate in events without penalty.
- Less active Canadians are less likely than their active counterparts to participate in community physical activity events during work hours without penalty.
- The more education that employees have, the more likely they are to say that they are allowed to participate in such events without pay deduction.
- Managers (37%) and professionals (32%) are more likely than other professions to report participation in community physical activity events during work hours, whereas labourers (6%) are least likely.
- Compared with not-for-profit (48%) or government and other public sector workplaces (56%), private sector workplaces (67%) are less likely to allow participation in a community physical activity event during work hours without penalty. Government and other public sector workplaces (14%) are twice as likely as private sector workplaces (7%) to offer awards to help employees to be active.

Soft supports for physical activity

- For most Canadians, smoking has been totally banned from their workplaces, which promotes a healthy lifestyle. Almost half of workers have dress-down days or casual dress codes, which may encourage physical activity, 37% have flexible working hours and 24% have group discounts or subsidies for using local facilities like ski hills or fitness clubs.
- Residents of the Northwest Territories are more likely than Canadians overall to have dress-down days, and adults in British Columbia are more likely to have group discounts or subsidies, whereas those in New Brunswick are less likely to have a smoking ban.
- Women are more likely than men to report smoking bans. Adults aged 18–24 are less likely to report such bans.
- Those in professional and clerical positions are more likely than workers in general to work in places with a ban on smoking, whereas those in labourers are less likely to smoking bans at work and to have dress-down days.
- The more education employees have, the more likely they are to have dress-down days, group discounts, and a ban on smoking at work.
- Public sector workplaces are more likely than those in private sector to have flexible hours, dress-down, group discounts, and smoking bans. High-tech and government workplaces are more likely than the typical workplace to have casual dress codes and flexible hours. Workplaces in finance, education, health, and social services, and

government sectors are more likely, and those in the construction industry are less likely, to have a smoking ban.

Amenities at work to support activity

- 32% of Canadians have access to showers, 38% have access to change areas or locker rooms, and 36% have access to bicycle racks at their workplace.
- Manitobans are more likely than Canadians overall to report access to bicycle racks.
- Women in the work force are less likely than men in the work force to say that they have change areas and showers at work that can be used to support physical activity.
- Active Canadians are more likely than those less active to report that their workplace provides showers, change areas, and bicycle racks.
- The more education employees have, the more likely they are to report bicycle racks at work.
- Employees with professional positions are more likely to have bicycle racks at work. Clerical workers, generally, are less likely to have showers and change areas at work.
- Government and other public sector workplaces are more likely than the private sector to provide showers, change rooms, and bicycle racks for their employees.
- Education, health, and social services, as well as governmental workplaces are more likely than the average Canadian workplace to have access to all amenities; manufacturing industries are more likely to have change areas and showers; and retail industries are less likely to have access to bicycle racks and change areas.
- The larger the company size, the greater likelihood that employees have all amenities at work.

Under half of Canadian workers fail to receive basic information at work about physical activity facilities and opportunities.

- One-third of Canadians report a fitness or health bulletin board, newsletter or email at work. About one-quarter of Canadians state that their workplace provides information on where employees can be active in the community and how employees could be more active. About the same number report that seminars, workshops or training programs about physical activity and disease prevention are offered.
- Adults in Nunavut are more likely than Canadians overall to state that the workplace offers information on where to be active in the community.
- Adults aged 45–64 are more likely than others to report the availability of this type of information.
- Active employees are more likely than those less active to say that their workplace provides information on where to be active in the community, how to be active, and to provide seminars, workshops, and training programs.

- Professionals are more likely than any other profession to state that information on how to become more active is available at work.
- Government and public sector workplaces are more likely than the private sector to provide all types of fitness information at work.
- With the exception of seminars or workshops, prominent differences appear between workplaces in government services, who are more likely, and the retail industries, who are less likely, to report the availability of fitness information.
- The larger the workplace, generally, the more likely it is to provide fitness information.

Although the majority have accessible stairways at work, roughly half or fewer of Canadian employees have other opportunities for physical activity at or near work.

Stair availability and signage

- The majority of working Canadians (74%) state that their workplace has easily accessible stairs and 51% report that their workplace has signs indicating the location of stairs. Only 14% of Canadians indicate that their workplace has signs encouraging people to take the stairs.
- Women are more likely than men to report accessible stairs at work. Employees aged 45–64, are more likely than other ages to state that their workplace has accessible stairs and signs indicating the location of stairs.
- Active Canadians are more likely than those less active to report signage which indicate the location, and encourage the use of stairs.
- Professionals are more likely than skilled trade and labour professions to have accessible stairs at work.
- Government and public sector workplaces are more likely than the private sector to offer easily accessible stairwells and have signs indicating the location of stairs.
- The larger the workplace, generally, the more likely its employees are to report accessible stairwells and signs indicating the location of stairs.
- Educational, health, and social services are more likely than workplaces generally to report accessible stairs. Workplaces in construction and retail are less likely, whereas those in government, education, health and social services are more likely to have signs locating the stairs.

Occasional opportunities for physical activity at work.

- Over half of working Canadians have access to recreational events like golf tournaments at work and 31% to team sports such as softball. One-quarter of workers can participate in physical activity events like Sneaker Day, but only 14% have

opportunities in the form of clubs (e.g., ski clubs) and a mere 8% have short exercise breaks during work hours.

- Employees in the Northwest Territories and the Yukon are more likely than Canadians overall to have physical activity events at work. Adults in Nunavut are more likely to report access to team sports at work. Residents of New Brunswick and Nunavut are less likely to have access to recreational events.
- Employed women are less likely than men to report access to team sports and recreational events.
- Active Canadians are more likely than others to report access to recreational events, team sports and physical activity events.
- Employees with less than secondary education are less likely to have access to recreation events, whereas those with university education are more likely to have physical activity events.
- Government and public sector workplaces are more likely than private sector workplaces to offer recreational events, clubs, team sports, and physical activity events.
- Workers in governmental services are more likely to have access to recreational events and physical activity events, whereas those in retail are less likely to have recreational events.
- The greater the number of employees the more likely that recreational events, clubs, team sports, and physical activity events are provided at work .

Opportunities for physical activity near work

- Over half of working Canadians report that there are pleasant places to walk or jog at or near their place of work; 45% report community recreation or other facilities for physical activity (e.g. YW/YMCA, fitness facilities); 35% of Canadians work near playing fields or open spaces for ball games.
- Employees in the Yukon and Northwest Territories are more likely than Canadians overall to report pleasant places to walk or jog. Adults in Nova Scotia and the Northwest Territories are more likely, whereas those in Quebec are less likely to have facilities for physical activities. Residents in the Northwest Territories and Nunavut are more likely to report working near playing fields or open spaces.
- Women are more likely than men to have pleasant places to walk or jog and open spaces near work.
- The more education employees have, the more likely they are to have pleasant places to walk and fitness facilities near work.
- Active workers are more likely than those less active to report working near playing fields or open spaces.

- Professionals are generally more likely than others to have access to all opportunities for physical activity near their work.
- Government and other public sector workplaces are more likely than the private sector to have places to walk, playing fields, and community fitness facilities nearby.
- The education, health, and social services industry are more likely than the average workplace to have places to walk, playing fields, and fitness facilities.

Canadian workers generally have limited access to fitness and recreation facilities and programming at work.

Physical activity programming

- Over one-quarter of working Canadians have programs to improve health, physical fitness, or nutrition at their workplace. Only 10% have a group exercise program and a mere 7% have an individualized fitness program offered at work.
- Adults aged 45–64 are more likely to report programs to improve health, physical fitness, or nutrition at work.
- Government and public sector workplaces are much more likely than the private sector to indicate that they have fitness programs at work.
- Governmental services workplaces are more likely to report having group exercise programs, and, along with education, health, and social services, are more likely to have programs improving health, physical fitness, or nutrition.
- The larger a workplace, generally, the more likely are its employees to report the existence of programs to improve health, physical fitness, or nutrition.

Fitness instruction or counselling at work

- 13% of working Canadians report that their workplace offers fitness testing (or subsidizes off-site testing) or physical activity counselling; 11% state that their workplace offers instruction in building personal activity programs; and 11% report instruction in particular activities like swimming, tennis, and bicycling is available at work.
- Government and other public sector workplaces are much more likely than private sector workplaces to offer fitness testing or physical activity counseling and instruction on physical activity.

Physical activity facilities and opportunities

- 20% of Canadians have access to community facilities like schools and gyms through their workplace; 17% have access to fitness facilities at work; 15% have access to exercise equipment like weights or stationary bicycles at work; 13% have access to other rooms at work which can be used for physical activities; and 14% have other opportunities for physical activity or sport at work.

- Employees in Nunavut, the Northwest Territories, and the Yukon are much more likely than Canadians overall to have access to community facilities at work.
- Active employees are more likely to have access to all fitness facilities and opportunities.
- Professionals are more likely than other professions to have access to community facilities and fitness facilities at work.
- Adults with a university education are more likely to report access to community facilities through work.
- Government and public sector workplaces are much more likely than the private sector to have access to community facilities, fitness facilities, exercise equipment, other rooms that can be used for physical activity, and other opportunities for physical activity at work.
- Those in the education, health, and social services are more likely than the typical workplace to have access to all of these fitness opportunities, whereas those in governmental services are more likely to have access to fitness facilities and exercise equipment.
- The larger the workplace, the more likely its employees report access to fitness facilities and exercise equipment at work.

Availability of physical activity facilities and opportunities

- 88% of working Canadians indicate that the physical activity facilities at work can be used after work or in the evenings, 83% report availability before work, 79% state they can be used during lunch, 54% assert availability during work hours, and 64% say they can be used weekends.
- Employees in the Northwest Territories (87%) are much more likely than Canadians in general (64%) to report that the physical activity facilities at work can be used on weekends.
- Employees with management positions are somewhat more likely than Canadians in general to state that workplace physical activity facilities can be used before work (95%), and during lunch (94%).
- Workplaces in the government are much more likely than the average Canadian workplace to offer physical activity facilities that can be used during lunch and work hours.
- Public sector workplaces are more likely than the private sector to report availability of physical activity facilities at work during work hours.

Access to, and financing of, physical activity facilities and opportunities at work

- More than four out of five working Canadians state that full-time and part-time employees can use the equipment, facilities, and programs available at work whereas

only half of contract workers may do so. One-third state that retired employees and employee family members can use these physical activity facilities at work. Only 30% indicate that other members of the community and 25% report that anyone else can use the physical activity facilities at work.

- Women (31%) in the work force are less likely than men (47%) to say that employee family members and contract workers can use the facilities at work.
- When asked who pays for these physical activity facilities and programs at work, 46% of Canadians state that only the employer pays, whereas 27% report that a combination of employer and employee pay, and 15% assert that only the employees pay for these physical activity facilities.
- Canadians who are less active are more likely than those who are active to say that only the employer pays for the physical activity facilities at work (57% versus 39%), whereas active employees are more likely than those less active to report a combination of employer and employee (36% versus 15%).

Management physical activity facilities and opportunities at work

- Two in five working Canadians state that the employer or management has the responsibility, 34% indicate that a designated staff person has the responsibility, 16% report that an employee group or association has the responsibility, and 14% assert that some other person has the responsibility of managing these facilities.
- Men are more likely than women to state that the employer or management has the responsibility of managing the physical activity facilities and programs.

Participation at work

- Two in five working Canadians with access to group discounts or subsidies offered by their workplace for using local facilities like fitness clubs actually used these facilities during the past year.
- Of those with access, roughly one-third reported participating in team sports, physical activity clubs, or physical activity events like Sneaker Day. One-quarter of Canadians participated in individualized or group fitness programs at work, where available.
- Working Canadians were also asked to indicate how often they used workplace fitness facilities, other rooms provided for physical activity, and exercise equipment like weights or stationary bicycles in the past year. Of those using them, 19% do so at least once a week, 18% use them occasionally, and 56% have never used them in the past year.
- Residents of the Northwest Territories are more likely than Canadians in general to report participation in team sports, clubs or physical activity events.
- Active Canadians are more likely than those less active to participate in physical activity clubs and programs offered at work and to use group discounts and subsidies, however, are less likely to state that they have never used the facilities at work in the past year.

- Men are more likely than women to participate in team sports, clubs and physical activity events, whereas, women are more likely than men to report never using the facilities and programs at work.
- Adults aged 45–64 are more likely than those aged 25–44 to report never using the physical activity facilities at work.

Implications

For roughly 15 million working Canadians, most of their waking day is spent at work, and commuting to and from work.

During a typical workday, Canadian workers reportedly spend over half of their waking day working and commuting to and from their place of work. Given the fact that 55% of the Canadian adult population are considered physically inactive, and therefore at greater risk of mortality and chronic diseases (including coronary heart disease, stroke, colon cancer, and non-insulin dependent diabetes), it is important that the workplace play a more prominent role in promoting physical activity among Canadians. Just as the school system plays a key role in promoting physical activity to children, the workplace can provide similar promotional opportunities for Canadian adults. Workplaces have access to a large number of Canadians, and they can provide support for physical activity in the form of existing communications systems, support networks, and convenient and accessible facilities or opportunities.

How can Canadian workplaces create an environment that motivates, encourages, and supports its employees to pursue a physically active lifestyle? An integrated perspective for examining health, and more specifically physical activity, in the workplace should involve the individual aspects, and social and physical environmental factors of an organization.

Given the potential gains of an active workforce, employers need to raise awareness regarding the benefits of physical activity to its employees and to stress the importance of lifelong active living by

- reinforcing the benefits of physical activity to employees as well as the consequences of an inactive lifestyle;
- suggesting solutions for overcoming common barriers to physical activity in the organizational, social, economic and physical environments;
- displaying information about physical activity in wellness and physical activity newsletters and bulletin boards, promoting physical activity guidelines, and providing tools and resources to promote physical activity for employees;
- providing specific messages depending on risk factors of individuals, as well as their stage of change;
- incorporating innovative ideas for increasing employee awareness of physical activity programs within the workplace.

THE CURRENT SITUATION

Physical inactivity among adults

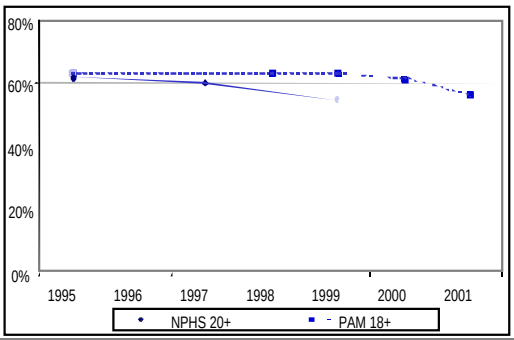
Current estimates from the National Population Health Survey (NPHS) indicate that the majority of Canadians (55%) are physically inactive. The remainder are at least moderately active. A substantial number of Canadians in every province are insufficiently active, with the highest rates of inactivity occurring in Newfoundland (61%), Prince Edward Island (62%), New Brunswick (63%) and Manitoba (61%) and the lowest in British Columbia (47%). For the purposes of these analyses, inactivity is defined as expending fewer than 1.5 kilocalories per kilogram of body weight daily (KKD) during the three months prior to the survey, which is roughly equivalent to accumulating a total of one half hour of walking every day during that period.

Age and sex Slightly more women than men are physically inactive (59% versus 52%). The proportion of those physically inactive increases with age, from a low of 43% among 20–24 year-olds to a high of 62% among adults over 65. Sex-related differences are most apparent among older adults, where 67% of women are inactive compared with 55% of men.

Education and income The level of physical inactivity decreases as education level increases (64% among those with less than secondary graduation versus 51% among university and college graduates). Similarly, as income level increases, the proportion who are physically inactive decreases (62% versus 44%).

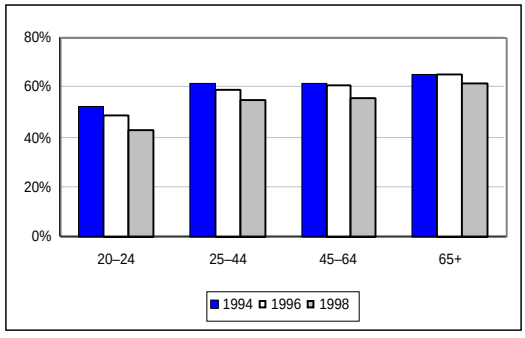
Implications The NPHS[14] permits detailed tracking of physical activity levels at the provincial and territorial levels as well as the national level. Although the NPHS is similar in approach, differences in method, particularly scoring, result in different estimates of inactivity compared with those published from the Physical Activity Monitor. Nonetheless, the same conclusions can be drawn from both the NPHS and the Physical Activity Monitor, namely: (1) the level of physical inactivity decreased between the late 1990s and 2001; (2) the majority of Canadians still face increased risk of chronic disease and premature death due to physically inactive lifestyles; (3) more women than men are physically inactive; and (4) physical inactivity increases with age.

PHYSICAL INACTIVITY LEVELS
by sex



Statistics Canada, National Population Health Survey, 1998-1999

PHYSICAL INACTIVITY LEVELS
by age



Statistics Canada, National Population Health Survey, 1998-1999

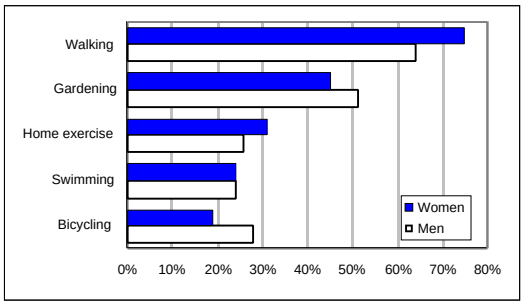
Popular physical activities for adults

As in past years, walking is the most popular physical activity in Canada, reported by 69% of adults as an activity they did during the previous three months. The next most reported activities are gardening and yard work (48%), home exercise (29%), swimming (24%), bicycling (24%) and dancing socially (22%). These are followed by golfing (13%), jogging (12%), weight training (11%), and fishing (11%). Less than one in ten report bowling, exercise classes, baseball / softball, inline skating, skating, playing basketball, hockey, tennis, volleyball and downhill skiing in the previous three months.

Age and sex Women are more likely than men to report walking, participating in home exercise, dancing socially and exercise classes. Men are more likely than women to report participating in gardening, biking, golfing, jogging, weight training, and most other popular activities. Walking remains the most popular activity regardless of age, followed by gardening and home exercise. In addition, bicycling, swimming and dancing remain among the more popular activities of all age groups, although the participation rates generally decrease with age as do those of most activities.

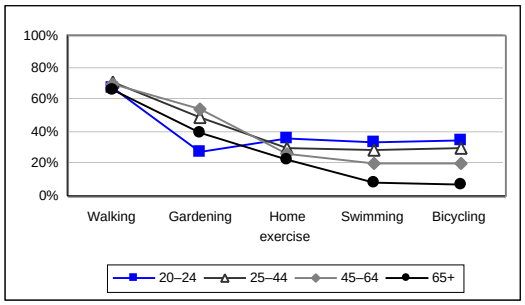
Implications The most popular activities can still be characterized as unorganized, low-cost activities. A variety of activities from organized competitive activities like sports, through incidental and unorganized activities in daily routines, such as walking to work or taking the stairs rather than the elevator, help to increase overall activity and achieve a range of health benefits[15]. The continued popularity of walking, gardening, home exercise, swimming, bicycling and social dancing lays a foundation for active living among all Canadians as they age. Encouraging and supporting continued participation in these activities as people age may help future seniors to remain active in their later years. Currently, there is a tendency among older adults to participate in more unstructured activities, such as gardening or swimming. Consequently, a focus on how to incorporate these specific types of activity into everyday routines may be of more value to seniors.

TOP FIVE PHYSICAL ACTIVITIES
by sex



Statistics Canada, National Population Health Survey, 1998-1999

TOP FIVE PHYSICAL ACTIVITIES
by age



Statistics Canada, National Population Health Survey, 1998-1999

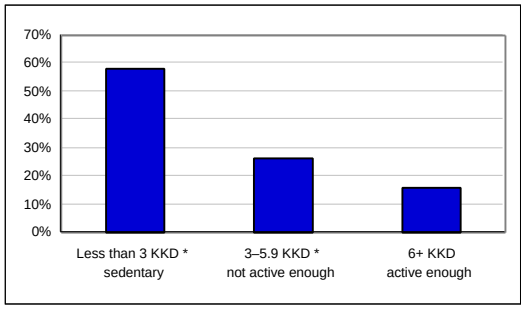
Physical activity levels among youth

According to the National Population Health Survey (NPHS), 58% of Canadian youth aged 12–19 were physically inactive in the three months prior to the survey. However, as many as 84% may not have been active enough to meet international guidelines for optimal growth and development. For the purpose of these analyses, the term *physically inactive* is equivalent to an energy expenditure of less than three kilocalories per kilogram of body weight per day (KKD). International guidelines for youth require a much higher level of activity (6–8 KKD)[16]. This level of physical activity can be achieved by a half hour of martial arts plus walking for a total of at least one hour throughout the day. The levels of physical inactivity among youth vary nationwide, from a high of between 66% and 68% in Prince Edward Island, New Brunswick and Saskatchewan to a low of about 50% in Nova Scotia and Alberta.

Sex and income level Girls are significantly less active than boys, with 64% of girls and 52% of boys being considered physically inactive. Moreover, fewer girls than boys meet the criterion for optimal growth and development (12% versus 20%). In addition, youth living in higher income families are the least likely to be physically inactive (44% versus between 57% and 67% for other income levels).

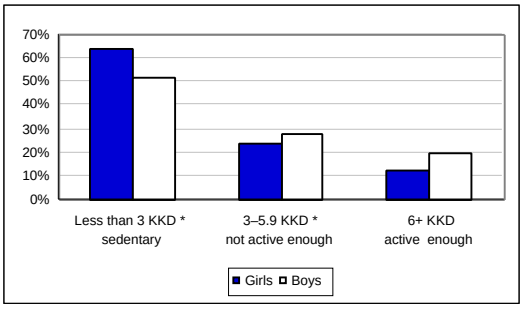
Implications The NPHS provides direct reports of physical activity data among youth at the provincial and territorial levels. The cut-points used here to define physical inactivity differ in value from those published for data collected via the Physical Activity Monitor. This is due to differences in approach between the surveys. Despite methodological differences, the surveys are consistent in finding that the majority of youth are inactive and that boys are more active than girls.

PHYSICAL ACTIVITY LEVELS OF YOUTH
12–19 year-olds



Statistics Canada, National Population Health Survey, 1998-1999
** Less than 3 KKD and 3–5.9 KKD constitutes the total percent not meeting international guidelines.*

PHYSICAL ATIVITY LEVELS OF YOUTH
12–19 year-olds by sex



Statistics Canada, National Population Health Survey, 1998-1999
** Less than 3 KKD and 3–5.9 KKD constitutes the total percent not meeting international guidelines.*

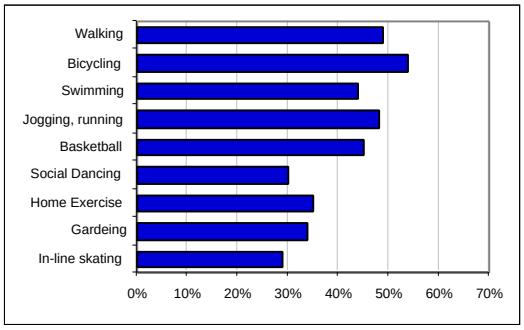
Popular physical activities for youth

Walking is reportedly the most popular activity for adolescents aged 12–19, with 60% of youth reporting walking in the three months prior to the survey. At least one-third of youth report participating in bicycling, swimming, jogging or running, basketball, social dancing, and home exercise during the same period, and at least one-quarter report gardening, in-line skating, volleyball, and weight training. Bowling, baseball or softball, skating, exercise classes, fishing, golf, hockey and tennis round out the list, having participation rates of 10% or higher in the previous three months. Finally, 7% of youth report participating in downhill skiing.

Age and sex Boys are more likely than girls to report bicycling, jogging or running, playing basketball, doing gardening, weight training, playing baseball or softball, fishing, golfing, playing hockey and playing tennis. Girls are more likely to report walking, dancing, and attending exercise classes. Other activities (swimming, home exercise, in-line skating, volleyball, bowling, skating, and downhill skiing) are equally popular among boys and girls.

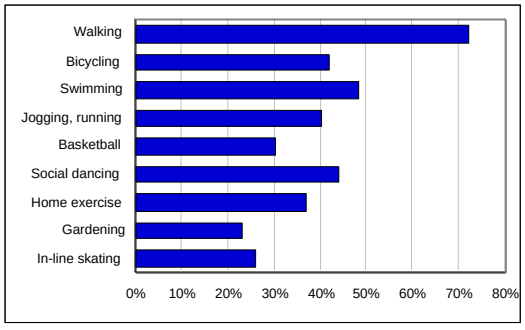
Implications Adolescence is an important time to acquire skills in a variety of activities that can lead to a lifelong active lifestyle. It is important for both boys and girls to participate in a wide variety of structured and unstructured, and competitive and noncompetitive activities suitable for all skill and development levels.[17] Understanding why girls are less likely to participate in more structured activities is a necessary first step in finding innovative ways to increase their participation in these types of activities. In addition, policy and programming that encourages lifelong physical activities, such as walking, swimming, bicycling, and so on, is important for boys and girls alike.

POPULAR PHYSICAL ACTIVITIES
boys, 12–19 year-olds



Statistics Canada, National Population Health Survey, 1998-1999

POPULAR PHYSICAL ACTIVITIES
girls, 12–19 year-olds



Statistics Canada, National Population Health Survey, 1998-1999

Active commuting—walking and bicycling

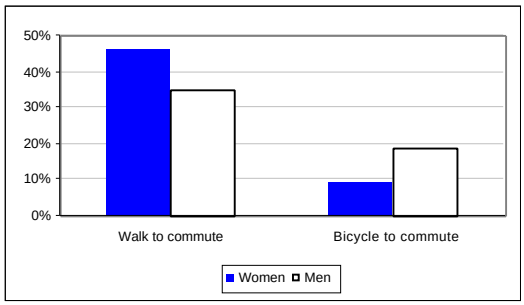
In the past year, 41% of Canadians walked to or from work or school, or to do errands. On average, those who walk to commute did so for 153 days and spent 40 minutes on each occasion. Residents in the British Columbia, the Northwest Territories, and Nunavut are much more likely than Canadians overall to report walking as a means of commuting. Compared with the Canadian average, Newfoundland, Prince Edward Island, and New Brunswick residents report fewer days, whereas those in Manitoba and Nunavut report more days in which they walked to commute. Moreover, just 13% of Canadians commuted by bicycle in the past year, and they did so an average of 57 days with each occasion lasting 36 minutes. Adults in the Northwest Territories are more likely than Canadians in general to report commuting by bicycle. Saskatchewan residents report a higher average number of days, whereas those in Alberta, New Brunswick, and Nunavut report fewer days cycling than Canadians overall.

Individual characteristics Women are more likely than men to report walking to commute; men are more likely than women to report bicycling to commute. On average, women indicate more days walking than men, whereas men report more days bicycling than women. Adults aged 18–24 are more likely than other ages to report walking to commute as well as to state more occasions. Active adults are more likely than those less active to report greater number of days walking and bicycling. Adults in clerical positions are more likely than other professions to report walking as a means of commuting.

Workplace characteristics Workplaces in the government and public sector are more likely than those in the private sector to report that they walk as a means of commuting. Workplaces in construction and manufacturing are less likely to commute by walking.

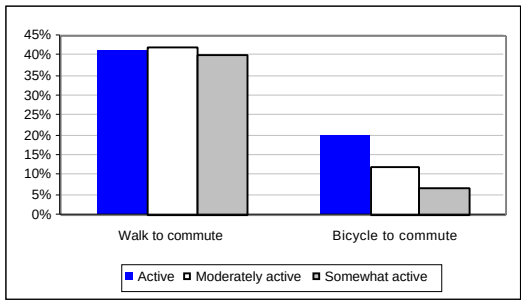
Implications These results reveal that a fairly high proportion of Canadians get some exercise on the way to work, although this is unevenly distributed and is much more likely to be walking than cycling. While it is useful to have this description of activity, the motivation of these active commuters is not clear. They may be seeking to exercise, save money, avoid traffic, or minimize pollution. Or they may simply have no alternative. A clearer understanding of these motivations would help with campaigns to encourage walking and cycling to work, which, regardless of the motivation, is to be encouraged.

ACTIVE COMMUTING
by sex



2001 Physical Activity Monitor, CFLRI

ACTIVE COMMUTING
by activity level



2001 Physical Activity Monitor, CFLRI

Stages of change: readiness to be active

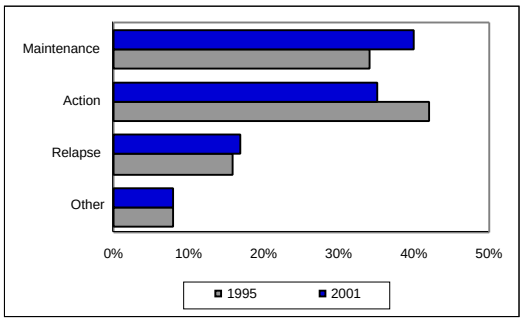
The adoption of physical activity, like other behaviors, may occur in stages, with people in different stages having different needs. Currently, 39% of Canadians are in the maintenance stage, reporting that they are active regularly over the previous 12 months. Another 36% are in the action stage, having taken steps to become active and intending to be so in the next 12 months. However, a sizeable proportion are in relapse (17%), having been active at some point in the previous 12 months, but not currently active nor intending to be so in the future. A further 5% are seriously contemplating taking some action to become more active, but are not active currently. Among the remaining 2% who are not active, most are in the precontemplation stage having not been active in the past 12 months and not intending to be active in the future with very few having dropped out of activity with no intention to resume. Residents in Saskatchewan and the Yukon are more likely to be in the action stage and those in Nunavut are less likely to be in the maintenance stage and more likely to be in the relapse stage than Canadians generally.

Individual characteristics Reports of being regularly active over the past 12 months increase by age group while being in the action stage decreases. Younger (18–24 year olds) and older (over 65) men are more likely than women in these age groups to be in the maintenance stage. Whereas clerical workers are generally more likely to be in the relapse and less likely to be in the action stage than other professions, there are no differences by household income or education.

Workplace characteristics Workplaces in the government and public sector are more likely than those in the private sector to have workers in the maintenance stage and are less likely to have workers in the relapse stage.

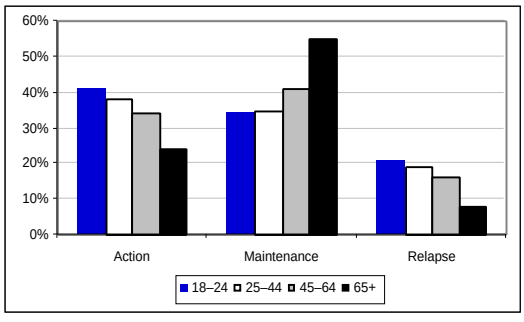
Implications Compared with 1995, more Canadians are currently in the maintenance stage and fewer are in the action stage. Four strategies can assist people in moving from the action to the maintenance stage: (1) reinforcement (e.g., awards and recognition); (2) helping relationships (e.g., employer encouragement and support); (3) counterconditioning (e.g., promotion of stair usage); and (4) stimulus control (identify and avoid situations triggering relapse).

