

Table 105-0433<sup>1</sup>

Leisure-time physical activity, by age group and sex, household population aged 12 and over, Canada, provinces, territories, health regions (June 2005 boundaries) and peer groups, every 2 years

Survey or program details:

Canadian Community Health Survey - [3226](#)

Geography<sup>2,3</sup>=Yukon Territory [60]

Age group	Sex	Leisure-time physical activity <sup>10,11</sup>	Characteristics <sup>12,13,14,15</sup>	2005
Total, 12 years and over	Both sexes	Total population for the variable leisure-time physical activity	Number of persons	27,188
			Percent	100.0
		Leisure-time physically active or moderately active	Number of persons	15,668
			Percent	57.6
		Leisure-time physically active	Number of persons	8,341
			Percent	30.7
		Leisure-time moderately physically active	Number of persons	7,327
			Percent	27.0
		Leisure-time physically inactive	Number of persons	11,102
			Percent	40.8
		Leisure-time physical activity, not stated	Number of persons	F
			Percent	F
	Males	Total population for the variable leisure-time physical activity	Number of persons	13,664
			Percent	100.0
		Leisure-time physically active or moderately active	Number of persons	8,222
			Percent	60.2
		Leisure-time physically active	Number of persons	4,180
			Percent	30.6
		Leisure-time moderately physically active	Number of persons	4,042
			Percent	29.6
		Leisure-time physically inactive	Number of persons	5,112
			Percent	37.4
		Leisure-time physical activity, not stated	Number of persons	F
			Percent	F
	Females	Total population for the variable leisure-time physical activity	Number of persons	13,524
			Percent	100.0
		Leisure-time physically active or moderately active	Number of persons	7,446
			Percent	55.1
		Leisure-time physically active	Number of persons	4,161
			Percent	30.8
		Leisure-time moderately physically active	Number of persons	3,286
			Percent	24.3
		Leisure-time physically inactive	Number of persons	5,989
			Percent	44.3
		Leisure-time physical activity, not stated	Number of persons	F
			Percent	F
		Total population for the variable leisure-time physical activity	Number of persons	3,854
			Percent	100.0
		Leisure-time physically active or moderately active	Number of persons	2,944
			Percent	76.4
		Leisure-time physically active	Number of persons	2,082
			Percent	54.0

12 to 19 years	Both sexes	Leisure-time moderately physically active	Number of persons	862
			Percent	22.4
		Leisure-time physically inactive	Number of persons	782 <sup>E</sup>
			Percent	20.3 <sup>E</sup>
		Leisure-time physical activity, not stated	Number of persons	F
			Percent	F
	Males	Total population for the variable leisure-time physical activity	Number of persons	2,016
			Percent	100.0
		Leisure-time physically active or moderately active	Number of persons	1,413
			Percent	70.1
		Leisure-time physically active	Number of persons	1,092
			Percent	54.2
		Leisure-time moderately physically active	Number of persons	321 <sup>E</sup>
			Percent	15.9 <sup>E</sup>
		Leisure-time physically inactive	Number of persons	475 <sup>E</sup>
			Percent	23.6 <sup>E</sup>
		Leisure-time physical activity, not stated	Number of persons	F
			Percent	F
	Females	Total population for the variable leisure-time physical activity	Number of persons	1,838
			Percent	100.0
		Leisure-time physically active or moderately active	Number of persons	1,531
			Percent	83.3
		Leisure-time physically active	Number of persons	990
			Percent	53.9
		Leisure-time moderately physically active	Number of persons	541 <sup>E</sup>
			Percent	29.4 <sup>E</sup>
		Leisure-time physically inactive	Number of persons	F
			Percent	F
		Leisure-time physical activity, not stated	Number of persons	F
			Percent	F
20 to 34 years	Both sexes	Total population for the variable leisure-time physical activity	Number of persons	6,422
			Percent	100.0
		Leisure-time physically active or moderately active	Number of persons	3,906
			Percent	60.8
		Leisure-time physically active	Number of persons	2,448
			Percent	38.1
		Leisure-time moderately physically active	Number of persons	1,458 <sup>E</sup>
			Percent	22.7 <sup>E</sup>
		Leisure-time physically inactive	Number of persons	2,443
			Percent	38.0
		Leisure-time physical activity, not stated	Number of persons	F
			Percent	F
	Males	Total population for the variable leisure-time physical activity	Number of persons	2,921
			Percent	100.0
		Leisure-time physically active or moderately active	Number of persons	2,093
			Percent	71.6
		Leisure-time physically active	Number of persons	1,251
			Percent	42.8
		Leisure-time moderately physically active	Number of persons	842 <sup>E</sup>
			Percent	28.8 <sup>E</sup>
		Leisure-time physically inactive	Number of persons	797 <sup>E</sup>
			Percent	27.3 <sup>E</sup>
		Leisure-time physical activity, not stated	Number of persons	F

