

Health Indicator Report

Urban Development– Neighbourhood Characteristics

Background

The purpose of this health indicator report is to provide information on how adults aged 18 and over living in Halton Region rate their neighbourhood for walking for leisure, and for reasons other than leisure. The report also provides information on what characteristics would be very or somewhat important in their ideal neighbourhood.

Walking is a form of physical activity that can help individuals stay both physically and mentally healthy.¹ It is important that each neighbourhood and community be walkable so that residents can receive the health and social benefits walking provides. Walkable communities can facilitate physical activity, social interaction, and increase access to services.² A 2012 survey of residents in the Greater Toronto Area found that individuals who live in more walkable neighbourhoods report more walking, greater public transit use, less driving and healthier weights compared to those living in less walkable communities.²

It is important to plan and design neighbourhoods that eliminate any barriers to walking. Communities must increase access to safe and convenient places to walk for individuals of all ages and abilities. Understanding what characteristics residents deem ideal in their community is the first step in taking action to creating walkable neighbourhoods.

This Health Indicator Report uses data from the Rapid Risk Factor Surveillance System (RRFSS).

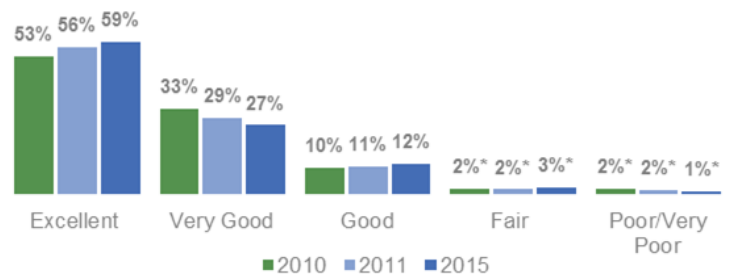
Walking in the Neighbourhood For Leisure Purposes

Trends Over Time

In 2015, 59% of Halton adults reported their neighbourhood as excellent, 27% as very good, 12% as good, 3%* as fair and 1%* as poor or very poor, for walking for leisure purposes.

From 2010 to 2015 the percentage of adults in Halton who reported their neighbourhood as very good for walking for leisure purposes decreased from 33% to 27% and this decrease was **statistically significant**.

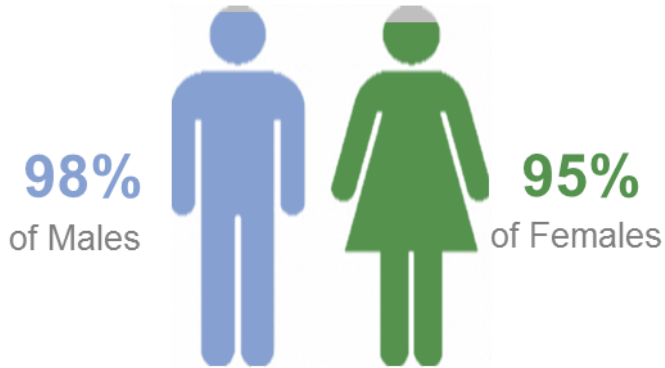
There were no significant differences in the percentage of adults who rated their neighbourhood as excellent, good, fair, poor or very poor for walking for leisure purposes between 2010 and 2015.



Percentage of adults aged 18 and over who rated their neighbourhood as excellent, very good, good, fair, or poor/very poor for walking for leisure purposes, Halton Region, 2010-2015

Sex

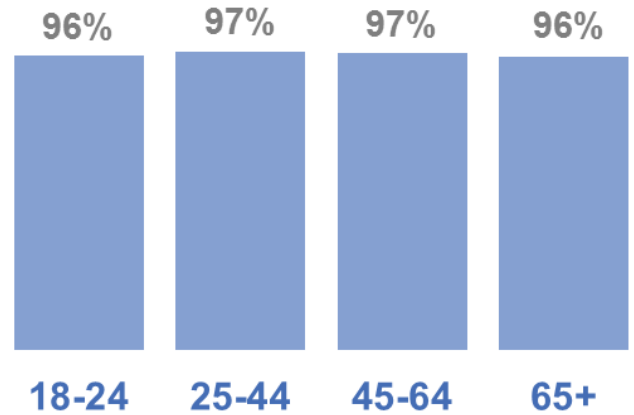
In 2015, there were no statistically significant differences by sex in the percentage of Halton adults who reported their neighbourhood as excellent, very good, or good for walking for leisure purposes.



