

Physical activity and sedentary behaviour

Health indicator report

Background

- The purpose of this health indicator report is to provide information about physical activity and sedentary behaviour in adults aged 18 and over living in Halton Region and Ontario.
- Physical activity is an important part of a healthy lifestyle and contributes to one's overall health and well-being. Canada's Physical Activity Guidelines recommend that adults should get at least 150 minutes of moderate- to vigorous-intensity physical activity per week, in bouts of 10 minutes or more.¹
- Being physically active and following the guidelines can reduce the risk of chronic disease, disability, and premature death.^{1,2} Physical activity not only helps to maintain a healthy body weight but also reduces stress, strengthens the heart and lungs, and increases energy levels.²
- Health Canada strongly encourages the integration of physical activity into everyday life at home, school, and work.²
- This health indicator report uses data from the Canadian Community Health Survey (CCHS).

Key findings

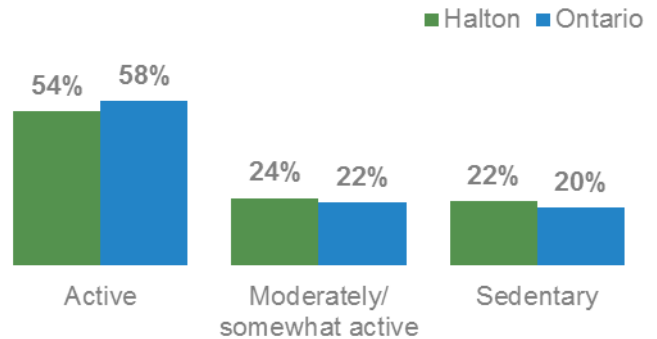
- Similar to Ontario, just over half (54%) of Halton adults were meeting Canada's Physical Activity Guidelines.
- Similar to Ontario, about one fifth (22%) of Halton adults were sedentary.
- Older adults aged 65+ were less likely to be physically active compared to younger age groups.
- Post-secondary graduates were more likely to be physically active compared to adults who were not post-secondary graduates.



Physical activity

Halton vs. Ontario

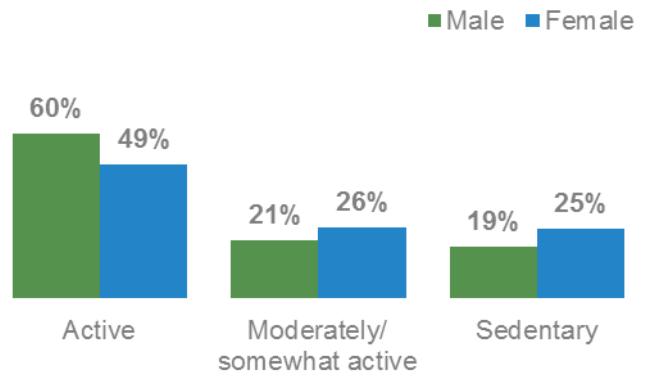
- In 2015-16, 54% of Halton adults were active in the past week (i.e. meeting Canada’s physical activity guidelines), 24% were moderately/somewhat active and 22% were sedentary.
- In 2015-16, 58% of Ontario adults were active in the past week, 22% were moderately/somewhat active and 20% were sedentary.
- There were no statistically significant differences between Halton and Ontario adults in any of the physical activity categories.



Percentage of adults aged 18 and over who were active, moderately active, somewhat active, or sedentary in the past week, Halton Region and Ontario, 2015-16

Sex

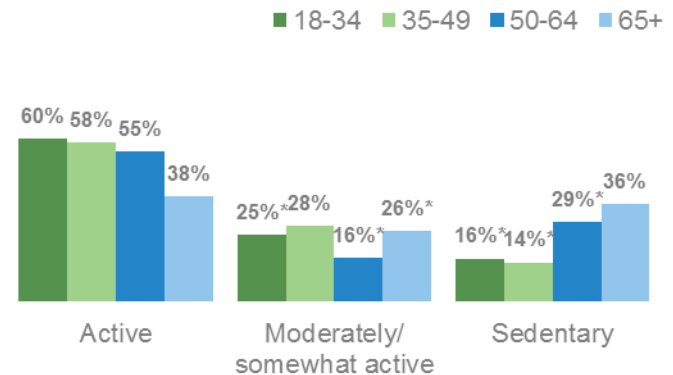
- In 2015-16, there were no statistically significant differences by sex in the percentage of adults who were active, moderately/somewhat active, or sedentary.



Percentage of adults aged 18 and over who were active, moderately/somewhat active, or sedentary in the past week, by sex, Halton Region, 2015-16

Age

- In 2015-16, adults aged 65+ were less likely than all other age groups to be active, and these differences were all **statistically significant**.
- There were no statistically significant differences by age in the percentage of adults who were moderately/somewhat active.
- Adults aged 65+ were more likely than adults aged 18-34 and 35-49 to be sedentary, and these differences were **statistically significant**.