STAGES OF CHANGE
1995–2001



2001 Physical Activity Monitor, CFLRI

ACTION, MAINTENANCE AND RELAPSE
by age



2001 Physical Activity Monitor, CFLRI

PERCEIVED BARRIERS AND BENEFITS

Barriers to being active

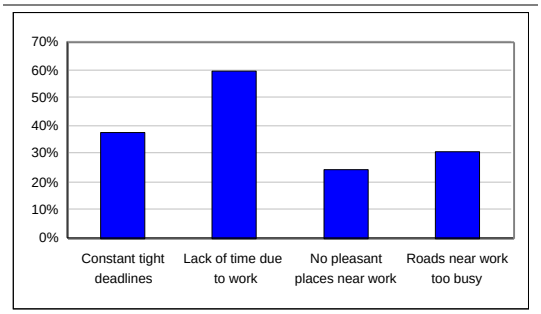
The opportunities, facilities, and programs (see subsequent sections) offered in workplaces can only go so far to motivate employees to be active when they feel that there are circumstances stopping them from being active. Two in five working Canadians say that constant tight deadlines at work are important (quite a bit or very important) in stopping them from being active. Two in five state that lack of time due to work is an important barrier to their activity. One-quarter say that the lack of pleasant places to walk, bicycle, or be active near work is important as a barrier to their activity. One-third say that roads near work are too busy for safe walking or cycling and this is an important barrier in preventing them from being active. Employees in the Northwest Territories and the Yukon are much more likely than Canadians overall to say that busy roads near work are somewhat or not at all important as barriers to their activity.

Employee characteristics Young adults (18–24 years old) are less likely than other ages to report tight deadlines at work as an important barrier to their activity. Men are more likely than women to report lack of time due to work as somewhat or not at all important as a barrier to their physical activity. This difference is most prominent among young adults. Adults with a university education are more likely to attribute high importance to tight deadlines and lack of time due to work as barriers for activity. This pattern holds true for professionals and managers as well.

Workplace characteristics Government and public sector employees are more likely than those in the private sector to report the lack of time due to work as an important barrier for their physical activity.

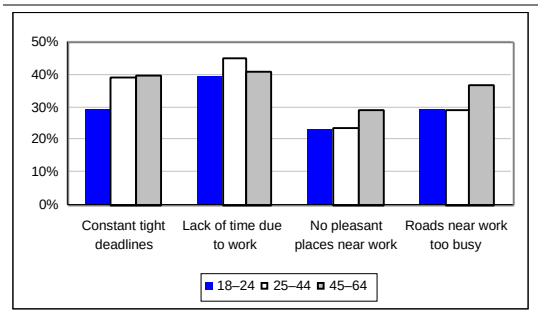
Implications While the importance of barriers to activity is strongly dependent on the specific list of barriers presented to survey respondents, time pressures are always ranked very highly,[18] and that is equally true of the current survey. This suggests that flexible work hours may be an important facilitator of workplace activity, yet only just over one-third of working Canadians report having such flexibility at work (see "Soft supports for activity"). However, given the low level of usage of workplace programs and facilities, even when they are available (see "Participation at work"), there may be other factors at play, including the possibility that recreation needs are being well met in the community. This is an important issue for further research.

BARRIERS TO BEING ACTIVE
working Canadians



2001 Physical Activity Monitor, CFLRI

BARRIERS TO BEING ACTIVE
by age



2001 Physical Activity Monitor, CFLRI

Potential influence on recruitment and turnover

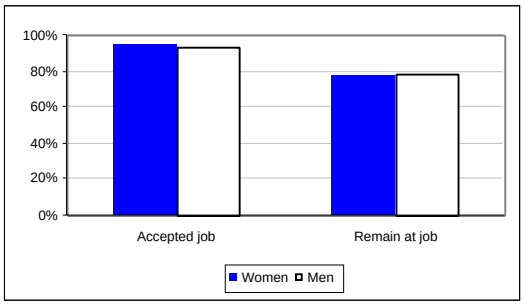
When asked how much the physical activity opportunities, programs, and facilities at work influenced their decision to accept a job working for their current employer, 89% of Canadians say that they were influenced somewhat or not at all. Six percent state they were moderately influenced and 5% indicate the level of influence to be quite a bit or a great deal. Furthermore, when asked how much such opportunities influence them to keep working for their current employer, 59% report somewhat or not at all, 18% state moderately, and 22% say quite a bit or a great deal. Residents of Nunavut are less likely to report that the physical activity opportunities only somewhat or did not influence their decision to accept a job working for their current employer.

Employee characteristics Women in the work force (91%) are more likely than men (86%) to say that they were only somewhat or not at all influenced by the physical activity opportunities at their workplace in accepting a job with their current employer. Additionally, less active Canadians are more likely than active Canadians to say that this was the case and that they are, at most, somewhat influenced by these opportunities in their decision to keep working for their current employer. Employees with a university education are more likely to report that the physical activity opportunities somewhat or did not influence their decision to stay with their current employer.

Workplace characteristics There are no differences in the assessment of facilities and programs offered at work based on workplace characteristics.

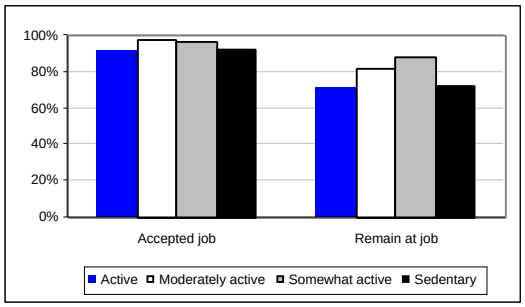
Implications Although only a minority (11%) of Canadian workers attribute at least moderate importance to the physical activity opportunities at work when *accepting* a position with their current employer, this number increases four-fold to 40% when asked how much these opportunities influence them to *remain* with their current employer. This is consistent with other Canadian studies that have demonstrated reduced employee turnover among participants involved in physical activity or fitness programs.[8] Therefore, in addition to promoting their physical activity programs or opportunities as a fringe benefit at recruitment, employers could consider how to promote a nurturing corporate culture which encourages physical activity, as a component of a strategy to reduce turnover and retain experienced employees.

RECRUITMENT AND TURNOVER
by sex



2001 Physical Activity Monitor, CFLRI

RECRUITMENT AND TURNOVER
by activity level



2001 Physical Activity Monitor, CFLRI

Beliefs about work-related benefits of physical activity

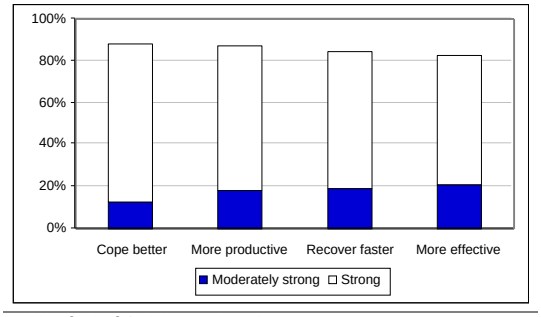
Canadian workers hold strong positive beliefs about the work-related benefits of physical activity. Roughly nine in ten believe that regular physical activity improves one's ability to cope and reduces stress (13% moderately strongly and 75% strongly), improves productivity (18% and 69%), helps one to recover more quickly from minor illnesses (19% and 65%), and be more effective on the job, for example by improving concentration (21% and 61%). Although these proportions vary slightly by province, none significantly differ from the Canadian average.

Employee characteristics Working women are more likely than men to hold strong positive beliefs about the above health-related benefits of physical activity. Workers with university educations are more likely than those with secondary or less to hold strong positive beliefs. Generally, workers with higher household incomes (> $60,000) are more likely than those with lower incomes to agree that physical activity helps one cope and reduces stress. Laborers are less likely than clerks, professionals, and managers to hold strong positive beliefs about each benefit. Finally, being active is positively associated with holding strong beliefs.

Workplace characteristics With the exception of recovering more quickly from minor illnesses, private sector employees are less likely than those in the public sector to strongly believe in the work-related benefits of physical activity. Workers in the education, health, and service sectors are more likely than those in the industry and manufacturing sectors to hold strong beliefs about each benefit.

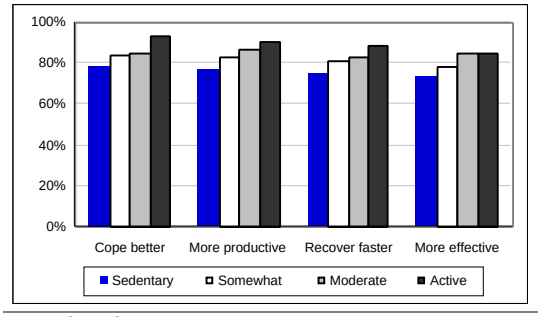
Implications Employees clearly believe that being active regularly helps one to cope better and reduce stress, to be more effective and productive, and to recover more quickly from minor illnesses. Each of these outcomes helps to create a more efficient and productive workforce. It is interesting to note that government and public sector employees are more likely than others to hold strong beliefs about these outcomes, which is consistent with the data that indicates that government and public sector workplaces are reportedly more likely to provide opportunities and supports for physical activity. Further research is required to understand the barriers to encouraging and supporting physical activity within the private sector.

BELIEFS
% holding moderate to strong beliefs



2001 Physical Activity Monitor, CFLRI

BELIEFS
by activity level



2001 Physical Activity Monitor, CFLRI

Absenteeism

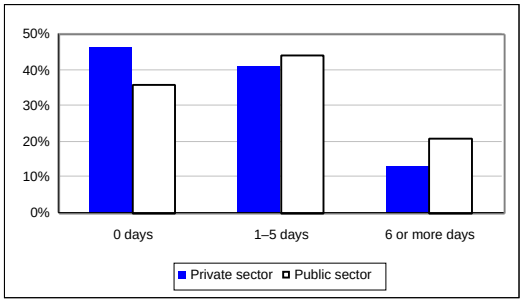
When asked how many days in the last year they have been on leave away from work because of sickness, injury, or disability, 16% of working Canadians reported six or more days, 41% said one to five days, and 42% reported that they had taken no sick days. Residents of the North are less likely to report that they have taken no sick days, compared to the Canadian average.

Employee characteristics Absenteeism decreases as activity level increases. That is, the likelihood of having no sick days away from work in the previous year increases as workers' activity levels increase. Furthermore, part-time (55%) are more likely than full-time (41%) workers. With the exception of clerical occupations, those in professional positions (35%) are less likely than others to report no sick days. Finally men (46%) are more likely than women (38%) to report no sick days, and conversely, women are more likely to report absenteeism rates of six or more days in the past year. These differences are most pronounced among the 25–44 year age group.

Workplace characteristics Workplace employees in construction (50%) and transportation (49%) fields are the most likely, whereas those in the government or public sector (34%) and in the education, health, and social services (35%) are the least likely to report taking no sick days in the past year. Although rates vary by size of business, very small workplaces (≤ 10) are the most likely to have employees reporting no absenteeism in the previous year whereas larger workplaces (≥ 500) are the least likely to have no reported absenteeism.

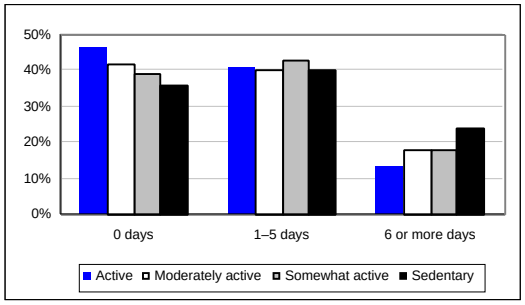
Implications Although these results represent a picture of the current situation and as such no causal inferences can be made, it is still worth noting the association between higher levels of activity and lower rates of absenteeism. Larger workplaces, which tend to have a greater proportion of employees reporting sick days, may benefit the most from introducing cost-effective means of encouraging their employees to be active. This may be particularly true if their workforce has a high proportion of labour positions. Encouragement and support might include bulletin boards, information on how and where to be active, recognition, awards and recreational opportunities among others.

ABSENTEEISM
by sector



2001 Physical Activity Monitor, CFLRI

ABSENTEEISM
by activity level



2001 Physical Activity Monitor, CFLRI

ENCOURAGEMENT FOR PHYSICAL ACTIVITY

Employer attitude and support for physical activity

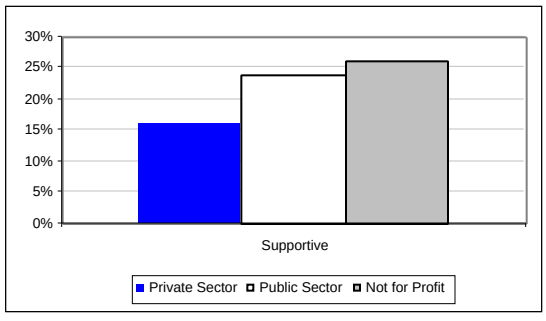
Working Canadians report very modest support from their employers to be physically active. Only 20% say their employer is very or extremely supportive, with most reporting moderate (18%) or little or no encouragement (61%). Of those reporting no support, 45% believe that employer encouragement would help them to be active. Of those having some support, 67% think that such support actually helps them to be active.

Employee characteristics Active workers are more likely than those less active to report that their workplaces are very or extremely supportive of physical activity. Among those reporting no support, workers with less than secondary education are less likely than others to state that they believe that employer encouragement would help them become more active. In contrast, among those reporting some support, workers with less than secondary education are more likely to report that employer support actually helps them be more active. With the exception of clerks who are just as likely, labourers are more likely than others to have little or no employer support for physical activity. Of those who have no support, professionals are more likely than skilled tradesmen and labourers to believe that employer support would help them become more active.

Workplace characteristics Compared with not-for-profit or government and other public sector workplaces, private sector workplaces tend to be less supportive of employee physical activity. Workers in manufacturing industries (79%) are most likely to report little or no employer support for physical activity, whereas those in finance and business services (51%) are the least likely to report little support. With the exception of very small companies (e.g. less than 10 employees), there is a general increase in those who report a great deal of support with the size of the company.

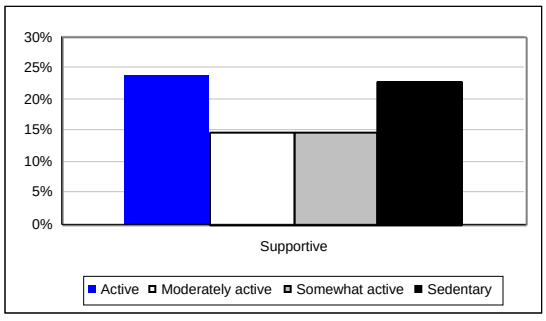
Implications Employer support for a physically active work force can take many forms, but it appears that most working Canadians get little such encouragement at work. While this may be because employers feel that such encouragement is not their responsibility, it is noteworthy that most employees feel that such support is—or would be—effective. Such support can take many forms and need not be costly for the employer. Perhaps if employers were aware of the productivity benefits of a fit and active work force,[19] supports would be more commonly offered.

EMPLOYER ATTITUDE
by sector



2001 Physical Activity Monitor, CFLRI

EMPLOYER ATTITUDE
by activity level



2001 Physical Activity Monitor, CFLRI

Incentives and rewards for physical activity at work

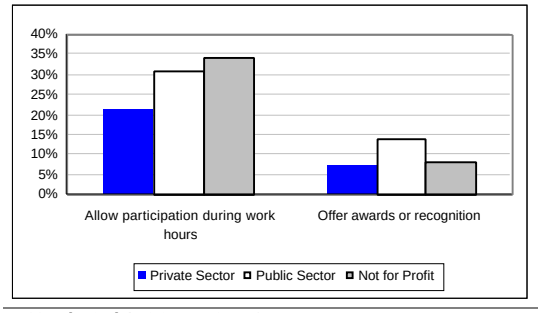
One-quarter of working Canadians can organize or participate in a community physical activity event during work hours without pay deduction, but only 10% report workplace awards, recognition, or other types of motivation to encourage being active. Workers in Nova Scotia (42%), the Northwest Territories (46%), and Nunavut (52%) are more likely than Canadians in general to be able to participate in events without penalty.

Employee characteristics Compared with active Canadians, those less active are less likely to participate in community physical activity events during work hours without penalty. The more education that employees have, the more likely they are to say that they are allowed to participate in such events without pay deduction. Managers (37%) and professionals (32%) are more likely than other professions to report participation in community physical activity events during work hours, whereas labourers (6%) are least likely.

Workplace characteristics Compared with not-for-profit (48%) or government and other public sector workplaces (56%), private sector workplaces (67%) are less likely to allow participation in a community physical activity event during work hours without penalty. Government and other public sector workplaces (14%) are twice as likely as private sector workplaces (7%) to offer awards to help employees to be active.

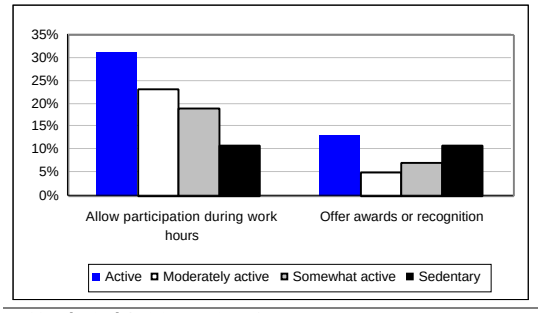
Implications Employer support for physical activity can occur through the provision of rewards or incentives. These can include certificates or awards, monetary rewards, time off from work, or weekly draws for gifts or gift certificates as examples. Employers can provide a physical activity "friendly" atmosphere by encouraging their employees participation in community or special physical activity events, including Winter- or SummerActive, Corporate Challenges, Terry Fox Runs, and so on. This can also be achieved by company sponsorship of community related physical activity programming.

INCENTIVES AND REWARDS
by sector



2001 Physical Activity Monitor, CFLRI

INCENTIVES AND REWARDS
by activity level



2001 Physical Activity Monitor, CFLRI

Fitness information at work

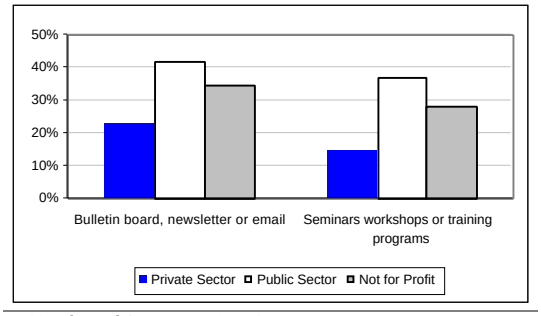
Access to fitness and physical activity information at work may contribute to a more active work force, even in the absence of programming. One-third of Canadians report a fitness or health bulletin board, newsletter or email at work. About one-quarter of Canadians state that their workplace provides information on where employees can be active in the community and how employees could be more active. About the same number report that seminars, workshops or training programs about physical activity and disease prevention are offered. Adults in Nunavut are more likely than Canadians overall to state that the workplace offers information on where to be active in the community.

Employee characteristics Adults aged 45–64 are more likely than others to report the availability of this type of information. Active employees are more likely than those less active to say that their workplace provides information on where to be active in the community, how to be active, and to provide seminars, workshops, and training programs. Moreover, professionals are more likely than any other profession to state that information on how to become more active is available at work.

Workplace characteristics Government and public sector workplaces are more likely than the private sector to provide all types of fitness information at work. With the exception of seminars or workshops, prominent differences appear between workplaces in government services, who are more likely, and the retail industries, who are less likely, to report the availability of fitness information. Generally, the larger the workplace, the more likely it is to provide fitness information.

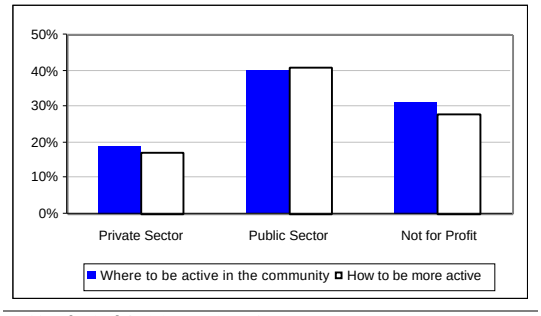
Implications Offering information about health promotion opportunities is the first level of program that should be offered according to the WHO.[20] Even in the public sector, which appears to be more enlightened on this and other aspects of employee fitness, under half of workplaces fail to provide basic information about facilities and opportunities. There is clearly much room for improvement, although it should be noted that information is really only useful if the appropriate physical facilities are available.[21] The low availability of physical activity information at work contrasts with earlier research which shows that the majority of Canadians report an abundance of readily available information on physical activity and sport in their community.[22] Employers may be relying upon this alternative source of information, but, as in advertising products and services, repetition can be effective in getting the message across.

FITNESS INFORMATION AT WORK
channels for delivering information



2001 Physical Activity Monitor, CFLRI

FITNESS INFORMATION AT WORK
content of messages



2001 Physical Activity Monitor, CFLRI

Soft supports for activity

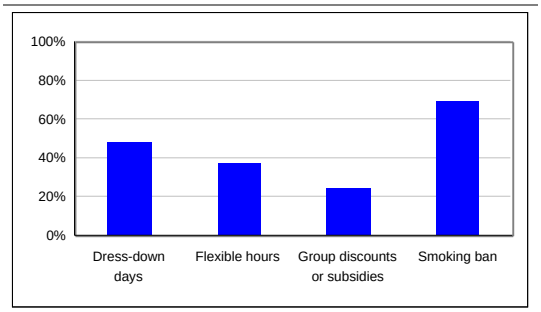
A variety of workplace features may be conducive to a healthy, physically active work force, even though they are "softer" than the provision of facilities or programs. For most Canadians, smoking has been totally banned from their workplaces, which promotes a healthy lifestyle. Almost half of workers have dress-down days or casual dress codes, which may encourage physical activity, 37% have flexible working hours and 24% have group discounts or subsidies for using local facilities like ski hills or fitness clubs. Residents of the Northwest Territories are more likely than Canadians overall to have dress-down days, and adults in British Columbia are more likely to have group discounts or subsidies, whereas those in New Brunswick are less likely to have a smoking ban.

Employee characteristics Women are more likely than men to report smoking bans, and similarly, adults aged 18–24 are also less likely to report such bans. Moreover, those in professional and clerical positions are more likely than workers in general to work in places with a ban on smoking, whereas labour positions are less likely to have smoking bans at work and to have dress-down days. The more education employees have, the more likely they are to have dress-down days, group discounts, and a ban on smoking at work.

Workplace characteristics Public sector workplaces are more likely than those in private sector to have flexible hours, dress-down, group discounts, and smoking bans. High-tech and government workplaces are more likely than the typical workplace to have casual dress codes and flexible hours. Workplaces in finance, education, health, and social services, and government sectors are more likely, and those in the construction industry are less likely, to have a smoking ban.

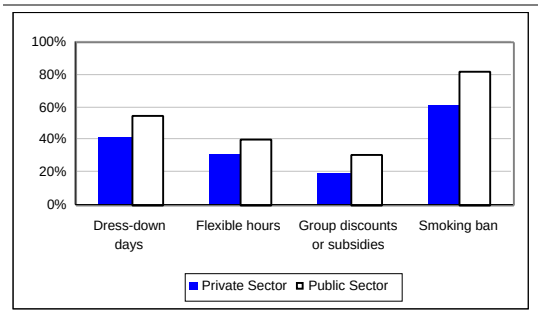
Implications Although the effectiveness of these "soft supports" in promoting a physically active work force is unclear, they may be a boost to employee morale and are hardly likely to be discouraging of activity. In particular, flexible work hours may facilitate attendance at an offsite (or onsite) fitness program before or after work, and may thus help overcome the most enduring barrier to being more physically active, namely a lack of time,[18] as well as inconvenient facilities and programs.[22] These soft supports for activity, like neighborhood amenities, are not widespread among the Canadian work force, suggesting much room for increase.

SOFT SUPPORTS
Canada



2001 Physical Activity Monitor, CFLRI

SOFT SUPPORTS
by sector



2001 Physical Activity Monitor, CFLRI

Stair climbing at work

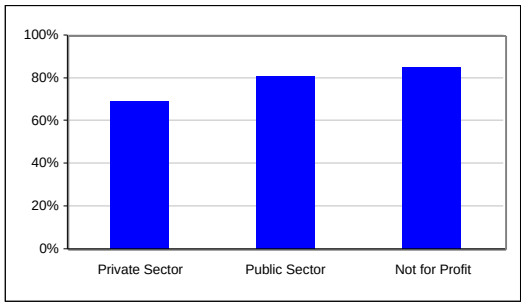
Stairways in public places can provide a convenient and effective way of adding physical activity to the work day. The majority of working Canadians (74%) state that their workplace has easily accessible stairs and 51% report that their workplace has signs indicating the location of stairs. However, only 14% of Canadians indicate that their workplace has signs encouraging people to take the stairs. (Actual use of the stairs was not determined.)

Employee characteristics Women are more likely than men to report accessible stairs at work. Moreover, employees aged 45–64, are more likely than other ages to state that their workplace has accessible stairs and signs indicating the location of stairs. Active Canadians are more likely than those less active to report signage which indicate the location, and encourage the use of stairs. Professionals are more likely than skilled trade and labour professions to have accessible stairs at work.

Workplace characteristics Government and public sector workplaces are more likely than the private sector to offer easily accessible stairwells and have signs indicating the location of stairs. In general, the larger the workplace, the more likely its employees are to report accessible stairwells and signs indicating the location of stairs. Educational, health, and social service workers are more likely than other workers to report accessible stairs. Workplaces in construction and retail are less likely, whereas those in government, education, health and social services are more likely to have signs locating the stairs.

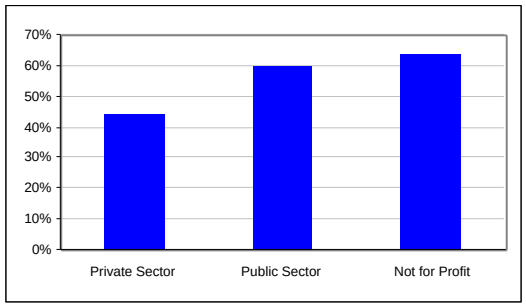
Implications These findings lead to some of the clearest and most cost-effective recommendations from the 2001 Physical Activity Monitor. Posting signs to encourage stair use reliably increases stair climbing; indeed, this is one of the more effective environmental interventions.[21] Since signs are far less common than the stairs themselves, there is room for—and evidence to support—a substantial increase in this area. Most importantly, since only one worker in seven reports that signs are posted at work to encourage stair use, there is a clear opportunity here to benefit a large number of employees of all demographic groups.

ACCESSIBLE STAIRS
by sector



2001 Physical Activity Monitor, CFLRI

SIGNS INDICATING STAIRS
By sector



2001 Physical Activity Monitor, CFLRI

Participation at work

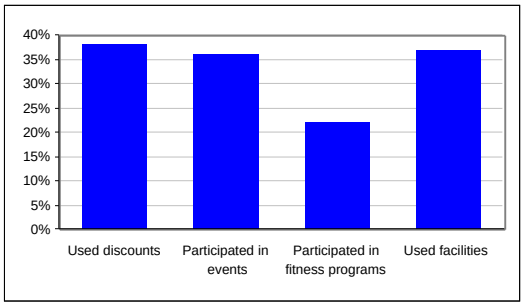
Two in five working Canadians with access to group discounts or subsidies offered by their workplace for using local facilities like fitness clubs actually used these facilities during the past year. Of those with access, roughly one-third reported participating in team sports, physical activity clubs, or physical activity events like Sneaker Day. One-quarter of Canadians participated in individualized or group fitness programs at work, where available. Working Canadians were also asked to indicate how often they used workplace fitness facilities, other rooms provided for physical activity, and exercise equipment like weights or stationary bicycles in the past year. Of those using them, 19% do so at least once a week, 18% use them occasionally, and 56% have never used them in the past year. Residents of the Northwest Territories are more likely than Canadians in general to report participation in team sports, clubs or physical activity events.

Employee characteristics Active Canadians are more likely than those less active to participate in physical activity clubs and programs offered at work and to use group discounts and subsidies. In addition, active Canadians are less likely to state that they have never used the facilities at work in the past year. Men are more likely than women to participate in team sports, clubs and physical activity events, whereas, women are more likely than men to report never using the facilities and programs at work. Adults aged 45–64 are more likely than those aged 25–44 to report never using the physical activity facilities at work.

Workplace characteristics There are no differences in the use of available facilities at work, based on workplace characteristics.

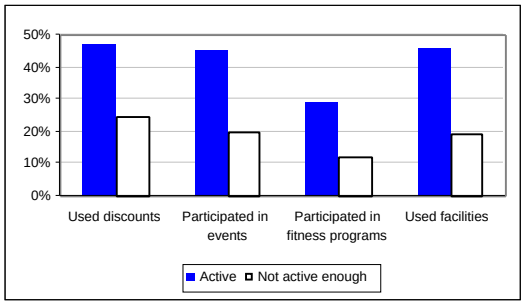
Implications These results show that the use of available fitness and activity facilities and programs at work is, overall, rather low. The only group to exceed the norm in use is those defined as physically active—which is logical and provides a form of validation of these data. The low level of usage is consistent with earlier studies,[21] and, when combined with the generally restricted availability of such facilities and programs (see previous topics) reveals that perhaps 10% of the entire working population are physically active by virtue of opportunities at work. Given the benefits of a fit and active work force on absenteeism and productivity,[19] it is clear that this situation needs to be addressed.

PARTICIPATION AT WORK
Canada



2001 Physical Activity Monitor, CFLRI

PARTICIPATION AT WORK
by activity level



2001 Physical Activity Monitor, CFLRI

Occasional opportunities at work

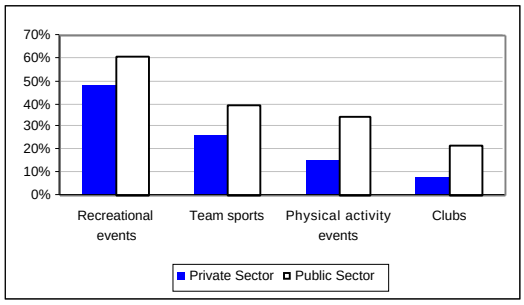
Employers may provide soft supports permitting their workers to be active off the job, and they may exhibit a positive attitude toward an active lifestyle, without necessarily providing much in the way of permanent facilities or routine programs. However, many workplaces provide, or at least allow, occasional opportunities for physical activity at work. Over half of working Canadians have access to recreational events like golf tournaments at work and 31% to team sports such as softball. One-quarter of workers can participate in physical activity events like Sneaker Day, but only 14% have opportunities in the form of clubs (e.g., ski clubs) and a mere 8% have short exercise breaks during work hours. Employees in the Northwest Territories and the Yukon are more likely than Canadians overall to have physical activity events at work. Adults in Nunavut are more likely to report access to team sports at work. Residents of New Brunswick and Nunavut are less likely to have access to recreational events.

Employee characteristics Employed women are less likely than men to report access to team sports and recreational events. Active Canadians are more likely than others to report access to recreational events, team sports and physical activity events. Employees with less than secondary education are less likely to have access to recreation events, whereas those with university education are more likely to have physical activity events.

Workplace characteristics Government and public sector workplaces are more likely than private sector workplaces to offer recreational events, clubs, team sports, and physical activity events. Workers in governmental services are more likely to have access to recreational events and physical activity events, whereas those in retail are less likely to have recreational events. The greater the number of employees the more likely that recreational events, clubs, team sports, and physical activity events are provided at work .