Percentage of adults aged 18 and over who reported their neighbourhood as excellent, very good, or good (combined) for walking for leisure purposes, by sex, Halton Region, 2015

Age

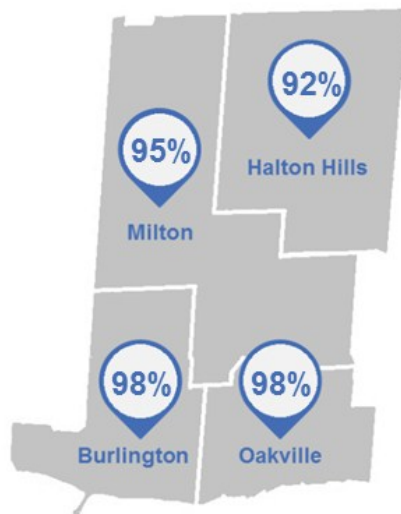
In 2015, there were no statistically significant differences by age in the percentage of Halton adults who reported their neighbourhood as excellent, very good, or good for walking for leisure purposes.



Percentage of adults aged 18 and over who reported their neighbourhood as excellent, very good, or good (combined) for walking for leisure purposes, by age, Halton Region, 2015

Municipality

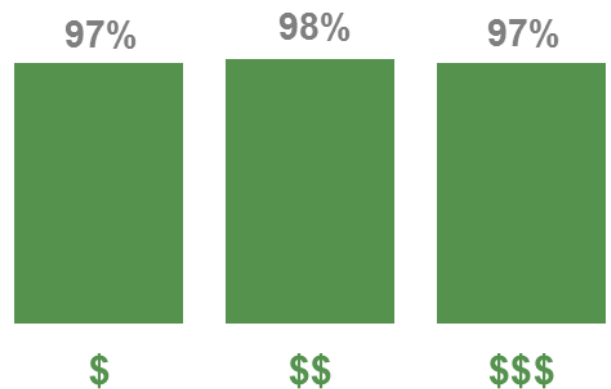
In 2015, adults in Burlington and Oakville were more likely than adults in Halton Hills to report their neighbourhood as excellent, very good, or good for walking for leisure purposes. These difference were **statistically significant**.



Percentage of adults aged 18 and over who reported their neighbourhood as excellent, very good, or good (combined) for walking for leisure purposes, by municipality, Halton Region, 2015

Income

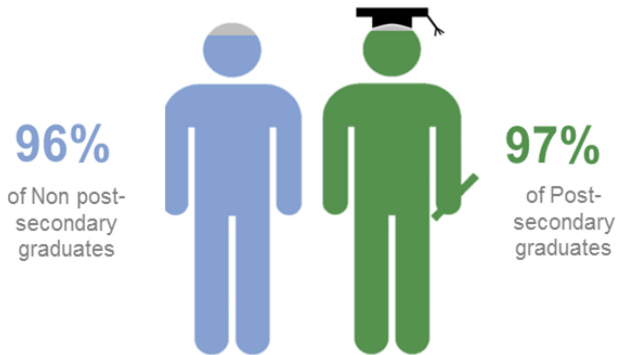
In 2015, there were no statistically significant differences by income in the percentage of Halton adults who reported their neighbourhood as excellent, very good, or good for walking for leisure purposes.



Percentage of adults aged 18 and over who reported their neighbourhood as excellent, very good, or good (combined) for walking for leisure purposes, by income, Halton Region, 2015

Education

In 2015, there were no statistically significant differences by education in the percentage of Halton adults who reported their neighbourhood as excellent, very good, or good for walking for leisure purposes.



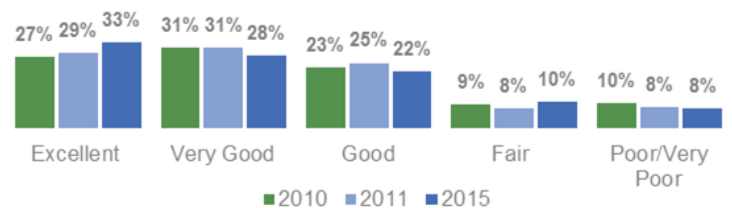
Percentage of adults aged 25 and over who reported their neighbourhood as excellent, very good, or good (combined) for walking for leisure purposes, by education, Halton Region, 2015

Walking in the Neighbourhood For Non-Leisure Purposes

Trends Over Time

In 2015, 33% of Halton adults reported their neighbourhood as excellent, 28% as very good, 22% as good, 10% as fair and 8% as poor or very poor for walking for purposes other than leisure.

