

Physically active Canadians by Heather Gilmour

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The health benefits of physical activity are numerous and well-documented—a reduced risk of cardiovascular disease, some types of cancer, osteoporosis, diabetes, obesity, high blood pressure, depression, stress and anxiety.¹⁻³ In addition, the economic impact of physical *inactivity* can be substantial and has been estimated at \$5.3 billion, or 2.6% of total health care costs in Canada in 2001.⁴ Even so, close to half (48%) of Canadians aged 12 or older, 12.7 million people, were inactive in their leisure time in 2005, meaning that they did the equivalent of less than a half hour of walking per day. As well, 25% (6.6 million) reported that they usually sit most of the day. And during a typical week, 41% (10.8 million) spent less than one hour walking to get to work or school or to do errands.

How much is enough?

How much physical activity is enough—what type? how long? what intensity? how frequently?—is the subject of debate.⁵ Evidence indicates that 30 minutes of moderate intensity exercise on most days provide some health benefits, notably, a decreased risk of chronic diseases, and that increasing benefits come from doing more, especially vigorous activities.¹ Some recent recommendations suggest that 60 minutes of moderate intensity exercise per day is needed to prevent weight gain.^{2,5}

Half at least moderately active

For this study, respondents to the 2005 Canadian Community Health Survey (CCHS) were classified as active, moderately active or inactive, based on their self-reported leisure-time pursuits (see *The data*). They were asked about the frequency, duration and

intensity of their participation in a variety of activities over the previous three months. For each activity reported, average daily energy expenditure was calculated by multiplying the number of times the activity was performed, by the average duration, by the energy cost (kilocalories per kilogram of body weight per hour). The sum of the average daily energy expenditure of all activities was used to classify respondents as:

- *Active* - Using 3 or more kilocalories per kilogram of body weight per day; for example, walking an hour a day or jogging 20 minutes a day.
- *Moderately active* - Using 1.5 to less than 3 kilocalories per kilogram of body weight per day; for example, walking 30 to 60 minutes a day, or taking an hour-long exercise class three times a week.
- *Inactive* - Using less than 1.5 kilocalories per kilogram of body weight per day; for example, walking less than half an hour each day.

Based on these measures, 27% of Canadians were active in their leisure time, and an additional 25% were moderately active (Table 1). Combined, just over half (52%) of people aged 12 or older reported that they were at least moderately active during their leisure time in 2005.

Men, young people more active

Physically active leisure time is more common among men than women. A higher percentage of men than women reported being at least moderately active in their leisure time, particularly at younger (less than 34) and older (65 or older) ages (Table 1). Among both sexes, the proportions who were active declined after ages 12 to 17 (Chart 1). For women, the proportion levelled off at ages 25 to 34, and then fell again after age 65. For men, the drop in

Table 1

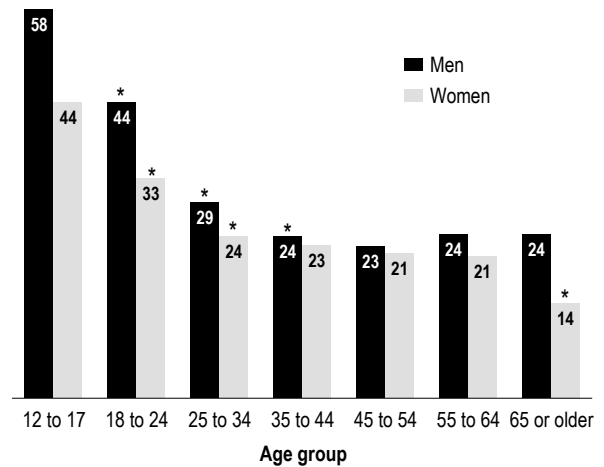
Level of leisure-time physical activity, household population aged 12 or older, Canada, 2005