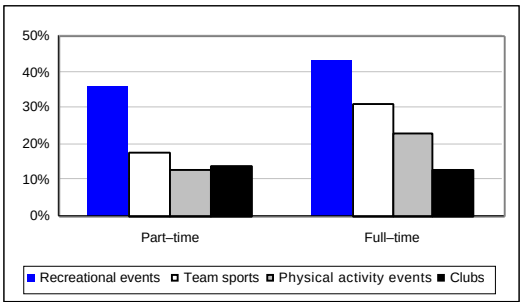
Implications Although occasional events do not constitute a *program* because of their episodic nature,[20] they may spark interest in more permanent arrangements. However, more research is needed to clarify the role of such events in motivating regular participation. The higher incidence of events in the public sector mirrors the higher likelihood of soft supports at work and a pleasant neighbourhood nearby. If these features contribute to employee well-being, then it is apparent that they are not evenly distributed, and that the private sector, and particular industries, have some catching up to do.

OCCASIONALOPPORTUNITIES
by sector



2001 Physical Activity Monitor, CFLRI

OCCASIONAL OPPORTUNITIES
days worked



2001 Physical Activity Monitor, CFLRI

Opportunities for physical activity near work

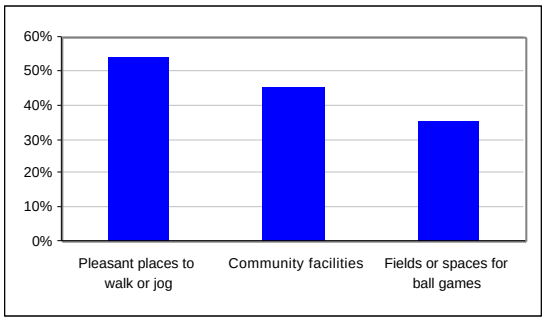
Over half of working Canadians report that there are pleasant places to walk or jog at or near their place of work and 45% report community recreation or other facilities for physical activity (e.g. YW/YMCA, fitness facilities). Additionally, 35% of Canadians work near playing fields or open spaces for ball games. Employees in the Yukon and Northwest Territories are more likely than Canadians overall to report pleasant places to walk or jog. Adults in Nova Scotia and the Northwest Territories are more likely, whereas those in Quebec are less likely to have facilities for physical activities. Residents in the Northwest Territories and Nunavut are more likely to report working near playing fields or open spaces.

Employee characteristics Women are more likely than men to have pleasant places to walk or jog and open spaces near work. In addition, the more education employees have, the more likely they are to have pleasant places to walk and fitness facilities near work. Active workers are more likely than those less active to report working near playing fields or open spaces. With a few exceptions, professionals are generally more likely than others to have access to all opportunities for physical activity near their work.

Workplace characteristics Government and other public sector workplaces are more likely than the private sector to have places to walk, playing fields, and community fitness facilities nearby. The education, health, and social services industry are more likely than the average workplace to have places to walk, playing fields, and fitness facilities.

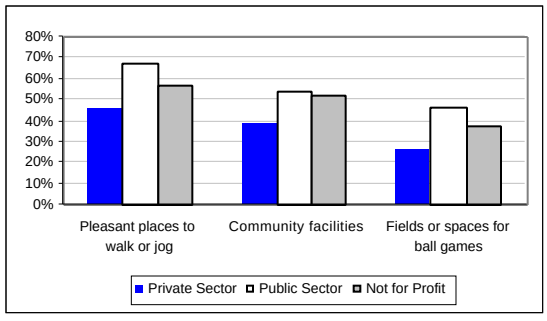
Implications Canadian employers cannot count on employees having access to nearby facilities for fitness, or even a lunch-time walk. If employers wish to encourage workers to be more active, many will have to seriously consider providing the amenities themselves. This appears to be particularly true for the private sector, although many public sector employees also lack easy access to nearby recreation facilities or playing fields. Although employees' actual use of such amenities was not determined, widely accepted principles of health promotion emphasize the importance of a supportive environment for encouraging behavior change.[23] Since it would be generally impractical for employers to alter the environment near work, they could consider at least some modest changes to the environment at work.

OPPORTUNITIES NEAR WORK
by sector



2001 Physical Activity Monitor, CFLRI

OPPORTUNITIES NEAR WORK
by sector



2001 Physical Activity Monitor, CFLRI

FITNESS OPPORTUNITIES

Fitness instruction or counselling at work

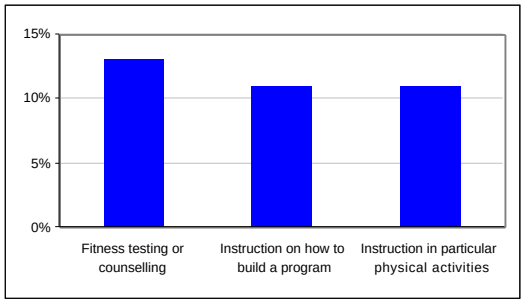
Some workplaces support employee physical activity by providing occasional fitness opportunities at work or fitness information at work (see previous topics), but others go further to provide fitness instruction right at the place of work. Just over one in ten (13%) working Canadians report that their workplace offers fitness testing (or subsidizes off-site testing) or physical activity counselling. Additionally, 11% state that their workplace offers instruction in building personal activity programs and the same proportion (11%) report instruction in particular activities like swimming, tennis, and bicycling is available at work. Although results vary somewhat by province, none is significantly different from the Canadian average.

Employee characteristics There are no differences in the provision of fitness instruction at work based on the activity level, education, household income, age, or sex of employees.

Workplace characteristics Government and other public sector workplaces are much more likely than private sector workplaces to offer fitness testing or physical activity counselling and instruction on physical activity.

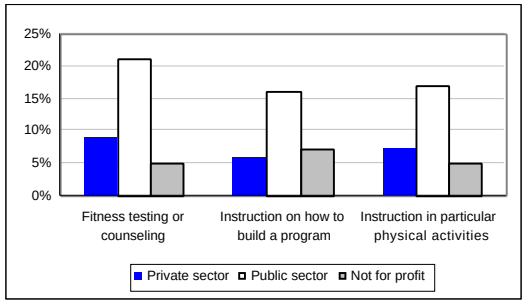
Implications These results reveal a very low level of fitness instruction and counselling at worksites in Canada. The WHO describes these as the second level of intervention for workplace health programs.[20] This paucity suggests that employers do not believe that providing instruction is their responsibility, perhaps because they do not think instruction necessary, or they believe that employees will find the instruction elsewhere. Both explanations are plausible, since more employers provide facilities (see next topic) than instruction. However, some form of periodic counselling or instruction is probably necessary both to maintain current participants and to attract new ones. That the public sector is more likely than average to provide counselling and instruction is consistent with its greater tendency to provide occasional recreational opportunities, "soft supports," fitness information (see previous topics), and fitness facilities (see following topic).

FITNESS INSTRUCTION OR COUNSELLING
working Canadians



2001 Physical Activity Monitor, CFLRI

FITNESS INSTRUCTION OR COUNSELLING
by sector



2001 Physical Activity Monitor, CFLRI

Amenities at work to support activity

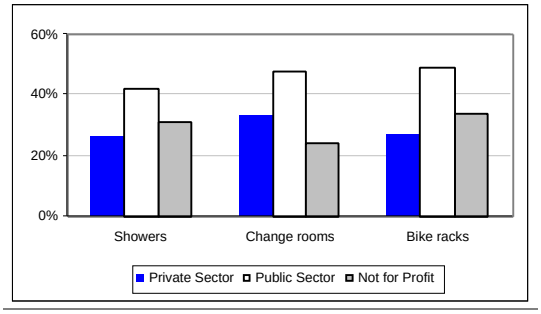
Workplaces may provide support for physical activity among employees without necessarily providing facilities or programs. This is similar to the "soft" supports previously discussed. At their workplaces, 32% of Canadians have access to showers, 38% have access to change areas or locker rooms, and 36% have access to bicycle racks. Manitobans are more likely than Canadians overall to report access to bicycle racks.

Employee characteristics Women in the work force are less likely than men in the work force to say that they have change areas and showers at work that can be used to support physical activity. Active Canadians are more likely than those less active to report that their workplace provides showers, change areas, and bicycle racks. The more education employees have, the more likely they are to report bicycle racks at work. Also, employees with professional positions are more likely to have bicycle racks at work. In general, clerical workers are less likely to have showers and change areas at work.

Workplace characteristics Government and other public sector workplaces are more likely than the private sector to provide showers, change rooms, and bicycle racks for their employees. Education, health, and social services, as well as governmental workplaces are more likely than the average Canadian workplace to have access to all amenities; manufacturing industries are more likely to have change areas and showers; and retail industries are less likely to have access to bicycle racks and change areas. The larger the company size, the greater likelihood that employees have all amenities at work.

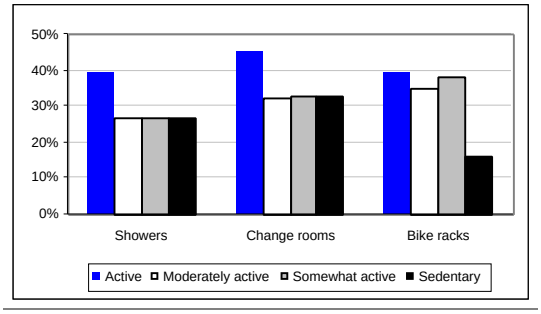
Implications These results imply that amenities to support physical activity are in somewhat short supply in Canada. However, before encouraging employers to provide showers, change facilities, and bicycle racks, more evidence is needed to show that these amenities are effective in encouraging workers to be active. For example, more than twice as many working Canadians report that bike racks (36%) and showers (32%) are available at work than actually report commuting to work by bicycle (13%). Nevertheless, it is clear that an active and healthy work force is of benefit to employers,[19] and that all reasonable measures to encourage activity may be a wise business decision (see also "Employer attitude and support for physical activity").

SUPPORTIVE AMENITIES
by sector



2001 Physical Activity Monitor, CFLRI

SUPPORTIVE AMENITIES
by activity level



2001 Physical Activity Monitor, CFLRI

Fitness facilities at work

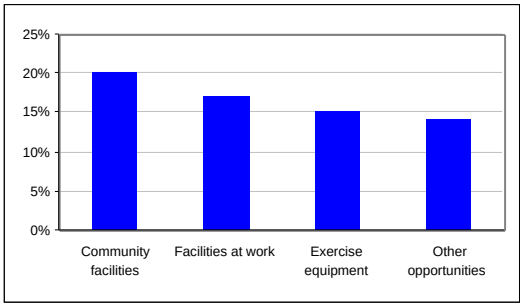
Only a small proportion of working Canadians have access to fitness facilities at or through their place of work. Just 20% of Canadians have access to community facilities like schools and gyms through their workplace and only 17% have access to fitness facilities at work. Moreover, 15% have access to exercise equipment like weights or stationary bicycles at work, 13% have access to other rooms at work which can be used for physical activities, and 14% have other opportunities for physical activity or sport at work. Employees in Nunavut, the Northwest Territories, and the Yukon are much more likely than Canadians overall to have access to community facilities at work.

Employee characteristics Active employees are more likely to have access to all fitness facilities and opportunities. Professionals are more likely than other professions to have access to community facilities and fitness facilities at work. Adults with a university education are more likely to report access to community facilities through work.

Workplace characteristics Government and public sector workplaces are much more likely than the private sector to have access to community facilities, fitness facilities, exercise equipment, other rooms that can be used for physical activity, and other opportunities for physical activity at work. Similarly, those in the education, health, and social services are more likely than the typical workplace to have access to all of these fitness opportunities, whereas those in governmental services are more likely to have access to fitness facilities and exercise equipment. The larger the workplace, the more likely its employees report access to fitness facilities and exercise equipment at work.

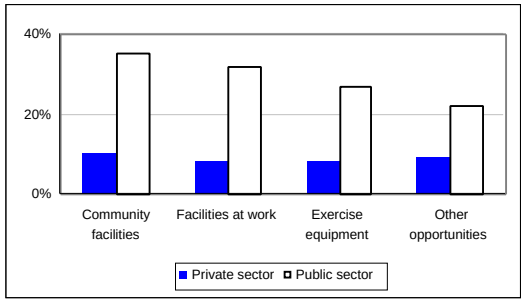
Implications Access to fitness and recreation facilities, like access to fitness information and counselling (see previous topic), is generally very limited, considering the potential contribution of a fit work force to the productivity of an enterprise.[24] It is ironic that such facilities are most common in the sector of the economy that is traditionally regarded as less driven by profit. It may well be that, as with establishing smoke-free work spaces in the 1980s,[25] government is a model employer and once again provides a positive example for the private sector to follow. However, it must be acknowledged that the mere presence of fitness facilities at work does not guarantee that they will be used.[21]

FITNESS FACILITIES
Canada



2001 Physical Activity Monitor, CFLRI

FITNESS FACILITIES
by sector



2001 Physical Activity Monitor, CFLRI

Fitness programs at work

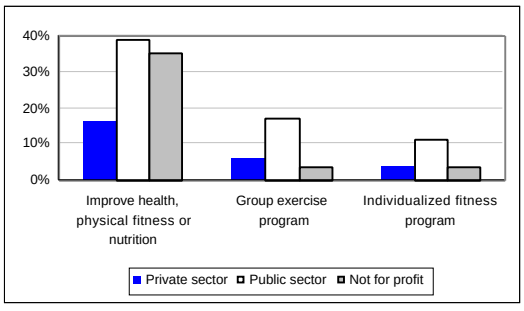
A small percentage of working Canadians have access to fitness *programs* at their place of work. This is similar to the proportion of working Canadians who have fitness *facilities* at work (see previous topic). Over one-quarter of working Canadians have programs to improve health, physical fitness, or nutrition at their workplace. However, only 10% have a group exercise program and a mere 7% have an individualized fitness program offered at work. Provincial results do not differ from the Canadian average.

Employee characteristics The availability of fitness programs at work does not differ by activity level, education, income, profession, or sex. However, adults aged 45–64 are more likely to report programs to improve health, physical fitness, or nutrition at work.

Workplace characteristics Government and public sector workplaces are much more likely than the private sector to indicate that they have fitness programs at work. Governmental services workplaces are more likely to report having group exercise programs, and, along with education, health, and social services, are more likely to have programs improving health, physical fitness, or nutrition. In general, the larger a workplace, the more likely are its employees to report the existence of programs to improve health, physical fitness, or nutrition.

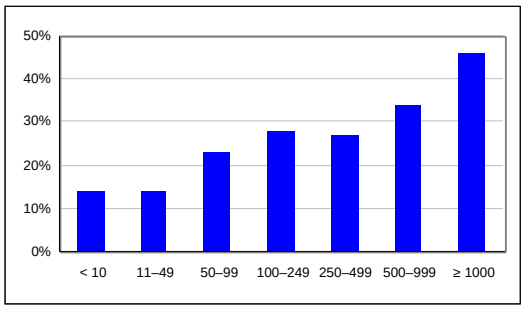
Implications The limited availability of workplace fitness programs is not surprising, given that only one-third of employees have a fitness bulletin board at work. The reasons for this absence of programs were not directly ascertained, but it can be inferred that employers do not see the need for or benefit of providing programs or facilities. Recent reviews attribute reductions in both absenteeism[24,19] and medical costs[10] to employee fitness programs, but the association is not strong, and the focus on health care costs may not resonate with Canadian employers. However, with the concern about productivity in this country, any cost-effective means to reduce absenteeism may be of interest. More research is needed to establish the economic benefits, and more information provided to employers about the known benefits. One well-documented benefit is reduced lower back pain as a result of occupational fitness programs.[24] Perhaps employers would be persuaded to provide fitness programs and facilities if they were shown employee health problems would be reduced.

FITNESS PROGRAMS AT WORK
by size of workplace



2001 Physical Activity Monitor, CFLRI

FITNESS PROGRAMS AT WORK
by sector



2001 Physical Activity Monitor, CFLRI

Management of facilities and programs

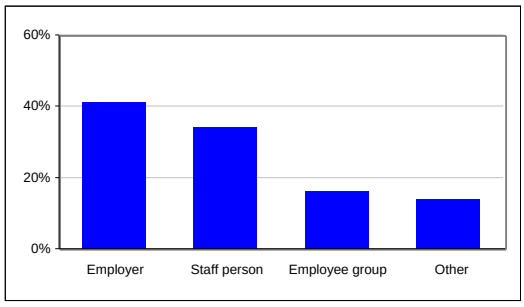
Thus far, workplace provision of fitness facilities and programs as well as access to these facilities has been discussed (see previous topics), but who has the responsibility of managing these physical activity facilities and programs at a place of work? Two in five working Canadians state that the employer or management has the responsibility, 34% indicate that a designated staff person has the responsibility, 16% report that an employee group or association has the responsibility, and 14% assert that some other person has the responsibility of managing these facilities. Results vary slightly by province, but none is significantly different than the Canadian average.

Employee characteristics There are no differences in the management of facilities and programs based on the activity level, education, household income, or age of employees. However, men are more likely than women to state that the employer or management has the responsibility of managing the physical activity facilities and programs.

Workplace characteristics There are no differences in the management of facilities and programs at work with regard to workplace characteristics.

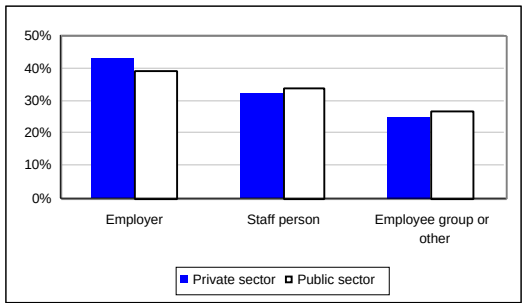
Implications These results roughly mirror those describing who pays for the facilities, since the employer pays for the facilities available to 46% of workers (see "Who can access facilities?"). A research question worthy of further study is whether co-pay and co-management situations are associated with higher employee usage, and, if so, whether this is a causal relationship. An associated question is whether an employee's role in management is more common where there is weekend and family access—two features that seem likely to enhance employee use of fitness facilities. There is some evidence from other studies to suggest that employee involvement is an important consideration in worksite health promotion.[26]

MANAGEMENT OF FITNESS FACILITIES
Canada



2001 Physical Activity Monitor, CFLRI

MANAGEMENT OF FITNESS FACILITIES
by sector



2001 Physical Activity Monitor, CFLRI

Who can access facilities?

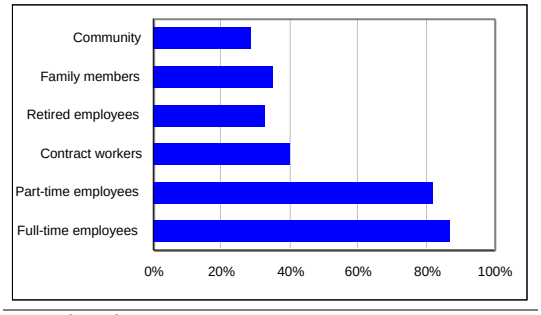
Some workplaces provide fitness facilities and programs for employees (see previous topics) and this section discusses who can use these facilities. More than four out of five working Canadians state that full-time and part-time employees can use the equipment, facilities, and programs available at work whereas only half of contract workers may do so. Furthermore, one-third state that retired employees and employee family members can use these physical activity facilities at work. Only 30% indicate that other members of the community can use the physical activity facilities at work. When asked who pays for these physical activity facilities and programs at work, 46% of Canadians state that only the employer pays, whereas 27% report that a combination of employer and employee pay, and 15% assert that only the employees pay for these physical activity facilities. Although results vary slightly by province, none is significantly different than the Canadian average. A considerable proportion of working Canadians don't know who has access to these facilities.

Employee characteristics Women (31%) in the work force are less likely than men (47%) to say that employee family members and contract workers can use the facilities at work. In addition, Canadians who are less active are more likely than those who are active to say that only the employer pays for the physical activity facilities at work (57% versus 39%), whereas active employees are more likely than those less active to report a combination of employer and employee (36% versus 15%).

Workplace characteristics There are no differences regarding who can access fitness facilities with regard to workplace characteristics.

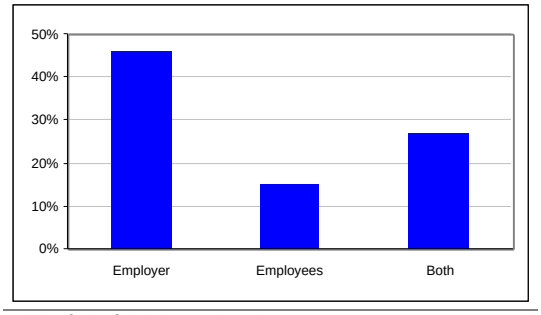
Implications These results suggest that there is very good access for both full- and part-time workers when there are fitness facilities at work, but access for families and retired workers is relatively low. Informing employees that family members and retired employees are allowed to use workplace facilities may encourage participation by these groups. Similarly, allowing community members access to facilities might be an effective means to improving community relations—often an important issue in smaller communities with a dominant employer.

WHO CAN USE FACILITIES
Canada



2001 Physical Activity Monitor, CFLRI

WHO PAYS FOR FACILITIES
Canada



2001 Physical Activity Monitor, CFLRI

When fitness facilities can be used

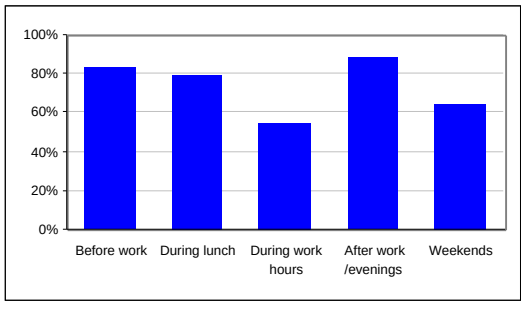
To encourage a physically active lifestyle, some workplaces offer physical activity facilities to their employees (see previous topic). When asked about the time available for usage, 88% of working Canadians indicate that the physical activity facilities at work can be used after work or in the evenings, 83% report availability before work, 79% state they can be used during lunch, 54% assert availability during work hours, and 64% say they can be used weekends. Actual use of these physical activity facilities was not measured. Employees in the Northwest Territories (87%) are much more likely than Canadians in general (64%) to report that the physical activity facilities at work can be used on weekends.

Employee characteristics The time of physical activity facility use in the workplace does not differ based on the activity level, education, household income, age, or sex of employees. However, employees with management positions are somewhat more likely than Canadians in general to state that workplace physical activity facilities can be used before work (95%), and during lunch (94%).

Workplace characteristics Workplaces in the government are much more likely than the average Canadian workplace to offer physical activity facilities that can be used during lunch and work hours. Public sector workplaces are more likely than the private sector to report availability of physical activity facilities at work during work hours.

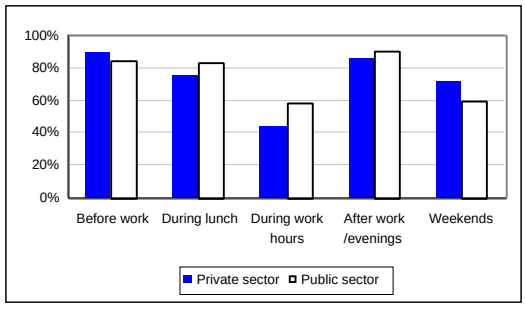
Implications These findings suggest that access to on-site facilities is rather less than it could be, being concentrated in the hours before and after work, during workdays. Considering that a lack of time and inconvenient facilities are among the most common reasons for inactivity,[18] employers could be encouraged to open the facilities on weekends as well as to provide flexible work schedules that might allow use during lunch and even work hours. At present, however, only 37% of working Canadians have flexible work hours (see ”Soft supports for activity”), and it is not clear how many of them use the flexibility to maintain an exercise program. The fairly equal availability of fitness facilities for employees of all demographic groups illustrates the democratic nature of policies such as access[21]—an important characteristic for a population-based intervention.

WHEN FACILITIES CAN BE USED
Canada



2001 Physical Activity Monitor, CFLRI

WHEN FACILITIES CAN BE USED
by sector



2001 Physical Activity Monitor, CFLRI

MAKING A DIFFERENCE

Working towards a more active workforce

The general infrastructure of the workplace provides an ideal setting for increasing physical activity levels of Canadian adults. Not only does this setting provide access to a large segment of the population, but it may also provide the structure in the form of existing communications systems, support networks, and convenient and accessible facilities or opportunities.

In 2001, Health Canada and the Canadian Council for Health and Active Living at Work launched a comprehensive web site called the Business Case for Active Living at Work (http://www.hc-sc.gc.ca/hppb/fitness/work/index.html) that promotes the contributions of an active workforce.[27] Like the Institute's Benchmark Program for monitoring physical activity of Canadians, the Business Case for Active Living at Work is part of the federal, provincial, and territorial strategy to reduce physical inactivity levels by 10% by 2003. The web site provides information on active living in the workplace, summarizes the current research, provides "how-to" tips and case studies. Moreover, Health Canada has also established a system called the Workplace Health System, which encourages members of the workplace to work collaboratively to create a healthy workplace.[28] Based on the Health Workplace Framework, the Workplace Health System is developed by the National Quality Institute.[29] In this framework, three aspects of health in the workplace are featured: (1) factors related to health practices, including aspects supporting a healthy lifestyle such as physical activity, eating habits, and so on; (2) the role of personal resources and the social environment, including the corporate culture of the workforce, and policies and practices that relate to human relationships and control issues about work; (3) the impact of the workplace physical environment, including health and safety, policies, programs and activities that reinforce a healthy workplace. This framework is interesting as it provides an integrated and encompassing perspective involving not only the individual aspects, but the social and physical environmental factors of an organization or company.

To be successful, intervention strategies should balance changing individual and environmental factors.[30] The individual factors involve motivation, intention to modify behavior and skills for achieving such behavior.[5] The environmental determinants can include a variety of social, physical, and institutional factors.[31] Social factors can involve social support, such as from peers, friends, spouses or partners, work colleagues, incentives, rewards, role models, networking, and so on. The physical environment includes the physical make-up of the workplace, availability of facilities, and physical access to facilities. Finally, institutional factors involve the policies, procedures, programs, and rules adopted by the workplace for physical activity. In this report, the data from the 2001 Physical Activity Monitor looks at individual factors such as the stage of readiness for behavior change and attitudes towards physical activity, as well as environmental factors, including the opportunities at and near work, access to these opportunities, and encouragement for physical activity.

Encouraging workers to be more active

The workplace provides an excellent opportunity to raise awareness of the benefits of physical activity to its employees and to stress the importance of lifelong active living. To this end, workplaces and employers can:

- ✓ Promote national physical activity guidelines such as *Canada's Guide for Physical Activity*.[32] Consider displaying a poster in the cafeteria or other high traffic areas or have reference copies of the booklet in a reference area or available from the administration or health and safety office.
- ✓ Post information about physical activity in wellness and physical activity newsletters, or on bulletin boards.
- ✓ Obtain and provide appropriate tools and resources to promote physical activity for employees. Resources such as the Canadian Healthy Workplace Criteria,[33] information on local health fairs, workshops, information nights involving physical activity professionals in the community, access to public health nurses or health information telephone lines, and so on would be useful.
- ✓ Provide targeted messages depending on risk factors of individuals, as well as their stage of change. One study found that motivationally tailored interventions were more effective than standard self-help interventions in promoting physical activity.[34] Furthermore, stage-related intervention material should contain information which is based on theory, be easy to read and to look at, including interesting colour, font, and so on.[35]
- ✓ Adopt innovative ideas for increasing employee awareness of physical activity programs. For example, use employee "ambassadors" to help disseminate information on physical activity programming, and to communicate between management and departments within the company.[36] Beth Israel Hospital in Boston promoted their health promotion strategies by seeking out ambassadors within each key department to help distribute health promotion newsletters. In turn, these ambassadors earn points that can be used to purchase incentive items and to participate in a raffle.[36] Moreover, to provide maximum exposure to the employee population, ensure that physical activity information is attractive and strategically posted.
- ✓ Promote physical activity as a means of coping with job stress. Data from the 1994 National Population Health Survey indicates that an individual's perception of life stress increased with stressors involving the social and cultural environment in the workplace, including tight deadlines, conflicts with other workers, lack of feedback and influence, and so on.[2] Indeed, the 2001 Physical Activity Monitor reveals that nine out of ten individuals believe that regular physical activity improves one's ability to cope and reduces stress (13% moderately strongly and 75% strongly).

Creating a corporate culture more supportive of physical activity

Workplace culture sends messages about the value it places on an active workforce to employees through its day to day policies, working style, and activities. For example,

physical activity can be used to develop and reinforce important workforce behaviors including teamwork or leadership. By so doing, the importance of an active lifestyle is implicitly recognized. To create a workplace culture that is supportive of physical activity workplaces can:

- ✓ Encourage workers to participate in physical activity outside of work or working hours, for example in community recreational activities.
- ✓ Communicate the benefits of an active workforce to managers as well as employees. Obtain, use, or modify existing tools for developing a business case for physical activity in the workplace. Templates are available on the Business Case for Active Living at Work web site at: http://www.hc-sc.gc.ca/hppb/fitness/work/case_template_e.html.
- ✓ Adopt policies to reinforce alternative or indirect supports in the workplace that encourage physical activity and healthy behaviors. These include job sharing, telecommuting, smoking bans, healthy food choices in vending machines or in the cafeteria, and so on.
- ✓ Adopt policies that would allow employees to work flexible hours in order to participate in physical activity opportunities. Flexible work hours may help to overcome the highly ranked barrier to physical activity—lack of time.
- ✓ Provide incentives or rewards for employees who participate in physical activities. These can include certificates or rewards, monetary rewards, time off from work, or draws for gift certificates which focus on physical activity (e.g., local sports stores, books on physical activity, leisure, and healthy living, etc.).[37]
- ✓ Recognize and reward employers who promote a healthy workplace. Employers who "promote, encourage, support and offer exemplary health-related policies and programs in the workplace" can receive the Healthy Workplace Award. This award is developed by the National Quality Institute in partnership with Health Canada.[38]
- ✓ Encourage employees to participate in local and special physical activity events, such as WinterActive and SummerActive, Terry Fox Run, Corporate Challenges, or Health Workplace Week.[29]
- ✓ Provide a favourable physical activity atmosphere in the workplace by sponsoring community-related physical activities or make a financial contribution toward equipment, jerseys, and tournaments for local sports teams, or sponsor physical activity sessions in the community such as free public skating or swimming.
- ✓ Work to reduce or eliminate barriers to physical activity, especially related to the workplace. Workplaces need to be aware of the perceived barriers of their workers and institute practices that may help to alleviate these concerns. For example, the lack of time, lack of willpower to change, and lack of social support were often perceived as barriers for women. Workplaces can tailor messaging or programs to overcome such barriers, including flexible hours to overcome lack of time, introducing a buddy system to overcome the perceived lack of support, and so on. Furthermore, women in

different stages of change experience different barriers to physical activity, therefore these differences need to be considered.[39]

- ✓ Encourage co-workers to establish a buddy system to support each other when participating in physical activities.[5]
- ✓ Encourage the support of family members by promoting physical activities that involve the whole family. This can be done by allowing all members to use on-site fitness facilities, or by hosting a physical activity day for employees and their families. This may help to alleviate the potential barrier of juggling the demands of family and work.
- ✓ Provide counselling on various aspects of physical activity targeted towards employees. Topics can include how to overcome barriers to physical activity, how to establish personal goals for physical activity, social benefits related to physical activity, opportunities for physical activity in the community, information that develops confidence and skills for various types of activities, or injury prevention. It is a positive sign that data contained in this report reveal that many workers hold strong positive beliefs about the work-related benefits of physical activity. For example, between 80% and 90% of individuals believe that regular physical activity improves the ability to cope and reduces stress, improves productivity, speeds the recovery from minor illnesses, and helps employees be more effective on the job.
- ✓ Provide outreach to individuals who do not currently participate in company physical activity programs.[40]
- ✓ Encourage managers or senior staff to also be physically active. These individuals are in an influential position to act as role models for appropriate physical activity behavior.
- ✓ Encourage professionals in the area of physical activity to speak to employees regarding specific aspects of physical activity. These can include fitness leaders, or professionals in national, provincial, or regional physical activity-related organizations, etc. Revolving lunch-hour talks can be held on a variety of topics related to health and well-being.[41] Supplement these classes, workshops, or lectures with discussion groups, videos, Internet resources, books, physical activity information brochures in payroll packets, or other types of media.
- ✓ Encourage employees to discuss physical activity with their physicians and other health care professionals. Involve physicians or other health care professionals when "making the case" for physical activity in the workplace. For example, they can be used as a credible reference when describing the potential cost benefit of a company workplace health promotion program, or to counsel employees on the benefits of physical activity.[42] Indeed, a recent Canadian survey reveals that the primary source of wellness-related educational information for employees is physicians.[4]
- ✓ Provide social rewards or reinforcement for employees who participate in physical activities. For example, host a social event that publicly recognizes employees who participate in physical activities, create an "active employee of the month award",

ensure that managers and senior staff verbally encourage and praise employees who participate in physical activity, and use the public address system in the workplace to recognize participants in physical activities or successful teams.