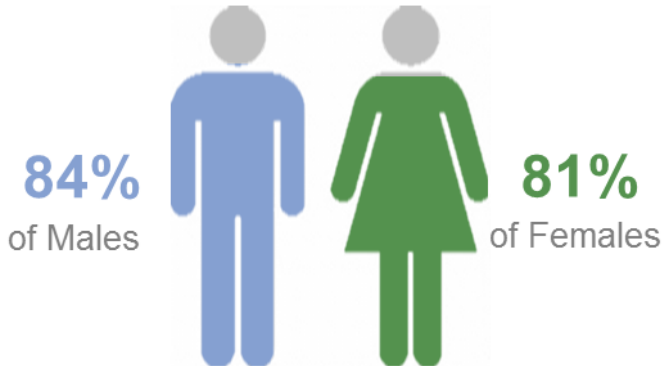
There were no significant differences in the percentage of adults who rated their neighbourhood as excellent, very good, good, fair, poor or very poor for walking for non-leisure purposes between 2010 and 2015.



Percentage of adults aged 18 and over who rated their neighbourhood as excellent, very good, good, fair, or poor/very poor for walking for non-leisure purposes, Halton Region, 2010-2015

Sex

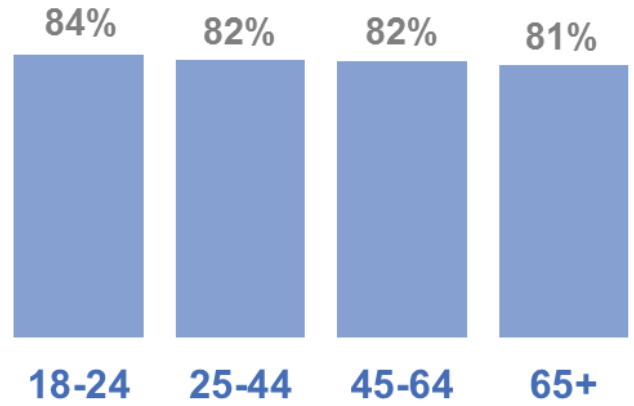
In 2015, there were no statistically significant differences by sex in the percentage of Halton adults who reported their neighbourhood as excellent, very good, or good for walking for purposes other than leisure.



Percentage of adults aged 18 and over who reported their neighbourhood as excellent, very good, or good (combined) for walking for non-leisure purposes, by sex, Halton Region, 2015

Age

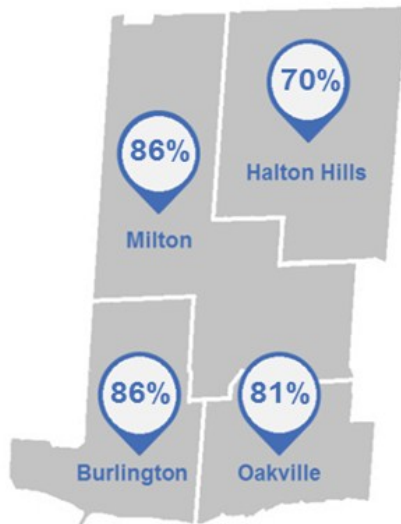
In 2015, there were no statistically significant differences by age in the percentage of Halton adults who reported their neighbourhood as excellent, very good, or good for walking for purposes other than leisure.



Percentage of adults aged 18 and over who reported their neighbourhood as excellent, very good, or good (combined) for walking for non-leisure purposes, by age, Halton Region, 2015

Municipality

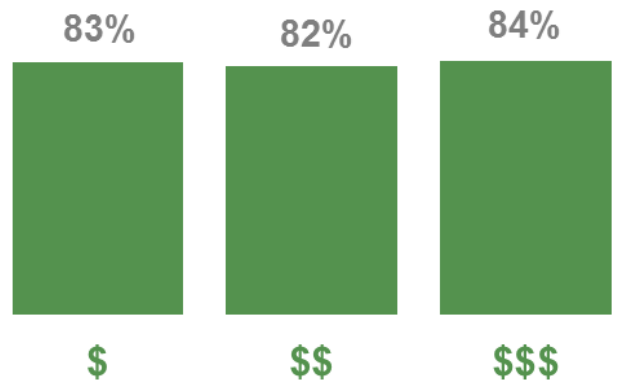
In 2015, adults in Burlington, Oakville, and Milton were more likely than adults in Halton Hills to report their neighbourhood as excellent, very good, or good for walking for purposes other than leisure. These differences were **statistically significant** when comparing Burlington, Oakville, and Milton to Halton Hills.