	Females		Percent	F
		Total population for the variable leisure-time physical activity	Number of persons	3,501
			Percent	100.0
		Leisure-time physically active or moderately active	Number of persons	1,813
			Percent	51.8
		Leisure-time physically active	Number of persons	1,197 <sup>E</sup>
			Percent	34.2 <sup>E</sup>
		Leisure-time moderately physically active	Number of persons	616 <sup>E</sup>
			Percent	17.6 <sup>E</sup>
		Leisure-time physically inactive	Number of persons	1,647
Percent	47.0			
Leisure-time physical activity, not stated	Number of persons	F		
	Percent	F		
35 to 44 years	Both sexes	Total population for the variable leisure-time physical activity	Number of persons	5,580
			Percent	100.0
		Leisure-time physically active or moderately active	Number of persons	2,883
			Percent	51.7
		Leisure-time physically active	Number of persons	1,383 <sup>E</sup>
			Percent	24.8 <sup>E</sup>
		Leisure-time moderately physically active	Number of persons	1,499 <sup>E</sup>
			Percent	26.9
		Leisure-time physically inactive	Number of persons	2,654
			Percent	47.6
		Leisure-time physical activity, not stated	Number of persons	F
			Percent	F
	Males	Total population for the variable leisure-time physical activity	Number of persons	2,807
			Percent	100.0
		Leisure-time physically active or moderately active	Number of persons	1,464
			Percent	52.2
		Leisure-time physically active	Number of persons	650 <sup>E</sup>
			Percent	23.2 <sup>E</sup>
		Leisure-time moderately physically active	Number of persons	814 <sup>E</sup>
			Percent	29.0 <sup>E</sup>
		Leisure-time physically inactive	Number of persons	1,319
			Percent	47.0
		Leisure-time physical activity, not stated	Number of persons	F
			Percent	F
	Females	Total population for the variable leisure-time physical activity	Number of persons	2,773
			Percent	100.0
		Leisure-time physically active or moderately active	Number of persons	1,418 <sup>E</sup>
			Percent	51.1
		Leisure-time physically active	Number of persons	733 <sup>E</sup>
			Percent	26.4 <sup>E</sup>
		Leisure-time moderately physically active	Number of persons	685 <sup>E</sup>
			Percent	24.7 <sup>E</sup>
		Leisure-time physically inactive	Number of persons	1,335 <sup>E</sup>
			Percent	48.1
		Leisure-time physical activity, not stated	Number of persons	F
			Percent	F
		Total population for the variable leisure-time physical activity	Number of persons	9,228
			Percent	100.0
		Leisure-time physically active or moderately active	Number of persons	5,160
			Percent	55.9

45 to 64 years	Both sexes	Leisure-time physically active	Number of persons	2,194
			Percent	23.8
		Leisure-time moderately physically active	Number of persons	2,966
			Percent	32.1
		Leisure-time physically inactive	Number of persons	3,895
			Percent	42.2
		Leisure-time physical activity, not stated	Number of persons	F
			Percent	F
	Males	Total population for the variable leisure-time physical activity	Number of persons	4,816
			Percent	100.0
		Leisure-time physically active or moderately active	Number of persons	2,736
			Percent	56.8
		Leisure-time physically active	Number of persons	1,097 <sup>E</sup>
			Percent	22.8 <sup>E</sup>
		Leisure-time moderately physically active	Number of persons	1,638
			Percent	34.0
		Leisure-time physically inactive	Number of persons	1,934
			Percent	40.2
		Leisure-time physical activity, not stated	Number of persons	F
			Percent	F
	Females	Total population for the variable leisure-time physical activity	Number of persons	4,412
			Percent	100.0
		Leisure-time physically active or moderately active	Number of persons	2,424
			Percent	55.0
		Leisure-time physically active	Number of persons	1,096 <sup>E</sup>
			Percent	24.8 <sup>E</sup>
		Leisure-time moderately physically active	Number of persons	1,328
			Percent	30.1
		Leisure-time physically inactive	Number of persons	1,961
			Percent	44.4
		Leisure-time physical activity, not stated	Number of persons	F
			Percent	F
65 years and over	Both sexes	Total population for the variable leisure-time physical activity	Number of persons	2,103
			Percent	100.0
		Leisure-time physically active or moderately active	Number of persons	775
			Percent	36.9
		Leisure-time physically active	Number of persons	F
			Percent	F
		Leisure-time moderately physically active	Number of persons	542 <sup>E</sup>
			Percent	25.8 <sup>E</sup>
		Leisure-time physically inactive	Number of persons	1,328
			Percent	63.1
		Leisure-time physical activity, not stated	Number of persons	F
			Percent	F
	Males	Total population for the variable leisure-time physical activity	Number of persons	1,103
			Percent	100.0
		Leisure-time physically active or moderately active	Number of persons	516 <sup>E</sup>
			Percent	46.8 <sup>E</sup>
		Leisure-time physically active	Number of persons	F
			Percent	F
		Leisure-time moderately physically active	Number of persons	426 <sup>E</sup>
			Percent	38.6 <sup>E</sup>
		Leisure-time physically inactive	Number of persons	587 <sup>E</sup>

