

Health Indicator Report

Leisure-Time Physical Activity

Background

The purpose of this health indicator report is to provide information about leisure-time physical activity among Halton residents aged 12 and over.

Physical activity refers to any muscle movement that uses energy which includes a variety of activities such as walking, running, bicycling, swimming, gardening/yard work, playing sports, weightlifting, exercise classes and aerobics. Physical activity is an important part of a healthy lifestyle and contributes to one's overall health and well-being. It not only helps to maintain a healthy body weight but it also reduces stress, strengthens the heart and lungs, and increases energy levels.¹ A lack of physical activity may be a factor contributing to premature death, chronic disease, and disability.¹ Health Canada strongly encourages the integration of physical activity into every day life at home, at school, and at work.¹

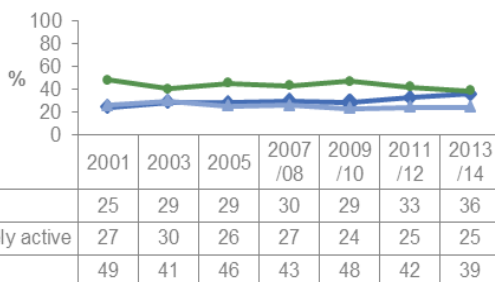
This Health Indicator Report uses data from the Canadian Community Health Survey.

Trends Over Time

From 2001 to 2013/14 the percentage of residents in Halton who reported being active increased from 25% to 36% and this increase was **statistically significant**.

From 2001 to 2013/14, there were no statistically significant differences in the percentage of residents in Halton who reported being moderately active.

From 2001 to 2013/14, there were no statistically significant differences in the percentage of residents in Halton who reported being inactive.



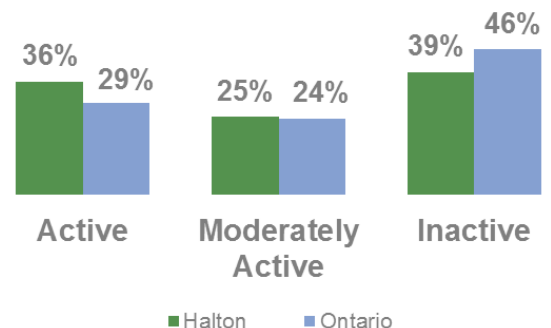
Percentage of residents aged 12 and over who reported being active, moderately active, or inactive, Halton Region, 2001-2014

Halton vs. Ontario

In 2013/14, 36% of Halton residents reported being active compared to 29% of Ontario residents. This difference was **statistically significant**.

In 2013/14, there was no statistically significant difference between the percentage of residents in Halton and Ontario who reported being moderately active.

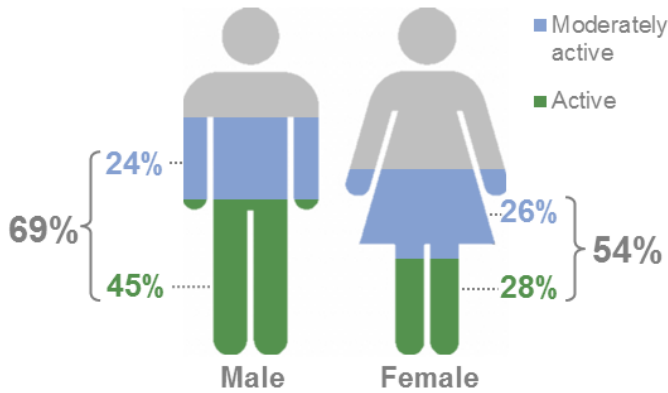
In 2013/14, 39% of Halton residents reported being inactive compared to 46% of Ontario residents. This difference was **statistically significant**.



Percentage of residents aged 12 and over who reported being active, moderately active, or inactive, Halton Region and Ontario, 2013/14

Sex

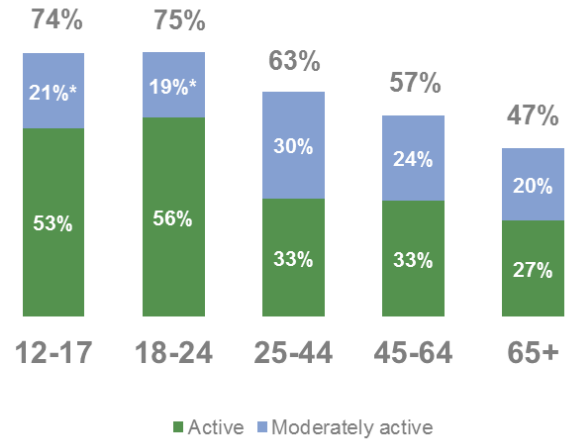
In 2013/14, Halton males were more likely than females to report being active or moderately active (combined). This difference was **statistically significant**.



