

Health Indicator Report

International Physical Activity Questionnaire

Background

The purpose of this health indicator report is to provide information about physical activity across a comprehensive set of domains including: leisure-time, domestic and gardening activities, work-related activities, and transport-related activities among adults aged 18-69 living in Halton Region.

The International Physical Activity Questionnaire (IPAQ) is used to classify physical activity as well as implications for disease. Individuals were categorized into high, moderate or low based on a series of comprehensive questions to determine activity level. Individuals classified as having high levels of physical activity experience the health benefits of being active, those at moderate levels are at risk of chronic disease and obesity, and those at low levels are at highest risk for premature death from cardiovascular disease.¹

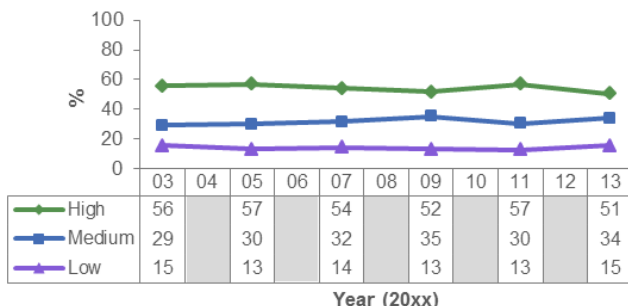
This Health Indicator Report uses data from the Rapid Risk Factor Surveillance System.

Table 1: Health Risk Classification According to IPAQ^{1,2}

IPAQ Category	Physical Activity Description	Risk Level Implication
High	Equivalent to 12,500 steps, or at least one hour/day of at least moderate intensity activity or 30 minutes of vigorous intensity activity over and above daily basal levels [†]	Health-enhancing physical activity
Moderate	Equivalent to 30 minutes of at least moderate intensity physical activity on most days accumulated in leisure and work time	At risk of chronic disease and obesity
Low	No activity is reported or some activity is reported but not enough to meet moderate or high category	At highest risk of premature death due to cardiovascular disease

Trends Over Time

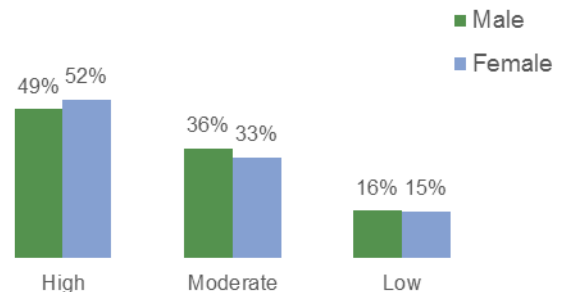
In 2013, 51% of Halton adults reported having a high level of physical activity, 34% reported a moderate level and 15% reported a low level. There were no statistically significant changes in the percentage of adults who reported having a high, moderate or low level of physical activity from 2003 to 2013.



Percentage of adults aged 18-69 who reported having a high, moderate or low level of physical activity, Halton Region, 2003-2013

Sex

In 2013, there were no statistically significant differences by sex in the percentage of Halton adults who reported having a high, moderate or low level of physical activity.

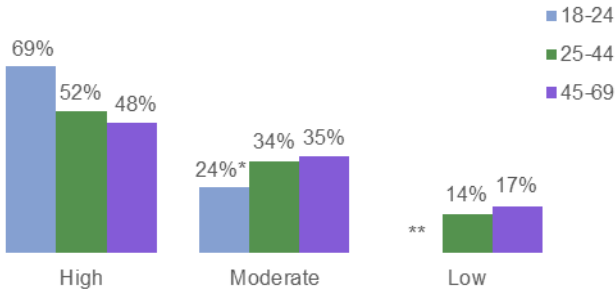


Percentage of adults aged 18-69 who reported having a high, moderate or low level of physical activity, by sex, Halton Region, 2013

Age

In 2013, Halton adults aged 18-24 were more likely than all other age groups to report having a high level of physical activity. This difference was **statistically significant** when comparing adults aged 18-24 to adults aged 45-69.