	Active	Moderately active	Active or moderately active	Inactive
Total	27.1	25.1	52.2	47.8
Men	30.2*	24.6*	54.8*	45.2*
Women†	24.1	25.6	49.7	50.3
Age 12 to 17	50.9	22.6	73.5	26.5
Men	57.6*	21.5*	79.1*	20.9*
Women†	43.8	23.7	67.5	32.5
Age 18 to 24	38.3	23.5	61.8	38.2
Men	43.8*	22.2*	66.0*	34.0*
Women†	32.5	24.9	57.4	42.6
Age 25 to 34	26.4	26.1	52.5	47.5
Men	29.0*	25.1*	54.0*	46.0*
Women†	24.0	27.1	51.0	49.0
Age 35 to 44	23.4	25.4	48.8	51.2
Men	24.0	24.9	48.9	51.1
Women†	22.7	26.0	48.8	51.3
Age 45 to 54	22.0	25.6	47.6	52.4
Men	22.5	25.6	48.1	51.9
Women†	21.4	25.6	47.0	53.0
Age 55 to 64	22.6	26.3	48.9	51.1
Men	24.3*	25.0*	49.2	50.8
Women†	21.0	27.7	48.6	51.4
Age 65 or older	18.5	24.5	43.0	57.0
Men	24.2*	26.1*	50.2*	49.8*
Women†	14.1	23.4	37.5	62.5
Household income[§]				
Lowest	22.7*	21.6*	44.3*	55.7*
Low-middle	23.3*	23.8*	47.1*	52.9*
Middle	26.2*	26.7*	52.9*	47.1*
High-middle	29.0*	26.4*	55.4*	44.6*
Highest†	32.9	29.4	62.3	37.7
Ethnic origin				
White	27.2	25.9‡	53.2‡	46.9‡
Black	28.8	18.5‡	47.3‡	52.7‡
Southeast Asian	21.6‡	22.1‡	43.7‡	56.3‡
Off-reserve Aboriginal	34.0‡	21.9‡	56.0‡	44.0‡
Other	27.0	21.8‡	48.8‡	51.2‡
Immigrant, years in Canada				
0 to 4	21.7‡	21.6‡	43.3‡	56.7‡
5 to 9	24.9	19.5‡	44.3‡	55.7‡
10 to 14	25.1	21.0‡	46.2‡	53.8‡
15 to 19	21.2‡	22.0‡	43.2‡	56.8‡
20 or more	23.8‡	24.7	48.4‡	51.6‡

† Reference category
 ‡ Significantly different from estimate for Canada ($p < 0.05$)
 § Excludes territories
 * Significantly different from estimate for reference group ($p < 0.05$)
Note: Based on self-reported frequency and duration of participation in leisure-time physical activity in previous 3 months
Source: 2005 Canadian Community Health Survey

the percentage who were active continued until ages 35 to 44, but remained at this level at age 65 or older.

Chart 1
 Percentage physically active† in leisure-time, by age group and sex, household population aged 12 and older, Canada, 2005



† Using 3 or more kilocalories per kilogram per day
 * Significantly different from estimate for same sex in preceding age group ($p < 0.05$)
Note: Based on self-reported frequency and duration of participation in leisure-time physical activity in previous 3 months
Source: 2005 Canadian Community Health Survey

Income, immigrants, ethnicity

Leisure-time physical activity was less prevalent among people in lower income groups, compared with the highest income group (see *The questions*). This difference persisted when other socio-demographic characteristics, non leisure-time activity and activity restrictions were taken into account (data not shown).

Immigrants, regardless of how long they had been in Canada, were less likely to be at least moderately active in their leisure time than were Canadians overall. This relationship remained even when adjusted for the age distribution of the two groups (data not shown). By contrast, rates of being at least moderately active were above the national rate for off-reserve Aboriginal people and White people.

Type and frequency of activities

In 2005, Canadians' most popular leisure-time physical activity was walking. A majority of men

and women (64% and 76%, respectively) reported walking in their leisure time in the past three months (Table 2). Gardening, home exercises, swimming, bicycling, jogging, dancing and weight training were also among the leading leisure-time physical activities, reported by between 19% and 47% of Canadians.

As well, for people who participated in each activity, walking was the one done most frequently (on average, 14.8 times per month), followed by home exercises (12.6 times) and weight training (9.7 times) (Table 2). Although a substantial share of people reported gardening (47%), it was done less frequently than many other activities (on average, 6.8 times per month). Because these figures reflect year-round averages, activities and frequencies can vary with the season.

People who were active in their leisure time engaged in physical activity an average of 59 times a month. This compared with 31 times a month for those who were moderately active, and 11 times a month for those who were inactive ($p < 0.05$). However, the average number of times reflects neither the duration nor intensity of activities.

Active people also reported participating in more types of leisure-time physical activities in the past three months (an average of 6), than did moderately active (4) or inactive individuals (2) ($p < 0.05$).