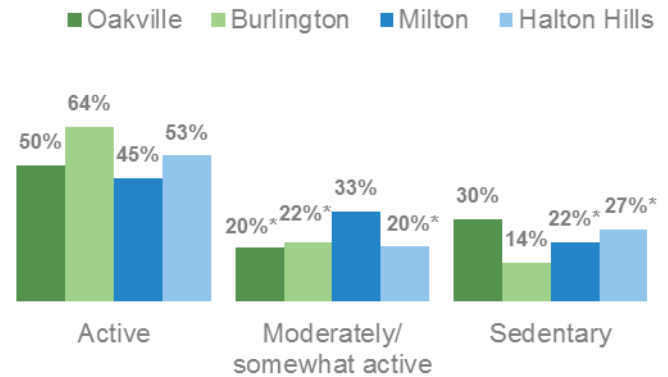
Percentage of adults aged 18 and over who were active, moderately/somewhat active, or sedentary in the past week, by age, Halton Region, 2015-16



Physical activity

Municipality

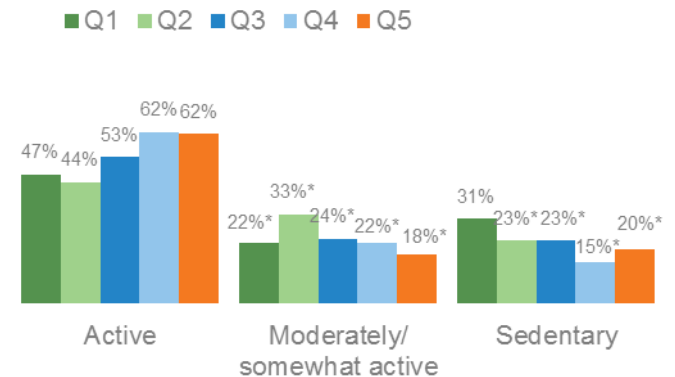
- There were no statistically significant differences by municipality in the percentage of adults who were active or moderately/somewhat active.
- Adults living in Burlington were less likely than adults living in Oakville to be sedentary, and this difference was **statistically significant**.



Percentage of adults aged 18 and over who were active, moderately/somewhat active, or sedentary in the past week, by municipality, Halton Region, 2015-16

Income

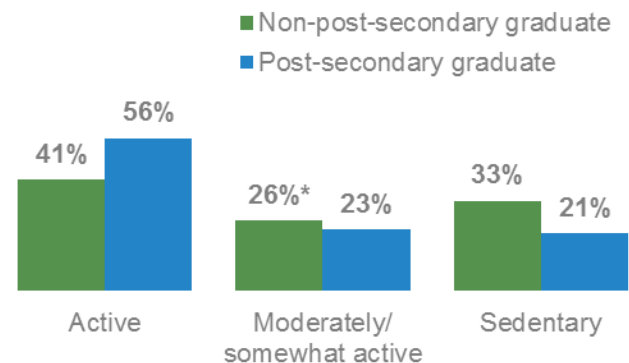
- There were no statistically significant differences by income in the percentage of adults who were active or moderately/somewhat active.
- In 2015-16, adults in the second highest income quintile 4 (Q4) were less likely than adults in the lowest income quintile (Q1) to be sedentary, and this difference was **statistically significant**.



Percentage of adults aged 18 and over who were active, moderately/somewhat active, or sedentary in the past week, by income quintile, Halton Region, 2015-16

Education

- In 2015-16, adults who were post-secondary graduates were more likely to be active compared to adults who were not post-secondary graduates. This difference was **statistically significant**.
- There were no statistically significant differences by education in the percentage of adults who were moderately/somewhat active or sedentary.



Percentage of adults aged 25 and over who were active, moderately/somewhat active, or sedentary in the past week, by education, Halton Region, 2015-16

About CCHS

- The Canadian Community Health Survey (CCHS) is a voluntary, cross-sectional survey that collects information related to health status, health system utilization and health determinants for the Canadian population. CCHS is conducted by Statistics Canada.
- Each year, CCHS surveys 65,000 people aged 12 and over from across Canada. The survey provides health information at the provincial and regional levels. CCHS is designed to provide reliable estimates at the health unit level every 2 years.
- In 2015, CCHS was redesigned, including major changes to content and methodology. **Therefore, it is not recommended to compare data from the 2015 cycle onwards to past CCHS cycles.**
- For more information on CCHS methodology, limitations and statistical terms see the CCHS Data Notes and Data Interpretation Guide at Halton.ca

Data notes

Definitions:

Physical activity categories are based on the number of minutes of moderate to vigorous activity done in a week. **Active** adults get at least 150 minutes of moderate to vigorous physical activity in a week. These individuals are meeting or exceeding the Canadian Physical Activity Guidelines. **Moderately active** adults get at least 75 but less than 150 minutes of moderate to vigorous physical activity in a week. **Somewhat active** adults get more than zero but less than 75 minutes of moderate to vigorous physical activity in a week. **Sedentary** adults do not get any moderate to vigorous physical activity in a week.

Limitations: The definitions of moderately active, somewhat active and sedentary behaviour are defined by CCHS based on amount of moderate/vigorous physical activity per week and may not align with other definitions found in the literature.

Data Source: Canadian Community Health Survey [2015-16], Statistics Canada, Share File, Ontario MOHLTC

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

References

1. Canadian Society for Exercise Physiology. 2018. Canadian Physical Activity Guidelines. Accessed October 2018 from http://www.csep.ca/CMFiles/Guidelines/CSEP_PAGuidelines_adults_en.pdf
2. Health Canada. 2011. Physical Activity. Accessed September 2018 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

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