Percentage of adults aged 18 and over who reported their neighbourhood as excellent, very good, or good (combined) for walking for non-leisure purposes, by municipality, Halton Region, 2015

Income

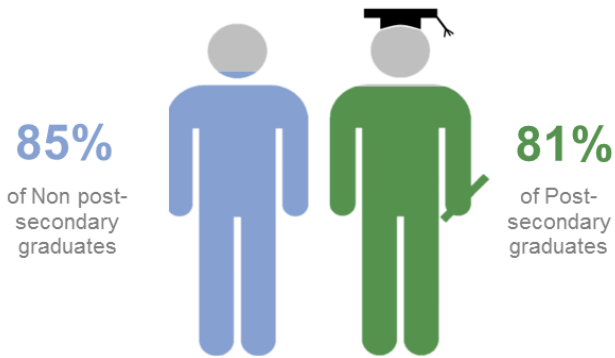
In 2015, there were no statistically significant differences by income in the percentage of Halton adults who reported their neighbourhood as excellent, very good, or good for walking for purposes other than leisure.



Percentage of adults aged 18 and over who reported their neighbourhood as excellent, very good, or good (combined) for walking for non-leisure purposes, by income, Halton Region, 2015

Education

In 2015, there were no statistically significant differences by education in the percentage of Halton adults who reported their neighbourhood as excellent, very good, or good for walking for purposes other than leisure.



Percentage of adults aged 25 and over who reported their neighbourhood as excellent, very good, or good (combined) for walking for non-leisure purposes, by education, Halton Region, 2015

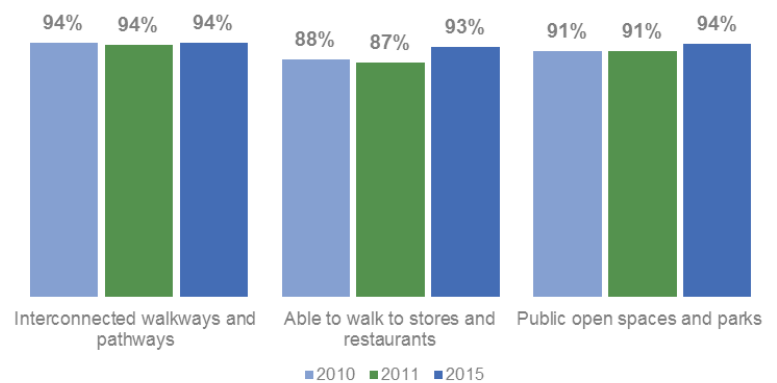
Importance of Neighbourhood Characteristics

In 2015, 94% of Halton adults reported that having interconnected walkways and pathways in their ideal neighbourhood was very or somewhat important.

In 2015, 93% of Halton adults reported that being able to walk to stores and restaurants in their ideal neighbourhood was very or somewhat important.

In 2015, 94% of Halton adults reported that having public open spaces and parks in their ideal neighbourhood was very or somewhat important.

There were no significant differences in the percentage of adults who rated these characteristics as very or somewhat important for their ideal neighbourhood between 2010 and 2015.



Percentage of adults aged 18 and over who rated the above neighbourhood characteristics as very or somewhat important (combined) in their ideal neighbourhood, Halton Region, 2010-2015

Data Notes

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

Definitions:

Walkable refers to an area that is easily travelled and accessible by walking.

Walkability is a measure of how friendly an area is to walking.

Walking for leisure refers to walking for fun, exercise, or pleasure.

Walking for purposes other than leisure refers to reasons such as running errands, shopping, going to the library or post office.

Interconnected walkways and pathways refer to having sidewalks/walkways and pathways that are connected to each other so people can walk to places within their neighbourhood.

Able to walk to stores and restaurants refers to a neighbourhood where people can walk to places such as stores, restaurants, community centers, or schools.

Public open spaces and parks refer to spaces such as playgrounds, parks, plazas, patios and street corners with places to sit, and other areas that create a place where people in the community can get together and talk.

Data Source: Rapid Risk Factor Surveillance System [May to December 2010, 2011, 2015), Halton Region Health Department and Institute for Social Research, York University.

Limitations: Don't know and refused responses were excluded from analysis.

Estimates marked with an asterisk (*) should be interpreted with caution due to high variability. Estimates marked with a double asterisk (**) are not reportable.

For this report, statistical significance was calculated using skewed confidence intervals, as percentages were approaching both 1% and 100%.

References

1. Centers for Disease Control and Prevention. n.d. Step it Up: A Partners Guide to Promote Walking and Walkable Communities. Accessed September 2016 from <https://www.cdc.gov/physicalactivity/walking/call-to-action/pdf/partnerguide.pdf>

2. Toronto Public Health. 2012. The Walkable City: Neighbourhood Design and Preferences, Travel Choices and Health. Accessed September 2016 from https://www1.toronto.ca/city_of_toronto/toronto_public_health/healthy_public_policy/hphe/files/pdf/walkable_city.pdf

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

Last Revised: September 26, 2015

Expected Update: 2021

