

(Note: Content area on this page may be wider than usual.)

## CANSIM - Results

Table 105-4033<sup>1,2,3,4</sup>

Leisure-time physical activity, by sex, household population aged 12 and over, Canada, provinces and territories, occasional

**Survey or program details:**

Canadian Community Health Survey - [3226](#)

National Population Health Survey - Household Component - Cross-sectional - [3236](#)

National Population Health Survey - North Component - [5004](#)

Geography	Sex	Leisure-time physical activity <sup>2,3</sup>	Characteristics <sup>4,5,6,7,8,11</sup>	1994/1995	1996/1997	1998/1999	2000/2001	2003	2005	2007		
	Both sexes	Total population for the variable leisure-time physical activity	Number of persons	20,759	22,408	21,826	24,937	24,946	27,188	26,835		
			Percent	100.0	100.0	100.0	100.0	100.0	100.0	100.0		
		Leisure-time physically active or moderately active	Number of persons	10,710	11,740	13,018	14,426	14,862	15,668	14,869		
			Percent	51.6	52.4	59.6	57.8	59.6	57.6	55.4		
		Leisure-time physically active	Number of persons	5,666	5,914	7,526	8,453	8,806	8,341	7,571		
			Percent	27.3	26.4	34.5	33.9	35.3	30.7	28.2		
		Leisure-time moderately physically active	Number of persons	5,043	5,826	5,492	5,973	6,056	7,327	7,298		
			Percent	24.3	26.0	25.2	24.0	24.3	27.0	27.2		
		Leisure-time physically inactive	Number of persons	10,027	10,588	8,336	8,109	9,404	11,102	11,555		
			Percent	48.3	47.3	38.2	32.5	37.7	40.8	43.1		
		Leisure-time physical activity, not stated	Number of persons	F	F	472 <sup>E</sup>	2,403	680 <sup>E</sup>	F	F		
			Percent	F	F	2.2 <sup>E</sup>	9.6	2.7 <sup>E</sup>	F	F		
		Yukon		Total population for the variable leisure-time physical activity	Number of persons	10,832	11,625	11,252	12,672	12,450	13,664	13,542
					Percent	100.0	100.0	100.0	100.0	100.0	100.0	100.0
				Leisure-time physically active or moderately active	Number of persons	5,906	6,592	6,921	7,531	7,430	8,222	7,494
					Percent	54.5	56.7	61.5	59.4	59.7	60.2	55.3
Leisure-time physically	Number of persons			3,364	3,746	4,136	4,759	4,841	4,180	4,199		

Territory										
				31.1	32.2	36.8	37.6	38.9	30.6	31.0
	Males	active	Percent	31.1	32.2	36.8	37.6	38.9	30.6	31.0
		Leisure-time moderately physically active	Number of persons	2,542	2,846	2,785	2,772	2,589	4,042	3,295
			Percent	23.5	24.5	24.8	21.9	20.8	29.6	24.3
		Leisure-time physically inactive	Number of persons	4,903	4,980	4,071	3,362	4,464	5,112	5,816
			Percent	45.3	42.8	36.2	26.5	35.9	37.4	43.0
		Leisure-time physical activity, not stated	Number of persons	F	F	F	1,778 <sup>E</sup>	F	F	F
		Percent	F	F	F	14.0 <sup>E</sup>	F	F	F	
	Females	Total population for the variable leisure-time physical activity	Number of persons	9,927	10,782	10,574	12,266	12,496	13,524	13,293
			Percent	100.0	100.0	100.0	100.0	100.0	100.0	100.0
		Leisure-time physically active or moderately active	Number of persons	4,803	5,148	6,097	6,895	7,432	7,446	7,375
			Percent	48.4	47.7	57.7	56.2	59.5	55.1	55.5
		Leisure-time physically active	Number of persons	2,302	2,168	3,390	3,694	3,965	4,161	3,371
			Percent	23.2	20.1	32.1	30.1	31.7	30.8	25.4
		Leisure-time moderately physically active	Number of persons	2,501	2,980	2,707	3,201	3,468	3,286	4,003
			Percent	25.2	27.6	25.6	26.1	27.8	24.3	30.1
		Leisure-time physically inactive	Number of persons	5,124	5,608	4,265	4,746	4,940	5,989	5,739
			Percent	51.6	52.0	40.3	38.7	39.5	44.3	43.2
		Leisure-time physical activity, not stated	Number of persons	F	F	F	625 <sup>E</sup>	F	F	F
Percent			F	F	F	5.1 <sup>E</sup>	F	F	F	
Both sexes	Total population for the variable leisure-time physical activity	Number of persons	28,228	30,344	30,766	32,496	33,228	34,664	33,831	
		Percent	100.0	100.0	100.0	100.0	100.0	100.0	100.0	
	Leisure-time physically active or moderately active	Number of persons	13,302	13,793	19,821	12,480	17,731	17,506	16,688	
		Percent	47.1	45.5	64.4	38.4	53.4	50.5	49.3	
	Leisure-time physically active	Number of persons	8,183	7,021	12,755	6,003	11,044	8,437	8,957	
		Percent	29.0	23.1	41.5	18.5	33.2	24.3	26.5	
	Leisure-time moderately physically active	Number of persons	5,119	6,772	7,065	6,477	6,687	9,069	7,731	
		Percent	18.1	22.3	23.0	19.9	20.1	26.2	22.9	
	Leisure-time physically inactive	Number of persons	14,926	15,780	10,924	15,521	14,628	16,400	16,270	
		Percent	52.9	52.0	35.5	47.8	44.0	47.3	48.1	