- ✓ Determine why employees do not engage in workplace physical activity programs.

Developing programming and opportunities for physical activity at work

In addition to raising awareness of the benefits of physical activity to employees, other types of important workforce behaviors can also be encouraged through the workplace, including teamwork, leadership or equity. Workplaces and employers can strive to:

- ✓ Adopt general health promotion policies in the workplace, as well as written policies specifically supporting physical activity among employees. Establish clear physical activity objectives for the company, or use "scorecards" to monitor healthy behaviors.[43]

- ✓ Ensure adequate training for managers and key employees so they can effectively communicate such policies to all employees, and increase awareness of physical activity-related policies and programming within the organization.[44] These employees should receive training or development at least once a year in order to keep on top of current research, skill development and guidelines related to physical activity.

- ✓ Promote multi-faceted physical activity programming. Programs should encourage participation in physical activities and teach life skills and concepts which are important in the workplace, such as teamwork, discipline, leadership, self-esteem, and equity.

- ✓ Support workers by offering comprehensive physical activity programming. This could include physical activity opportunities and programs in the early morning, during breaks, at lunch, after work, or during the weekends.

- ✓ Encourage programs in the workplace that demonstrate and offer a variety of structured and non-structured physical activities as well as competitive and non-competitive activities. This will encourage participation by individuals of all skill, development, and confidence levels.

- ✓ Encourage and provide examples of physical activity related to different sexes, ages, cultures, and abilities or disabilities.[5]

- ✓ Establish policies to ensure that appropriate facilities, equipment, and supplies for physical activity are available to support the physical activity needs of workers. They can be either on-site at the workplace or off-site in the broader community. Ensure that there are opportunities for physical activity all year round, despite the seasonal variations.

- ✓ Encourage shared leadership when organizing physical activity programming. Involve members from all levels of the company to participate as part of a committee that examines the role of physical activity in their workplace. Responsibilities can

include the development, promotion, and execution of a physical activity program and communication with management. Obtain input from workers in the development, organization, and administration of wellness programs and activities that would further encourage their interest and participation in physical activity. Involving employees in the planning process increases their participation levels.[26] Allow employees who volunteer to participate in the organization of physical activity activities or who participate on physical activity committees to do so during work hours.[45]

- ✓ Network with, or learn from other companies who have implemented a physical activity program. Published examples of company health promotion programs include Johnson & Johnson's LIVE FOR LIFE program,[46] 3M LifeScapes,[43] or Canada Life Assurance.[47]

- ✓ Encourage employees to actively commute to and from school. Data reveals that most Canadian workers (80%) either drive (or are passengers in) an automobile as their means of commuting, with an additional 10% using public transit. Only 8% use active forms of commuting, such as walking or bicycling.[48] Moreover, Canadians only travel an average of 7.0 kilometers to work.[48] Obtain resources such as the *Walk and Roll Guide* which includes information about active transportation in the workplace.[49] This guide was developed by the Canadian Council for Health and Active Living at Work, with the support of Go for Green and Health Canada. Provide the opportunity to try active commuting to work by holding a "walk to work" or "bicycle to work" day.[5]

- ✓ Ensure that facilities such as sidewalks, lanes, trails, and lighting are maintained according to safety standards. One study suggests that a trail with favourable environmental factors, such as a pleasant environment, convenience, and safety provides employees in a nearby industrial park with a good opportunity to walk or exercise during the workday. It also found that this trail was used most frequently during the weekdays, early in the morning, and during the late afternoon.[50]

- ✓ Make changes in the environment that do not require individuals to make "active" decisions.[51] These types of passive interventions can include making stairs accessible and convenient. Communities can designate some streets for walking or bicycling only, or encourage mixed land use (business, residential, shopping, etc.) in new community developments, which fosters active commuting to local facilities.[51]

- ✓ Post highly visible and attractive signs beside or near the elevator, which suggest, encourage, or prompt individuals to use the stairs.

- ✓ Ensure that on-site physical activity facilities are suitable for the employee population. It is important to note, however, that the fitness facilities at work have not been shown to actually increase physical activity.[21] Moreover, it is suggested that these types of facilities are more suitable for larger workplaces, (> 1,000 employees).[20]

- ✓ Ensure that facilities for physical activity are convenient, affordable, and safe.[21] Ensure secure areas at the workplace for employees to safely store bicycles.

- ✓ Provide on-site facilities such as showers, lockers, and change rooms to encourage physical activity and active transportation. Ensure that these facilities are clean and adequate enough based on the number of employees.
- ✓ Provide a variety of easy and low-cost physical activities, which are easy to integrate into daily life.[5] For example, walking is the most popular leisure-time activity for all ages, yet is low-cost and simple. Companies can consider programs such as early morning, lunch-hour, or after-work walking clubs. Walking "trails" can be designed throughout the building, or on local walking pathways.
- ✓ Promote both team sports such as basketball, soccer, and volleyball as well as physical activity clubs, including yoga, tai chi, bicycling, skiing, and walking as part of recreational programming.
- ✓ Consider renting local physical activity facilities, such as a bowling alley, swimming pool, or arena to reward employees with a physical activity or recreational day.[5]
- ✓ Establish agreements with local off-site physical activity facilities for group discounts for employees. Smaller workplaces can consider linking together to jointly negotiate such discounts. Subsidize fitness health club memberships for employees.
- ✓ Consider using off-site facilities in the community that are not specifically designed for physical activity. For example, these can include community centres, schools, or church halls.
- ✓ Provide accessible and subsidized transportation to and from work-related physical activities *outside* the workplace. This may help to ensure accessible participation for all employees.
- ✓ Evaluate workplace programs regularly to ensure that physical activity programs, facilities, and instruction meet employees' needs. Interestingly, in a recent Canadian survey, data revealed that 39% of respondents do not evaluate their workplace wellness programs, 24% do evaluate, and 38% were unaware whether or not these types of programs are actually evaluated.[4]

APPENDICES

Appendix A. Detailed tables

Screening tables

The current situation

Perceived barriers and benefits

Encouragement for physical activity

Fitness opportunities

Difference between two estimates required for statistical significance

2001 Physical Activity Monitor, excluding NPHS data

		Percentage tested[1]								
	Sample	**10%**	**20%**	**30%**	**40%**	**50%**	**60%**	**70%**	**80%**	**90%**
TOTAL, ADULTS (18+)	4396	1	2	2	2	2	2	2	2	1
women	2430	2	3	3	3	3	3	3	3	2
men	1966	2	3	3	4	4	4	3	3	2
18–24	490	4	6	7	7	7	7	7	6	4
women	265	6	8	9	10	10	10	9	8	6
men	225	6	8	10	10	11	10	10	8	6
25–44	1948	2	3	3	4	4	4	3	3	2
women	1035	3	4	5	5	5	5	5	4	3
men	913	3	4	5	5	5	5	5	4	3
45–64	1305	3	4	4	4	4	4	4	4	3
women	713	4	5	5	6	6	6	5	5	4
men	592	4	5	6	6	7	6	6	5	4
65+	653	4	5	6	6	6	6	6	5	4
women	417	5	6	7	8	8	8	7	6	5
men	236	6	8	9	10	10	10	9	8	6
REGION										
East	1271	3	4	4	4	4	4	4	4	3
Newfoundland	259	6	8	9	10	10	10	9	8	6
Prince Edward Island	258	6	8	9	10	10	10	9	8	6
Nova Scotia	250	6	8	9	10	10	10	9	8	6
New Brunswick	504	4	6	6	7	7	7	6	6	4
Quebec	369	5	7	8	8	8	8	8	7	5
Ontario	960	3	4	5	5	5	5	5	4	3
West	1046	3	4	5	5	5	5	5	4	3
Manitoba	251	6	8	9	10	10	10	9	8	6
Saskatchewan	284	6	8	9	9	9	9	9	8	6
Alberta	261	6	8	9	10	10	10	9	8	6
British Columbia	250	6	8	9	10	10	10	9	8	6
North	857	3	4	5	5	5	5	5	4	3
Yukon	252	6	8	9	10	10	10	9	8	6
Northwest Territories	358	5	7	8	8	8	8	8	7	5
Nunavut	247	6	8	9	10	10	10	9	8	6
ENERGY EXPENDITURE										
Active (≥3 KKD)	1913	2	3	3	4	4	4	3	3	2
Moderately active (1.5–2.9)	1066	3	4	4	5	5	5	4	4	3
Somewhat active (0.5–1.4 KKD)	834	3	4	5	5	6	5	5	4	3
Sedentary (<0.5 KKD)	594	4	5	6	6	7	6	6	5	4

1 The difference between two numbers is statistically significant when it is greater than or equal to the value listed in the table beside the appropriate group. For example, let 46% of men and 33% of women be considered active. Is the difference (13) significant? To find out, take the lower percentage (33%) and find out the difference required to achieve significance for the corresponding group (women). The value indicated at the intersection of the nearest percentage column and the group row (2.7) is the difference required to achieve significance. Since the difference between 33% and 46% is larger than 2.7, it is possible to state that men are significantly more active than women.

Difference between two estimates required for statistical significance

2001 Physical Activity Monitor, excluding NPHS data

		Percentage tested								
	Sample	**10%**	**20%**	**30%**	**40%**	**50%**	**60%**	**70%**	**80%**	**90%**
EDUCATION LEVEL										
Less than secondary	958	3	4	5	5	5	5	5	4	3
Secondary	1171	3	4	4	5	5	5	4	4	3
College	983	3	4	5	5	5	5	5	4	3
University	1346	3	3	4	4	4	4	4	3	3
HOUSEHOLD INCOME										
< $20,000	533	4	6	6	7	7	7	6	6	4
$20,000–29,999	463	4	6	7	7	7	7	7	6	4
$30,000–39,999	429	5	6	7	8	8	8	7	6	5
$40,000–59,999	753	3	5	5	6	6	6	5	5	3
$60,000–79,999	508	4	6	6	7	7	7	6	6	4
$80,000–99,999	313	5	7	8	9	9	9	8	7	5
≥ $100,000	468	4	6	7	7	7	7	7	6	4
EMPLOYMENT STATUS										
Full-time worker	2480	2	3	3	3	3	3	3	3	2
Part-time worker	350	5	7	8	8	8	8	8	7	5
Unemployed	310	5	7	8	9	9	9	8	7	5
Homemaker	277	6	8	9	9	10	9	9	8	6
Student	207	7	9	10	11	11	11	10	9	7
Retired	831	3	4	5	5	6	5	5	4	3
COMMUNITY SIZE										
< 1,000	553	4	5	6	7	7	7	6	5	4
1,000–9,999	1178	3	4	4	5	5	5	4	4	3
10,000–74,999	1114	3	4	4	5	5	5	4	4	3
75,000–299,999	606	4	5	6	6	6	6	6	5	4
≥ 300,000	702	4	5	5	6	6	6	5	5	4
FAMILY COMPOSITION										
Living with a partner	2708	2	2	3	3	3	3	3	2	2
Widowed, divorced, separated	816	3	4	5	5	6	5	5	4	3
Never married	937	3	4	5	5	5	5	5	4	3
DAYS WORKED										
Less than 3 days per week	336	5	7	8	8	9	8	8	7	5
4 days per week	323	5	7	8	9	9	9	8	7	5
More than 5 days per week	2088	2	3	3	3	3	3	3	3	2

Difference between two estimates required for statistical significance

2001 Physical Activity Monitor, excluding NPHS data

		Percentage tested[1]								
	Sample	10%	20%	30%	40%	50%	60%	70%	80%	90%
SECTOR										
Private business	1157	3	4	4	5	5	5	4	4	3
Government or public organization	1017	3	4	5	5	5	5	5	4	3
Not for profit organization	137	8	11	12	13	14	13	12	11	8
INDUSTRY										
Trade and commerce	258	6	8	9	10	10	10	9	8	6
Retail and wholesale industries	258	6	8	9	10	10	10	9	8	6
Industry and manufacturing	525	4	6	6	7	7	7	6	6	4
Construction industries	135	8	11	13	13	14	13	13	11	8
Hi-tech industries	84	10	14	16	17	17	17	16	14	10
Transportation/communication	145	8	11	12	13	13	13	12	11	8
Manufacturing industries	161	8	10	11	12	13	12	11	10	8
Finance and services	1147	3	4	4	5	5	5	4	4	3
Hospitality services	90	10	13	15	16	17	16	15	13	10
Finance and business services	126	8	11	13	14	14	14	13	11	8
Government service industries	272	6	8	9	9	10	9	9	8	6
Education, health and social services	515	4	6	6	7	7	7	6	6	4
Other service industries	144	8	11	12	13	13	13	12	11	8
Agriculture and Forestry	118	9	12	13	14	15	14	13	12	9
Farming or natural resources	118	9	12	13	14	15	14	13	12	9
NUMBER OF EMPLOYEES										
< 10	362	5	7	8	8	8	8	8	7	5
11–49	572	4	5	6	7	7	7	6	5	4
50–99	269	6	8	9	9	10	9	9	8	6
100–249	288	6	7	9	9	9	9	9	7	6
250–499	197	7	9	10	11	11	11	10	9	7
500–999	138	8	11	12	13	14	13	12	11	8
> 1000	404	5	6	7	8	8	8	7	6	5
PROFESSION										
Labor	335	5	7	8	9	9	9	8	7	5
Skilled trade	459	4	6	7	7	7	7	7	6	4
Clerical	281	6	8	9	9	9	9	9	8	6
Professional	639	4	5	6	6	6	6	6	5	4
Management	470	4	6	7	7	7	7	7	6	4

Physical activity levels of adults

Statistics Canada, National Population Health Survey, 1998/99

	Moderately active or more (1.5 + KKD[1])	Inactive (0 – 1.4 KKD)
TOTAL, ADULTS (20+)	45%	55%
women	41	59*
men	48	52
20–24	57	43*
women	54	46
men	60	40
25–44	45	55*
women	41	59*
men	48	52
45–64	44	56*
women	43	57
men	45	55
65+	38	62*
women	33	67*
men	45	55
REGION		
East	40	60
Newfoundland	39	61**
Prince Edward Island	38	62**
Nova Scotia	43	57
New Brunswick	37	63**
Quebec	41	59**
Ontario	45	55
West	49	51**
Manitoba	39	61**
Saskatchewan	41	59
Alberta	50	50**
British Columbia	53	47**
North[2]	N/A	N/A
Yukon	N/A	N/A
Northwest Territories	N/A	N/A
Nunavut	N/A	N/A
EDUCATION LEVEL		
Less than secondary	36	64*
Secondary	42	58*
Some-post secondary	47	53
Post-secondary graduation	49	51

1 Kilocalories/kilogram of body weight/day; an energy expenditure of 1.5 KKD is roughly equivalent to one half hour of walking every day.

2 Data not available until September 2002, at which time the table will be updated.

** Inactivity level significantly different from National level.

* Inactivity level increases across age groups, is higher than men, is higher among less educated groups and decreases as income level increases.

Physical activity levels of adults (cont'd)

Statistics Canada, National Population Health Survey, 1998/99

	Moderately active or more (1.5 + KKD[1])	Inactive (0 – 1.4 KKD)
HOUSEHOLD INCOME		
< $20,000	38%	62%*
$20,000–29,999	41	59*
$30,000–39,999	42	58*
$40,000–59,999	44	56*
$60,000–79,999	48	52*
≥ $80,000	56	44
EMPLOYMENT STATUS		
Working, non-student	45	55
Working, student	56	44**
Student, not working	50	50
Retired	49	51
Not working, other	39	61**
COMMUNITY STATUS		
Rural	45	55
Urban	46	54
Metropolitan	42	58
MARITAL STATUS		
Living with partner	44	56
Widowed, divorced or separated	40	60**
Never married	50	50**

1 Kilocalories/kilogram of body weight/day; an energy expenditure of 1.5 KKD is roughly equivalent to walking one half hour every day.

** Inactivity level significantly different from National level.

* Inactivity level increases across age groups, is higher than men, is higher among less educated groups and decreases as income level increases.

Trends in physical inactivity since 1994[1]

Statistics Canada, National Population Health Survey

	1998	1996[2]	1994[3]
TOTAL, ADULTS (20+)	55%*, **	60%	62%
women	59*, **	62*	65
men	52*, **	58	58
20–24	43**	49	52
women	46	52	57
men	40	46	47
25–44	55*, **	59*	62
women	59**	60*	65
men	52*, **	58	58
45–64	56*, **	61	62
women	57*, **	62	63
men	55*, **	60	62
65+	62*	66	65
women	67	71	70
men	55	59	58
REGION			
East	60	66	67
Newfoundland	61**	66	69
Prince Edward Island	62*, **	71	70
Nova Scotia	57**	63	68
New Brunswick	63	68	65
Quebec	59*, **	64	67
Ontario	55*, **	59*	62
West	51*	56	54
Manitoba	61	63	58
Saskatchewan	59	65	61
Alberta	50	54	55
British Columbia	47*	53	51
North[4]	N/A	N/A	N/A
Yukon	N/A	N/A	N/A
Northwest Territories	N/A	N/A	N/A
Nunavut[5]	N/A	N/A	N/A
EDUCATION LEVEL			
Less than secondary	64**	67	69
Secondary	58	61	61
Some-post secondary	53*, **	58	61
Post-secondary graduation	51*, **	56	57

1 Inactivity for adults is defined as a daily energy expenditure of less than 1.5 KKD: 1.5 kilocalories/kilogram of body weight/day; roughly equivalent to walking one half hour every day.

2 Statistics Canada, National Population Health Survey, 1996/97.

3 Statistics Canada, National Population Health Survey, 1994/95.

4 Data not available until September 2002, at which time the table will be updated.

5 Nunavut data included in Northwest Territories for 1996 and 1994 study years.

* Inactivity level significantly less than in preceding time period.

** Inactivity level in 1998 significantly less than in 1994.

Trends in physical inactivity since 1994[1] (cont'd)

Statistics Canada, National Population Health Survey

	1998	1996	1994
HOUSEHOLD INCOME			
< $20,000	62%	64%	65%
$20,000–29,999	59**	61	65
$30,000–39,999	58	61	63
$40,000–59,999	56	59	61
$60,000–79,999	52*, **	58	58
≥ $80,000	44*, **	52	54
EMPLOYMENT STATUS			
Working, non-student	55*, **	60*	62
Working, student	44	49	50
Student, not working	50	50	58
Retired	51*, **	58	62
Not working, other	61	63	64
COMMUNITY STATUS			
Rural	55*, **	64	65
Urban	54*, **	63	60
Metropolitan	58**	59*	62
MARITAL STATUS			
Living with partner	56*, **	61	62
Widowed, divorced or separated	60	64	64
Never married	50**	53	57

1 Inactivity for adults is defined as a daily energy expenditure of less than 1.5 KKD: 1.5 kilocalories/kilogram of body weight/day; roughly equivalent to walking one half hour every day.

* Inactivity level significantly less than in preceding time period.

** Inactivity level in 1998 significantly less than in 1994.

Trends in physical inactivity since 1981

2001 Physical Activity Monitor

	Not active enough (< 3 KKD[1])						
	2001	**2000[2]**	**1999[3]**	**1998[4]**	**1997 + 1995[5]**	**1988[6]**	**1981[7]**
TOTAL, ADULTS (18+)	57%	61%	64%	63%	63%	71%	79%
women	64	67	68	67	67	78	83
men	50	54	59	59	59	64	76
18–24	43	43	48	44	45	62	70
women	53	53	60	54	48	73	74
men	33	33	36	33	42	51	67
25–44	56	59	64	65	61	73	81
women	61	66	67	69	65	79	85
men	50	53	61	62	57	67	76
45–64	62	67	68	64	67	75	83
women	66	71	69	64	70	80	84
men	56	63	67	64	64	70	83
65+	69	73	73	79	78	70	81
women	75	78	78	82	80	78	85
men	61	66	65	74	76	59	76
REGION							
East	61	64	65	69	68	77	82
Newfoundland	57	65	67	67	64	–	86
Prince Edward Island	57	65	68	73	–	–	87
Nova Scotia	63	62	65	69	69	–	78
New Brunswick	63	64	65	70	69	–	83
Quebec	64	62	72	68	63	75	82
Ontario	57	59	61	63	63	72	80
West	51	61	60	59	60	67	75
Manitoba	55	66	65	63	70	–	80
Saskatchewan	57	69	60	63	65	–	79
Alberta	50	63	62	58	61	–	74
British Columbia	49	56	57	56	55	–	74
North	59	58	51	57	–	–	–
Yukon	57	58	47	51	–	–	–
Northwest Territories	53	56	55	60	–	–	–
Nunavut	69	65	–	–	–	–	–

1 Kilocalories/kilogram of body weight/day; an energy expenditure of 3 KKD is roughly equivalent to walking one hour every day.

2 2000 Physical Activity Monitor.

2 1999 Physical Activity Monitor.

3 1998 Physical Activity Monitor.

4 1995 and 1997 Physical Activity Monitor (merged data).

5 1988 Campbell Survey on Well-Being in Canada.

6 1981 Canada Fitness Survey.

– Data unavailable because of insufficient sample size.

Popularity of physical recreation activities, age 20+

Statistics Canada, National Population Health Survey, 1998/99

Rank, 1998/99	Activity	Percent of population[1]		
		Total	Women	Men
1	Walking	69%	75%*	64%
2	Gardening, yard work	48	45	51*
3	Home exercise	29	31*	26
4	Swimming	24	24	24
5	Bicycling	24	19	28*
6	Social dancing	22	23	20
7	Golfing	13	7	18*
8	Jogging, running	12	9	16*
9	Weight training	11	8	15*
10	Fishing	11	6	16*
11	Bowling	8	8	9
12	Exercise classes, aerobics	7	10*	3
13	Baseball, softball	7	4	10*
14	In-line skating	6	5	7*
15	Skating	5	4	6*
16	Basketball	4	2	6*
17	Hockey	4	1	7*
18	Tennis	4	3	5*
19	Volleyball	3	3	4*
20	Downhill skiing	3	2	4*

1 Percentage of Canadians who participated at least once in given activity within last 3 months.

2 Data do not includeYukon, Northwest Territories, or Nunavut.

* Significantly greater than other sex.

Popularity of physical recreation activities, by age

Statistics Canada, National Population Health Survey, 1998/99

	20–24		25–44		45–64		65+	
	Top activities	**%**	**Top activities**	**%**	**Top activities**	**%**	**Top activities**	**%**
1.	Walking	67	Walking	71	Walking	70	Walking	66
2.	Social dancing	40	Gardening	50	Gardening	54	Gardening	40
3.	Home exercise	36	Home exercise	30	Home exercise	27	Home exercise	23
4.	Bicycling	35	Bicycling	30	Swimming	21	Swimming	9
5.	Swimming	34	Swimming	29	Bicycling	20	Social dancing	9
6.	Weight training	31	Social dancing	24	Social dancing	20	Bicycling	7
7.	Jogging, running	29	Jogging, running	16	Golfing	12	Golfing	6
8.	Gardening	28	Golfing	15	Fishing	9	Bowling	4
9.	In-line skating	21	Weight training	15	Jogging, running	8	Fishing	4
10.	Bowling	18	Fishing	14	Exercise classes	6	Exercise classes	3
11.	Golfing	15	Baseball, softball	10	Bowling	6	Weight training	1
12.	Baseball, softball	14	Bowling	9	Weight training	6		
13.	Basketball	14	Skating	8	Baseball, softball	3		
14.	Exercise classes	13	In-line skating	8	Skating	2		
15.	Fishing	12	Exercise classes	8	Tennis	2		
16.	Volleyball	11	Hockey	6	Downhill skiing	2		
17.	Tennis	9	Basketball	6	Volleyball	2		
18.	Hockey	7	Tennis	5	In-line skating	2		
19.	Skating	6	Volleyball	4	Hockey	2		
20.	Downhill skiing	5	Downhill skiing	3	Basketball	1		

Physical activity level of youth

Statistics Canada, National Population Health Survey, 1998/99

	Active (3.0 + KKD[1])	Inactive (0 – 2.9 KKD)
TOTAL, YOUTH (12–19)	42%	58%
Girls	36	64*
Boys	48	52
REGION		
East	42	58
Newfoundland	43	57
Prince Edward Island	–	66
Nova Scotia	51	49
New Brunswick	–	68
Quebec	38	62
Ontario	43	57
West	44	56
Manitoba	45	55
Saskatchewan	–	67
Alberta	50	50
British Columbia	42	58
North[2]	N/A	N/A
Yukon	N/A	N/A
Northwest Territories	N/A	N/A
Nunavut	N/A	N/A
YOUTH EDUCATION LEVEL		
Less than secondary	46	54*
Secondary	33	67*
Some post secondary	30	70*,**
Post-secondary graduation	–	–

1 Kilocalories/kilogram of body weight/day; an energy expenditure of 3 KKD is roughly equivalent to walking one hour every day.

2 Data not available until September 2002, at which time the table will be updated.

** Inactivity level significantly different from the National level.

* Inactivity level is higher for girls and decreases as income level increases. Inactivity level increases with education, although education level is highly correlated with age among children.

– Data unavailable because of insufficient sample size.

Physical activity level of youth (cont'd)

Statistics Canada, National Population Health Survey, 1998/99

	Active (3.0 + KKD[1])	Inactive (0 – 2.9 KKD)
HOUSEHOLD INCOME		
< $20,000	33	67*
$20,000–29,999	44	56*
$30,000–39,999	33	67*
$40,000–59,999	42	58*
$60,000–79,999	43	57*
≥ $80,000	56	44*,**
YOUTH EMPLOYMENT STATUS		
Student only	36	64
Student and working	46	54
Working	31	69**
COMMUNITY STATUS		
Rural	39	61
Urban	45	55
Metropolitan	39	61

1 Kilocalories/kilogram of body weight/day; an energy expenditure of 3 KKD is roughly equivalent to walking one hour every day.

** Inactivity level significantly different from the National level.

* Inactivity level is higher for girls and decreases as income level increases. Inactivity level increases with education, although education level is highly correlated with age among children.

– Data unavailable because of insufficient sample size.

Trends in physical inactivity[1]

Statistics Canada, National Population Health Survey

	1998[2]	1996[2,3]	1994[4]
TOTAL, YOUTH (12–19)	58%	59%	59%
Girls	64	69	70
Boys	52	50	49
REGION			
East	58	60	61
Newfoundland	57	56	63
Prince Edward Island	66	66	71
Nova Scotia	49**	65	67
New Brunswick	68**	57	50
Quebec	62	65	62
Ontario	57	61	58
West	56	53	58
Manitoba	55	60	60
Saskatchewan	67	55	68
Alberta	50	53	63
British Columbia	58	49	52
North[5]	N/A	N/A	N/A
Yukon	N/A	N/A	N/A
Northwest Territories	N/A	N/A	N/A
Nunavut	N/A	N/A	N/A
YOUTH EDUCATION LEVEL			
Less than secondary	54	58	58
Secondary	67	64	58
Some post secondary	70	70	66
Post-secondary graduation	–	48	–

1 Inactivity for youth is defined as a daily energy expenditure of less than 3.0 KKD: 3.0 kilocalories/kilogram of body weight/day; an energy expenditure of 3 KKD is roughly equivalent to walking one hour every day.

2 Inactivity level is not significantly different from that of preceding time period for any row.

3 Statistics Canada, National Population Health Survey, 1996/97.

4 Statistics Canada, National Population Health Survey, 1994/95.

5 Data not available until September 2002, at which time the table will be updated.

** Significant change in inactivity level between 1994 and 1998.

– Data unavailable because of insufficient sample size.

Trends in physical inactivity[1] (cont'd)

Statistics Canada, National Population Health Survey

	1998[2]	1996[2,3]	1994[4]
HOUSEHOLD INCOME			
< $20,000	67	56	60
$20,000–29,999	56	63	54
$30,000–39,999	67	62	62
$40,000–59,999	58	60	58
$60,000–79,999	57	55	59
≥ $80,000	44**	55	60
YOUTH EMPLOYMENT STATUS			
Student only	64	63	62
Student and working	54	59	60
Working	69	61	66
COMMUNITY STATUS			
Rural	61	66	68
Urban	55	58	58
Metropolitan	61	59	58

1 Inactivity for youth is defined as a daily energy expenditure of less than 3.0 KKD: 3.0 kilocalories/kilogram of body weight/day; an energy expenditure of 3 KKD is roughly equivalent to walking one hour every day.

2 Inactivity level is not significantly different from that of preceding time period for any row.

3 Statistics Canada, National Population Health Survey, 1996/97.

4 Statistics Canada, National Population Health Survey, 1994/95.

** Significant change in inactivity level between 1994 and 1998.

– Data unavailable because of insufficient sample size.

Physical recreation activities, age 12–19

Statistics Canada, National Population Health Survey, 1998/99

Rank, 1998/99	Activity	Percent of children[1,2]		
		Total	Girls	Boys
1	Walking	60%	72%*	49%
2	Bicycling	48	42	54*
3	Swimming	46	48	44
4	Jogging, running	44	40	48
5	Basketball	37	30	45*
6	Social dancing	37	44*	30
7	Home exercise	36	37	35
8	Gardening	28	23	34*
9	In-line skating	28	26	29
10	Volleyball	26	27	24
11	Weight training	25	14	36*
12	Bowling	20	19	20
13	Baseball, softball	17	11	24*
14	Skating	14	15	14
15	Exercise classes	14	18*	10
16	Fishing	13	7	18*
17	Golfing	13	5	20*
18	Ice hockey	13	4	21*
19	Tennis	11	8	15*
20	Downhill skiing	7	7	8

1 Percentage who participated at least once in last 3 months.

2 Data do not include Yukon, Northwest Territories, or Nunavut.

* Significantly greater than other sex.