Better health, lower weight, less stress

Physically active Canadians fared better on several measures of health than did their inactive counterparts. Those who were active in their leisure

Table 2

Percentage participating in selected leisure-time activities and average number of times per month, household population aged 12 or older, Canada, 2005

	Both sexes		Men		Women	
	At least once in past 3 months %	Average times per month in past 3 months [†]	At least once in past 3 months %	Average times per month in past 3 months [†]	At least once in past 3 months %	Average times per month in past 3 months [†]
Walking	70.0	14.8	64.1*	14.4*	75.7	15.2
Gardening	46.8	6.8	51.8*	6.6*	41.9	7.0
Home exercises	34.4	12.6	30.5*	12.9*	38.1	12.4
Swimming	24.5	5.0	24.3	4.7*	24.6	5.3
Bicycling	23.9	6.7	28.7*	7.4*	19.3	5.9
Jogging	20.8	7.9	23.6*	7.8	18.2	7.9
Dancing	19.3	2.8	15.8*	2.3*	22.7	3.2
Weight training	18.6	9.7	23.0*	10.4*	14.3	8.6
At least one other activity [†]	14.1	7.6	17.0*	7.5	11.3	7.7
Golfing	11.4	2.9	17.0*	3.0*	5.9	2.6
Exercise class / Aerobics	10.4	7.4	5.2*	7.8*	15.6	7.2
Bowling	9.9	1.4	10.2*	1.5*	9.6	1.4
Fishing	9.7	2.2	14.4*	2.3*	5.2	1.8
Basketball	9.7	4.9	13.2*	5.2*	6.3	4.3
Soccer	9.1	4.0	12.1*	4.0	6.1	4.2
Volleyball	7.2	3.1	7.5*	2.9*	6.9	3.4
Ice skating	7.1	2.2	8.3*	2.4*	6.0	1.9
In-line skating / Rollerblading	6.3	3.3	7.1*	3.5*	5.4	3.0
Hockey	6.0	5.2	10.8*	5.4*	1.3	4.3
Baseball	6.0	3.2	8.4*	3.2	3.6	3.2
Downhill skiing / Snowboarding	5.6	1.9	7.1*	2.0*	4.2	1.7
Tennis	5.0	3.0	6.3*	3.0	3.7	2.9

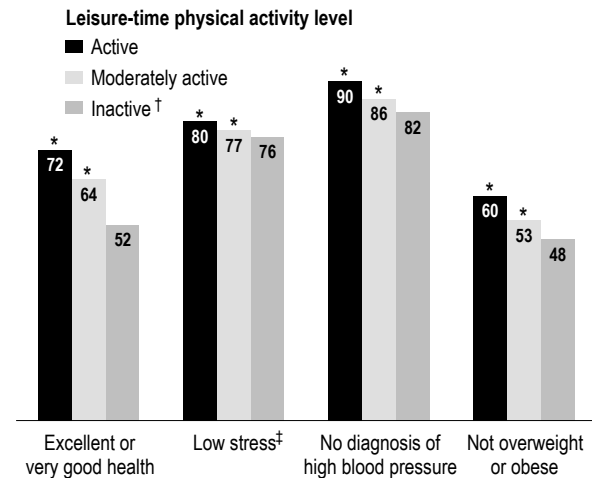
[†] Respondents could indicate up to three other physical leisure-time activities.

^{*} Among those who participated in activity

^{*} Significantly different from estimate for women ($p < 0.05$)

Source: 2005 Canadian Community Health Survey

Chart 2
Percentage reporting excellent or very good health, low stress, no diagnosis of high blood pressure, and not overweight or obese, by leisure-time physical activity level, household population aged 12 or older, Canada, 2005



† Reference category

‡ Population aged 15 or older

* Significantly different from estimate for reference category ($p < 0.05$)

Note: Based on self-reported frequency and duration of participation in leisure-time physical activity in previous 3 months

Source: 2005 Canadian Community Health Survey

time were more likely to rate their health excellent or very good (rather than good, fair or poor) (Chart 2). They also reported lower levels of stress, were less likely to report high blood pressure, and were less likely to be overweight or obese. These differences between active and inactive people were evident among both men and women (data not shown). Moreover, the relationships persisted when socio-demographic characteristics, non-leisure-time physical activity and activity restrictions were taken into consideration (data not shown).

Not only leisure time

Leisure time accounts for only a portion of an individual's overall physical activity. Respondents to the 2005 CCHS were asked to characterize their daily activities or work as:

- usually sit during the day and don't walk around very much;

The data

Data from the 2005 Canadian Community Health Survey (CCHS) and the 1996/1997 National Population Health Survey (NPHS) were used to estimate physical activity levels. The CCHS and NPHS are general health surveys that cover the household population aged 12 or older. They do not include residents of Indian reserves, institutions and some remote areas; full-time members of the Canadian Forces; and civilian residents of military bases.

Data for cycle 3.1 of the CCHS were collected from January through December, 2005. The overall response rate was 79%; the sample size was 132,947, weighted to represent 27.1 million people.

Cycle 2 of the NPHS was conducted in 1996/1997 and covered the household population in the 10 provinces. The overall response rate was 82.6%; the sample size was 73,402, weighted to represent 24.6 million people.

