

## Physical Activity of Adults and Youth

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### Abstract

The map shows by health region in 2005 the overall physical activity of youth and adults ranked from 1 to 73 , the proportion of adults and youth (aged 12 -19) who are sufficiently active. The original data are derived from the 2005 Canadian Community Health Survey (Statistics Canada, 2005).

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### The Olympic Spirit

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**Figure 1:** Michelle Morton 1998 Nagano Winter Olympics

**Source:** PC Photo/AOC, Library and Archives Canada, C-9525.

A recent study from the Canadian Fitness and Lifestyle Research Institute rates the physical activity of the population by health region. The results of the research are shown on the map as the following:

- overall physical activity of youth and adults ranked from 1 to 73
- proportion of adults who are sufficiently active
- proportion of youth (aged 12 -19) who are sufficiently active

In the study, adults are considered sufficiently active when their daily energy expenditure from all leisure activities is equivalent to walking at least 30 minutes a day. And youth are considered sufficiently active when their daily energy expenditure from all leisure activities is equivalent to walking at least 120 minutes a day. The original data are derived from the 2005 Canadian Community Health Survey (Statistics Canada, 2005). A descriptive interpretation of the results and the

methodology are found in the Institute's publication Rating Canada's Regional Health (Canadian Fitness and Lifestyle Research Institute, 2008).

Below are some facts on (winter) sport participation from the Statistics Canada report on Sports Participation in Canada, 2005 (Ifedi, 2008):

- 26.1% of youths aged 5 to 14 participated in ice hockey
- 5.0% of youths were involved in skiing and 3.8% in figure skating; only slightly more boys participated in skiing (6.3%) than girls at 4.2%
- there were more girls participating in figure skating at 6.1% than boys at 2.1%.
- only 1.8% of youth participated in curling
- generally, more men participate in sports than women as adults; in 2005, 36% of men and 21% of women participated in sports

Table 1 below shows the decline in participation in sports by province from 1992 to 2005.

**Table 1.** Sport Participation Rates, 1992 - 2005

	1992 Population (15 years and older) thousands	Participants percentage (%)	1998 Population (15 years and older) thousands	Participants percentage (%)	2005 Population (15 years and older) thousands	Participants percentage (%)	Percentage Change (1998- 2005)
Canada	21 294	45.1	24 260	34.2	26 106	28	-6.2
Newfoundland and Labrador	441	36.4	447	26.6	431	24.3	-2.3
Prince Edward Island	98	40.3	107	25.2	112	28.6	3.4
Nova Scotia	711	46.8	761	32.6	775	32.4	-0.2
New Brunswick	569	44.1	613	31.6	620	25.5	-6.1
Quebec	5 451	48.7	6 006	38.1	6 224	27.1	-11
Ontario	7 911	40.9	9 184	31.8	10 128	28.5	-3.3
Manitoba	840	41.5	893	29.7	930	28.9	-0.8
Saskatchewan	741	45.3	787	33.9	784	28.4	-5.5
Alberta	1 935	44.9	2 261	36.8	2 592	30	-6.8
British Columbia	2 597	52.7	3 201	35.8	3 511	26.3	-9.5

**Source:** Ifedi, F. 2008. Sport Participation in Canada, 2005. Statistics Canada Cat No. 81-595-MIE. Ottawa, Ontario: Statistics Canada.

There has been a downward trend in sport participation by both males and females in Canada between 1998 and 2005. This downward trend has had an impact on the levels of physical activity as shown on the map. Participation levels have dropped from approximately 34% to 28%. Of the 101 health regions, there are only 49 in which the proportion of adults who are sufficiently active is over 49%. The highest percentages of physically active adults are found in British Columbia and Alberta.

Out of all 101 health regions, there is none in which the majority of the youth would be considered sufficiently physically active. There are only eleven health regions in which 29% to 34% of the youth population are sufficiently active. These health regions are found in British Columbia, Alberta, Saskatchewan and Ontario.

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## Map Sources

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Canadian Fitness and Lifestyle Research Institute. 2008. Rating Canada's Regional Health (2005).

## References

Canadian Fitness and Lifestyle Research Institute. 2008. Rating Canada's Regional Health. <http://www.cflri.ca/>

Statistics Canada. 2005. Canadian Community Health Survey. Public Use Microdata File. Cycle 3.1 (2005). Catalogue no. 82M0013XCB.

Ifedi. F. 2008. Sport Participation in Canada, 2005. Statistics Canada Cat No. 81-595-MIE. Ottawa, Ontario: Statistics Canada.

## Related Web sites (1999 – 2009)

### Federal Government

Together in 2010. Government of Canada's 2010 Winter Games Web Site  
<http://www.canada2010.gc.ca/>

### Other

Vancouver 2010  
<http://www.vancouver2010.com/>