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.

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

<table>
<thead>
<tr>
<th>IPAQ Category</th>
<th>Physical Activity Description</th>
<th>Risk Level Implication</th>
</tr>
</thead>
<tbody>
<tr>
<td>High</td>
<td>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†</td>
<td>Health-enhancing physical activity</td>
</tr>
<tr>
<td>Moderate</td>
<td>Equivalent to 30 minutes of at least moderate intensity physical activity on most days accumulated in leisure and work time</td>
<td>At risk of chronic disease and obesity</td>
</tr>
<tr>
<td>Low</td>
<td>No activity is reported or some activity is reported but not enough to meet moderate or high category</td>
<td>At highest risk of premature death due to cardiovascular disease</td>
</tr>
</tbody>
</table>

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.

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.
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.

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.

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.

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.
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


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


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