To account for the multi-stage sample design of the surveys, the bootstrap technique was used to calculate confidence intervals and coefficients of variation, and to test the statistical significance of differences.⁶⁻⁸ A significance level of $p < 0.05$ was applied in all cases.

Participation in physical activity is self-reported, and therefore, may be subject to social desirability and recall biases. Some research has suggested that self-reports overestimate the actual amount of activity in which respondents participate.⁹⁻¹¹

For ease of analysis, the average daily energy expenditure cut-offs that classify respondents as active, moderately active or inactive were applied to both adults and adolescents, although some guidelines recommend higher levels of physical activity for youth.¹²

The questions about participation in different physical activities specify leisure time. However, if respondents also included their usual daily activities or walking or bicycling as a means of transportation, participation in leisure-time walking and bicycling would be overestimated.

The proportion of respondents interviewed by telephone or by personal interview has an effect on some estimates, including physical activity. Most interviews for the 1996/1997 NPHS were conducted by telephone, whereas for the 2005 CCHS, about 40% were personal interviews, and around 60% were by telephone. One study has found that respondents interviewed by telephone tend to report higher levels of leisure-time physical activity than do those interviewed in person.¹³ Thus, the difference between activity levels in 1996/97 and 2005 may be underestimated.

For this analysis, body mass index (BMI) for all respondents to the 2005 CCHS was calculated from self-reported height and weight. However, that survey also collected measured height and weight for a subsample of 4,735 respondents. According to the self-reported data, 52.8% of respondents were neither overweight nor obese, but based on measured height and weight, just 43.5% were neither overweight nor obese. Nonetheless, when the analysis was repeated using the subsample of respondents for whom measured height and weight were available, the relationships between activity level and BMI were the same as with self-reported data.

- stand or walk quite a lot during the day, but don't have to carry or lift things very often;
- usually lift or carry light loads, or have to climb stairs or hills often; or
- do heavy work or carry very heavy loads.

CCHS respondents were also asked how much non-leisure time they had spent in a typical week during the previous three months walking or bicycling to work and to school and doing errands.

In 2005, 8% of Canadians reported that their normal daily activities involve heavy work or carrying very heavy loads. A further 25% reported that they usually lift or often carry light loads or climb stairs or hills, and 42% indicated that they stand or walk quite a lot. As well, nearly one-quarter of people (24%) said that, in the past three months, they had spent at least six hours a week walking or bicycling as a means of transportation.

People who were active in their leisure time were more likely to be active in other aspects of their lives, compared with people whose leisure time was moderately active or inactive (Table 3). Even so, 70% of people with inactive leisure time reported some physical activity during a typical day, and 22% spent at least six hours a week walking or bicycling for transportation. These figures suggest that some people may be active enough during non-leisure hours, alone or in combination with their leisure time, to derive health benefits.

Table 3
Percentage participating in non-leisure physical activity, by level of leisure-time physical activity, household population aged 12 or older, Canada, 2005

Leisure-time physical activity level	Usual daily activities			At least six hours per week walking or bicycling as a means of transportation [†]
	Stand or or walk quite a lot	Lift or carry light loads, often climb stairs or hills	Do heavy work or carry very heavy loads	
Total	41.9	25.0	7.8	24.1
Active [‡]	42.6	29.9	9.1	28.0
Moderately active	43.8*	26.2*	6.5*	24.2*
Inactive	40.5*	21.7*	7.8*	21.8*

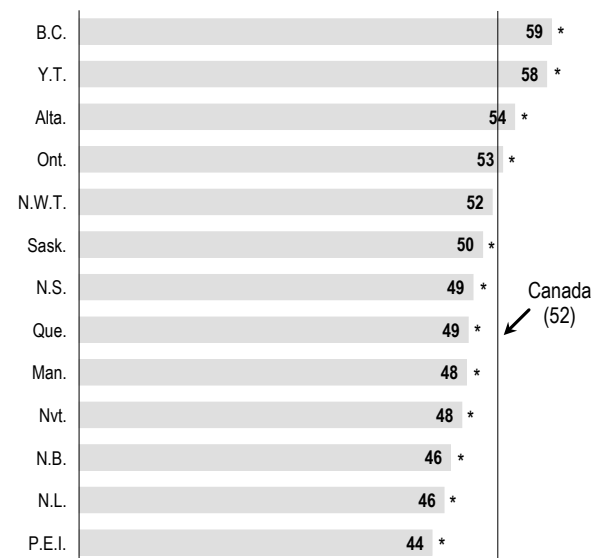
[†] Reference category
[‡] In a typical week
 * Significantly different from estimate for reference category ($p < 0.05$)
 Note: Based on previous 3 months
 Source: 2005 Canadian Community Health Survey

On the other hand, nearly 2 million Canadians (8%) reported no or very little physical activity. That is, they had inactive leisure time, usually sat during the day, and walked or bicycled as a means of transportation less than two hours a week. This was the case for a higher percentage of women than men (8% versus 7%; $p < 0.05$), and for older rather than younger people (14% of seniors aged 65 or older versus 4% of 12- to 17-year-olds; $p < 0.05$). Many who reported low levels of physical activity also reported activity restrictions (46%), which may, in part, account for their inactivity.

