

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>=Northwest Territories [61]

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	34,664
			Percent	100.0
		Leisure-time physically active or moderately active	Number of persons	17,506
			Percent	50.5
		Leisure-time physically active	Number of persons	8,437
			Percent	24.3
		Leisure-time moderately physically active	Number of persons	9,069
			Percent	26.2
		Leisure-time physically inactive	Number of persons	16,400
			Percent	47.3
		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	18,070
			Percent	100.0
		Leisure-time physically active or moderately active	Number of persons	9,438
			Percent	52.2
		Leisure-time physically active	Number of persons	4,341
			Percent	24.0
		Leisure-time moderately physically active	Number of persons	5,097
			Percent	28.2
		Leisure-time physically inactive	Number of persons	8,103
			Percent	44.8
		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	16,594
			Percent	100.0
		Leisure-time physically active or moderately active	Number of persons	8,068
			Percent	48.6
		Leisure-time physically active	Number of persons	4,096
			Percent	24.7
		Leisure-time moderately physically active	Number of persons	3,972
			Percent	23.9
		Leisure-time physically inactive	Number of persons	8,297
			Percent	50.0
		Leisure-time physical activity, not stated	Number of persons	F
			Percent	F
		Total population for the variable leisure-time physical activity	Number of persons	5,716
			Percent	100.0
		Leisure-time physically active or moderately active	Number of persons	3,918
			Percent	68.5
		Leisure-time physically active	Number of persons	2,774
			Percent	48.5

12 to 19 years	Both sexes	Leisure-time moderately physically active	Number of persons	1,144
			Percent	20.0
		Leisure-time physically inactive	Number of persons	1,197 <sup>E</sup>
			Percent	20.9 <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	2,987
			Percent	100.0
		Leisure-time physically active or moderately active	Number of persons	2,014
			Percent	67.4
		Leisure-time physically active	Number of persons	1,429
			Percent	47.8
		Leisure-time moderately physically active	Number of persons	585 <sup>E</sup>
			Percent	19.6 <sup>E</sup>
		Leisure-time physically inactive	Number of persons	601 <sup>E</sup>
			Percent	20.1 <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	2,730
			Percent	100.0
		Leisure-time physically active or moderately active	Number of persons	1,904
			Percent	69.8
		Leisure-time physically active	Number of persons	1,346 <sup>E</sup>
			Percent	49.3 <sup>E</sup>
		Leisure-time moderately physically active	Number of persons	558 <sup>E</sup>
			Percent	20.5 <sup>E</sup>
		Leisure-time physically inactive	Number of persons	596 <sup>E</sup>
			Percent	21.8 <sup>E</sup>
		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	10,944
			Percent	100.0
		Leisure-time physically active or moderately active	Number of persons	5,382
			Percent	49.2
		Leisure-time physically active	Number of persons	2,785 <sup>E</sup>
			Percent	25.4 <sup>E</sup>
		Leisure-time moderately physically active	Number of persons	2,597
			Percent	23.7
		Leisure-time physically inactive	Number of persons	5,561
			Percent	50.8
		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	5,591
			Percent	100.0
		Leisure-time physically active or moderately active	Number of persons	2,918
			Percent	52.2
		Leisure-time physically active	Number of persons	1,548 <sup>E</sup>
			Percent	27.7 <sup>E</sup>
		Leisure-time moderately physically active	Number of persons	1,370 <sup>E</sup>
			Percent	24.5
		Leisure-time physically inactive	Number of persons	2,674
			Percent	47.8
			Number of persons	F
			Percent	F