Active commuting — walking and bicycling[1]

2001 Physical Activity Monitor

	Walked to commute[2]			Bicycled to commute[2]		
	In past year	Days/ year[3]	Minutes/ day[3]	In past year	Days/ year[4]	Minutes/ day[4]
TOTAL, ADULTS (18+)	41%	153	40	13%	57	36
women	46	158	41	9	46	37
men	35	146	38	19	63	35
18–24	56	166	34	24	68	31
women	64	167	33	16	42	31
men	48	165	35	30	82	32
25–44	42	154	38	16	52	36
women	48	161	39	11	47	40
men	35	144	37	21	55	34
45–64	33	146	45	9	60	38
women	39	156	48	6	50	41
men	27	130	40	13	65	37
65+	38	141	44	–	–	–
women	40	136	46	–	–	–
men	35	149	42	–	–	–
REGION						
East	39	137	41	8	46	40
Newfoundland	44	131	38	–	–	–
Prince Edward Island	44	128	40	13	–	38
Nova Scotia	40	146	42	–	–	–
New Brunswick	35	130	43	8	33	41
Quebec	35	158	36	13	57	36
Ontario	39	153	42	11	61	34
West	47	155	40	18	56	37
Manitoba	43	174	37	13	49	27
Saskatchewan	48	148	41	19	89	40
Alberta	42	145	40	16	34	39
British Columbia	–	158	40	20	62	37
North	59	166	36	21	49	33
Yukon	49	140	34	21	60	32
Northwest Territories	–	160	40	24	50	28
Nunavut	–	196	34	19	30	43
ENERGY EXPENDITURE						
Active (≥3 KKD[5])	41	165	39	20	70	39
Moderately active (1.5–2.9 KKD)	42	150	41	12	31	28
Somewhat active (0.5–1.4 KKD)	40	136	36	7	39	33
Sedentary (<0.5 KKD)	35	141	42	–	–	–

1 For school, work, or errands.

2 For at least 10 minutes at a time.

3 The average of those who report walking to commute.

4 The average of those who report biking to commute.

5 Kilocalories/kilogram of body weight/day; an energy expenditure of 3 KKD is roughly equivalent to walking one hour every day.

– Data unavailable because of insufficient sample size.

Active commuting — walking and bicycling[1] (cont'd)

2001 Physical Activity Monitor

	Walked to commute[2]			Bicycled to commute[2]		
	In past year	Days/ year[3]	Minutes/ day[3]	In past year	Days/ year[4]	Minutes/ day[4]
EDUCATION LEVEL						
Less than secondary	38%	168	48	7%	61	61
Secondary	38	150	44	14	51	31
College	41	146	37	13	62	31
University	42	155	34	16	58	39
EMPLOYMENT STATUS						
Full-time worker	36	153	39	15	56	38
Part-time worker	42	178	36	11	72	28
Unemployed	48	152	38	16	48	32
Homemaker	41	117	40	–	–	–
Student	66	170	38	26	69	31
Retired	40	137	50	5	40	48
DAYS WORKED PER WEEK						
Less than 3 days per week	48	170	35	12	92	44
4 days per week	43	176	30	11	31	35
More than 5 days per week	34	145	40	16	57	37
HOUSEHOLD INCOME						
< $20,000	51	172	49	16	53	42
$20,000–29,999	40	181	43	10	70	33
$30,000–39,999	48	143	40	15	31	36
$40,000–59,999	41	151	39	14	56	44
$60,000–79,999	42	126	32	13	74	37
$80,000–99,999	38	145	28	13	61	29
≥ $100,000	31	140	43	17	48	32
COMMUNITY SIZE						
< 1,000	36	170	35	8	38	25
1,000–9,999	34	144	37	15	41	27
10,000–74,999	36	139	43	12	49	40
75,000–299,999	38	142	44	11	53	43
≥ 300,000	49	157	38	17	76	39
FAMILY COMPOSITION						
Living with a partner	37	134	39	11	56	33
Widowed, divorced, separated	43	173	49	10	38	69
Never married	50	184	38	21	65	32

1 For school, work, or errands.
2 For at least 10 minutes at a time.
3 The average of those who report walking to commute.
4 The average of those who report biking to commute.
– Data unavailable because of insufficient sample size.

Active commuting — walking and bicycling[1] (cont'd)

2001 Physical Activity Monitor

	Walked to commute[2]			Bicycled to commute[2]		
	In past year	Days/ year[3]	Minutes/ day[3]	In past year	Days/ year[4]	Minutes/ day[4]
SECTOR						
Private business	34%	155	36	14%	53	33
Government or public organization	40	146	38	16	66	43
Not for profit organization	37	138	46	–	–	–
INDUSTRY						
Trade and commerce	39	153	44	14	45	28
Retail and wholesale industries	39	153	44	14	45	28
Industry and manufacturing	30	135	36	13	60	34
Construction industries	19	188	62	–	–	–
Hi-tech industries	40	161	31	–	–	–
Transportation / communication	37	148	31	–	–	–
Manufacturing industries	27	87	34	–	–	–
Finance and services	42	156	35	14	58	44
Hospitality services	52	144	36	–	–	–
Finance and business services	41	200	29	–	–	–
Government service industries	43	147	37	16	85	36
Education, health and social services	41	143	35	15	68	49
Other service industries	39	180	39	–	–	–
Agriculture and Forestry	30	215	35	–	–	–
Farming or natural resources	30	215	35	–	–	–
NUMBER OF EMPLOYEES						
< 10	35	168	31	10	32	28
11–49	33	147	41	16	67	34
50–99	34	153	37	12	35	30
100–249	36	142	39	15	72	47
250–499	37	147	37	16	41	36
500–999	37	149	32	–	–	–
> 1000	43	159	37	14	83	39
PROFESSION						
Labour	33	177	33	16	52	43
Skilled trade	34	158	41	13	72	35
Clerical	52	158	39	11	34	40
Professional	37	142	37	19	74	38
Management	31	123	31	11	50	35

1 For school, work, or errands.

2 For at least 10 minutes at a time.

3 The average of those who report walking to commute.

4 The average of those who report biking to commute.

– Data unavailable because of insufficient sample size.

Stages of change[1]

2001 Physical Activity Monitor

	Contemplation / preparation	Action	Maintenance	Relapse
TOTAL, ADULTS (18+)	5%	36%	39%	17%
women	6	35	37	19
men	4	36	42	15
18–24	–	41	34	21
women	–	41	28	25
men	–	42	39	–
25–44	5	38	35	19
women	6	39	34	21
men	4	37	37	18
45–64	6	34	41	16
women	6	32	39	19
men	–	35	43	12
65+	–	24	55	8
women	–	26	50	10
men	–	21	63	–
REGION				
East	3	39	36	18
Newfoundland	–	44	33	19
Prince Edward Island	–	39	42	15
Nova Scotia	–	37	39	18
New Brunswick	–	40	34	17
Quebec	–	33	36	20
Ontario	5	33	41	18
West	4	39	41	14
Manitoba	–	40	40	–
Saskatchewan	–	46	38	–
Alberta	–	44	38	14
British Columbia	–	33	43	15
North	5	41	33	18
Yukon	–	47	37	–
Northwest Territories	–	39	37	17
Nunavut	–	35	22	28
ENERGY EXPENDITURE				
Active (≥3 KKD[2])	–	34	56	7
Moderately active (1.5–2.9 KKD)	–	42	33	19
Somewhat active (0.5–1.4 KKD)	6	35	22	34
Sedentary (<0.5 KKD)	20	25	20	21

1 Stages *Pre-contemplation, Potential relapse* and *Dropout* make up the balance of responses and are not listed due to small proportions.

2 Kilocalories/kilogram of body weight/day; an energy expenditure of 3 KKD is roughly equivalent to walking one hour every day.

– Data unavailable because of insufficient sample size.

Stages of change[1] (cont'd)

2001 Physical Activity Monitor

	Contemplation / preparation	Action	Maintenance	Relapse
EDUCATION LEVEL				
Less than secondary	5%	30%	41%	14%
Secondary	5	38	38	17
College	6	33	36	21
University	4	38	42	16
EMPLOYMENT STATUS				
Full-time worker	5	37	38	17
Part-time worker	–	35	39	20
Unemployed	–	41	22	24
Homemaker	–	32	36	23
Student	–	38	36	20
Retired	4	25	55	8
DAYS WORKED PER WEEK				
Less than 3 days per week	–	36	44	15
4 days per week	–	36	38	19
More than 5 days per week	4	39	36	18
HOUSEHOLD INCOME				
< $20,000	9	35	34	14
$20,000–29,999	–	30	45	16
$30,000–39,999	–	37	36	21
$40,000–59,999	–	37	37	22
$60,000–79,999	–	39	37	21
$80,000–99,999	–	36	40	15
≥ $100,000	–	38	44	12
COMMUNITY SIZE				
< 1,000	–	36	35	19
1,000–9,999	4	36	40	17
10,000–74,999	4	38	39	16
75,000–299,999	–	35	40	19
≥ 300,000	5	35	41	16
MARITAL STATUS				
Living with a partner	5	35	40	17
Widowed, divorced, separated	7	30	40	16
Never married	3	39	37	18

1 Stages *Pre-contemplation, Potential relapse* and *Dropout* make up the balance of responses and are not listed due to small proportions.

– Data unavailable because of insufficient sample size.

Stages of change[1] (cont'd)

2001 Physical Activity Monitor

	Contemplation / preparation	Action	Maintenance	Relapse
SECTOR				
Private business	5%	39%	32%	21%
Government or public organization	4	38	42	15
Not for profit organization	–	41	34	20
INDUSTRY				
Trade and commerce	–	41	34	18
Retail and wholesale industries	–	41	34	18
Industry and manufacturing	–	38	32	20
Construction industries	–	31	45	–
Hi-tech industries	–	–	–	–
Transportation /communication	–	35	39	17
Manufacturing industries	–	46	25	22
Finance and services	3	39	40	17
Hospitality services	–	59	–	–
Finance and business services	–	37	30	–
Government service industries	–	30	44	22
Education, health and social services	–	41	45	12
Other service industries	–	33	37	27
Agriculture and Forestry	–	37	41	–
Farming or natural resources	–	37	41	–
NUMBER OF EMPLOYEES				
<10	–	32	45	17
11–49	–	44	30	20
50–99	–	38	35	16
100–249	–	32	42	19
250–499	–	40	37	–
500–999	–	49	31	–
>1000	–	37	34	23
PROFESSION				
Labour	–	34	36	23
Skilled trade	–	42	30	17
Clerical	–	28	35	29
Professional	–	43	39	14
Management	–	40	38	17

1 Stages *Pre-contemplation, Potential relapse* and *Dropout* make up the balance of responses and are not listed due to small proportions.

– Data unavailable because of insufficient sample size.

Barriers to being active[1]

2001 Physical Activity Monitor

	Deadlines at work[2]		Lack of time due to work[2]	
	Somewhat or not at all	Quite a bit or very important	Somewhat or not at all	Quite a bit or very important
TOTAL, ADULTS (18+)	40%	38%	35%	43%
women	39	37	32	44
men	41	39	38	42
18–24	45	29	41	39
women	38	–	26	47
men	50	31	51	34
25–44	38	39	33	45
women	39	36	32	44
men	38	42	34	47
45–64	40	40	37	41
women	39	43	35	44
men	41	37	39	38
REGION				
East	43	34	42	36
Newfoundland	43	31	41	33
Prince Edward Island	38	35	31	39
Nova Scotia	41	38	45	33
New Brunswick	46	29	41	40
Quebec	39	39	43	35
Ontario	37	42	29	50
West	44	34	34	43
Manitoba	42	33	38	36
Saskatchewan	50	27	40	33
Alberta	45	28	38	40
British Columbia	43	42	27	51
North	41	34	38	39
Yukon	48	29	42	36
Northwest Territories	38	34	37	39
Nunavut	35	42	36	45
ENERGY EXPENDITURE				
Active (≥3 KKD[3])	41	38	38	41
Moderately active (1.5–2.9 KKD)	37	38	32	45
Somewhat active (0.5–1.4 KKD)	38	39	32	45
Sedentary (<0.5 KKD)	46	37	38	47

1 Data include all persons in the workforce.

2 Mid-scale values make up the balance of responses and are not shown.

3 Kilocalories/kilogram of body weight/day; an energy expenditure of 3 KKD is roughly equivalent to walking one hour every day.

– Data unavailable because of insufficient sample size.

Barriers to being active[1] (cont'd)

2001 Physical Activity Monitor

	Deadlines at work[2]		Lack of time due to work[2]	
	Somewhat or not at all	Quite a bit or very important	Somewhat or not at all	Quite a bit or very important
EDUCATION LEVEL				
Less than secondary	43%	35%	40%	40%
Secondary	44	35	36	41
College	44	32	40	37
University	32	47	27	52
EMPLOYMENT STATUS				
Full-time worker	38	40	34	45
Part-time worker	50	30	43	34
DAYS WORKED PER WEEK				
Less than 3 days per week	54	24	49	27
4 days per week	45	31	42	37
More than 5 days per week	37	42	32	47
HOUSEHOLD INCOME				
< $20,000	43	33	35	40
$20,000–29,999	36	41	35	45
$30,000–39,999	34	43	32	46
$40,000–59,999	43	30	38	35
$60,000–79,999	41	38	30	45
$80,000–99,999	39	46	31	53
≥ $100,000	36	41	35	46
COMMUNITY SIZE				
< 1,000	51	35	36	44
1,000–9,999	40	39	39	40
10,000–74,999	37	35	33	42
75,000–299,999	38	40	32	48
≥ 300,000	38	40	36	42
MARITAL STATUS				
Living with a partner	38	40	33	45
Widowed, divorced, separated	42	41	39	40
Never married	44	30	41	38

1 Data include all persons in the workforce.

2 Mid-scale values make up the balance of responses and are not shown.

Barriers to being active[1] (cont'd)

2001 Physical Activity Monitor

	Deadlines at work[2]		Lack of time due to work[2]	
	Somewhat or not at all	Quite a bit or very important	Somewhat or not at all	Quite a bit or very important
SECTOR				
Private business	42%	38%	36%	41%
Government or public organization	37	40	33	46
Not for profit organization	34	35	48	32
INDUSTRY				
Trade and commerce	43	37	39	36
Retail and wholesale industries	43	37	39	36
Industry and manufacturing	40	39	34	44
Construction industries	48	34	39	32
Hi-tech industries	–	51	–	49
Transportation / communication	42	36	38	34
Manufacturing industries	41	36	30	53
Finance and services	36	40	33	46
Hospitality services	44	–	26	37
Finance and business services	31	46	29	56
Government service industries	40	39	34	46
Education, health and social services	30	40	30	48
Other service industries	49	34	46	34
Agriculture and Forestry	55	29	40	38
Farming or natural resources	55	29	40	38
NUMBER OF EMPLOYEES				
<10	43	35	40	39
11–49	38	41	34	43
50–99	37	37	34	42
100–249	40	37	39	40
250–499	50	32	36	44
500–999	38	49	30	49
>1000	36	39	31	47
PROFESSION				
Labour	56	27	48	36
Skilled trade	40	38	35	38
Clerical	43	27	43	31
Professional	31	44	29	51
Management	30	49	25	54

1 Data include all persons in the workforce.

2 Mid-scale values make up the balance of responses and are not shown.

– Data unavailable because of insufficient sample size.

Barriers to being active[1] (cont'd)

2001 Physical Activity Monitor

	No place to be active near work[2]		Roads too busy near work[2]	
	Somewhat or not at all	Quite a bit or very important	Somewhat or not at all	Quite a bit or very important
TOTAL, ADULTS (18+)	60%	25%	56%	31%
women	56	27	52	33
men	63	24	59	30
18–24	58	23	61	29
women	39	34	46	40
men	70	–	71	–
25–44	61	24	57	29
women	59	24	55	30
men	63	25	58	28
45–64	58	29	53	37
women	56	30	50	37
men	60	26	55	37
REGION				
East	62	22	58	28
Newfoundland	63	–	57	30
Prince Edward Island	71	–	56	30
Nova Scotia	62	–	61	28
New Brunswick	61	23	56	27
Quebec	56	28	58	30
Ontario	59	28	54	34
West	63	20	57	29
Manitoba	63	–	56	24
Saskatchewan	67	–	61	23
Alberta	63	21	54	29
British Columbia	62	–	59	33
North	63	20	68	21
Yukon	73	–	71	–
Northwest Territories	62	23	72	20
Nunavut	54	26	57	29
ENERGY EXPENDITURE				
Active (≥3 KKD[3])	65	23	60	27
Moderately active (1.5–2.9 KKD)	51	29	51	36
Somewhat active (0.5–1.4 KKD)	57	27	52	35
Sedentary (<0.5 KKD)	63	23	59	30

1 Data include all persons in the workforce.

2 Mid-scale values make up the balance of responses and are not shown.

3 Kilocalories/kilogram of body weight/day; an energy expenditure of 3 KKD is roughly equivalent to walking one hour every day.

– Data unavailable because of insufficient sample size.

Barriers to being active[1] (cont'd)

2001 Physical Activity Monitor

	No place to be active near work[2]		Roads too busy near work[2]	
	Somewhat or not at all	Quite a bit or very important	Somewhat or not at all	Quite a bit or very important
EDUCATION LEVEL				
Less than secondary	50%	33%	52%	40%
Secondary	56	23	55	31
College	60	25	56	33
University	64	25	57	28
EMPLOYMENT STATUS				
Full-time worker	60	26	56	31
Part-time worker	58	24	55	31
DAYS WORKED PER WEEK				
Less than 3 days per week	64	19	56	28
4 days per week	54	30	60	30
More than 5 days per week	60	25	55	32
HOUSEHOLD INCOME				
< $20,000	60	–	59	29
$20,000–29,999	52	31	44	43
$30,000–39,999	57	26	46	37
$40,000–59,999	54	27	58	29
$60,000–79,999	59	26	53	34
$80,000–99,999	62	26	61	25
≥ $100,000	70	20	63	28
COMMUNITY SIZE				
< 1,000	65	20	61	24
1,000–9,999	59	28	58	29
10,000–74,999	61	23	57	31
75,000–299,999	58	28	59	30
≥ 300,000	60	24	52	36
MARITAL STATUS				
Living with a partner	60	26	55	31
Widowed, divorced, separated	61	26	52	39
Never married	59	24	60	28

1 Data include all persons in the workforce.

2 Mid-scale values make up the balance of responses and are not shown.

– Data unavailable because of insufficient sample size.

Barriers to being active[1] (cont'd)

2001 Physical Activity Monitor

	No place to be active near work[2]		Roads too busy near work[2]	
	Somewhat or not at all	Quite a bit or very important	Somewhat or not at all	Quite a bit or very important
SECTOR				
Private business	59%	27%	54%	34%
Government or public organization	62	23	62	26
Not for profit organization	62	–	46	36
INDUSTRY				
Trade and commerce	54	32	43	42
Retail and wholesale industries	54	32	43	42
Industry and manufacturing	57	26	55	35
Construction industries	60	25	65	26
Hi-tech industries	56	–	53	–
Transportation / communication	51	22	40	53
Manufacturing industries	60	24	58	30
Finance and services	60	25	59	27
Hospitality services	48	–	54	30
Finance and business services	54	–	49	–
Government service industries	62	23	65	22
Education, health and social services	65	24	61	26
Other service industries	55	–	58	–
Agriculture and Forestry	55	–	56	40
Farming or natural resources	55	–	56	40
NUMBER OF EMPLOYEES				
<10	62	21	57	31
11–49	61	27	50	33
50–99	50	33	50	44
100–249	59	22	65	26
250–499	66	20	64	24
500–999	69	–	58	33
>1000	58	26	55	29
PROFESSION				
Labour	57	26	56	35
Skilled trade	63	25	62	28
Clerical	57	27	53	33
Professional	60	24	55	28
Management	59	27	54	35

1 Data include all persons in the workforce.

2 Mid-scale values make up the balance of responses and are not shown.

– Data unavailable because of insufficient sample size.

Potential influence on recruitment and turnover

2001 Physical Activity Monitor

	Influenced decision to accept current job[1,2]			Would influence decision to stay[1,2]		
	Somewhat, not at all	Moderate	Quite a bit, a great deal	Somewhat, not at all	Moderate	Quite a bit, a great deal
TOTAL, ADULTS (18+)	89%	6%	5%	59%	18%	22%
women	91	4	5	56	21	23
men	86	8	5	62	16	22
18–24	82	11	–	59	13	27
women	78	–	–	56	–	–
men	85	–	–	62	–	–
25–44	88	5	6	57	20	22
women	92	–	4	54	21	25
men	86	7	7	60	19	20
45–64	91	5	–	62	17	20
women	93	–	–	59	21	19
men	89	–	–	64	12	21
REGION						
East	85	7	7	58	20	21
Newfoundland	87	–	–	51	27	–
Prince Edward Island	81	–	–	53	–	25
Nova Scotia	83	–	–	63	–	–
New Brunswick	86	–	–	58	19	23
Quebec	94	–	–	58	21	–
Ontario	89	7	–	59	18	23
West	85	8	6	59	16	24
Manitoba	88	–	–	66	–	–
Saskatchewan	86	–	–	60	–	–
Alberta	82	–	–	59	–	25
British Columbia	86	–	–	57	–	–
North	82	9	7	55	23	21
Yukon	92	–	–	58	25	–
Northwest Territories	81	–	–	54	22	23
Nunavut	72	–	–	51	23	27
ENERGY EXPENDITURE						
Active (≥3 KKD[3])	84	7	7	53	18	29
Moderately active (1.5–2.9 KKD)	92	6	–	61	21	17
Somewhat active (0.5–1.4 KKD)	92	5	–	68	20	12
Sedentary (<0.5 KKD)	91	–	–	60	12	26

1 Data include only those persons in the workforce who have opportunities for physical activity at work.

2 “Not applicable” answers make up the balance of responses and are not shown.

3 Kilocalories/kilogram of body weight/day; an energy expenditure of 3 KKD is roughly equivalent to walking one hour every day.

– Data unavailable because of insufficient sample size.

Potential influence on recruitment and turnover (cont'd)

2001 Physical Activity Monitor

	Influenced decision to accept current job[1,2]			Would influence decision to stay[1,2]		
	Somewhat, not at all	Moderate	Quite a bit, a great deal	Somewhat, not at all	Moderate	Quite a bit, a great deal
EDUCATION LEVEL						
Less than secondary	87%	7%	–	57%	19%	22%
Secondary	88	7	4	54	17	28
College	90	4	5	56	21	23
University	88	7	4	66	16	17
EMPLOYMENT STATUS						
Full-time worker	88	6	5	60	18	22
Part-time worker	91	–	–	56	17	27
DAYS WORKED PER WEEK						
Less than 3 days per week	88	–	–	59	16	25
4 days per week	90	–	–	55	24	22
More than 5 days per week	88	6	5	60	18	22
HOUSEHOLD INCOME						
< $20,000	81	–	–	57	–	28
$20,000–29,999	89	–	–	56	18	25
$30,000–39,999	90	–	–	56	18	25
$40,000–59,999	91	6	–	58	22	19
$60,000–79,999	86	–	–	49	24	26
$80,000–99,999	88	–	–	64	17	19
≥ $100,000	86	–	–	64	17	18
COMMUNITY SIZE						
< 1,000	90	–	–	60	18	19
1,000–9,999	90	4	5	60	16	23
10,000–74,999	87	8	–	58	21	21
75,000–299,999	94	–	–	62	18	20
≥ 300,000	86	–	–	58	18	24
FAMILY COMPOSITION						
Living with a partner	89	5	4	58	19	22
Widowed, divorced, separated	91	–	–	61	18	20
Never married	85	9	5	60	16	23

1 Data include only those persons in the workforce who have opportunities for physical activity at work.

2 "Not applicable" answers make up the balance of responses and are not shown.

– Data unavailable because of insufficient sample size.

Potential influence on recruitment and turnover (cont'd)

2001 Physical Activity Monitor

	Influenced decision to accept current job[1,2]			Would influence decision to stay[1,2]		
	Somewhat, not at all	Moderate	Quite a bit, a great deal	Somewhat, not at all	Moderate	Quite a bit, a great deal
SECTOR						
Private business	89%	6%	4%	59%	20%	20%
Government or public organization	89	4	7	60	15	25
Not for profit organization	91	–	–	57	–	–
INDUSTRY						
Trade and commerce	83	–	–	54	19	26
Retail and wholesale industries	83	–	–	54	19	26
Industry and manufacturing	91	7	–	60	22	18
Construction industries	85	–	–	59	–	–
Hi-tech industries	92	–	–	62	–	–
Transportation / communication	92	–	–	54	–	25
Manufacturing industries	94	–	–	61	24	–
Finance and services	89	6	5	61	18	21
Hospitality services	90	–	–	50	–	–
Finance and business services	90	–	–	61	–	–
Government service industries	84	–	–	56	18	26
Education, health and social services	89	–	5	62	17	21
Other service industries	89	–	–	66	–	–
Agriculture and Forestry	88	–	–	52	–	–
Farming or natural resources	88	–	–	52	–	–
NUMBER OF EMPLOYEES						
< 10	85	–	–	60	15	23
11–49	87	7	5	60	17	23
50–99	92	–	–	62	13	25
100–249	92	–	–	59	23	18
250–499	89	–	–	58	19	23
500–999	90	–	–	58	–	–
> 1000	87	–	–	55	21	24
PROFESSION						
Labour	89	–	–	61	11	26
Skilled trade	89	6	–	55	20	24
Clerical	92	–	–	53	26	20
Professional	89	7	4	62	15	23
Management	85	–	–	57	23	18

1 Data include only those persons in the workforce who have opportunities for physical activity at work.

2 "Not applicable" answers make up the balance of responses and are not shown.

– Data unavailable because of insufficient sample size.

Beliefs about work-related benefits of physical activity[1]

2001 Physical Activity Monitor

	Regular physical activity helps people			
	Cope and reduced stress[2]	Increase productivity[2]	Quicker illness recovery[2]	Improve effectiveness[2]
TOTAL, ADULTS (18+)	88%	87%	85%	83%
women	90	91	87	87
men	86	84	82	79
18–24	89	89	80	78
women	92	92	87	80
men	87	87	76	77
25–44	89	87	86	82
women	90	90	87	85
men	89	85	84	79
45–64	85	86	84	86
women	91	93	88	91
men	78	78	81	81
REGION				
East	91	89	88	86
Newfoundland	87	88	92	90
Prince Edward Island	90	91	91	90
Nova Scotia	94	89	87	84
New Brunswick	89	90	86	85
Quebec	82	84	83	85
Ontario	89	87	84	79
West	90	88	85	84
Manitoba	95	91	88	85
Saskatchewan	87	85	82	80
Alberta	88	88	81	83
British Columbia	90	87	88	85
North	87	89	86	84
Yukon	89	92	91	87
Northwest Territories	89	90	85	84
Nunavut	82	82	79	78
ENERGY EXPENDITURE				
Active (≥3 KKD[3])	93	91	89	85
Moderately active (1.5–2.9 KKD)	85	87	83	85
Somewhat active (0.5–1.4 KKD)	84	83	81	78
Sedentary (<0.5 KKD)	78	76	75	74

1 Data include all persons in the workforce.

2 Percentage of respondents who agree quite a bit or a great deal that this is a benefit of physical activity.

3 Kilocalories/kilogram of body weight/day; an energy expenditure of 3 KKD is roughly equivalent to walking one hour every day.

Beliefs about work-related benefits of physical activity[1] (cont'd)

2001 Physical Activity Monitor

	Regular physical activity helps people			
	Cope and reduced stress[2]	Increase productivity[2]	Quicker illness recovery[2]	Improve effectiveness[2]
EDUCATION LEVEL				
Less than secondary	67%	74%	77%	75%
Secondary	84	84	80	78
College	78	90	89	84
University	95	90	87	87
EMPLOYMENT STATUS				
Full-time worker	87	86	83	82
Part-time worker	91	88	91	85
DAYS WORKED PER WEEK				
Less than 3 days per week	91	89	86	82
4 days per week	91	90	89	88
More than 5 days per week	86	86	84	81
HOUSEHOLD INCOME				
< $20,000	84	86	85	85
$20,000–29,999	83	85	86	80
$30,000–39,999	86	87	89	84
$40,000–59,999	83	87	79	83
$60,000–79,999	93	88	83	83
$80,000–99,999	90	85	88	78
≥ $100,000	93	92	88	87
COMMUNITY SIZE				
< 1,000	81	84	83	82
1,000–9,999	89	89	89	85
10,000–74,999	87	88	86	86
75,000–299,999	88	87	85	80
≥ 300,000	88	84	82	79
MARITAL STATUS				
Living with a partner	87	87	84	83
Widowed, divorced, separated	87	90	87	87
Never married	92	86	85	80

1 Data include all persons in the workforce.

2 Percentage of respondents who agree quite a bit or a great deal that this is a benefit of physical activity.

Beliefs about work-related benefits of physical activity[1] (cont'd)

2001 Physical Activity Monitor

	Regular physical activity helps people			
	Cope and reduced stress[2]	Increase productivity[2]	Quicker illness recovery[2]	Improve effectiveness[2]
SECTOR				
Private business	85%	85%	84%	81%
Government or public organization	91	90	87	86
Not for profit organization	94	94	84	81
INDUSTRY				
Trade and commerce	89	88	80	87
Retail and wholesale industries	89	88	80	87
Industry and manufacturing	79	78	81	74
Construction industries	76	74	79	75
Hi-tech industries	84	85	85	80
Transportation /communication	79	80	84	74
Manufacturing industries	79	75	78	69
Finance and services	92	91	88	86
Hospitality services	99	90	90	93
Finance and business services	83	89	82	75
Government service industries	88	83	82	80
Education, health and social services	97	94	92	92
Other service industries	86	95	85	80
Agriculture and Forestry	88	93	84	91
Farming or natural resources	88	93	84	91
NUMBER OF EMPLOYEES				
<10	79	81	76	79
11–49	92	89	85	85
50–99	86	87	85	81
100–249	82	85	86	84
250–499	90	89	87	85
500–999	94	90	86	83
>1000	89	88	89	81
PROFESSION				
Labour	77	80	78	75
Skilled trade	84	83	84	81
Clerical	92	92	87	84
Professional	94	90	87	87
Management	90	89	85	83

1 Data includes all persons in the workforce.

2 Percentage of respondents who agree quite a bit or a great deal that this is a benefit of physcial activity.

Absenteeism[1]

2001 Physical Activity Monitor

	Absent days from work		
	0 days[2]	1–5 days[2]	6 days or more[2]
TOTAL, ADULTS (18+)	42%	41%	16%
women	38	41	21
men	46	42	12
18–24	45	45	10
women	43	43	–
men	46	47	–
25–44	38	43	18
women	33	43	24
men	43	43	14
45–64	49	36	15
women	45	36	19
men	53	37	11
REGION			
East	44	38	17
Newfoundland	44	41	–
Prince Edward Island	43	41	–
Nova Scotia	45	38	–
New Brunswick	44	36	19
Quebec	49	38	–
Ontario	41	43	16
West	38	43	19
Manitoba	37	46	–
Saskatchewan	44	41	–
Alberta	37	47	–
British Columbia	38	38	–
North	35	46	19
Yukon	35	48	–
Northwest Territories	34	46	20
Nunavut	34	43	23
ENERGY EXPENDITURE			
Active (≥3 KKD[3])	46	41	13
Moderately active (1.5–2.9 KKD)	42	40	18
Somewhat active (0.5–1.4 KKD)	39	43	18
Sedentary (<0.5 KKD)	36	40	24

1 Data include all persons in the workforce.

2 Time absent from work within the last year due to sickness, injury, or disability.

3 Kilocalories/kilogram of body weight/day; an energy expenditure of 3 KKD is roughly equivalent to walking one hour every day.

– Data unavailable because of insufficient sample size.