Geographic variations

An east-to-west gradient in leisure-time physical activity is evident in Canada. In 2005, residents of Ontario, Alberta, British Columbia and Yukon were more likely to be active or moderately active, compared with the national rate (Chart 3, Appendix Tables A and B). By contrast, rates for residents of

Chart 3
Percentage at least moderately active[†] in leisure-time, by province or territory, household population aged 12 or older, Canada, 2005



[†] Using 1.5 or more kilocalories per kilogram per day
 * Significantly different from estimate for Canada ($p < 0.05$)
 Note: Based on self-reported frequency and duration of participation in leisure-time physical activity in previous 3 months
 Source: 2005 Canadian Community Health Survey

The questions

Household income is based on self-reported total household income from all sources in the previous 12 months. The ratio between total household income and the low income cut-off corresponding to the number of people in the household and community size was calculated. The ratios were then adjusted by dividing them by the highest ratio for all Canadian Community Health Survey (CCHS) respondents. The adjusted ratios were grouped into deciles (10 groups, each containing approximately one-tenth of Canadians) which were then collapsed into five household income categories: *lowest* (deciles 1 and 2), *low-middle* (deciles 3 and 4), *middle* (deciles 5 and 6), *high-middle* (deciles 7 and 8) and *highest* (deciles 9 and 10).

Immigrant, years in Canada reflects the length of time respondents have lived in Canada since they immigrated: 0 to 4 years, 5 to 9 years, 10 to 14 years, 15 to 19 years, and 20 years or more.

Ethnic origin was based on the question, "People living in Canada come from many different cultural and racial backgrounds. Are you:

- 1) White?"
- 2) Black?"
- 3) Korean?"
- 4) Filipino?"
- 5) Japanese?"
- 6) Chinese?"
- 7) Southeast Asian?"
- 8) South Asian?"
- 9) Arab?"
- 10) West Asian?"
- 11) Latin American?"
- 12) Other racial or cultural origin?"
- 13) Multiple racial/cultural origins?"
- 14) Aboriginal (North American Indian, Métis, Inuit)?"

The following *ethnic origin* categories were used: White (1), Black (2), Southeast/East Asian (3, 4, 5, 6, 7), Off-reserve Aboriginal (14), and Other (8, 9, 10, 11, 12, 13).

Self-perceived health was determined by asking respondents, "In general, would you say your health is excellent, very good, good, fair or poor?"

To measure *self-perceived stress*, respondents aged 15 or older were asked, "Thinking about the amount of stress in your life, would you say that most days are not at all stressful, not very stressful, a bit stressful, quite a bit stressful, extremely stressful?" Those who reported not at all stressful, not very stressful or a bit stressful were considered to have low stress.

Respondents were asked about long-term conditions that are expected to last or have already lasted six months or more and that have been

diagnosed by a health professional, including "Do you have *high blood pressure*?"

Body mass index (BMI) is a measure of weight relative to height. For people aged 18 or older, it is calculated by dividing weight in kilograms by height in metres squared. BMI is not calculated for people shorter than 3 feet or 7 feet or taller, or for pregnant women. CCHS respondents aged 18 or older whose BMI was 25.0 or less were categorized as *not overweight or obese*. For respondents aged 12 to 17, the category *not overweight or obese* was derived according to age- and sex-specific BMI cut-off points as defined by Cole et al.¹⁶

To estimate the percentage of people with *activity restrictions*, responses to the following items were considered:

- "Do you have any difficulty hearing, seeing, communicating, walking, climbing stairs, bending, learning or doing similar activities?"
- "Does a long-term physical or mental condition or health problem reduce the amount or the kind of activity you can do:
 - ... at home?"
 - ... at work?"
 - ... at school?"
 - ... in other activities, for example, transportation or leisure?"

Respondents could reply "sometimes," "often" or "never." Those who replied "sometimes" or "often" to at least one item were categorized as having *activity restrictions*.

Census metropolitan areas (CMAs) and *census agglomerations (CAs)* (<http://www12.statcan.ca/english/census01/Products/Reference/dict/geo009.htm>) consist of one or more adjacent municipalities situated around a major urban core. To form a CMA, the urban core must have a population of at least 100,000. To form a CA, the urban core must have a population of at least 10,000.

