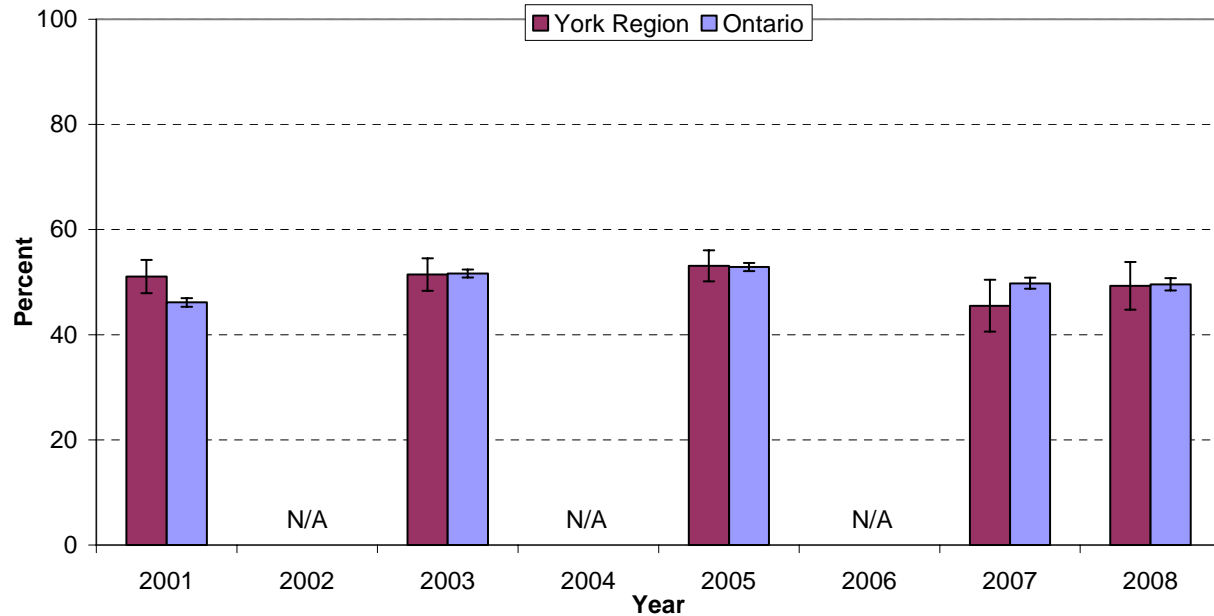


Leisure-Time Physical Activity

This summary focuses on the percent of the population, aged 12 years and over, with active or moderately active leisure-time physical activity in the previous three months.

Ontario Public Health Standards, Chronic Diseases and Injuries Program Standard, Chronic Disease Prevention – Req 1.

Active or Moderately Active Leisure-Time Physical Activity, York Region and Ontario, 2001- 2008

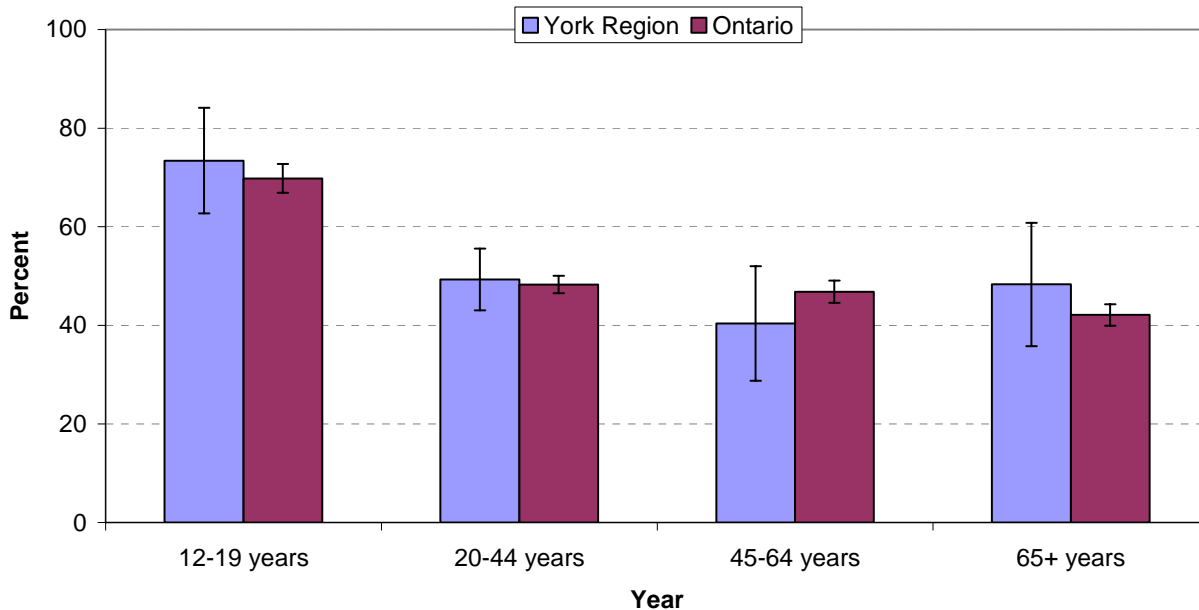


Data Source: Canadian Community Health Survey, 2001-2008, Statistics Canada, Ontario Share File, Ontario Ministry of Health and Long-Term Care.

Interpretation:

- In 2008, 49% (±5) of York Region residents over the age of 12 years reported being physically active or moderately physical during their leisure time. This was similar to the reported leisure-time physical activity level of Ontario residents over the age of 12 years (50% ±1).
- With the exception of 2001, York Region and Ontario residents reported similar rates of leisure-time physical activity. In 2001, York Region residents were significantly more likely to report being active or moderately active during their leisure time (51% (±3) and 46% (±1), respectively).
- In general, men were more likely than women to be active or moderately active during their leisure time. In York Region, this trend was significant for three of the five years and in Ontario this difference was significant across all years (data not shown).

Active or Moderately Active Leisure-Time Physical Activity by Age Group, York Region and Ontario, 2008



Data Source: Canadian Community Health Survey, 2008, Statistics Canada, Ontario Share File, Ontario Ministry of Health and Long-Term Care.

- Across all years, youth between the ages of 12 and 19 years reported the highest rates of being physically active or moderately physically active during their leisure time in York Region and Ontario (73% (±11) and 70% (±3), respectively in 2008). In general, there were no differences in the physical activity levels between York Region residents 20 to 44 year olds, 45 to 64 years old or those 65 years and older.

Data Source: Canadian Community Health Survey (CCHS), 2001-2008, Physical Activities Module. For more information on CCHS, visit <http://www.statcan.ca/>

Energy expenditure estimates were based on the activity type, frequency and duration. An index was calculated as the sum of the average daily energy expenditures of all activities. Active is defined as those who average 3.0 kcal/kg/day or more of energy expenditure from leisure-time physical activity. Moderate is defined as those who average 1.5 to 2.9 kcal/kg/day of energy expenditure from leisure-time physical activity.

The CCHS is a federal survey of residents aged 12 years and older in all provinces and territories, excluding populations on Indian Reserves, Canadian Forces Bases and some remote areas. Data collection is done by a combination of computer assisted personal and telephone interviewing.

The indicators from the survey are based on self-reported information and may be subject to biases, such as recall bias or social desirability bias, or result in high non-response. As such, the estimates may be an underestimate or overestimate of the true prevalence in the population.

┆ and ± represents the 95% confidence interval, meaning 19 times out of 20 the results will fall within this range.