Absenteeism[1] (cont'd)

2001 Physical Activity Monitor

	Absent days from work		
	0 days[2]	1–5 days[2]	6 days or more[2]
EDUCATION LEVEL			
Less than secondary	47%	32%	20%
Secondary	46	36	18
College	39	44	17
University	40	46	14
EMPLOYMENT STATUS			
Full-time worker	41	43	16
Part-time worker	55	31	14
DAYS WORKED PER WEEK			
Less than 3 days per week	52	32	16
4 days per week	44	37	19
More than 5 days per week	41	43	16
HOUSEHOLD INCOME			
< $20,000	50	32	–
$20,000–29,999	47	39	14
$30,000–39,999	41	40	19
$40,000–59,999	42	41	17
$60,000–79,999	37	45	18
$80,000–99,999	39	44	17
≥ $100,000	42	44	13
COMMUNITY SIZE			
< 1,000	42	35	23
1,000–9,999	46	36	18
10,000–74,999	46	42	12
75,000–299,999	43	42	14
≥ 300,000	36	47	17
MARITAL STATUS			
Living with a partner	44	41	16
Widowed, divorced, separated	36	37	27
Never married	41	45	14

1 Data include all persons in the workforce.

2 Time absent from work within the last year due to sickness, injury, or disability.

– Data unavailable because of insufficient sample size.

Absenteeism[1] (cont'd)

2001 Physical Activity Monitor

	Absent days from work		
	0 days[2]	**1–5 days[2]**	**6 days or more[2]**
SECTOR			
Private business	46%	41%	13%
Government or public organization	36	44	21
Not for profit organization	44	34	–
INDUSTRY			
Trade and commerce	42	40	18
Retail and wholesale industries	42	40	18
Industry and manufacturing	44	44	12
Construction industries	50	44	–
Hi-tech industries	43	51	–
Transportation /communication	49	34	–
Manufacturing industries	39	45	–
Finance and services	39	42	19
Hospitality services	45	–	–
Finance and business services	44	44	–
Government service industries	34	45	22
Education, health and social services	35	43	21
Other service industries	45	38	17
Agriculture and Forestry	46	43	–
Farming or natural resources	46	43	–
NUMBER OF EMPLOYEES			
<10	59	31	9
11–49	43	42	16
50–99	38	35	26
100–249	41	41	18
250–499	42	46	–
500–999	37	48	–
>1000	35	49	17
PROFESSION			
Labour	49	30	21
Skilled trade	43	42	16
Clerical	41	40	19
Professional	35	50	15
Management	49	43	9

1 Data include all persons in the workforce.

2 Time absent from work within the last year due to sickness, injury, or disability.

– Data unavailable because of insufficient sample size.

Employer attitude and support for physical activity

2001 Physical Activity Monitor

	Perceived employer supportiveness in physical activity[1,2]		Believe employer support would promote physical activity[3,4]	Believe employer support promotes physical activity[4]
	Somewhat or not at all	Very or Extremely		
TOTAL, ADULTS (18+)	61%	20%	45%	67%
women	62	19	44	69
men	61	22	46	66
18–24	54	23	39	61
women	50	–	–	71
men	57	25	–	55
25–44	62	21	46	68
women	62	21	47	67
men	62	21	46	69
45–64	64	18	47	69
women	67	17	42	73
men	60	20	52	65
REGION				
East	59	23	55	72
Newfoundland	61	–	–	78
Prince Edward Island	65	–	69	75
Nova Scotia	58	29	61	67
New Brunswick	59	20	50	73
Quebec	71	–	–	67
Ontario	62	19	56	67
West	52	25	56	67
Manitoba	55	27	–	67
Saskatchewan	53	25	–	70
Alberta	55	–	62	69
British Columbia	48	32	–	65
North	60	23	62	69
Yukon	60	24	–	61
Northwest Territories	58	25	62	69
Nunavut[1]	63	–	57	79
ENERGY EXPENDITURE				
Active (≥3 KKD[5])	58	24	48	70
Moderately active (1.5–2.9 KKD)	61	15	47	70
Somewhat active (0.5–1.4 KKD)	72	15	46	60
Sedentary (<0.5 KKD)	58	23	32	56

1 Data include all persons in the workforce.

2 Mid-scale values make up the balance of responses and are not shown.

3 Data include only those who perceive no support for physical activity from their employer.

4 "No" and "Don't know" answers make up the balance of responses; "Don't know" accounts for less than 9 percent of any row total.

5 Kilocalories/kilogram of body weight/day; an energy expenditure of 3 KKD is roughly equivalent to walking one hour every day.

– Data unavailable because of insufficient sample size.

Employer attitude and support for physical activity (cont'd)

2001 Physical Activity Monitor

	Perceived employer supportiveness for physical activity[1,2]		Believe employer support would promote physical activity[3,4]	Believe employer support promotes physical activity[4]
	Somewhat or not at all	Very or Extremely		
EDUCATION LEVEL				
Less than secondary	66%	22%	28%	80%
Secondary	64	20	46	68
College	57	24	48	65
University	61	17	50	66
EMPLOYMENT STATUS				
Full-time worker	61	21	49	68
Part-time worker	64	16	29	59
DAYS WORKED PER WEEK				
Less than 3 days per week	62	18	29	60
4 days per week	61	22	40	72
More than 5 days per week	61	20	50	68
HOUSEHOLD INCOME				
< $20,000	70	–	–	62
$20,000–29,999	63	23	51	80
$30,000–39,999	59	21	42	70
$40,000–59,999	66	17	42	65
$60,000–79,999	57	22	54	63
$80,000–99,999	70	15	49	63
≥ $100,000	49	25	44	73
COMMUNITY SIZE				
< 1,000	62	18	38	81
1,000–9,999	65	20	41	66
10,000–74,999	65	19	43	67
75,000–299,999	57	19	58	69
≥ 300,000	59	21	50	65
FAMILY COMPOSITION				
Living with a partner	62	20	47	69
Widowed, divorced, separated	65	23	52	68
Never married	58	22	39	61

1 Data include all persons in the workforce.

2 Mid-scale values make up the balance of responses and are not shown.

3 Data include only those who perceive no support for physical activity from their employer.

4 "No" and "Don't know" answers make up the balance of responses; "Don't know" accounts for less than 9 percent of any row total.

– Data unavailable because of insufficient sample size.

Employer attitude and support for physical activity (cont'd)

2001 Physical Activity Monitor

	Perceived employer supportiveness for physical activity[1,2]		Believe employer support would promote activity[3,4]	Believe employer support promotes physical activity[4]
	Somewhat or not at all	Very or extremely		
SECTOR				
Private business	67%	16%	43%	65%
Government or public organization	56	24	51	68
Not for profit organization	48	26	–	64
INDUSTRY				
Trade and commerce	67	18	40	62
Retail and wholesale industries	67	18	40	62
Industry and manufacturing	68	16	44	61
Construction industries	62	–	–	59
Hi-tech industries	54	–	–	–
Transportation /communication	67	–	33	64
Manufacturing industries	79	–	59	67
Finance and services	58	21	48	71
Hospitality services	66	–	–	61
Finance and business services	51	–	–	63
Government service industries	57	31	61	80
Education, health and social services	60	16	51	68
Other service industries	56	–	–	79
Agriculture and Forestry	52	–	–	68
Farming or natural resources	52	–	–	68
NUMBER OF EMPLOYEES				
< 10	56	20	35	66
11–49	68	14	41	69
50–99	65	18	38	72
100–249	69	18	51	78
250–499	59	16	56	56
500–999	58	26	–	74
> 1000	52	29	64	63
PROFESSION				
Labour	71	19	33	67
Skilled trade	61	20	41	62
Clerical	62	18	45	71
Professional	59	19	57	67
Management	55	23	46	72

1 Data include all persons in the workforce.

2 Mid-scale values make up the balance of responses and are not shown.

3 Data include only those who perceive no support for physical activity from their employer.

4 "No" and "Don't know" answers make up the balance of responses; "Don't know" accounts for less than 9 percent of any row total.

– Data unavailable because of insufficient sample size.

Incentives and rewards for physical activity at work[1]

2001 Physical Activity Monitor

	Employer allows participation in community events[2,3]	Employer offers awards or recognition
TOTAL, ADULTS (18+)	25%	10%
women	23	7
men	26	12
18–24	22	12
women	19	–
men	24	–
25–44	28	10
women	28	7
men	27	12
45–64	20	9
women	17	–
men	23	11
REGION		
East	35	11
Newfoundland	32	–
Prince Edward Island	28	–
Nova Scotia	42	–
New Brunswick	30	–
Quebec	–	–
Ontario	28	10
West	25	10
Manitoba	–	–
Saskatchewan	30	–
Alberta	22	–
British Columbia	–	–
North	45	11
Yukon	38	–
Northwest Territories	46	–
Nunavut[1]	52	–
ENERGY EXPENDITURE		
Active (≥3 KKD[4])	31	13
Moderately active (1.5–2.9 KKD)	23	5
Somewhat active (0.5–1.4 KKD)	19	–
Sedentary (<0.5 KKD)	11	–

1 Data include all persons in the workforce unless otherwise indicated.

2 Data include only those whose employer offers some degree of support for physical activity.

3 "No " and "Not applicable" answers make up the balance of responses; "Not applicable" accounts for less than 4 percent of any row total.

4 Kilocalories/kilogram of body weight/day; an energy expenditure of 3 KKD is roughly equivalent to walking one hour every day.

– Data unavailable because of insufficient sample size.

Incentives and rewards for physical activity at work[1] (cont'd)

2001 Physical Activity Monitor

	Employer allows participation in community events[2,3]	Employer offers awards or recognition
EDUCATION LEVEL		
Less than secondary	9%	8%
Secondary	19	10
College	23	10
University	36	9
EMPLOYMENT STATUS		
Full-time worker	26	10
Part-time worker	16	–
DAYS WORKED PER WEEK		
Less than 3 days per week	20	–
4 days per week	23	–
More than 5 days per week	26	10
HOUSEHOLD INCOME		
< $20,000	–	–
$20,000–29,999	–	–
$30,000–39,999	19	–
$40,000–59,999	17	6
$60,000–79,999	32	10
$80,000–99,999	34	–
≥ $100,000	42	–
COMMUNITY SIZE		
< 1,000	17	–
1,000–9,999	22	8
10,000–74,999	29	11
75,000–299,999	26	13
≥ 300,000	27	7
FAMILY COMPOSITION		
Living with a partner	26	9
Widowed, divorced, separated	16	–
Never married	25	11

1 Data include all persons in the workforce unless otherwise indicated.

2 Data include only those whose employer offers some degree of support for physical activity.

3 "No " and "Not applicable" answers make up the balance of responses; "Not applicable" accounts for less than 4 percent of any row total.

– Data unavailable because of insufficient sample size.

Incentives and rewards for physical activity at work[1] (cont'd)

2001 Physical Activity Monitor

	Employer allows participation in community events[2,3]	Employer offers awards or recognition
SECTOR		
Private business	21%	7%
Government or public organization	31	14
Not for profit organization	34	–
INDUSTRY		
Trade and commerce	13	–
Retail and wholesale industries	13	–
Industry and manufacturing	22	–
Construction industries	–	–
Hi-tech industries	43	–
Transportation /communication	22	–
Manufacturing industries	18	–
Finance and services	28	10
Hospitality services	–	–
Finance and business services	36	–
Government service industries	35	18
Education, health and social services	29	9
Other service industries	18	–
Agriculture and Forestry	–	–
Farming or natural resources	–	–
NUMBER OF EMPLOYEES		
< 10	24	–
11–49	22	7
50–99	18	–
100–249	25	–
250–499	22	–
500–999	29	–
> 1000	34	16
PROFESSION		
Labour	6	–
Skilled trade	20	9
Clerical	21	–
Professional	32	8
Management	37	13

1 Data include all persons in the workforce unless otherwise indicated.

2 Data include only those whose employer offers some degree of support for physical activity.

3 "No " and "Not applicable" answers make up the balance of responses; "Not applicable" accounts for less than 4 percent of any row total.

– Data unavailable because of insufficient sample size.

Fitness information at work[1]

2001 Physical Activity Monitor

	Fitness/health bulletin board or newsletter	Where to be active in the community	How to become more active	Physical activity seminars or workshops
TOTAL, ADULTS (18+)	32%	28%	27%	25%
women	29	26	28	23
men	34	29	26	26
18–24	24	30	26	16
women	–	29	23	–
men	28	31	28	21
25–44	29	26	26	25
women	28	25	29	26
men	30	27	23	25
45–64	40	30	30	27
women	36	28	27	23
men	44	33	33	32
REGION				
East	29	33	30	25
Newfoundland	27	32	27	–
Prince Edward Island	25	31	26	28
Nova Scotia	27	36	34	27
New Brunswick	32	29	29	25
Quebec	26	19	–	22
Ontario	38	31	29	25
West	28	31	31	27
Manitoba	28	32	32	30
Saskatchewan	23	30	35	26
Alberta	24	29	28	–
British Columbia	34	33	33	34
North	31	37	35	26
Yukon	27	37	36	27
Northwest Territories	31	34	35	25
Nunavut	37	44	33	25
ENERGY EXPENDITURE				
Active (≥3 KKD[2])	34	32	32	28
Moderately active (1.5–2.9 KKD)	29	24	21	24
Somewhat active (0.5–1.4 KKD)	30	23	23	20
Sedentary (<0.5 KKD)	30	31	25	21

1 Data include all persons in the workforce.

2 Kilocalories/kilogram of body weight/day; an energy expenditure of 3 KKD is roughly equivalent to walking one hour every day.

– Data unavailable because of insufficient sample size.

Fitness information at work[1] (cont'd)

2001 Physical Activity Monitor

	Fitness/health bulletin board or newsletter	Where to be active in the community	How to become more active	Physical activity seminars or workshops
EDUCATION LEVEL				
Less than secondary	30%	24%	21%	22%
Secondary	33	31	23	20
College	32	28	29	28
University	32	27	30	26
EMPLOYMENT STATUS				
Full-time worker	32	28	27	25
Part-time worker	27	29	28	24
DAYS WORKED PER WEEK				
Less than 3 days per week	27	27	27	24
4 days per week	33	25	22	28
More than 5 days per week	32	29	28	24
HOUSEHOLD INCOME				
< $20,000	–	27	20	–
$20,000–29,999	25	29	23	25
$30,000–39,999	26	28	26	17
$40,000–59,999	36	21	23	23
$60,000–79,999	34	33	27	34
$80,000–99,999	33	26	27	26
≥ $100,000	33	32	33	26
COMMUNITY SIZE				
< 1,000	20	26	18	17
1,000–9,999	30	26	26	21
10,000–74,999	29	28	25	25
75,000–299,999	35	28	28	30
≥ 300,000	34	28	30	25
MARITAL STATUS				
Living with a partner	32	28	27	26
Widowed, divorced, separated	33	29	30	23
Never married	29	27	24	21

1 Data include alll persons in the workforce.

– Data unavailable because of insufficient sample size.

Fitness information at work[1] (cont'd)

2001 Physical Activity Monitor

	Fitness/health bulletin board or newsletter	Where to be active in the community	How to become more active	Physical activity seminars or workshops
SECTOR				
Private Business	23%	19%	17%	15%
Government or public organization	42	40	41	37
Not for profit organization	35	31	28	28
INDUSTRY				
Trade and commerce	19	14	16	–
Retail and wholesale industries	19	14	16	–
Industry and manufacturing	33	27	22	20
Construction industries	–	–	–	–
Hi-tech industries	36	40	–	–
Transportation /communication	33	26	24	–
Manufacturing industries	37	27	21	22
Finance and services	35	32	33	32
Hospitality services	–	–	–	–
Finance and business services	–	13	29	–
Government service industries	49	43	40	34
Education, health and social services	40	39	38	41
Other service industries	24	19	25	–
Agriculture and Forestry	36	–	–	–
Farming or natural resources	36	–	–	–
NUMBER OF EMPLOYEES				
< 10	17	17	17	13
11–49	17	18	17	12
50–99	29	26	25	25
100–249	32	24	26	33
250–499	41	37	28	28
500–999	46	35	35	24
> 1000	50	42	45	39
PROFESSION				
Labour	28	25	22	18
Skilled trade	31	30	24	26
Clerical	36	24	23	24
Professional	34	29	34	29
Management	29	28	25	22

1 Data include all persons in the workforce.

– Data unavailable because of insufficient sample size.

Soft supports for activity[1]

2001 Physical Activity Monitor

	Dress-down days	Flexible working hours	Group discounts	Total smoking ban
TOTAL, ADULTS (18+)	48%	37%	24%	69%
women	50	35	21	76
men	46	39	26	63
18–24	44	43	27	47
women	39	38	–	50
men	48	46	33	45
25–44	48	37	26	70
women	52	39	24	76
men	44	36	27	64
45–64	48	33	19	78
women	49	28	18	84
men	47	38	20	70
REGION				
East	52	39	26	61
Newfoundland	50	39	–	69
Prince Edward Island	49	35	35	56
Nova Scotia	56	42	30	61
New Brunswick	50	36	23	57
Quebec	36	33	–	74
Ontario	53	35	23	68
West	48	41	29	69
Manitoba	43	32	–	67
Saskatchewan	47	39	–	63
Alberta	49	37	20	61
British Columbia	50	48	43	77
North	53	42	23	71
Yukon	52	43	28	67
Northwest Territories	58	40	25	73
Nunavut	45	45	–	75
ENERGY EXPENDITURE				
Active (≥3 KKD[2])	50	39	28	69
Moderately active (1.5–2.9 KKD)	49	35	21	70
Somewhat active (0.5–1.4 KKD)	46	36	19	72
Sedentary (<0.5 KKD)	38	32	21	62

1 Data include all persons in the workforce.

2 Kilocalories/kilogram of body weight/day; an energy expenditure of 3 KKD is roughly equivalent to walking one hour every day.

– Data unavailable because of insufficient sample size.

Soft supports for activity[1] (cont'd)

2001 Physical Activity Monitor

	Dress-down days	Flexible working hours	Group discounts	Total smoking ban
EDUCATION LEVEL				
Less than secondary	34%	29%	10%	54%
Secondary	43	34	21	59
College	47	37	26	68
University	55	41	28	82
EMPLOYMENT STATUS				
Full-time worker	48	36	25	69
Part-time worker	47	42	12	73
DAYS WORKED PER WEEK				
Less than 3 days per week	54	46	11	74
4 days per week	41	32	17	74
More than 5 days per week	48	36	27	67
HOUSEHOLD INCOME				
< $20,000	45	39	–	57
$20,000–29,999	38	44	14	64
$30,000–39,999	50	31	22	66
$40,000–59,999	46	31	20	69
$60,000–79,999	47	42	34	67
$80,000–99,999	49	35	23	72
≥ $100,000	57	42	31	76
COMMUNITY SIZE				
< 1,000	40	33	17	64
1,000–9,999	47	34	23	65
10,000–74,999	40	28	26	69
75,000–299,999	52	37	23	71
≥ 300,000	53	45	27	73
MARITAL STATUS				
Living with a partner	49	36	23	72
Widowed, divorced, separated	49	36	20	70
Never married	44	41	27	59

1 Data include all persons in the workforce.

– Data unavailable because of insufficient sample size.

Soft supports for activity[1] (cont'd)

2001 Physical Activity Monitor

	Dress-down days	Flexible working hours	Group discounts	Total smoking ban
SECTOR				
Private Business	42%	31%	19%	61%
Government or public organization	55	41	31	82
Not for profit organization	63	51	–	70
INDUSTRY				
Trade and commerce	39	36	11	72
Retail and wholesale industries	39	36	11	72
Industry and manufacturing	47	30	25	57
Construction industries	36	28	–	37
Hi-tech industries	71	57	51	79
Transportation /communication	49	31	24	62
Manufacturing industries	38	16	22	52
Finance and services	51	38	25	80
Hospitality services	–	34	–	47
Finance and business services	57	45	–	83
Government service industries	64	57	24	88
Education, health and social services	54	32	27	87
Other service industries	32	36	–	61
Agriculture and Forestry	32	37	–	51
Farming or natural resources	32	37	–	51
NUMBER OF EMPLOYEES				
< 10	50	42	6	65
11–49	44	35	17	69
50–99	43	27	24	72
100–249	50	32	25	74
250–499	47	32	26	64
500–999	59	43	31	68
> 1000	50	45	41	71
PROFESSION				
Labour	35	30	18	47
Skilled trade	41	33	23	64
Clerical	56	35	18	80
Professional	54	39	27	80
Management	55	44	27	74

1 Data include all persons in the workforce.

– Data unavailable because of insufficient sample size.

Stair climbing at work[1]

2001 Physical Activity Monitor

	Easily accessible	Signs indicating location[2]	Signs encouraging use[2]
TOTAL, ADULTS (18+)	74%	51%	14%
women	77	54	14
men	72	49	13
18–24	70	42	18
women	73	40	–
men	68	42	–
25–44	72	50	11
women	74	52	12
men	71	48	11
45–64	80	57	16
women	84	60	17
men	76	54	15
REGION			
East	76	54	14
Newfoundland	79	57	–
Prince Edward Island	74	51	–
Nova Scotia	75	54	–
New Brunswick	76	51	–
Quebec	74	43	–
Ontario	76	57	16
West	73	52	14
Manitoba	76	51	–
Saskatchewan	74	46	–
Alberta	75	55	–
British Columbia	70	51	–
North	79	50	12
Yukon	81	45	–
Northwest Territories	83	58	16
Nunavut	69	43	–
ENERGY EXPENDITURE			
Active (≥3 KKD[3])	77	56	18
Moderately active (1.5–2.9 KKD)	78	52	11
Somewhat active (0.5–1.4 KKD)	67	42	8
Sedentary (<0.5 KKD)	69	49	–

1 Data include all persons in the workforce unless otherwise stated.

2 Data do not include those who work at home.

3 Kilocalories/kilogram of body weight/day; an energy expenditure of 3 KKD is roughly equivalent to walking one hour every day.

– Data unavailable because of insufficient sample size.

Stair climbing at work[1] (cont'd)

2001 Physical Activity Monitor

	Easily accessible	Signs indicating location[2]	Signs encouraging use[2]
EDUCATION LEVEL			
Less than secondary	69%	40%	21%
Secondary	75	52	14
College	72	52	15
University	78	54	10
EMPLOYMENT STATUS			
Full-time worker	74	52	14
Part-time worker	76	48	12
DAYS WORKED PER WEEK			
Less than 3 days per week	73	49	11
4 days per week	80	53	14
More than 5 days per week	74	51	14
HOUSEHOLD INCOME			
< $20,000	70	40	–
$20,000–29,999	74	48	–
$30,000–39,999	75	48	–
$40,000–59,999	74	48	8
$60,000–79,999	72	55	18
$80,000–99,999	79	53	–
≥ $100,000	77	57	12
COMMUNITY SIZE			
< 1,000	70	33	–
1,000–9,999	71	49	11
10,000–74,999	74	45	12
75,000–299,999	77	49	15
≥ 300,000	77	63	16
MARITAL STATUS			
Living with a partner	74	51	14
Widowed, divorced, separated	75	53	–
Never married	75	54	15

1 Data include all persons in the workforce unless otherwise stated.

2 Data do not include those who work at home.

– Data unavailable because of insufficient sample size.

Stair climbing at work[1] (cont'd)

2001 Physical Activity Monitor

	Easily accessible	Signs indicating location[2]	Signs encouraging use[2]
SECTOR			
Private Business	69%	44%	12%
Government or public organization	81	60	14
Not for profit organization	85	64	–
INDUSTRY			
Trade and commerce	65	34	–
Retail and wholesale industries	65	34	–
Industry and manufacturing	71	48	16
Construction industries	57	29	–
Hi-tech industries	77	57	–
Transportation /communication	63	46	–
Manufacturing industries	76	52	23
Finance and services	79	58	13
Hospitality services	76	59	–
Finance and business services	68	53	–
Government service industries	73	63	–
Education, health and social services	87	61	13
Other service industries	72	47	–
Agriculture and Forestry	75	51	–
Farming or natural resources	75	51	–
NUMBER OF EMPLOYEES			
< 10	61	27	–
11–49	65	39	8
50–99	71	53	–
100–249	81	60	17
250–499	71	51	17
500–999	90	52	–
> 1000	86	70	20
PROFESSION			
Labour	69	43	16
Skilled trade	71	52	18
Clerical	77	51	–
Professional	80	57	13
Management	76	57	12

1 Data inlcude all persons in the workforce unless otherwise stated.

2 Data do not include those who work at home.

– Data unavailable because of insufficient sample size.

Participation at work[1]

2001 Physical Activity Monitor

	Used group discounts[2]	Participated in sports, clubs, or events[3]	Participated in fitness programs[4]	Used facilities and programs[5,6]		
				Once a week	On Occasion	Not at all
TOTAL, ADULTS (18+)	38%	36%	44%	19%	18%	56%
Women	34	30	43	11	17	63
Men	41	40	45	28	18	50
18–24	–	32	–	–	–	–
Women	–	–	–	–	–	–
Men	–	30	–	–	–	–
25–44	39	41	48	20	17	54
Women	37	32	54	–	–	64
Men	41	47	43	29	21	43
45–64	24	28	34	16	–	67
Women	–	24	–	–	–	68
Men	–	31	–	–	–	66
REGION						
East	30	42	47	–	21	55
Newfoundland	–	–	–	–	–	–
Prince Edward Island	–	43	–	–	–	–
Nova Scotia	–	43	–	–	–	–
New Brunswick	–	43	–	–	–	59
Quebec	–	36	–	–	–	–
Ontario	33	28	–	–	–	61
West	40	44	–	26	–	53
Manitoba	–	–	–	–	–	–
Saskatchewan	–	40	–	–	–	–
Alberta	–	42	–	–	–	–
British Columbia	–	49	–	–	–	–
North	36	45	–	27	21	44
Yukon	–	37	–	–	–	–
Northwest Territories	–	50	–	–	–	50
Nunavut	–	48	–	–	–	–
ENERGY EXPENDITURE						
Active (≥3 KKD[7])	47	45	59	30	16	45
Moderately active (1.5–2.9 KKD)	33	30	–	–	–	64
Somewhat active (0.5–1.4 KKD)	–	29	–	–	–	74
Sedentary (<0.5 KKD)	–	–	–	–	–	–

1 Data include all persons in the workforce unless otherwise indicated.
2 Data include only those who are offered group discounts.
3 Data include only those whose workplace offers clubs, sports, or recreational events.
4 Data include only those whose workplace offers individual or group fitness programs.
5 Data include only those who have access to fitness facilities, rooms for physical activity, exercise equipment, or other fitness opportunities at work.
6 Within the past year; "Never use facilities" answers make up the balance of responses.
7 Kilocalories/kilogram of body weight/day; an energy expenditure of 3 KKD is roughly equivalent to walking one hour every day.
– Data unavailable because of insufficient sample size.

Participation at work[1] (cont'd)

2001 Physical Activity Monitor

	Used group discounts[2]	Participated in sports, clubs or events[3]	Participated in fitness programs[4]	Used facilities and programs[5,6]		
				Once a week	On occasion	Not at all
EDUCATION LEVEL						
Less than secondary	–	28%	–	–	–	–
Secondary	41	37	44	–	–	59
College	42	33	–	–	–	55
University	35	39	46	22	18	54
EMPLOYMENT STATUS						
Full-time worker	39	37	45	21	18	55
Part-time worker	–	25	–	–	–	65
DAYS WORKED PER WEEK						
Less than 3 days per week	–	23	–	–	–	74
4 days per week	–	34	–	–	–	56
More than 5 days per week	41	37	48	21	19	54
HOUSEHOLD INCOME						
< $20,000	–	–	–	–	–	–
$20,000–29,999	–	–	–	–	–	–
$30,000–39,999	–	50	–	–	–	63
$40,000–59,999	42	27	–	–	–	65
$60,000–79,999	30	47	–	–	–	50
$80,000–99,999	–	41	–	–	–	44
≥ $100,000	39	41	–	–	–	64
COMMUNITY SIZE						
< 1,000	–	32	–	–	–	65
1,000–9,999	43	41	38	17	16	67
10,000–74,999	36	40	–	–	23	43
75,000–299,999	36	35	–	–	–	52
≥ 300,000	42	33	–	–	–	60
MARITAL STATUS						
Living with a partner	34	36	44	17	15	60
Widowed, divorced, separated	–	28	–	–	–	58
Never married	49	38	–	–	27	43

1 Data include all persons in the workforce unless otherwise indicated.
2 Data include only those who are offered group discounts.
3 Data include only those whose workplace offers clubs, sports, or recreational events.
4 Data include only those whose workplace offers individual or group fitness programs.
5 Data include only those who have access to fitness facilities, rooms for physical activity, exercise equipment, or other fitness opportunities at work.
6 Within the past year; "Never use facilities" answers make up the balance of responses.
– Data unavailable because of insufficient sample size.

Participation at work[1] (cont'd)

2001 Physical Activity Monitor

	Used group discounts[2]	Participated in sports, clubs or events[3]	Participated in fitness programs[4]	Used facilities and programs[5,6]		
				Once a week	On Occasion	Not at all
SECTOR						
Private Business	39%	37%	52%	–	16%	64%
Government or public organization	38	36	46	23	16	54
Not for profit organization	–	–	–	–	–	–
INDUSTRY						
Trade and commerce	–	54	–	–	–	–
Retail and wholesale industries	–	54	–	–	–	–
Industry and manufacturing	29	30	–	–	–	65
Construction industries	–	–	–	–	–	–
Hi-tech industries	–	–	–	–	–	–
Transportation /communication	–	–	–	–	–	–
Manufacturing industries	–	34	–	–	–	–
Finance and services	32	35	47	19	19	56
Hospitality services	–	–	–	–	–	–
Finance and business services	–	23	–	–	–	–
Government service industries	–	46	–	–	–	48
Education, health and social services	26	33	–	15	15	61
Other service industries	–	–	–	–	–	–
Agriculture and Forestry	–	37	–	–	–	–
Farming or natural resources	–	37	–	–	–	–
NUMBER OF EMPLOYEES						
< 10	–	30	–	–	–	–
11–49	50	38	–	26	–	52
50–99	–	38	–	–	–	52
100–249	–	44	–	–	–	55
250–499	–	42	–	–	–	–
500–999	–	44	–	–	–	–
> 1000	28	28	40	–	–	61
PROFESSION						
Labour	–	29	–	–	–	57
Skilled trade	–	31	–	–	–	60
Clerical	–	35	–	–	–	68
Professional	42	37	38	24	15	54
Management	40	45	67	–	–	43

1 Data include all persons in the workforce unless otherwise indicated.
2 Data include only those who are offered group discounts.
3 Data include only those whose workplace offers clubs, sports, or recreational events.
4 Data include only those whose workplace offers individual or group fitness programs.
5 Data include only those who have access to fitness facilities, rooms for physical activity, exercise equipment, or other fitness opportunities at work.
6 Within the past year; "Never use facilities" answers make up the balance of responses.
– Data unavailable because of insufficient sample size.

Occasional opportunities at work[1]

2001 Physical Activity Monitor

	Recreational events	Team sports	Physical activity events	Physical activity clubs	Short exercise breaks
TOTAL, ADULTS (18+)	53%	31%	23%	14%	8%
women	44	25	24	13	8
men	61	37	22	15	8
18–24	49	33	18	–	11
women	32	23	–	–	–
men	59	39	–	–	–
25–44	55	32	24	15	8
women	47	27	26	13	9
men	63	37	22	16	8
45–64	51	29	23	15	6
women	43	22	23	14	–
men	59	36	23	15	–
REGION					
East	45	36	26	14	9
Newfoundland	41	34	23	–	–
Prince Edward Island	54	29	21	–	–
Nova Scotia	52	41	30	–	–
New Brunswick	39	33	23	14	–
Quebec	50	28	–	–	–
Ontario	55	34	26	15	9
West	55	31	23	13	6
Manitoba	54	34	–	–	–
Saskatchewan	55	36	–	–	–
Alberta	53	27	27	–	–
British Columbia	57	32	–	–	–
North	36	31	40	12	9
Yukon	39	–	37	–	–
Northwest Territories	44	34	46	14	–
Nunavut	21	44	32	–	–
ENERGY EXPENDITURE					
Active (≥3 KKD[2])	61	35	27	16	9
Moderately active (1.5–2.9 KKD)	52	29	22	15	6
Somewhat active (0.5–1.4 KKD)	43	31	20	11	9
Sedentary (<0.5 KKD)	38	22	15	–	–

1 Data include all persons in the workforce.

2 Kilocalories/kilogram of body weight/day; an energy expenditure of 3 KKD is roughly equivalent to walking one hour every day.