Northwest Territories <sup>10</sup>	inactive	Percent									
		Leisure-time physical activity, not stated	Number of persons	F	F	F	4,495	869 <sup>E</sup>	F	F	
			Percent	F	F	F	13.8	2.6 <sup>E</sup>	F	F	
	Males	Total population for the variable leisure-time physical activity	Number of persons	14,692	15,880	16,040	16,846	17,262	18,070	17,478	
			Percent	100.0	100.0	100.0	100.0	100.0	100.0	100.0	
		Leisure-time physically active or moderately active	Number of persons	7,431	8,853	11,033	6,261	9,287	9,438	8,648	
			Percent	50.6	55.7	68.8	37.2	53.8	52.2	49.5	
		Leisure-time physically active	Number of persons	4,398	4,704 <sup>E</sup>	7,951	3,108	6,217	4,341	5,068	
			Percent	29.9	29.6 <sup>E</sup>	49.6	18.4	36.0	24.0	29.0	
		Leisure-time moderately physically active	Number of persons	3,032 <sup>E</sup>	4,149	3,082	3,153	3,070	5,097	3,581	
			Percent	20.6 <sup>E</sup>	26.1	19.2	18.7	17.8	28.2	20.5	
		Leisure-time physically inactive	Number of persons	7,261	6,543	5,008	7,631	7,282	8,103	8,004	
			Percent	49.4	41.2	31.2	45.3	42.2	44.8	45.8	
		Leisure-time physical activity, not stated	Number of persons	F	F	F	2,954	693 <sup>E</sup>	F	F	
			Percent	F	F	F	17.5	4.0 <sup>E</sup>	F	F	
		Females	Total population for the variable leisure-time physical activity	Number of persons	13,536	14,464	14,726	15,650	15,966	16,594	16,353
				Percent	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	Leisure-time physically active or moderately active		Number of persons	5,871	4,941	8,788	6,219	8,443	8,068	8,040	
			Percent	43.4	34.2	59.7	39.7	52.9	48.6	49.2	
	Leisure-time physically active		Number of persons	3,784	2,317 <sup>E</sup>	4,804	2,895	4,827	4,096	3,890	
			Percent	28.0	16.0 <sup>E</sup>	32.6	18.5	30.2	24.7	23.8	
	Leisure-time moderately physically active		Number of persons	2,087	2,623 <sup>E</sup>	3,984	3,324	3,616	3,972	4,150	
			Percent	15.4	18.1 <sup>E</sup>	27.1	21.2	22.6	23.9	25.4	
	Leisure-time physically inactive		Number of persons	7,665	9,236	5,916	7,889	7,347	8,297	8,266	
			Percent	56.6	63.9	40.2	50.4	46.0	50.0	50.5	
	Leisure-time physical activity, not stated		Number of persons	F	F	F	1,542 <sup>E</sup>	F	F	F	
			Percent	F	F	F	9.9 <sup>E</sup>	F	F	F	
	Total population for the		Number of persons	16,241	16,390	16,520	19,494	13,743	14,948	15,393	