Census metropolitan area and census agglomeration influenced zones (MIZ) are used to classify municipalities that are not included in a CMA or CA (<http://www12.statcan.ca/english/census01/Products/Reference/dict/geo010.htm>). Municipalities are assigned to one of four categories depending on the percentage of residents who commute to work in the urban core of a CMA or CA:

- Strong MIZ: more than 30% of residents commute to work in a CMA or CA.
- Moderate MIZ: 5% to 30% of residents commute to work in a CMA or CA.
- Weak MIZ: 0% to 5% of residents commute to work in a CMA or CA.
- No MIZ: fewer than 40 or no residents commute to work in a CMA or CA.
- Territories: Yukon, Northwest Territories, and Nunavut.

the Atlantic provinces, Quebec, Nunavut, Manitoba and Saskatchewan were below the national rate. This pattern persists when the differing age composition of the various provinces and territories is taken into account (data not shown). (Information by health region is provided in Appendix Tables A to D.)

The geographic distribution of non-leisure physical activity rates differed from that of leisure-time activity. Rates of being physically active in usual

daily activities were above the national figure in the Atlantic provinces, Prairie provinces and British Columbia, while rates were lower in Quebec, Nunavut and Yukon, and similar to the national rate in Ontario (Appendix Table C).

Quebec had a significantly low rate of walking or bicycling as a means of transportation, while rates were higher in all other provinces and territories except Yukon (Appendix Table D).

Big city residents less active

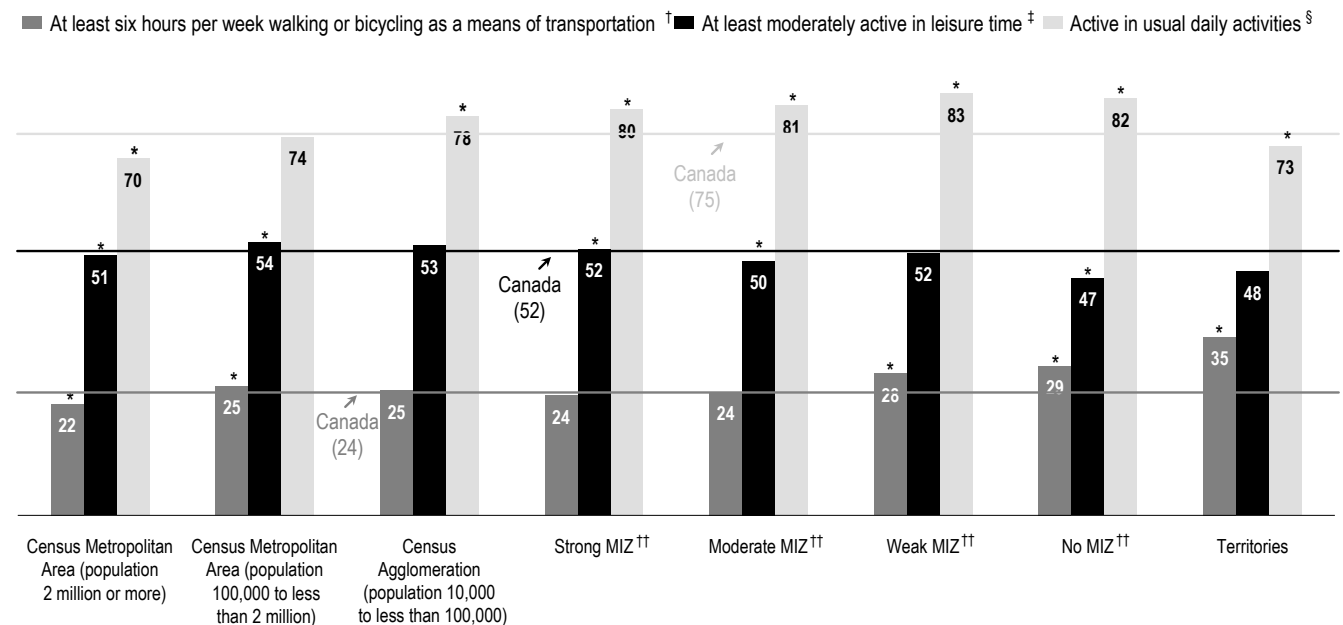
Physical activity rates reported by residents of the largest (population more than 2 million) census metropolitan areas (CMAs) were below the national figures (Chart 4). Even so, according to CCHS data, big city residents were less likely than people outside the largest cities to be overweight or obese.¹⁴

Since a substantial share of the immigrant population resides in the largest CMAs, it is possible that the low rates of physical activity among immigrants could affect the overall activity rates in those CMAs. In fact, when examined separately, leisure-time physical activity rates for immigrants in the largest CMAs were below the national rate, while rates for non-immigrants were above the national rate (data not shown).