Percentage of residents aged 12 and over who reported being active or moderately active, by sex, Halton Region, 2013/14

Age

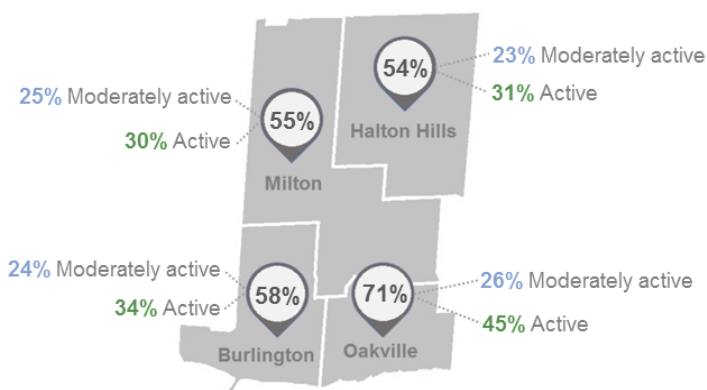
In 2013/14, the percentage Halton residents who reported being active or moderately active (combined) generally decreased as age increased. This difference was **statistically significant** when comparing residents aged 65+ to residents aged 12-17, 18-24, and 25-44.



Percentage of residents aged 12 and over who reported being active or moderately active, by age, Halton Region, 2013/14

Municipality

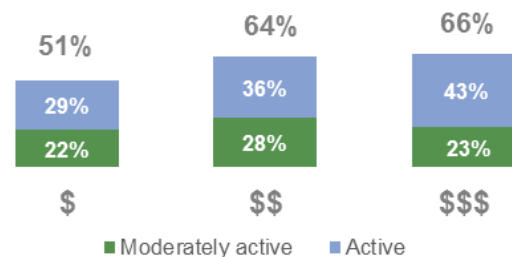
In 2013/14, residents in Oakville were more likely than residents in all other municipalities to report being active or moderately active (combined). This difference was **statistically significant** when comparing Oakville to Halton Hills.



Percentage of residents aged 12 and over who reported being active or moderately active, by municipality, Halton Region, 2013/14

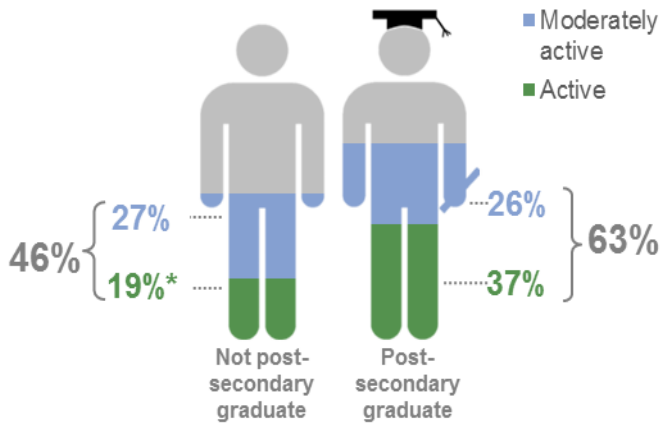
Income

In 2013/14, the percentage of Halton residents who reported being active or moderately active (combined) increased as income increased. This difference was **statistically significant** when comparing residents in the low income group to residents in the high income group.



Percentage of residents aged 12 and over who reported being active or moderately active, by income, Halton Region, 2013/14

In 2013/14, the percentage of Halton adults aged 25 and over who reported being active or moderately active (combined) was higher among those who were post-secondary graduates compared to those who were not post-secondary graduates, and this difference was **statistically significant**.



Percentage of residents aged 25 and over who reported being active or moderately active, by education, Halton Region, 2013/14

For more information on CCHS, methods, statistical significance and limitations associated with health indicator reports, please see the Data Notes and Guide available at halton.ca

Definitions:

Leisure-time physical activity is a physical activity index derived by CCHS that estimates the energy expenditure of respondents. Energy expenditure values were estimated based on the type of activity, frequency of the activity and duration of the activity. Based on the level of energy expenditure, individuals were classified as active, moderately active, or inactive.

Active refers to energy expenditures during leisure-time physical activity ≥ 3.0 kcal/kg/day.

Moderately active refers to energy expenditures during leisure-time physical activity 1.5-2.9 kcal/kg/day.

Inactive refers to energy expenditures during leisure-time physical activity < 1.5 kcal/kg/day.

Data Source: Canadian Community Health Survey [2001-2014], Statistics Canada, Share File, Ontario MOHLTC.

Limitations: This indicator does not include all activities of daily living, and specifically excludes those physical activities carried out during work or household chores.

Estimates marked with an asterisk (*) should be interpreted with caution due to high variability.

References

1. Health Canada. 2011. Physical Activity. Accessed December 2015 from <http://www.hc-sc.gc.ca/hl-vs/physactiv/index-eng.php>

For more health indicator and health status reports, visit the Halton Health Statistics website at halton.ca/

Last Revised: December 21st, 2015
Expected Update: 2016