– Data unavailable because of insufficient sample size.

Occasional opportunities at work[1] (cont'd)

2001 Physical Activity Monitor

	Recreational events	Team sports	Physical activity events	Physical activity clubs	Short exercise breaks
EDUCATION LEVEL					
Less than secondary	34%	27%	15%	11%	9%
Secondary	54	30	17	11	10
College	54	32	24	14	6
University	58	34	30	17	8
EMPLOYMENT STATUS					
Full-time worker	56	33	24	14	8
Part-time worker	34	19	14	11	10
DAYS WORKED PER WEEK					
Less than 3 days per week	36	18	13	14	–
4 days per week	43	31	23	13	–
More than 5 days per week	57	34	24	14	8
HOUSEHOLD INCOME					
< $20,000	–	–	–	–	–
$20,000–29,999	37	24	10	–	–
$30,000–39,999	46	30	21	13	–
$40,000–59,999	54	28	24	14	7
$60,000–79,999	64	34	29	17	8
$80,000–99,999	62	42	24	11	–
≥ $100,000	59	38	30	18	–
COMMUNITY SIZE					
< 1,000	45	22	13	–	–
1,000–9,999	52	30	20	12	8
10,000–74,999	56	31	24	17	6
75,000–299,999	57	31	24	14	–
≥ 300,000	54	36	27	15	8
MARITAL STATUS					
Living with a partner	53	30	25	15	8
Widowed, divorced, separated	46	30	18	–	–
Never married	54	37	19	13	8

1 Data include all persons in the workforce.

– Data unavailable because of insufficient sample size.

Occasional opportunities at work[1] (cont'd)

2001 Physical Activity Monitor

	Recreational events	Team sports	Physical activity events	Physical activity clubs	Short exercise breaks
SECTOR					
Private Business	48%	26%	15%	8%	6%
Government or public organization	61	40	35	22	10
Not for profit organization	44	–	–	–	–
INDUSTRY					
Trade and commerce	39	19	14	–	–
Retail and wholesale industries	39	19	14	–	–
Industry and manufacturing	62	40	21	13	7
Construction industries	55	23	–	–	–
Hi-tech industries	63	50	–	–	–
Transportation /communication	60	43	28	–	–
Manufacturing industries	66	41	–	–	–
Finance and services	52	31	29	17	8
Hospitality services	49	–	–	–	–
Finance and business services	62	33	34	–	–
Government service industries	66	40	41	24	15
Education, health and social services	46	27	31	17	6
Other service industries	51	33	–	–	–
Agriculture and Forestry	56	23	–	–	–
Farming or natural resources	56	23	–	–	–
NUMBER OF EMPLOYEES					
< 10	23	10	6	–	–
11–49	44	16	18	9	7
50–99	47	28	15	–	–
100–249	59	41	23	14	–
250–499	68	36	27	–	–
500–999	71	42	29	17	–
> 1000	70	57	42	27	13
PROFESSION					
Labour	44	31	18	–	11
Skilled trade	56	32	19	14	–
Clerical	54	28	23	16	–
Professional	59	36	30	17	6
Management	54	31	23	13	7

1 Data include all perosns in the workforce.

– Data unavailable because of insufficient sample size.

Opportunities for physical activity near work[1]

2001 Physical Activity Monitor

	Places to walk or jog	Fitness or sport facilities	Playing fields at/near work	Open spaces at work
TOTAL, ADULTS (18+)	54%	45%	35%	31%
women	59	47	38	31
men	49	43	32	31
18–24	50	41	40	34
women	49	40	42	28
men	51	41	38	38
25–44	54	46	33	31
women	62	50	35	29
men	48	42	31	32
45–64	54	44	36	31
women	59	43	42	36
men	50	44	30	26
REGION				
East	59	53	40	30
Newfoundland	55	50	39	33
Prince Edward Island	67	58	45	32
Nova Scotia	63	60	42	30
New Brunswick	56	46	37	29
Quebec	48	32	29	31
Ontario	52	51	33	29
West	59	44	40	34
Manitoba	61	47	41	40
Saskatchewan	51	47	46	32
Alberta	59	44	39	32
British Columbia	61	44	37	36
North	63	55	46	32
Yukon	71	43	38	26
Northwest Territories	65	65	47	33
Nunavut	50	55	55	39
ENERGY EXPENDITURE				
Active (≥3 KKD[2])	54	46	38	35
Moderately active (1.5–2.9 KKD)	59	48	34	28
Somewhat active (0.5–1.4 KKD)	49	40	29	28
Sedentary (<0.5 KKD)	47	37	30	28

1 Data include all persons in the workforce.

2 Kilocalories/kilogram of body weight/day; an energy expenditure of 3 KKD is roughly equivalent to walking one hour every day.

– Data unavailable because of insufficient sample size.

Opportunities for physical activity near work[1](cont'd)

2001 Physical Activity Monitor

	Places to walk or jog	Fitness or sport facilities	Playing fields at/near work	Open spaces at work
EDUCATION LEVEL				
Less than secondary	42%	29%	32%	23%
Secondary	48	39	35	27
College	54	46	31	32
University	61	52	39	37
EMPLOYMENT STATUS				
Full-time worker	53	45	34	32
Part-time worker	58	39	40	29
DAYS WORKED PER WEEK				
Less than 3 days per week	61	47	42	35
4 days per week	60	40	38	30
More than 5 days per week	52	45	33	31
HOUSEHOLD INCOME				
< $20,000	63	44	44	23
$20,000–29,999	43	35	27	28
$30,000–39,999	36	29	27	24
$40,000–59,999	56	36	36	33
$60,000–79,999	58	53	41	34
$80,000–99,999	53	47	34	38
≥ $100,000	60	56	33	31
COMMUNITY SIZE				
< 1,000	55	32	48	40
1,000–9,999	57	42	40	36
10,000–74,999	52	45	36	34
75,000–299,999	48	42	25	29
≥ 300,000	57	53	34	27
MARITAL STATUS				
Living with a partner	54	43	34	32
Widowed, divorced, separated	55	47	38	35
Never married	52	49	35	29

1 Data include all persons in the workforce.

– Data unavailable because of insufficient sample size.

Opportunities for physical activity near work[1] (cont'd)

2001 Physical Activity Monitor

	Places to walk or jog	Fitness or sport facilities	Playing fields at/near work	Open spaces at work
SECTOR				
Private Business	45%	39%	26%	23%
Government or public organization	67	54	46	44
Not for profit organization	57	52	38	34
INDUSTRY				
Trade and commerce	36	31	26	11
Retail and wholesale industries	36	31	26	11
Industry and manufacturing	42	39	22	26
Construction industries	43	31	21	–
Hi-tech industries	61	53	–	–
Transportation /communication	41	47	21	19
Manufacturing industries	33	32	21	30
Finance and services	63	52	44	37
Hospitality services	51	50	42	–
Finance and business services	62	56	22	–
Government service industries	67	64	38	34
Education, health and social services	68	55	55	49
Other service industries	51	33	38	34
Agriculture and Forestry	52	29	38	45
Farming or natural resources	52	29	38	45
NUMBER OF EMPLOYEES				
< 10	52	38	39	23
11–49	50	40	39	38
50–99	50	32	26	32
100–249	56	50	38	31
250–499	49	48	25	29
500–999	62	43	34	27
> 1000	63	58	32	32
PROFESSION				
Labour	45	32	36	32
Skilled trade	43	41	28	30
Clerical	58	43	32	27
Professional	65	55	43	35
Management	52	49	28	28

1 Data include all persons in the workforce.

– Data unavailable because of insufficient sample size.

Fitness instruction or counselling at work[1]

2001 Physical Activity Monitor

	Fitness testing or activity counselling	Instruction for building a physical activity program	Instruction in physical activities
TOTAL, ADULTS (18+)	13%	11%	11%
women	12	9	10
men	14	12	12
18–24	11	–	17
women	–	–	–
men	–	–	–
25–44	14	10	11
women	13	8	12
men	14	11	10
45–64	14	11	9
women	14	10	8
men	15	12	10
REGION			
East	18	13	14
Newfoundland	–	–	–
Prince Edward Island	–	–	–
Nova Scotia	–	–	–
New Brunswick	13	–	–
Quebec	–	–	–
Ontario	14	12	12
West	15	11	11
Manitoba	–	–	–
Saskatchewan	–	–	–
Alberta	–	–	–
British Columbia	–	–	–
North	13	12	13
Yukon	–	–	–
Northwest Territories	16	–	16
Nunavut	–	–	–
ENERGY EXPENDITURE			
Active (≥3 KKD[2])	15	12	14
Moderately active (1.5–2.9 KKD)	11	10	9
Somewhat active (0.5–1.4 KKD)	12	7	9
Sedentary (<0.5 KKD)	–	–	–

1 Data include all persons in the workforce.

2 Kilocalories/kilogram of body weight/day; an energy expenditure of 3 KKD is roughly equivalent to walking one hour every day.

– Data unavailable because of insufficient sample size.

Fitness instruction or counselling at work[1] (cont'd)

2001 Physical Activity Monitor

	Fitness testing or activity counselling	Instruction for building a physical activity program	Instruction in physical activities
EDUCATION LEVEL			
Less than secondary	6%	7%	4%
Secondary	10	10	12
College	16	11	13
University	16	11	10
EMPLOYMENT STATUS			
Full-time worker	14	11	11
Part-time worker	9	10	10
DAYS WORKED PER WEEK			
Less than 3 days per week	–	–	11
4 days per week	14	–	7
More than 5 days per week	13	11	12
HOUSEHOLD INCOME			
< $20,000	–	–	–
$20,000–29,999	–	–	–
$30,000–39,999	–	–	10
$40,000–59,999	8	8	11
$60,000–79,999	17	12	12
$80,000–99,999	17	–	–
≥ $100,000	20	11	13
COMMUNITY SIZE			
< 1,000	–	–	–
1,000–9,999	13	7	11
10,000–74,999	13	9	11
75,000–299,999	14	14	12
≥ 300,000	15	13	12
FAMILY COMPOSITION			
Living with a partner	14	10	10
Widowed, divorced, separated	11	12	12
Never married	12	12	13

1 Data include all persons in the workforce.

– Data unavailable because of insufficient sample size.

Fitness instruction or counselling at work[1] (cont'd)

2001 Physical Activity Monitor

	Fitness testing or activity counselling	Instruction to build a physical activity program	Instruction in physical activities
SECTOR			
Private business	9%	6%	7%
Government or public organization	21	16	17
Not for profit organization	–	–	–
INDUSTRY			
Trade and commerce	–	–	–
Retail and wholesale industries	–	–	–
Industry and manufacturing	11	8	9
Construction industries	–	–	–
Hi-tech industries	–	–	–
Transportation /communication	–	–	–
Manufacturing industries	–	–	–
Finance and services	17	13	12
Hospitality services	–	–	–
Finance and business services	–	–	–
Government service industries	24	15	16
Education, health and social services	19	13	13
Other service industries	–	–	–
Agriculture and Forestry	–	–	–
Farming or natural resources	–	–	–
NUMBER OF EMPLOYEES			
< 10	–	–	–
11–49	6	5	9
50–99	–	–	–
100–249	13	9	16
250–499	15	–	–
500–999	–	–	–
> 1000	28	21	18
PROFESSION			
Labour	9	–	10
Skilled trade	11	9	12
Clerical	15	–	–
Professional	16	12	10
Management	14	13	14

1 Data include all persons in the workforce.

– Data unavailable because of insufficient sample size.

Amenities at work to support activity[1]

2001 Physical Activity Monitor

	Showers	Change areas	Bicycle racks
TOTAL, ADULTS (18+)	32%	38%	36%
women	29	33	36
men	35	42	36
18–24	26	38	40
women	–	32	35
men	32	43	43
25–44	34	40	38
women	32	36	39
men	36	43	37
45–64	31	34	30
women	26	30	31
men	37	39	29
REGION			
East	31	35	28
Newfoundland	34	38	–
Prince Edward Island	31	35	30
Nova Scotia	33	37	30
New Brunswick	27	32	30
Quebec	30	31	32
Ontario	34	42	35
West	33	40	42
Manitoba	35	49	52
Saskatchewan	29	35	42
Alberta	29	32	42
British Columbia	38	44	39
North	29	33	37
Yukon	33	33	46
Northwest Territories	30	37	45
Nunavut	23	26	–
ENERGY EXPENDITURE			
Active (≥3 KKD[2])	39	45	39
Moderately active (1.5–2.9 KKD)	27	32	35
Somewhat active (0.5–1.4 KKD)	27	33	38
Sedentary (<0.5 KKD)	27	33	16

1 Data include all persons in the workforce.

2 Kilocalories/kilogram of body weight/day; an energy expenditure of 3 KKD is roughly equivalent to walking one hour every day.

– Data unavailable because of insufficient sample size.

Amenities at work to support activity[1] (cont'd)

2001 Physical Activity Monitor

	Showers	Change areas	Bicycle racks
EDUCATION LEVEL			
Less than secondary	25%	31%	21%
Secondary	29	40	35
College	35	39	35
University	34	38	42
EMPLOYMENT STATUS			
Full-time worker	34	39	36
Part-time worker	23	34	33
DAYS WORKED PER WEEK			
Less than 3 days per week	24	40	33
4 days per week	26	30	37
More than 5 days per week	35	39	36
HOUSEHOLD INCOME			
< $20,000	22	25	–
$20,000–29,999	26	28	27
$30,000–39,999	26	29	32
$40,000–59,999	30	39	33
$60,000–79,999	41	51	43
$80,000–99,999	43	37	40
≥ $100,000	38	40	38
COMMUNITY SIZE			
< 1,000	27	32	19
1,000–9,999	33	36	35
10,000–74,999	28	36	34
75,000–299,999	35	40	37
≥ 300,000	35	41	41
MARITAL STATUS			
Living with a partner	32	38	35
Widowed, divorced, separated	32	33	30
Never married	34	41	40

1 Data include all persons in the workforce.

– Data unavailable because of insufficient sample size.

Amenities at work to support activity[1] (cont'd)

2001 Physical Activity Monitor

	Showers	Change areas	Bicycle racks
SECTOR			
Private Business	26%	33%	27%
Government or public organization	42	48	49
Not for profit organization	31	24	34
INDUSTRY			
Trade and commerce	–	20	24
Retail and wholesale industries	–	20	24
Industry and manufacturing	37	42	34
Construction industries	–	–	–
Hi-tech industries	42	–	46
Transportation /communication	35	37	28
Manufacturing industries	48	57	43
Finance and services	34	40	42
Hospitality services	–	38	42
Finance and business services	–	–	26
Government service industries	46	50	49
Education, health and social services	40	49	49
Other service industries	28	28	29
Agriculture and Forestry	31	37	–
Farming or natural resources	31	37	–
NUMBER OF EMPLOYEES			
< 10	14	19	13
11–49	20	28	24
50–99	31	41	28
100–249	37	42	41
250–499	38	41	36
500–999	50	57	65
> 1000	50	49	57
PROFESSION			
Labour	31	39	32
Skilled trade	33	41	30
Clerical	22	28	33
Professional	37	41	48
Management	35	39	32

1 Data include all persons in the workforce.

– Data unavailable because of insufficient sample size.

Fitness facilities at work[1]

2001 Physical Activity Monitor

	Community fitness facilities	Workplace fitness facilities	Exercise equipment at work	Rooms for activity at work	Other opportunities for activity
TOTAL, ADULTS (18+)	20%	17%	15%	13%	14%
women	21	16	15	14	13
men	19	18	16	11	14
18–24	12	17	11	10	18
women	17	–	–	–	–
men	–	19	–	–	–
25–44	21	18	15	14	15
women	22	18	16	17	16
men	20	18	13	11	14
45–64	21	15	17	12	9
women	21	13	15	12	9
men	20	17	20	12	10
REGION					
East	29	18	18	16	17
Newfoundland	34	–	–	15	–
Prince Edward Island	30	–	–	12	–
Nova Scotia	28	–	–	19	–
New Brunswick	27	17	15	15	15
Quebec	–	–	–	–	–
Ontario	18	18	17	13	13
West	24	20	17	17	18
Manitoba	–	28	–	–	–
Saskatchewan	26	–	–	–	–
Alberta	–	–	–	–	–
British Columbia	27	–	–	–	–
North	45	19	17	14	14
Yukon	36	–	–	–	–
Northwest Territories	42	20	18	13	16
Nunavut[1]	60	20	–	–	18
ENERGY EXPENDITURE					
Active (≥3 KKD[2])	23	21	18	17	18
Moderately active (1.5–2.9 KKD)	20	15	14	12	12
Somewhat active (0.5–1.4 KKD)	15	15	12	7	9
Sedentary (<0.5 KKD)	13	–	–	–	–

1 Data include all persons in the workforce.

2 Kilocalories/kilogram of body weight/day; an energy expenditure of 3 KKD is roughly equivalent to walking one hour every day.

– Data unavailable because of insufficient sample size.

Fitness facilities at work[1] (cont'd)

2001 Physical Activity Monitor

	Community fitness facilities	Workplace fitness facilities	Exercise equipment at work	Rooms for activity at work	Other opportunities for activity
EDUCATION LEVEL					
Less than secondary	12%	5%	8%	9%	11%
Secondary	15	14	14	11	12
College	16	16	16	11	12
University	29	24	18	17	17
EMPLOYMENT STATUS					
Full-time worker	20	18	16	13	14
Part-time worker	20	12	10	13	10
DAYS WORKED PER WEEK					
Less than 3 days per week	27	14	11	18	10
4 days per week	22	17	16	12	14
More than 5 days per week	18	18	16	12	14
HOUSEHOLD INCOME					
< $20,000	21	–	–	–	–
$20,000–29,999	13	–	–	–	–
$30,000–39,999	16	11	8	11	13
$40,000–59,999	16	13	13	9	7
$60,000–79,999	24	25	22	14	19
$80,000–99,999	24	18	18	16	17
≥ $100,000	23	25	22	18	18
COMMUNITY SIZE					
< 1,000	23	15	13	10	11
1,000–9,999	22	15	15	13	14
10,000–74,999	25	16	12	12	11
75,000–299,999	21	19	18	14	16
≥ 300,000	16	20	17	14	15
FAMILY COMPOSITION					
Living with a partner	21	16	15	14	14
Widowed, divorced, separated	21	16	15	15	10
Never married	16	21	16	10	16

1 Data include all persons in the workforce.

– Data unavailable because of insufficient sample size.

Fitness facilities at work[1] (cont'd)

2001 Physical Activity Monitor

	Community fitness facilities	Workplace fitness facilities	Exercise equipment at work	Rooms for activity at work	Other opportunities for activity
SECTOR					
Private business	10%	8%	8%	5%	9%
Government or public organization	35	32	27	24	22
Not for profit organization	22	–	–	–	–
INDUSTRY					
Trade and commerce	8	–	–	–	–
Retail and wholesale industries	8	–	–	–	–
Industry and manufacturing	11	8	9	–	7
Construction industries	–	–	–	–	–
Hi-tech industries	–	–	–	–	–
Transportation /communication	–	–	–	–	–
Manufacturing industries	–	–	–	–	–
Finance and services	29	25	22	20	19
Hospitality services	–	–	–	–	–
Finance and business services	–	–	–	–	–
Government service industries	18	32	33	22	23
Education, health and social services	47	31	25	27	22
Other service industries	–	–	–	–	–
Agriculture and Forestry	–	–	–	–	–
Farming or natural resources	–	–	–	–	–
NUMBER OF EMPLOYEES					
< 10	15	–	–	8	–
11–49	24	12	6	12	14
50–99	19	12	12	12	–
100–249	18	16	18	16	12
250–499	17	16	16	–	–
500–999	–	25	27	–	–
> 1000	22	33	31	18	24
PROFESSION					
Labour	14	10	10	–	10
Skilled trade	16	15	14	10	10
Clerical	15	15	14	–	14
Professional	28	25	21	19	21
Management	20	17	15	15	12

1 Data include all persons in the workorce.

– Data unavailable because of insufficient sample size.

Fitness programs at work[1]

2001 Physical Activity Monitor

	Health, fitness, or nutrition programs	Group exercise program	Individualized fitness program
TOTAL, ADULTS (18+)	26%	10%	7%
women	28	9	5
men	25	11	9
18–24	20	–	–
women	–	–	–
men	23	–	–
25–44	24	10	8
women	28	9	6
men	21	11	9
45–64	33	10	7
women	31	10	–
men	35	11	8
REGION			
East	29	13	10
Newfoundland	30	–	–
Prince Edward Island	27	–	–
Nova Scotia	32	–	–
New Brunswick	26	12	–
Quebec	–	–	–
Ontario	30	8	8
West	29	11	6
Manitoba	33	–	–
Saskatchewan	36	–	–
Alberta	25	–	–
British Columbia	29	–	–
North	28	10	6
Yukon	24	9	–
Northwest Territories	29	10	–
Nunavut	31	–	–
ENERGY EXPENDITURE			
Active (≥3 KKD[2])	28	13	9
Moderately active (1.5–2.9 KKD)	28	9	5
Somewhat active (0.5–1.4 KKD)	24	8	–
Sedentary (<0.5 KKD)	19	–	–

1 Data include all persons in the workforce.

2 Kilocalories/kilogram of body weight/day; an energy expenditure of 3 KKD is roughly equivalent to walking one hour every day.

– Data unavailable because of insufficient sample size.

Fitness programs at work[1] (cont'd)

2001 Physical Activity Monitor

	Health, fitness, or nutrition programs	Group exercise program	Individualized fitness program
EDUCATION LEVEL			
Less than secondary	21%	9%	8%
Secondary	24	8	7
College	28	10	7
University	29	11	7
EMPLOYMENT STATUS			
Full-time worker	26	10	7
Part-time worker	26	–	–
DAYS WORKED PER WEEK			
Less than 3 days per week	26	–	–
4 days per week	26	13	–
More than 5 days per week	27	9	7
HOUSEHOLD INCOME			
< $20,000	19	–	–
$20,000–29,999	24	–	–
$30,000–39,999	18	–	–
$40,000–59,999	26	10	8
$60,000–79,999	33	14	10
$80,000–99,999	29	–	–
≥ $100,000	30	15	–
COMMUNITY SIZE			
< 1,000	18	–	–
1,000–9,999	25	7	6
10,000–74,999	24	9	6
75,000–299,999	34	12	9
≥ 300,000	25	13	8
FAMILY COMPOSITION			
Living with a partner	28	11	7
Widowed, divorced, separated	29	7	–
Never married	20	9	6

1 Data include all persons in the workforce.

– Data unavailable because of insufficient sample size.

Fitness programs at work[1] (cont'd)

2001 Physical Activity Monitor

	Health, fitness, or nutrition programs	Group exercise program	Individualized fitness program
SECTOR			
Private business	16%	6%	4%
Government or public organization	39	17	11
Not for profit organization	35	–	–
INDUSTRY			
Trade and commerce	12	–	–
Retail and wholesale industries	12	–	–
Industry and manufacturing	20	8	–
Construction industries	–	–	–
Hi-tech industries	–	–	–
Transportation /communication	–	–	–
Manufacturing industries	25	–	–
Finance and services	35	13	8
Hospitality services	–	–	–
Finance and business services	–	–	–
Government service industries	41	22	–
Education, health and social services	44	15	9
Other service industries	–	–	–
Agriculture and Forestry	–	–	–
Farming or natural resources	–	–	–
NUMBER OF EMPLOYEES			
< 10	14	–	–
11–49	14	5	–
50–99	23	–	–
100–249	28	13	–
250–499	27	–	–
500–999	34	–	–
> 1000	46	24	18
PROFESSION			
Labour	20	–	–
Skilled trade	25	–	5
Clerical	32	11	–
Professional	28	12	8
Management	29	12	9

1 Data include all persons in the workforce.

– Data unavailable because of insufficient sample size.

Management of facilities and programs[1,2]

2001 Physical Activity Monitor

	Employer or management	Designated staff person	Employee group or association	Other person
TOTAL, ADULTS (18+)	41%	34%	16%	14%
women	32	36	15	19
men	48	32	17	–
18–24	47	–	–	–
women	–	–	–	–
men	–	–	–	–
25–44	39	28	16	14
women	27	30	14	–
men	52	27	18	–
45–64	40	35	20	–
women	–	40	–	–
men	43	31	–	–
REGION				
East	40	26	27	–
Newfoundland	–	–	–	–
Prince Edward Island	–	–	–	–
Nova Scotia	–	–	–	–
New Brunswick	–	–	–	–
Quebec	–	–	–	–
Ontario	40	40	–	–
West	37	30	–	–
Manitoba	–	–	–	–
Saskatchewan	–	–	–	–
Alberta	–	–	–	–
British Columbia	–	–	–	–
North	38	32	32	–
Yukon	–	–	–	–
Northwest Territories	–	–	–	–
Nunavut	–	–	–	–
ENERGY EXPENDITURE				
Active (≥3 KKD[3])	42	32	17	13
Moderately active (1.5–2.9 KKD)	41	35	17	–
Somewhat active (0.5–1.4 KKD)	34	37	–	–
Sedentary (<0.5 KKD)	–	–	–	–

1 Data include only those who have access to fitness facilities, rooms for physical activity, exercise equipment, or other fitness opportunities at work.

2 Almost 6 percent of respondents do not know who is responsible for managing fitness facilities and programs, and are excluded from the questions.

3 Kilocalories/kilogram of body weight/day; an energy expenditure of 3 KKD is roughly equivalent to walking one hour every day.

– Data unavailable because of insufficient sample size.

Management of facilities and programs[1,2] (cont'd)

2001 Physical Activity Monitor

	Employer or management	Designated staff person	Employee group or association	Other person
EDUCATION LEVEL				
Less than secondary	–	–	–	–
Secondary	43	33	–	–
College	44	29	18	–
University	38	36	15	–
EMPLOYMENT STATUS				
Full-time worker	40	33	16	14
Part-time worker	–	–	–	–
DAYS WORKED PER WEEK				
Less than 3 days per week	–	–	–	–
4 days per week	–	–	–	–
More than 5 days per week	39	34	17	14
HOUSEHOLD INCOME				
< $20,000	–	–	–	–
$20,000–29,999	–	–	–	–
$30,000–39,999	–	–	–	–
$40,000–59,999	38	26	–	–
$60,000–79,999	50	–	–	–
$80,000–99,999	–	–	–	–
≥ $100,000	36	36	–	–
COMMUNITY SIZE				
< 1,000	–	–	–	–
1,000–9,999	41	31	14	–
10,000–74,999	47	26	15	–
75,000–299,999	30	39	–	–
≥ 300,000	46	–	–	–
FAMILY COMPOSITION				
Living with a partner	40	32	15	14
Widowed, divorced, separated	–	–	–	–
Never married	48	42	–	–

1 Data include only those who have access to fitness facilities, rooms for physical activity, exercise equipment, or other fitness opportunities at work.

2 Almost 6 percent of respondents do not know who is responsible for managing fitness facilities and programs, and are excluded from the questions.

– Data unavailable because of insufficient sample size.

Management of facilities and programs[1,2] (cont'd)

2001 Physical Activity Monitor

	Employer or management	Designated staff person	Employee group or association	Other person
SECTOR				
Private business	43%	32%	–	–
Government or public organization	39	34	18	15
Not for profit organization	–	–	–	–
INDUSTRY				
Trade and commerce	–	–	–	–
Retail and wholesale industries	–	–	–	–
Industry and manufacturing	–	–	–	–
Construction industries	–	–	–	–
Hi-tech industries	–	–	–	–
Transportation /communication	–	–	–	–
Manufacturing industries	–	–	–	–
Finance and services	35	37	17	16
Hospitality services	–	–	–	–
Finance and business services	–	–	–	–
Government service industries	–	–	–	–
Education, health and social services	39	44	17	15
Other service industries	–	–	–	–
Agriculture and Forestry	–	–	–	–
Farming or natural resources	–	–	–	–
NUMBER OF EMPLOYEES				
< 10	–	–	–	–
11–49	44	41	18	–
50–99	–	–	–	–
100–249	27	–	–	–
250–499	–	–	–	–
500–999	–	–	–	–
> 1000	51	26	–	–
PROFESSION				
Labour	–	–	–	–
Skilled trade	50	29	–	–
Clerical	–	–	–	–
Professional	35	37	17	16
Management	52	–	–	–

1 Data includes only those who have access to fitness facilities, rooms for physical activity, exercise equipment, or other fitness opportunities at work.

2 Almost 6 percent of respondents do not know who is responsible for managing fitness facilities and programs, and are excluded from the questions.

– Data unavailable because of insufficient sample size.

Who can access facilities? [1,2]

2001 Physical Activity Monitor

	Full-time employees	Part-time employees	Contract workers	Retired employees	Employee family members	Members of the community
TOTAL, ADULTS (18+)	88%	82%	41%	33%	35%	30%
women	87	81	33	28	25	26
men	89	84	48	37	45	33
18–24	90	81	–	–	48	–
women	–	–	–	–	–	–
men	88	–	–	–	–	–
25–44	87	81	44	27	33	30
women	88	80	33	22	21	19
men	87	83	55	33	45	43
45–64	87	84	33	45	35	28
women	82	81	33	42	28	40
men	92	87	33	49	42	–
REGION						
East	84	78	42	46	54	44
Newfoundland	–	–	–	–	–	–
Prince Edward Island	–	–	–	–	–	–
Nova Scotia	86	81	–	–	–	–
New Brunswick	86	78	–	–	–	–
Quebec	–	–	–	–	–	–
Ontario	89	79	40	32	30	25
West	91	86	30	31	37	34
Manitoba	94	85	–	–	–	–
Saskatchewan	79	–	–	–	–	–
Alberta	94	–	–	–	–	–
British Columbia	90	89	–	–	–	–
North	90	87	54	46	54	45
Yukon	–	–	–	–	–	–
Northwest Territories	93	91	53	46	58	–
Nunavut	87	77	–	–	66	–
ENERGY EXPENDITURE						
Active (≥3 KKD[3])	87	81	45	33	36	31
Moderately active (1.5–2.9 KKD)	93	89	31	33	39	30
Somewhat active (0.5–1.4 KKD)	81	77	36	33	30	25
Sedentary (<0.5 KKD)	90	–	–	–	–	–

1 Data include only those who have access to fitness facilities, rooms for physical activity, exercise equipment, or other fitness opportunities at work.

2 "No" and "Don't know" make up the balance of responses and are not listed. In total, "Don't know" accounts for 5 to 23 percent of answers for each question.

3 Kilocalories/kilogram of body weight/day; an energy expenditure of 3 KKD is roughly equivalent to walking one hour every day.

– Data unavailable because of insufficient sample size.