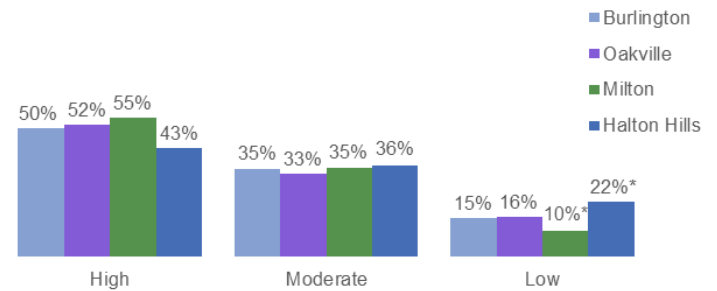
In 2013, there were no statistically significant differences by age in the percentage of Halton adults who reported having a moderate or low level of physical activity.



Percentage of adults aged 18-69 who reported having a high, moderate or low level of physical activity, by age, Halton Region, 2013

Municipality

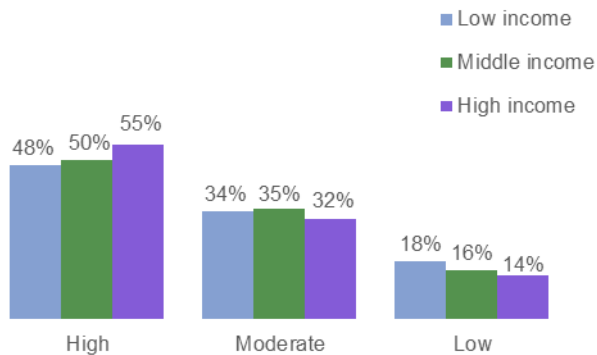
In 2013, there were no statistically significant differences by municipality in the percentage of Halton adults who reported having a high, moderate or low level of physical activity.



Percentage of adults aged 18-69 who reported having a high, moderate or low level of physical activity, by municipality, Halton Region, 2013

Income

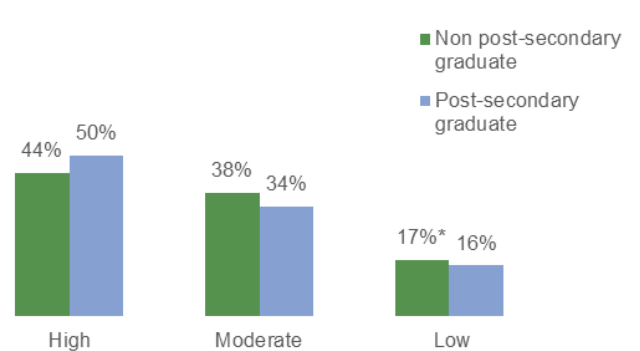
In 2013, there were no statistically significant differences by income in the percentage of Halton adults who reported having a high, moderate or low level of physical activity.



Percentage of adults aged 18-69 who reported having a high, moderate or low level of physical activity, by income, Halton Region, 2013

Education

In 2013, there were no statistically significant differences by education in the percentage of Halton adults aged 25-69 who reported having a high, moderate or low level of physical activity.



Percentage of adults aged 25-69 who reported having a high, moderate or low level of physical activity, by education, Halton Region, 2013

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

Data Source: Rapid Risk Factor Surveillance System [2003, 2005, 2007, 2009, 2011 and 2013], Halton Region Health Department and Institute for Social Research, York University.

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

† *Basal level of activity* is considered to be equivalent to approximately 5000 steps per day.

References

1. RRFSS Provincial Health Indicator Reports (2011). Physical Activity. Retrieved August 2015, from <http://www.rfss.ca/resources/Physical%20Activity%20-%20RRFSS%20Report.pdf>
2. International Physical Activity Questionnaire (IPAQ)(2005). Guidelines for Data Processing and Analysis of the IPAQ. Retrieved August 2015, from http://www.institutferran.org/documentos/scoring_short_ipaq_april04.pdf

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

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