Immigrants were also less likely to be physically active in their usual daily activities or to spend at least six hours a week walking or bicycling as a means of transportation (data not shown). However, the low overall rates of these activities in the largest CMAs were not influenced by immigrants—rates were low among both immigrant and non-immigrant residents (data not shown).

People in census agglomerations (CAs) and smaller CMAs (population from 10,000 to less than 2 million) had higher rates of being at least moderately active in leisure time, and of walking or bicycling for transportation, than the national rate. They were no more or less likely to be active in their usual daily activities.

Chart 4
Percentage physically active, by selected situations and metropolitan zone, household population aged 12 or older, Canada, 2005



[†] Non-leisure activity in typical week in previous 3 months
[‡] Using 1.5 or more kilocalories per kilogram per day; based on self-reported frequency and duration of participation in leisure-time physical activity in previous 3 months
[§] Do heavy work, carry very heavy loads, lift or carry light loads, often climb stairs or hills, stand or walk quite a lot; based on previous 3 months
^{††} Metropolitan influenced zone
 * Significantly different from estimate for Canada (p < 0.05)
 Source: 2005 Canadian Community Health Survey

Municipalities outside CMAs and CAs can be classified by the percentage of residents who commute to work in the urban core of a CMA or CA. The higher the percentage, the stronger the metropolitan influence (MIZ). Municipalities fall into one of four categories: a strongly influenced zone, a moderately influenced zone, a weakly influenced zone, or a zone that is not influenced (see *The questions*).

In 2005, leisure-time activity rates reported by people living outside CMAs and CAs generally did not differ from the national rate, except in zones of moderate or no metropolitan influence, where rates were below the national figure (Chart 4). However, usual daily activity rates were above the national rate in all zones of metropolitan influence, except the territories. And rates of walking or bicycling for transportation were higher than the national figure in areas with little or no metropolitan influence and the territories. Even controlling for age, the relationships between physical activity and metropolitan influenced zone remained (data not shown).

Activity increasing

A comparison of results from the 1996/1997 National Population Health Survey with those from the 2005 Canadian Community Health Survey shows that the proportion of Canadians in the 10 provinces

who reported at least moderately active leisure time rose from 43% to 52% (data not shown). The increase persists even when the differing age composition in the two periods is taken into account, and is evident for both sexes and in all provinces (data not shown). This is consistent with other research showing an increase in physical activity levels since 1981.¹⁵

Non-leisure physical activity also increased in the 10 provinces. The proportion of people who spent at least six hours a week walking or bicycling as a means of transportation rose from 19% to 24% (data not shown). As well, the proportion who usually did heavy work or lifted heavy loads grew from 5% to 8%, and those whose daily activities usually involved lifting or carrying light loads, or often climbing stairs or hills increased from 17% to 25% (data not shown). However, the proportion who walk or stand quite a lot during the day declined substantially from 51% to 42% ($p < 0.05$ for all comparisons). Even when adjusted for the differing age composition between the two periods, these trends in physical activity persisted (data not shown).

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Table A

Percentage physically active[†] in leisure time, by province or territory and health region, household population aged 12 or older, Canada, 2005