Both sexes	variable leisure-time physical activity	Percent	100.0	100.0	100.0	100.0	100.0	100.0	100.0	
	Leisure-time physically active or moderately active	Number of persons	4,298	4,810	7,990	8,361	5,264	7,053	6,229	
		Percent	26.5	29.3	48.4	42.9	38.3	47.2	40.5	
	Leisure-time physically active	Number of persons	2,013 <sup>E</sup>	2,585 <sup>E</sup>	4,457	4,598	2,522	3,999	3,207	
		Percent	12.4 <sup>E</sup>	15.8 <sup>E</sup>	27.0	23.6	18.4	26.8	20.8	
	Leisure-time moderately physically active	Number of persons	2,286	2,225 <sup>E</sup>	3,533	3,763	2,742	3,054	3,022	
		Percent	14.1	13.6 <sup>E</sup>	21.4	19.3	20.0	20.4	19.6	
	Leisure-time physically inactive	Number of persons	11,943	11,160	8,506	9,195	8,246	7,691	8,147	
		Percent	73.5	68.1	51.5	47.2	60.0	51.5	52.9	
	Leisure-time physical activity, not stated	Number of persons	F	F	F	1,938	F	F	F	
		Percent	F	F	F	9.9	F	F	F	
	Males	Total population for the variable leisure-time physical activity	Number of persons	8,453	8,723	8,744	10,219	6,975	7,627	7,849
			Percent	100.0	100.0	100.0	100.0	100.0	100.0	100.0
		Leisure-time physically active or moderately active	Number of persons	3,018	3,255	4,537	4,798	2,794	3,750	3,515
			Percent	35.7	37.3	51.9	47.0	40.1	49.2	44.8
		Leisure-time physically active	Number of persons	1,549 <sup>E</sup>	1,920 <sup>E</sup>	2,881	3,103	1,615 <sup>E</sup>	2,264	1,928
			Percent	18.3 <sup>E</sup>	22.0 <sup>E</sup>	32.9	30.4	23.1 <sup>E</sup>	29.7	24.6
		Leisure-time moderately physically active	Number of persons	1,469 <sup>E</sup>	1,336 <sup>E</sup>	1,656	1,695	1,179	1,486	1,587
			Percent	17.4 <sup>E</sup>	15.3 <sup>E</sup>	18.9	16.6	16.9	19.5	20.2
Leisure-time physically inactive		Number of persons	5,435	5,140	4,183	4,455	4,078	3,753	3,776	
		Percent	64.3	58.9	47.8	43.6	58.5	49.2	48.1	
Leisure-time physical activity, not stated		Number of persons	F	F	F	966	F	F	F	
		Percent	F	F	F	9.4	F	F	F	
		Total population for the variable leisure-time physical activity	Number of persons	7,788	7,667	7,777	9,275	6,768	7,321	7,544
	Percent		100.0	100.0	100.0	100.0	100.0	100.0	100.0	
	Leisure-time physically active or moderately	Number of persons	1,280 <sup>E</sup>	1,555 <sup>E</sup>	3,453	3,563	2,471	3,303	2,714	
		Percent	16.4 <sup>E</sup>	20.3 <sup>E</sup>	44.4	38.4	36.5	45.1	36.0	

		active									
	Females	Leisure-time physically active	Number of persons	464 <sup>E</sup>	666 <sup>E</sup>	1,577	1,495	908	1,734	1,279 <sup>E</sup>	
			Percent	6.0 <sup>E</sup>	8.7 <sup>E</sup>	20.3	16.1	13.4	23.7	17.0 <sup>E</sup>	
		Leisure-time moderately physically active	Number of persons	816 <sup>E</sup>	F	1,877	2,068	1,563 <sup>E</sup>	1,569	1,435 <sup>E</sup>	
			Percent	10.5 <sup>E</sup>	F	24.1	22.3	23.1 <sup>E</sup>	21.4	19.0 <sup>E</sup>	
		Leisure-time physically inactive	Number of persons	6,508	6,019	4,324	4,739	4,168	3,938	4,371	
			Percent	83.6	78.5	55.6	51.1	61.6	53.8	57.9	
		Leisure-time physical activity, not stated	Number of persons	F	F	F	973 <sup>E</sup>	F	F	F	
			Percent	F	F	F	10.5 <sup>E</sup>	F	F	F	

### Symbol legend:

<sup>E</sup> Use with caution

F Too unreliable to be published

### Footnotes:

1. Sources: Statistics Canada, Canadian Community Health Survey (CCHS), 2000/2001, 2003, 2005 and 2007; National Population Health Survey (NPHS), 1994/1995, 1996/1997 and 1998/1999, cross sectional sample, health file (household component); National Population Health Survey (NPHS), 1994/1995 and 1996/1997, cross sectional sample, health file (North component)
2. 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.
3. 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 with regards to physical activity: 3.0 kcal/kg/day or more = active; 1.5 to 2.9 kcal/kg/day = moderately active; less than 1.5 kcal/kg/day = inactive.
4. Rates are age-standardized using the direct method and the 1991 Canadian Census population structure. The use of a standard population results in more meaningful comparisons because it adjusts for variations in population age distributions over time and across geographic areas.
5. 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).
6. Data with a coefficient of variation (CV) from 16.6% to 33.3% are identified as follows: (E) use with caution.
7. 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.
8. Currently produced National Population Health Survey (NPHS) data (cross sectional sample, health file, household component) make use of new coordinated bootstrap weights, and as a result confidence intervals (CI) and coefficient of variations (CV) may differ from values previously published.
10. Nunavut and the Northwest Territories (excluding Nunavut) came into existence on April 1, 1999. To facilitate comparisons, data presented in this table for the Northwest Territories reflect the current boundaries, showing the Northwest Territories and Nunavut as separate regions.
11. The following standard symbols are used in this Statistics Canada table: (..) for figures not available for a specific reference period and (...) for figures not applicable.

**Source:** Statistics Canada. *Table 105-4033 - Leisure-time physical activity, by sex, household population aged 12 and over, Canada, provinces and territories, occasional*, CANSIM (database).

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