

Table 105-0433¹

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^{2,3}=Nunavut [62]

Age group	Sex	Leisure-time physical activity ^{10,11}	Characteristics ^{12,13,14,15}	2005
Total, 12 years and over	Both sexes	Total population for the variable leisure-time physical activity	Number of persons	14,948
			Percent	100.0
		Leisure-time physically active or moderately active	Number of persons	7,053
			Percent	47.2
		Leisure-time physically active	Number of persons	3,999
			Percent	26.8
		Leisure-time moderately physically active	Number of persons	3,054
			Percent	20.4
		Leisure-time physically inactive	Number of persons	7,691
			Percent	51.5
		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	7,627
			Percent	100.0
		Leisure-time physically active or moderately active	Number of persons	3,750
			Percent	49.2
		Leisure-time physically active	Number of persons	2,264
			Percent	29.7
		Leisure-time moderately physically active	Number of persons	1,486
			Percent	19.5
		Leisure-time physically inactive	Number of persons	3,753
			Percent	49.2
		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	7,321
			Percent	100.0
		Leisure-time physically active or moderately active	Number of persons	3,303
			Percent	45.1
		Leisure-time physically active	Number of persons	1,734
			Percent	23.7
		Leisure-time moderately physically active	Number of persons	1,569
			Percent	21.4
		Leisure-time physically inactive	Number of persons	3,938
			Percent	53.8
		Leisure-time physical activity, not stated	Number of persons	F
			Percent	F
		Total population for the variable leisure-time physical activity	Number of persons	3,321
			Percent	100.0
		Leisure-time physically active or moderately active	Number of persons	2,206
			Percent	66.4
		Leisure-time physically active	Number of persons	1,559
			Percent	46.9

12 to 19 years	Both sexes	Leisure-time moderately physically active	Number of persons	648 ^E
			Percent	19.5 ^E
		Leisure-time physically inactive	Number of persons	1,068
			Percent	32.2
		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	1,683
			Percent	100.0
		Leisure-time physically active or moderately active	Number of persons	1,185
			Percent	70.4
		Leisure-time physically active	Number of persons	843
			Percent	50.1
		Leisure-time moderately physically active	Number of persons	341 ^E
			Percent	20.3 ^E
		Leisure-time physically inactive	Number of persons	467 ^E
			Percent	27.7 ^E
		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	1,638
			Percent	100.0
		Leisure-time physically active or moderately active	Number of persons	1,022
			Percent	62.4
		Leisure-time physically active	Number of persons	715
			Percent	43.7
		Leisure-time moderately physically active	Number of persons	F
			Percent	F
		Leisure-time physically inactive	Number of persons	601
			Percent	36.7
		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	5,278
			Percent	100.0
		Leisure-time physically active or moderately active	Number of persons	2,549
			Percent	48.3
		Leisure-time physically active	Number of persons	1,674
			Percent	31.7
		Leisure-time moderately physically active	Number of persons	876 ^E
			Percent	16.6 ^E
		Leisure-time physically inactive	Number of persons	2,673
			Percent	50.7
		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	2,730
			Percent	100.0
		Leisure-time physically active or moderately active	Number of persons	1,413
			Percent	51.8
		Leisure-time physically active	Number of persons	917
			Percent	33.6
		Leisure-time moderately physically active	Number of persons	496 ^E
			Percent	18.2 ^E
		Leisure-time physically inactive	Number of persons	1,274
			Percent	46.7
		Leisure-time physical activity, not stated	Number of persons	F
			Percent	F

35 to 44 years	Females	Total population for the variable leisure-time physical activity	Number of persons	2,548
			Percent	100.0
		Leisure-time physically active or moderately active	Number of persons	1,136
			Percent	44.6 ^E
		Leisure-time physically active	Number of persons	757 ^E
			Percent	29.7 ^E
		Leisure-time moderately physically active	Number of persons	F
			Percent	F
	Both sexes	Total population for the variable leisure-time physical activity	Number of persons	2,900
			Percent	100.0
		Leisure-time physically active or moderately active	Number of persons	1,150
			Percent	39.6
		Leisure-time physically active	Number of persons	418 ^E
			Percent	14.4 ^E
		Leisure-time moderately physically active	Number of persons	732
			Percent	25.2
	Males	Leisure-time physically inactive	Number of persons	1,737
			Percent	59.9
		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	1,433
			Percent	100.0
		Leisure-time physically active or moderately active	Number of persons	603
			Percent	42.1
		Leisure-time physically active	Number of persons	289 ^E
			Percent	20.2 ^E
		Leisure-time moderately physically active	Number of persons	315 ^E
			Percent	22.0 ^E
		Leisure-time physically inactive	Number of persons	816
			Percent	57.0
		Leisure-time physical activity, not stated	Number of persons	F
			Percent	F
		Total population for the variable leisure-time physical activity	Number of persons	1,467
			Percent	100.0
		Leisure-time physically active or moderately active	Number of persons	546
			Percent	37.2 ^E
		Leisure-time physically active	Number of persons	F
			Percent	F
		Leisure-time moderately physically active	Number of persons	417
			Percent	28.4 ^E
		Leisure-time physically inactive	Number of persons	921
			Percent	62.8
		Leisure-time physical activity, not stated	Number of persons	F
			Percent	F
		Total population for the variable leisure-time physical activity	Number of persons	2,931
			Percent	100.0
		Leisure-time physically active or moderately active	Number of persons	1,114
			Percent	38.0
		Leisure-time physically active	Number of persons	F

45 to 64 years	Both sexes		Percent	F
		Leisure-time moderately physically active	Number of persons	766 ^E
			Percent	26.1 ^E
		Leisure-time physically inactive	Number of persons	1,754
			Percent	59.8
		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	1,466
			Percent	100.0
		Leisure-time physically active or moderately active	Number of persons	515 ^E
			Percent	35.1 ^E
		Leisure-time physically active	Number of persons	F
			Percent	F
		Leisure-time moderately physically active	Number of persons	300 ^E
			Percent	20.5 ^E
		Leisure-time physically inactive	Number of persons	922
			Percent	62.9
		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	1,465
			Percent	100.0
		Leisure-time physically active or moderately active	Number of persons	599
			Percent	40.9
		Leisure-time physically active	Number of persons	F
			Percent	F
		Leisure-time moderately physically active	Number of persons	466 ^E
			Percent	31.8 ^E
		Leisure-time physically inactive	Number of persons	831
			Percent	56.7
		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	519
			Percent	100.0
		Leisure-time physically active or moderately active	Number of persons	F
			Percent	F
		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	459
			Percent	88.6
		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	315
			Percent	100.0
		Leisure-time physically active or moderately active	Number of persons	F
			Percent	F
		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	274
			Percent	86.8
			Number of persons	F

	Females	Leisure-time physical activity, not stated	Percent	F
		Total population for the variable leisure-time physical activity	Number of persons	204
			Percent	100.0
		Leisure-time physically active or moderately active	Number of persons	F
			Percent	F
		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	F
			Percent	F
		Leisure-time physical activity, not stated	Number of persons	F
			Percent	F

Symbol legend:

^E Use with caution

^F 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).*

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

[Lang=E&CANSIMFile=CII\CII_1_E.htm&RootDir=CII/](http://cansim2.statcan.ca/cgi-win/cnsmcgl.exe?Lang=E&CANSIMFile=CII\CII_1_E.htm&RootDir=CII/)

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