

Leisure Time Physical Activity, Waterloo Region & Ontario, 2009-2010, 2011-2012, 2013-2014

Table 1. Proportion of population 12 years and older, by leisure time physical activity category, Waterloo Region & Ontario, 2009-2010, 2011-2012, 2013-2014

Place of residence	Physical activity category	Average energy expenditure	2009-2010	2011-2012	2013-2014
Waterloo Region	Inactive	<1.5 kcal/kg/day	47.7 (CI: 43.7-51.8)	47.4 (CI:43.4-51.4)	41.6 (CI: 37.6-45.7)
	Moderately active	1.5-2.9 kcal/kg/day	22.3 (CI: 19.4-25.3)	28.6 (CI:25.4-31.9)	29.1 (CI: 25.2-33.0)
	Active	≥3.0 kcal/kg/day	29.9 (CI: 26.3-33.6)	23.9 (CI:20.4-27.4)	29.3 (CI: 25.4-33.1)
	Active or moderately active	≥1.5 kcal/kg/day	52.3 (CI: 48.2-56.3)	52.6 (CI:48.6-56.6)	58.4 (CI: 54.3-62.4)
Ontario	Inactive	<1.5 kcal/kg/day	49.2 (CI: 48.3-50.0)	45.9 (CI:45.0-46.8)	46.3 (CI: 45.4-47.3)
	Moderately active	1.5-2.9 kcal/kg/day	23.6 (CI: 22.9-24.4)	24.8 (CI:24.0-25.6)	24.4 (CI: 23.6-25.1)
	Active	≥3.0 kcal/kg/day	27.2 (CI: 26.5-27.9)	29.3 (CI:28.5-30.2)	29.3 (CI: 28.5-30.2)
	Active or moderately active	≥1.5 kcal/kg/day	50.8 (CI: 50.0-51.7)	54.1 (CI:53.2-55.0)	53.7 (CI: 52.7-54.6)

Definition:

Proportion of the population aged 12 years and older by daily average level of energy expenditure during leisure time physical activity.

- Active – average 3.0 or more kilocalories per kilogram of body weight per day (e.g., walking an hour or jogging 20 minutes a day).
- Moderately active – average 1.5-2.9 kilocalories per kilogram of body weight per day (e.g., walking 30 to 60 minutes a day or taking an hour-long exercise class three times a week).
- Inactive – average less than 1.5 kilocalories per kilogram of body weight per day (e.g., walking less than half an hour a day).

Table 2. Proportion of population 12 years and older who were active or moderately active during leisure time, by age group, sex, municipality, Waterloo Region, 2013-2014

	Measure	Per cent
Sex	Male	59.9 (CI: 54.0-65.7)
	Female	56.9 (CI: 51.4-62.3)
Age group	12 to 17 years	74.6 (CI: 64.3-85.0)
	18 to 24 years	64.0 (CI: 53.6-74.3)
	25 to 34 years	68.6 (CI: 59.2-78.0)
	35 to 49 years	51.2 (CI: 41.3-61.1)
	50 to 64 years	57.8 (CI: 49.5-66.1)
	65 years and older	47.0 (CI: 39.8-54.2)
Municipality	Cambridge	54.4 (CI: 48.8-60.0)
	Kitchener	58.5 (CI: 51.6-65.3)
	Waterloo	59.0 (CI: 50.0-67.9)
	Townships	67.9 (CI: 56.4-79.3)

Limitations and Notes:

The CCHS is based on self-reported data collected in telephone and in-person interviews. The CCHS excludes individuals living on Indian reserve communities, institutions, full-time members of the Canadian Armed Forces, and residents of remote regions of the country.

Self-reported measures are subject to such sources of bias as social desirability bias and recall bias. 'Don't know', refused and not stated responses were removed from analysis when they represented less than five per cent of the sample. In removing these responses from the denominator, the assumption is that the missing values are random, which is not always the case.

Estimates provided at the municipal level may not be representative of the given population as the CCHS sampling frame was not designed for analysis below the health region level.

The 'Townships' category combines responses from North Dumfries, Wellesley, Wilmot and Woolwich townships. 'CI' refers to 95 per cent confidence limits.

Limitations and Notes:

The superscript 'E' denotes high sampling variability, and estimates must be interpreted with caution. The 'F' denotes estimates which were suppressed due to unacceptably high sampling variability.

Leisure-time physical activity accounts for only a portion of total daily physical activity levels. There is substantial variation in total daily energy expenditures to earn a living (occupational physical activity), domestic chores and active transportation. Differences in occupational physical activity levels often explain individual differences in health-related outcomes.

Source:

Canadian Community Health Survey, 2009-2010, 2011-2012, 2013-2014, Statistics Canada, Share File, Ontario MOHLTC.

Table 3. Proportion of population 12 years and older who were active or moderately active during leisure time, by immigration status, household income, & level of education, Waterloo Region, 2013-2014

	Measure	Per cent
Household income	Less than \$40,000	44.4 (CI: 35.8-52.9)
	\$40,000-\$69,999	61.0 (CI: 54.2-67.9)
	\$70,000-\$99,999	55.3 (CI: 46.9-63.8)
	\$100,000 or more	65.8 (CI: 59.0-72.6)
Level of education	Less than high school	53.0 (CI: 45.6-60.4)
	High school diploma	56.7 (CI: 47.8-65.7)
	Some post-secondary	52.1 (CI: 37.5-66.8)
	Post-secondary degree	61.8 (CI: 56.5-67.1)
Immigration status	Immigrant	54.5 (CI: 46.4-62.5)
	Canadian-born	60.5 (CI: 55.5-65.5)

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