35 to 44 years	Females	Leisure-time physical activity, not stated	Percent	F
		Total population for the variable leisure-time physical activity	Number of persons	5,352
			Percent	100.0
		Leisure-time physically active or moderately active	Number of persons	2,464
			Percent	46.0
		Leisure-time physically active	Number of persons	1,237 <sup>E</sup>
			Percent	23.1 <sup>E</sup>
		Leisure-time moderately physically active	Number of persons	1,227
			Percent	22.9
		Leisure-time physically inactive	Number of persons	2,888
			Percent	54.0
		Leisure-time physical activity, not stated	Number of persons	F
			Percent	F
	Both sexes	Total population for the variable leisure-time physical activity	Number of persons	7,169
			Percent	100.0
		Leisure-time physically active or moderately active	Number of persons	3,344
			Percent	46.6
		Leisure-time physically active	Number of persons	1,213 <sup>E</sup>
			Percent	16.9 <sup>E</sup>
		Leisure-time moderately physically active	Number of persons	2,131
			Percent	29.7
		Leisure-time physically inactive	Number of persons	3,825
			Percent	53.4
		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	3,710
			Percent	100.0
		Leisure-time physically active or moderately active	Number of persons	1,673
			Percent	45.1
		Leisure-time physically active	Number of persons	527 <sup>E</sup>
			Percent	14.2 <sup>E</sup>
		Leisure-time moderately physically active	Number of persons	1,146 <sup>E</sup>
			Percent	30.9 <sup>E</sup>
		Leisure-time physically inactive	Number of persons	2,037
			Percent	54.9
		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	3,459
			Percent	100.0
		Leisure-time physically active or moderately active	Number of persons	1,671
			Percent	48.3
		Leisure-time physically active	Number of persons	686 <sup>E</sup>
			Percent	19.8 <sup>E</sup>
		Leisure-time moderately physically active	Number of persons	985 <sup>E</sup>
			Percent	28.5 <sup>E</sup>
		Leisure-time physically inactive	Number of persons	1,788 <sup>E</sup>
			Percent	51.7
		Leisure-time physical activity, not stated	Number of persons	F
			Percent	F
		Total population for the variable leisure-time physical activity	Number of persons	9,053
			Percent	100.0
		Leisure-time physically active or moderately active	Number of persons	4,310
			Percent	47.6

45 to 64 years	Both sexes	Leisure-time physically active	Number of persons	1,495 <sup>E</sup>
			Percent	16.5 <sup>E</sup>
		Leisure-time moderately physically active	Number of persons	2,815
			Percent	31.1
		Leisure-time physically inactive	Number of persons	4,649
			Percent	51.4
		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	4,888
			Percent	100.0
		Leisure-time physically active or moderately active	Number of persons	2,495 <sup>E</sup>
			Percent	51.0 <sup>E</sup>
		Leisure-time physically active	Number of persons	F
			Percent	F
		Leisure-time moderately physically active	Number of persons	1,771 <sup>E</sup>
			Percent	36.2 <sup>E</sup>
		Leisure-time physically inactive	Number of persons	2,299 <sup>E</sup>
			Percent	47.0 <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	4,164
			Percent	100.0
		Leisure-time physically active or moderately active	Number of persons	1,815
			Percent	43.6
		Leisure-time physically active	Number of persons	F
			Percent	F
		Leisure-time moderately physically active	Number of persons	1,044 <sup>E</sup>
			Percent	25.1 <sup>E</sup>
		Leisure-time physically inactive	Number of persons	2,350
			Percent	56.4
		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	1,782
			Percent	100.0
		Leisure-time physically active or moderately active	Number of persons	551 <sup>E</sup>
			Percent	30.9 <sup>E</sup>
		Leisure-time physically active	Number of persons	F
			Percent	F
		Leisure-time moderately physically active	Number of persons	381 <sup>E</sup>
			Percent	21.4 <sup>E</sup>
		Leisure-time physically inactive	Number of persons	1,168
			Percent	65.5
		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	894
			Percent	100.0
		Leisure-time physically active or moderately active	Number of persons	338 <sup>E</sup>
			Percent	37.8 <sup>E</sup>
		Leisure-time physically active	Number of persons	F
			Percent	F
		Leisure-time moderately physically active	Number of persons	F
			Percent	F
			Number of persons	492 <sup>E</sup>
			Percent	

		Leisure-time physically inactive	Percent	55.1 <sup>E</sup>
		Leisure-time physical activity, not stated	Number of persons	F
	Females	Total population for the variable leisure-time physical activity	Percent	F
			Number of persons	889
		Leisure-time physically active or moderately active	Percent	100.0
			Number of persons	F
		Leisure-time physically active	Percent	F
			Number of persons	F
		Leisure-time moderately physically active	Percent	F
			Number of persons	F
		Leisure-time physically inactive	Percent	F
			Number of persons	675
		Leisure-time physical activity, not stated	Percent	76.0
			Number of persons	F
			Percent	F

### Symbol legend:

<sup>E</sup> Use with caution

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

### Footnotes:

1. Source: Statistics Canada, Canadian Community Health Survey (CCHS 3.1), 2005. The CANSIM table 105-0433 is an update of CANSIM table 105-0233.
2. 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.
3. 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.
10. 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.
11. 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.
12. 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.
13. Bootstrapping techniques were used to produce the coefficient of variation (CV) and 95% confidence intervals (CIs).
14. Data with a coefficient of variation (CV) from 16.6% to 33.3% are identified as follows: (E) use with caution.
15. 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).*

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