Who can access facilities? [1,2] (cont'd)

2001 Physical Activity Monitor

	Full-time employees	Part-time employees	Contract workers	Retired employees	Employee family members	Members of the community
EDUCATION LEVEL						
Less than secondary	77%	68%	–	–	33%	–
Secondary	87	80	43	33	30	28
College	84	78	38	20	27	15
University	92	88	43	41	44	39
EMPLOYMENT STATUS						
Full-time worker	89	82	42	34	36	29
Part-time worker	79	79	–	–	–	–
DAYS WORKED PER WEEK						
Less than 3 days per week	82	81	–	–	33	40
4 days per week	90	90	48	29	–	–
More than 5 days per week	89	81	41	33	39	31
HOUSEHOLD INCOME						
< $20,000	–	–	–	–	–	–
$20,000–29,999	88	86	–	–	–	–
$30,000–39,999	86	78	–	–	42	–
$40,000–59,999	89	81	52	31	32	37
$60,000–79,999	93	93	43	39	45	34
$80,000–99,999	85	82	41	39	–	–
≥ $100,000	92	82	42	30	36	20
COMMUNITY SIZE						
< 1,000	92	89	–	–	–	–
1,000–9,999	89	87	45	44	47	35
10,000–74,999	85	80	37	26	32	36
75,000–299,999	89	80	35	28	32	29
≥ 300,000	89	86	40	34	33	–
FAMILY COMPOSITION						
Living with a partner	86	82	38	33	33	27
Widowed, divorced, separated	91	83	46	43	40	48
Never married	91	80	45	26	38	30

1 Data include only those who have access to fitness facilities, rooms for physical activity, exercise equipment, or other fitness opportunities at work.

2 "No" and "Don't know" make up the balance of responses and are not listed. In total, "Don't know" accounts for 5 to 23 percent of answers for each question.

– Data unavailable because of insufficient sample size.

Who can access facilities? [1,2] (cont'd)

2001 Physical Activity Monitor

	Full-time employees	Part-time employees	Contract workers	Retired employees	Employee family members	Members of the community
SECTOR						
Private business	85%	75%	37%	28%	41%	22%
Government or public organization	90	86	42	33	32	33
Not for profit organization	–	–	–	–	–	–
INDUSTRY						
Trade and commerce	–	–	–	–	–	–
Retail and wholesale industries	–	–	–	–	–	–
Industry and Manufacturing	86	72	–	–	–	–
Construction industries	–	–	–	–	–	–
Hi-tech industries	–	–	–	–	–	–
Transportation /communication	–	–	–	–	–	–
Manufacturing industries	–	–	–	–	–	–
Finance and services	90	87	38	35	32	34
Hospitality services	–	–	–	–	–	–
Finance and business services	–	–	–	–	–	–
Government service industries	98	98	54	46	31	24
Education, health and social services	89	87	36	33	30	43
Other service industries	–	–	–	–	–	6
Agriculture and Forestry	–	–	–	–	–	–
Farming or natural resources	–	–	–	–	–	–
NUMBER OF EMPLOYEES						
< 10	68	–	–	–	–	–
11–49	88	86	41	47	46	44
50–99	77	71	–	–	–	–
100–249	87	80	48	–	29	–
250–499	81	82	–	–	–	–
500–999	93	86	–	–	–	–
> 1000	96	87	45	36	38	24
PROFESSION						
Labour	83	66	–	–	–	–
Skilled trade	87	78	52	29	34	29
Clerical	92	89	–	–	–	–
Professional	89	85	38	34	33	32
Management	95	94	44	40	43	31

1 Data include only those who have access to fitness facilities, rooms for physical activity, exercise equipment, or other fitness opportunities at work.

2 "No" and "Don't know" make up the balance of responses and are not listed. In total, "Don't know" accounts for 5 to 23 percent of answers for each question.

– Data unavailable because of insufficient sample size.

Who can access facilities? [1] (cont'd)

2001 Physical Activity Monitor

	Who pays for these facilities and programs?[2]		
	Employer only	**Employee only**	**Both**
TOTAL, ADULTS (18+)	46%	15%	27%
women	42	16	26
men	50	13	28
18–24	–	–	–
women	–	–	–
men	–	–	–
25–44	41	17	29
women	39	–	29
men	43	–	29
45–64	54	–	22
women	50	–	–
men	57	–	–
REGION			
East	37	–	36
Newfoundland	–	–	–
Prince Edward Island	–	–	–
Nova Scotia	–	–	–
New Brunswick	–	–	–
Quebec	–	–	–
Ontario	52	–	–
West	40	–	28
Manitoba	–	–	–
Saskatchewan	–	–	–
Alberta	–	–	–
British Columbia	–	–	–
North	47	–	–
Yukon	52	–	–
Northwest Territories	–	–	–
Nunavut	–	–	–
ENERGY EXPENDITURE			
Active (≥3 KKD[3])	39	13	36
Moderately active (1.5–2.9 KKD)	56	–	–
Somewhat active (0.5–1.4 KKD)	59	–	–
Sedentary (<0.5 KKD)	–	–	–

1 Data include only those who have access to fitness facilities, rooms for physcial activity, exercise equipment, or other fitness opportunities at work.

2 "Union," "Other," and "Not applicable" make up the balance of responses and are not shown due to small proportions.

3 Kilocalories/kilogram of body weight/day; an energy expenditure of 3 KKD is roughly equivalent to walking one hour every day.

– Data unavailable because of insufficient sample size.

Who can access facilities? [1] (cont'd)

2001 Physical Activity Monitor

	Who pays for these facilities and programs?[2]		
	Employer only	**Employee only**	**Both**
EDUCATION LEVEL			
Less than secondary	–	–	–
Secondary	48	–	33
College	36	–	34
University	52	18	20
EMPLOYMENT STATUS			
Full-time worker	48	14	27
Part-time worker	–	–	–
DAYS WORKED PER WEEK			
Less than 3 days per week	–	–	–
4 days per week	–	–	–
More than 5 days per week	46	–	28
HOUSEHOLD INCOME			
< $20,000	–	–	–
$20,000–29,999	–	–	–
$30,000–39,999	–	–	–
$40,000–59,999	58	–	–
$60,000–79,999	46	–	–
$80,000–99,999	52	–	–
≥ $100,000	42	–	–
COMMUNITY SIZE			
< 1,000	–	–	–
1,000–9,999	55	–	27
10,000–74,999	55	–	–
75,000–299,999	49	–	–
≥ 300,000	36	–	29
FAMILY COMPOSITION			
Living with a partner	50	13	26
Widowed, divorced, separated	–	–	–
Never married	46	–	–

1 Data include only those who have access to fitness facilities, rooms for physcial activity, exercise equipment, or other fitness oppoortunities at work.

2 "Union," "Other," and "Not applicable" make up the balance of responses and are not shown due to small proportions.

– Data unavailable because of insufficient sample size.

Who can access facilities? [1] (cont'd)

2001 Physical Activity Monitor

	Who pays for these facilities and programs?[2]		
	Employer only	**Employee only**	**Both**
SECTOR			
Private business	51%	–	28%
Government or public organization	45	17	26
Not for profit organization	–	–	–
INDUSTRY			
Trade and commerce	–	–	–
Retail and wholesale industries	–	–	–
Industry and Manufacturing	–	–	–
Construction industries	–	–	–
Hi-tech industries	–	–	–
Transportation /communication	–	–	–
Manufacturing industries	–	–	–
Finance and services	50	16	22
Hospitality services	–	–	–
Finance and business services	–	–	–
Government service industries	54	–	–
Education, health and social services	51	19	16
Other service industries	–	–	–
Agriculture and Forestry	–	–	–
Farming or natural resources	–	–	–
NUMBER OF EMPLOYEES			
< 10	–	–	–
11–49	57	–	–
50–99	–	–	–
100–249	59	–	–
250–499	–	–	–
500–999	–	–	–
> 1000	37	–	38
PROFESSION			
Labour	–	–	–
Skilled trade	49	–	–
Clerical	–	–	–
Professional	50	–	20
Management	40	–	43

1 Data include only those who have access to fitness facilities, rooms for physcial activity, exercise equipment, or other fitness opportunities at work.

2 "Union," "Other," and "Not applicable" make up the balance of responses and are not shown due to small proportions.

– Data unavailable because of insufficient sample size.

When fitness facilities can be used[1,2]

2001 Physical Activity Monitor

	Before work	During lunch	During work hours	After work/ evenings	On weekends
TOTAL, ADULTS (18+)	83%	79%	54%	88%	64%
women	79	80	54	87	61
men	87	78	54	88	66
18–24	85	78	50	93	73
women	–	–	–	–	–
men	–	–	–	94	–
25–44	82	78	55	88	62
women	78	78	54	89	60
men	85	77	55	86	64
45–64	86	82	55	85	62
women	79	84	54	82	60
men	94	80	55	88	65
REGION					
East	81	82	59	80	75
Newfoundland	–	–	–	–	–
Prince Edward Island	–	–	–	–	–
Nova Scotia	85	88	–	80	78
New Brunswick	87	83	56	–	69
Quebec	–	–	–	–	–
Ontario	82	84	56	83	60
West	88	79	57	91	70
Manitoba	88	88	–	96	–
Saskatchewan	–	–	–	–	–
Alberta	–	–	–	–	–
British Columbia	94	80	–	96	–
North	81	76	51	85	80
Yukon	–	–	–	–	–
Northwest Territories	83	81	–	86	87
Nunavut	75	–	–	89	80
ENERGY EXPENDITURE					
Active (≥3 KKD[3])	83	78	56	88	64
Moderately active (1.5–2.9 KKD)	84	85	61	87	67
Somewhat active (0.5–1.4 KKD)	84	87	46	83	59
Sedentary (<0.5 KKD)	–	–	–	84	–

1 Data include only those who have access to fitness facilities, rooms for physical activity, exercise equipment, or other fitness opportunities at work.

2 For each question, between 9 and 12 percent of respondents were not able to answer; “don’t know” and “refused” are excluded from the denominator.

3 Kilocalories/kilogram of body weight/day; an energy expenditure of 3 KKD is roughly equivalent to walking one hour every day.

– Data unavailable because of insufficient sample size.

When fitness facilities can be used[1,2] (cont'd)

2001 Physical Activity Monitor

	Before work	During lunch	During work hours	After work/ evenings	On weekends
EDUCATION LEVEL					
Less than secondary	84%	84%	–	84%	62%
Secondary	79	70	48	83	67
College	78	80	52	89	60
University	88	82	59	89	64
EMPLOYMENT STATUS					
Full-time worker	84	79	53	86	63
Part-time worker	75	78	63	94	65
DAYS WORKED PER WEEK					
Less than 3 days per week	76	81	63	95	66
4 days per week	74	83	47	78	48
More than 5 days per week	86	78	54	87	65
HOUSEHOLD INCOME					
< $20,000	–	–	–	–	–
$20,000–29,999	–	–	–	88	–
$30,000–39,999	75	66	–	85	74
$40,000–59,999	82	92	50	82	48
$60,000–79,999	80	77	44	92	71
$80,000–99,999	87	93	80	83	63
≥ $100,000	93	79	58	90	67
COMMUNITY SIZE					
< 1,000	82	89	–	83	65
1,000–9,999	86	82	52	86	74
10,000–74,999	73	68	36	90	55
75,000–299,999	82	81	59	85	66
≥ 300,000	94	87	67	91	64
FAMILY COMPOSITION					
Living with a partner	82	79	52	86	59
Widowed, divorced, separated	88	75	54	86	62
Never married	87	83	62	92	78

1 Data include only those who have access to fitness facilities, rooms for physical activity, exercise equipment, or other fitness opportunities at work.

2 For each question, between 9 and 12 percent of respondents were not able to answer; "don't know" and "refused" are excluded from the denominator.

– Data unavailable because of insufficient sample size.

When fitness facilities can be used[1,2] (cont'd)

2001 Physical Activity Monitor

	Before work	During lunch	During work hours	After work/ evenings	On weekends
SECTOR					
Private business	89%	75%	44%	86%	72%
Government or public organization	84	83	58	90	59
Not for profit organization	–	–	–	–	–
INDUSTRY					
Trade and commerce	–	–	–	–	–
Retail and wholesale industries	–	–	–	–	–
Industry and Manufacturing	86	82	–	84	54
Construction industries	–	–	–	–	–
Hi-tech industries	–	–	–	–	–
Transportation /communication	–	–	–	–	–
Manufacturing industries	–	–	–	–	–
Finance and services	82	82	58	88	64
Hospitality services	–	–	–	–	–
Finance and business services	–	–	–	–	–
Government service industries	86	98	72	88	68
Education, health and social services	79	78	49	85	55
Other service industries	–	–	–	–	–
Agriculture and Forestry	–	–	–	–	–
Farming or natural resources	–	–	–	–	–
NUMBER OF EMPLOYEES					
< 10	69	–	–	84	–
11–49	86	75	53	94	70
50–99	93	69	–	82	60
100–249	73	80	49	80	38
250–499	83	59	–	83	49
500–999	82	86	–	90	80
> 1000	86	90	63	89	71
PROFESSION					
Labour	79	71	–	86	62
Skilled trade	75	64	31	83	55
Clerical	82	91	73	91	57
Professional	85	82	57	86	64
Management	95	94	70	96	74

1 Data include only those who have access to fitness facilities, rooms for physical activity, exercise equipment, or other fitness opportunities at work.

2 For each question, between 9 and 12 percent of respondents were not able to answer; "don't know" and "refused" are excluded from the denominator.

– Data unavailable because of insufficient sample size.

Appendix B. Methodology

The 2001 Physical Activity Monitor is the eighth nationwide survey on physical activity conducted by the Canadian Fitness and Lifestyle Research Institute—after the 1981 Canada Fitness Survey,[52] the 1988 Campbell Survey on Well-Being in Canada,[53] and the 1995,[54] 1997,[55] 1998,[56] 1999,[3] and 2000[3] waves of the Physical Activity Monitor. The 2001 survey provides a synopsis of policy and decision-making relative to the design of initiatives to decrease sedentary living among Canadian workers and describes the current physical activity situation in Canada according to Statistics Canada's National Population Health Survey.

Questionnaire content

The content of the 2001 Physical Activity Monitor was determined by the Institute in consultation with partners: the Physical Activity Unit of Health Canada and the provincial and territorial government departments concerned with fitness, active living, leisure, sport, and recreation through the auspices of the Interprovincial Sport and Recreation Council.

In addition to monitoring progress toward achieving the goal of reducing physical inactivity by 10% in Canada by 2003, the report was designed to

- provide trend data on physical activity patterns, including energy expenditure, and participation rates in various types of activities;
- describe physical activity patterns within the workplace. These factors include: the use of active commuting to school, work, and for errands, policies and programs encouraging healthy behaviors and physical activity (such as who has access to opportunities at work, when employees access physical activity opportunities at work), social supports for physical activity at work (including employer attitude toward physical activity, management of facilities and programs, fitness instruction or counselling at work), opportunities for physical activity near and at work, physical activity facilities and programs at work, fitness information at work, barriers to being active, and the assessment of facilities and programs.

Data collection

Data from the Physical Activity Monitor were collected in the spring, summer, and fall of 2001 by the Institute for Social Research at York University in Ontario. This institute captured data directly during the interviews using the CATI (computer-assisted telephone interviews) system. Employed Canadians 18 and over (excluding self-employed, 8% of respondents) were asked the work related questions, whereas all respondents 18 and over were asked about their physical activity patterns and participation rates in various types of physical activities.

Survey design

The 2001 sample for the Physical Activity Monitor was selected using random-digit dialing from household-based telephone exchanges. Findings in this report are based on a final country-wide sample of 4,503 Canadian adults. A sample of roughly 250 adults was

selected within each of the provinces and territories, with an additional sample in many jurisdictions. For each selected household, one individual over the age of 18 was selected at random, thus providing a random sample of individuals in Canada.

The overall response rate obtained in the 2001 Physical Activity Monitor was 51%. In telephone surveys of this type, a response rate of approximately 50-65% has been typical, with the response rates dropping in recent years. The response rate was highest in New Brunswick and lowest in Nunavut and the Northwest Territories. The sample take is shown in Table 1.

Table 1

SAMPLE TAKE BY REGION AND PROVINCE

	Adults 18+	Working adults, 18+
Canada	4,503	2,480
Atlantic	1,271	670
Newfoundland	259	133
Prince Edward Island	258	147
Nova Scotia	250	133
New Brunswick	504	257
Quebec	369	190
Ontario	960	518
West	1,046	532
Manitoba	251	124
Saskatchewan	284	145
Alberta	261	150
British Columbia	250	113
North	857	570
Yukon	252	143
Northwest Territories	358	262
Nunavut	247	165

When there is non response, there is the potential for bias if the responses of participants do not represent those of non participants. Potential bias was identified by comparing the demographic variables to the latest Census data. Respondents are more likely to be female and to have a university degree, a common occurrence in telephone surveys.[56]

Data analysis

Sample weights were adjusted to reflect the non-response rates. All numbers have a statistical error associated with them by virtue of the random selection of the sample. The first table in the table section (Appendix A) permits statistical tests of significance between percentages, taking into account sample design, design effect, and sample size. It specifies the difference required between two estimates for statistical significance. Caution should be used in interpreting data based on small cell sizes, particularly for provincial comparisons. According to standard practice, data released in the tables have

been screened to ensure that each statistic is based on a minimum of 30 individuals. Insufficient sample size is denoted by "–". Don't know and refused generally amounts to less than 3 % and are excluded in the tables.

Comparability with earlier surveys

The physical activity data from the 1995, 1997, 1998, 1999, 2000 and 2001 waves of the Physical Activity Monitor are comparable to the data collected in the 1981 Canada Fitness Survey and the 1988 Campbell Survey on Well-Being in Canada. The question used to determine physical activity levels was similar in all surveys. In all seven surveys, the objective was introduced as participation in physical activity and its role in the individual's well-being. In each survey, participation in physical activity was probed by means of a list and respondents had the opportunity to volunteer additional activities.[58] The physical activity question used is an adaptation of the Minnesota Leisure-Time Physical Activity questionnaire, for which test-retest reliability data were published in 1986 by Folsom and colleagues *

The data collection methods differed for the eight surveys. The 1981 and 1988 surveys used self-completed questionnaires administered face to face in households, whereas the 1995, 1997, 1998, 1999, 2000, and 2001 surveys were telephone surveys. This accounts for the difference in response rates: about 85% in the 1981 and 1988 surveys compared with about between 50% and 65% depending on the year in the 1995, 1997, 1998, 1999, 2000 and 2001 surveys. The assumptions used for non-response adjustment should enable comparisons among the eight surveys.

Appendix C. Statistical notes

Activity Level: A classification based on energy expenditure in all non-work, non-chore activity. *Active* represents an average daily energy expenditure of at least 3 kilocalories per kilogram of body weight during the previous 12 months. *Moderately active* represents average energy-expenditure values that are greater than 1.5 and less than 3.0. *Somewhat active* corresponds to average energy-expenditure values greater than 0.5 and less than 1.5, and *sedentary* refers to values equal to or less than 0.5. This report combines the last three categories when it refers to "less active" or "insufficiently active" Canadians. While all activities count, consider a simple example where a person only walks. In this case,

- Active–walking 1 hour every day
- Moderately active–walking _ hour every day (30 minutes)
- Somewhat active–walking _ hour every day (15 minutes)
- Sedentary–walking less than _ hour every day (< 15 minutes)

Understanding Statistics:

"Surveys on physical activity among Canadians don't always yield the same estimates. A number of factors could account for the differing results. One factor is context. For example, the National Population Health Survey was framed as a health survey, whereas the Physical Activity Monitor was framed as a physical activity survey. In a study designed specifically to examine the differences between these two surveys, the Institute framed one component as a health survey and the other as a physical activity survey. Results showed that respondents to the "health survey" were more likely to report lower levels of physical activity than respondents in the "physical activity survey". Discrepancies can also arise from different methodologies. For example, (1) the order of questions about physical activity in work, chores, and leisure differed between the Health Survey and the Physical Activity Monitor; (2) the timing of the survey varied-the Health Survey was conducted over the full year whereas the Physical Activity Monitor was conducted over a shorter period; (3) the recall period used for the physical activity questions was three months in the Health Survey, compared with 12 months in the Physical Activity Monitor. This does not seem to be a significant factor, at least when summer participation is compared with annual participation.; (4) the question was essentially the same in both surveys, with the difference that 20 activities were probed directly in the Health Survey compared with 25 in the Physical Activity Monitor. Taken together, differences in methodology can sometimes add up to sizeable differences in the overall results obtained from different surveys.[58]

Adopted from "Understanding Statistics".*Research File*, No. 96-05.

REFERENCES

[1] Statistics Canada. (2002). *Full-time and part-time employment* [On-line]. Available: http://www.statcan.ca/english/Pgdb/People/Labour/labor12.htm

[2] Canadian Fitness and Lifestyle Research Institute. (1998). Juggling home and work. *Workplace Health System Series*, No. 2.

[3] Craig, C.L., Cameron, C., Russell, S.J., & Beaulieu, A. (2001). *Increasing physical activity: Supporting children's participation.* Ottawa, ON: Canadian Fitness and Lifestyle Research Institute.

[4] Buffet Taylor. (2000). *Buffet Taylor National Wellness Survey Report.*

[5] U.S. Department of Health and Human Services, Public Health Service, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Nutrition and Physical Activity. (1999). *Promoting physical activity: A guide for community action*. Champaign, IL: Human Kinetics.

[6] Golaszewski, T. (2001). Shining Lights: Studies that have most influenced the understanding of health promotion's financial impact. *American Journal of Health Promotion*, 15(5), 332–340.

[7] Anderson, D.R., Serxner, S.A. & Gold, D.B. (2001). Conceptual framework, critical questions, and practical challenges in conducting research on the financial impact of worksite health promotion. *American Journal of Health Promotion*, 15(5), 281–288.

[8] Health Canada and the Canadian Council for Health and Active Living at Work. (2001). *The Business Case for Active Living at Work* [On-line]. Available: http://www.hc-sc.gc.ca/hppb/fitness/work/supp_material_e.html

[9] Canadian Institute for Health Information and Statistics Canada. (2000). *Health Care in Canada: a first annual report.* (ISBN 1-895581-93-1, Statistics Canada, catalogue no. 82-222-XIE).

[10] Aldana, S.G. (2001). Financial impact of health promotion programs: A comprehensive review of the literature. *American Journal of Health Promotion*, 15(5), 296-320.

[11] Dishman, R.K., Oldenburg, B., O'Neal, H., & Shephard, R.J. (1998). Worksite physical activity interventions. *American Journal of Preventive Medicine*, 15(4), 344-361.

[12] Shephard, R.J. (1996). Worksite fitness and exercise programs: A review of methodology and health impact. *American Journal of Health Promotion*, 10(6), 436-452.

[13] Federal, Provincial and Territorial Fitness and Recreation Committee. (1997). Press release. Ottawa, ON: Health Canada.

[14] *National Population Health Survey* (1994/95, 1996/97 and 1998/99, cross sectional sample, health file) [Electronic database]. (2001). Ottawa, ON: Statistics Canada [Producer and distributor].

[15] U.S. Department of Health and Human Services, Centers for Diseases Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion. (1996). *Physical Activity and Health: A Report of the Surgeon General.* Atlanta, GE.

[16] Corbin, C.B., & Pangrazi, R.P. (1998). *Physical activity for children: A statement of guidelines*. Reston, VA: National Association for Sport and Physical Education.

[17] Centers for Disease Control and Prevention. (1997). Guidelines for school and community programs to promote lifelong physical activity among young people. *Morbidity and Mortality Weekly Report*, 46(RR-6), 1–36.

[18] Canadian Fitness and Lifestyle Research Institute. (1996). Barriers to physical activity. *Progress in Prevention*, Bulletin No. 4.

[19] Aldana S.G. & Pronk N.P. (2001). Health promotion programs, modifiable health risks, and employee absenteeism, *Journal of Occupational and Environmental Medicine*, 43(1), 36-46.

[20] Kelly, F. (1999). WHO European Centre for Environment and Health. Guidelines on Improving the Physical Fitness of Employees. Copenhagen, Denmark.

[On-line] Available: http://www.who.nl/download/doc37/physical%20fitness.doc

[21] Sallis, J.F., Bauman, A., & Pratt, M. (1998). Environmental and policy interventions to promote physical activity. *American Journal of Preventive Medicine*, 15 (4), 379-395.

[22] Craig, C.L., Cameron, C., Russell, S.J., & Beaulieu, A. (1999). *Increasing physical activity: Building a supportive recreation and sport system.* Ottawa, ON: Canadian Fitness and Lifestyle Research Institute.

[23] Canadian Public Health Association. (1986). *Ottawa Charter for Health Promotion*. Ottawa, ON: author.

[24] Riedel, J.E., Lynch, W., Baase, W., Hymel, P. & Peterson, K.W. (2001). The Effect of Disease Prevention and Health Promotion on Workplace Productivity: A Literature Review. *American Journal of Health Promotion*, 15 (2), 167-191.

[25] Millar, W.J. (1988). Evaluation of the impact of smoking restrictions in a government work setting. *Canadian Journal of Public Health*, 79, 379-382.

[26] Hunt, M.K., Lederman, R., Potter, S., Stoddard, A. & Sorensen, G. (2000). Results of employee involvement in planning and implementing the Treatwell 5-a-Day work-site study. *Health Education & Behavior*, 27(2): 223-31.

[27] Health Canada and the Canadian Council for Health and Active Living at Work. (2002). *The Business Case for Active Living at Work* [On-line]. Available: http://www.hc-sc.gc.ca/hppb/fitness/work/index.html

[28] Health Canada. (2002). *Workplace Health System: An Overview Creating A Healthy Workplace* [On-line]. Available: http://www.hc-sc.gc.ca/hppb/ahi/workplace/pube/workplacehealth/system2.htm

[29] National Quality Institute. Healthy Workplace [On-line]. Available: http://www.nqi.ca/english/healthyworkplace.htm

[30] Schooler, C. (1995). *Physical activity interventions: Evidence and implications* [On-line]. Available: http://www.lin.ca/lin/resource/html/interven.htm

[31] Wechsler, H., Devereaux, R.S., Davis, M., & Collins, J. (2000). Using the school environment to promote physical activity and healthy eating. *Preventive Medicine*, 31, S121–S137.

[32] Health Canada and Canadian Society for Exercise Physiology. (1998). *Canada's Physical Activity Guide to Healthy Active Living* (Cat. No. H39-429/1998-1E). See also www.paguide.com.

[33] National Quality Institute. *Canadian Healthy Workplace Criteria* [On-line]. Available: http://www.nqi.ca/english/store-chwc.htm

[34] Marcus, B.H., Emmons, K.M., Simkin-Silverman, L.R., Linnan, L.A., Taylor, E.R., Bock, B.C., Roberts, M.B., Rossi, J.S., & Abrams, D.B. (1998). Evaluation of motivationally tailored versus standard self-help physical activity interventions at the workplace. *American Journal of Health Promotion*, 12 (4), 246-253.

[35] Peterson, T.R., & Aldana, S.G. (1999). Improving exercise behavior: An application of the Stages of Change Model in a worksite setting. *American Journal of Health Promotion*, 13(4), 229-232.

[36] Frampton, S.B., Brochu, S., & Murray, J. (1996). Creative strategies for promotion of worksite health services: The Employee Ambassador Program. *American Journal of Health Promotion*, 11(1), 10-11.

[37] Brey, R.A., Tyler, H.A. & Brooks, B.L. (1998). Lifestyle improvements for everyone (L.I.F.E.): A worksite health promotion incentive program. *Journal of Health Education*, 29(6), 376-380.

[38] National Quality Institute. Healthy Workplace Award [On-line]. Available: http://www.nqi.ca/english/hwawards.htm

[39] Jaffee, L., Lutter, J.M., Rex, J., Hawkes, C. & Bucaccio, P. (1999). Incentives and barriers to physical activity for working women. *American Journal of Health Promotion*, 13(4), 215-218.

[40] Shephard, R.J. (1999). Do work-site exercise and health programs work? *The Physician and Sportsmedicine*, 27(2), 48-71.

[41] Health Canada. (1999). *HealthWorks: A "how-to" for health and business success*. Minister of Public Works and Government Services Canada. (Cat. no. H39-474/1999E).

[42] DiNubile, N.A., & Sherman, C. (1999). Exercise and the bottom line. Promoting physical and fiscal fitness in the workplace: a commentary. *The Physician and Sportsmedicine*, 27(2), 37-43.

[43] Anderson, M.A. & Stoltzfus, J.A. (2001). The 3M Corporate experience: Health as a business strategy. *American Journal of Health Promotion*, 15(5), 371-373.

[44] Wilson, M.G., Holman, P.B. & Hammock, A. (1996). A comprehensive review of the effects of worksite health promotion on health-related outcomes. *American Journal of Health Promotion*, 10(6), 429-435.

[45] Emmons, K.M., Linnan, L.A., Shadel, W.G., Marcus, B., & Abrams, D.B. (1999). The Working Healthy Project: A worksite health-promotion trial targeting physical activity, diet, and smoking. *Journal of Occupational and Environmental Medicine*, 41(7), 545-555.

[46] Isaac, F. & Flynn, P. (2001). Johnson & Johnson LIVE FOR LIFE Program: Now and Then. *American Journal of Health Promotion*, 15(5), 365-367.

[47] Shephard, R.J. (1992). Twelve years experience of a fitness program for the salaried employees of a Toronto Life Assurance company. *American Journal of Health Promotion*, 6(4), 292-301.

[48] Statistics Canada. (1998). 1996: Census: Labour force activity, occupation and industry, place of work, mode of transportation to work, unpaid work. *The Daily* [On-line serial].
Available: http://www.statcan.ca/Daily/English/980317/d980317.htm

[49] Go for Green. *Active Transportation* [On-line]. Available:
http://www.goforgreen.ca/active_transportation/walk_and_roll.htm

[50] Neff, L.J., Ainswork, B.E., Wheeler, F.C., Krumwiede, S.E. & Trepal, A.K. (2000). Assessment of trail use in a community park. *Family Community Health*, 23 (3), 76-84.

[51] King, A.C., Jeffery, R.W., Fridinger, F., Dusenbury, L., Provence, S., Hedlund, S.A., & Spangler, K. (1995). Environmental and policy approaches to cardiovascular disease prevention through physical activity: Issues and opportunities. *Health Education Quarterly*, 22(4), 499–511.

[52] Canadian Fitness and Lifestyle Research Institute. (1983). *Fitness and lifestyle in Canada*. Ottawa, ON: Author.

[53] Stephens, T., & Craig, C.L. (1990). *The well-being of Canadians: Highlights of the 1988 Campbell Survey*. Ottawa, ON: Canadian Fitness and Lifestyle Research Institute.

[54] Craig, C.L., Russell, S.J., Cameron, C., & Beaulieu, A. (1998). *1997 Physical activity benchmarks report*. Ottawa, ON: Canadian Fitness and Lifestyle Research Institute.

[55] Craig, C.L., Russell, S.J., Cameron, C., & Beaulieu, A. (1999). *Fondements de mesures conjointes en vue de réduire l'inactivité physique*. Ottawa, Ont. : Institut canadien de la recherche sur la condition physique et le mode de vie.

[56] Cameron, C., Craig, C.L., Russell, S.J., & Beaulieu, A. (2000). *Increasing physical activity: Creating effective communications*. Ottawa, ON: Canadian Fitness and Lifestyle Research Institute.

[57] Canadian Fitness and Lifestyle Research Institute. (1996). 1995 Survey methodology. *Progress in Prevention*.

[58] Canadian Fitness and Lifestyle Research Institute. (1996). Understanding Statistics. The Research File, No. 96-05. ISSN. 1188-6641.