			Percent	53.2 <sup>E</sup>
		Leisure-time physical activity, not stated	Number of persons	F
			Percent	F
	Females	Total population for the variable leisure-time physical activity	Number of persons	1,000
			Percent	100.0
		Leisure-time physically active or moderately active	Number of persons	259 <sup>E</sup>
			Percent	25.9 <sup>E</sup>
		Leisure-time physically active	Number of persons	F
			Percent	F
		Leisure-time moderately physically active	Number of persons	F
			Percent	F
		Leisure-time physically inactive	Number of persons	741
			Percent	74.1
		Leisure-time physical activity, not stated	Number of persons	F
			Percent	F

### Symbol legend:

<sup>E</sup> Use with caution

<sup>F</sup> Too unreliable to be published

### Footnotes:

- Source: Statistics Canada, Canadian Community Health Survey (CCHS 3.1), 2005. The CANSIM table 105-0433 is an update of CANSIM table 105-0233.
- Health regions are defined by the provincial ministries of health. These are legislated administrative areas in all provinces. The health regions presented in this table are based on boundaries and names in effect as of June 2005. For complete Canadian coverage, each of the northern territories also represents a health region.
- A "peer group" is a grouping of health regions that have similar social and economic characteristics. The nine peer groups are identified by the letters A through I, which are appended to the health region 4-digit code.
- Population aged 12 and over reporting level of physical activity, based on their responses to questions about the frequency, duration and intensity of their participation in leisure-time physical activity.
- Respondents are classified as active, moderately active or inactive based on an index of average daily physical activity over the past 3 months. For each leisure time physical activity engaged in by the respondent, an average daily energy expenditure is calculated by multiplying the number of times the activity was performed by the average duration of the activity by the energy cost (kilocalories per kilogram of body weight per hour) of the activity. The index is calculated as the sum of the average daily energy expenditures of all activities. Respondents are classified as follows: 3.0 kcal/kg/day or more = physically active; 1.5 to 2.9 kcal/kg/day = moderately active; less than 1.5 kcal/kg/day = inactive.
- When comparing estimates, it is important to use confidence intervals to determine if differences between values are statistically significant. Confidence intervals describe sampling variability and give an indication of the precision of a given estimate.
- Bootstrapping techniques were used to produce the coefficient of variation (CV) and 95% confidence intervals (CIs).
- Data with a coefficient of variation (CV) from 16.6% to 33.3% are identified as follows: (E) use with caution.
- Data with a coefficient of variation (CV) greater than 33.3% were suppressed due to extreme sampling variability and are identified as follows: (F) too unreliable to be published.

**Source:** Statistics Canada. *Table 105-0433 - Leisure-time physical activity, by age group and sex, household population aged 12 and over, Canada, provinces, territories, health regions (June 2005 boundaries) and peer groups, every 2 years, CANSIM (database).*

<http://cansim2.statcan.ca/cgi-win/cnsmcgui.exe?>

[Lang=E&CANSIMFile=C11\C11\\_1\\_E.htm&RootDir=C11/](http://cansim2.statcan.ca/cgi-win/cnsmcgui.exe?Lang=E&CANSIMFile=C11\C11_1_E.htm&RootDir=C11/)

(accessed: October 2, 2008)

[Printer-friendly format](#)