	Region code	%	95% confidence interval	Significantly higher or lower (p < 0.05) than:	
				Canada	Province or Territory
Canada	...	27.1	26.7 to 27.5
Newfoundland and Labrador	1000	21.7	20.0 to 23.3	Lower	...
Eastern Regional Integrated Health Authority	1011	21.2	19.0 to 23.5	Lower	Same
Central Regional Integrated Health Authority	1012	21.0	17.6 to 24.4	Lower	Same
Western Regional Integrated Health Authority	1013	24.3	20.2 to 28.4	Same	Same
Labrador-Grenfell Regional Integrated Health Authority	1014	21.3	17.5 to 25.2	Lower	Same
Prince Edward Island	1100	21.7	19.5 to 23.8	Lower	...
West Prince	1101	21.7	16.2 to 27.2	Same	Same
East Prince	1102	21.9	17.5 to 26.3	Lower	Same
Queens	1103	22.0	18.6 to 25.5	Lower	Same
Kings	1104	20.1	15.2 to 25.0	Lower	Same
Nova Scotia	1200	24.1	22.4 to 25.8	Lower	...
Zone 1	1201	21.6	18.2 to 25.0	Lower	Same
Zone 2	1202	25.2	21.0 to 29.5	Same	Same
Zone 3	1203	24.3	20.1 to 28.6	Same	Same
Zone 4	1204	21.7	18.3 to 25.1	Lower	Same
Zone 5	1205	26.5	22.1 to 30.8	Same	Same
Zone 6	1206	24.5	21.3 to 27.7	Same	Same
New Brunswick	1300	22.2	20.7 to 23.7	Lower	...
Region 1	1301	20.7	17.5 to 24.0	Lower	Same
Region 2	1302	24.5	21.2 to 27.8	Same	Same
Region 3	1303	21.5	18.2 to 24.7	Lower	Same
Region 4	1304	21.4	17.5 to 25.3	Lower	Same
Region 5	1305	26.9	21.6 to 32.3	Same	Same
Region 6	1306	22.9	19.2 to 26.7	Lower	Same
Region 7	1307	19.2	13.4 to 24.9	Lower	Same
Quebec	2400	23.8	23.1 to 24.6	Lower	...
Région du Bas-Saint-Laurent	2401	25.5	23.5 to 27.6	Same	Same
Région du Saguenay - Lac-Saint-Jean	2402	23.6	20.4 to 26.8	Lower	Same
Région de la Capitale Nationale	2403	22.8	20.6 to 25.0	Lower	Same
Région de la Mauricie et du Centre-du-Québec	2404	23.6	20.9 to 26.4	Lower	Same
Région de l'Estrie	2405	22.0	18.8 to 25.3	Lower	Same
Région de Montréal	2406	26.1	24.6 to 27.6	Same	Higher
Région de l'Outaouais	2407	26.4	23.5 to 29.3	Same	Same
Région de l'Abitibi-Témiscamingue	2408	20.6	17.6 to 23.6	Lower	Lower
Région de la Côte-Nord	2409	20.0	16.9 to 23.0	Lower	Lower
Région du Nord-du-Québec	2410	25.9	22.2 to 29.7	Same	Same
Région de la Gaspésie - Îles-de-la-Madeleine	2411	20.4	17.6 to 23.3	Lower	Lower
Région de la Chaudière-Appalaches	2412	20.8	18.1 to 23.5	Lower	Lower
Région de Laval	2413	21.6	19.7 to 23.6	Lower	Lower
Région de Lanaudière	2414	20.7	18.1 to 23.3	Lower	Lower
Région des Laurentides	2415	26.1	23.1 to 29.1	Same	Same
Région de la Montérégie	2416	23.1	20.7 to 25.5	Lower	Same
Ontario	3500	28.3	27.6 to 28.9	Higher	...
District of Algoma Health Unit	3526	32.8	28.9 to 36.7	Higher	Higher
Brant County Health Unit	3527	29.7	25.9 to 33.5	Same	Same
Durham Regional Health Unit	3530	32.1	29.0 to 35.2	Higher	Higher
Elgin-St Thomas Health Unit	3531	30.3	26.0 to 34.7	Same	Same
Grey Bruce Health Unit	3533	30.7	26.6 to 34.7	Same	Same
Haldimand-Norfolk Health Unit	3534	28.0	24.0 to 32.0	Same	Same
Haliburton, Kawartha, Pine Ridge District Health Unit	3535	29.4	24.5 to 34.4	Same	Same
Halton Regional Health Unit	3536	28.8	26.0 to 31.6	Same	Same
City of Hamilton Health Unit	3537	27.6	24.6 to 30.6	Same	Same
Hastings and Prince Edward Counties Health Unit	3538	25.9	22.3 to 29.5	Same	Same

	Region code	%	95% confidence interval	Significantly higher or lower (p < 0.05) than:	
				Canada	Province or Territory
Huron County Health Unit	3539	27.7	23.0 to 32.3	Same	Same
Chatham-Kent Health Unit	3540	29.5	25.5 to 33.5	Same	Same
Kingston, Frontenac and Lennox and Addington Health Unit	3541	30.2	26.6 to 33.8	Same	Same
Lambton Health Unit	3542	29.4	26.2 to 32.7	Same	Same
Leeds, Grenville and Lanark District Health Unit	3543	31.6	27.8 to 35.4	Higher	Same
Middlesex-London Health Unit	3544	28.9	25.9 to 32.0	Same	Same
Niagara Regional Area Health Unit	3546	30.0	27.1 to 32.8	Higher	Same
North Bay Parry Sound District Health Unit	3547	30.3	26.0 to 34.5	Same	Same
Northwestern Health Unit	3549	33.2	29.4 to 37.0	Higher	Higher
City of Ottawa Health Unit	3551	31.0	28.4 to 33.5	Higher	Higher
Oxford County Health Unit	3552	23.8	19.2 to 28.3	Same	Same
Peel Regional Health Unit	3553	26.8	24.1 to 29.5	Same	Same
Perth District Health Unit	3554	31.0	25.7 to 36.3	Same	Same
Peterborough County-City Health Unit	3555	32.6	28.3 to 37.0	Higher	Higher
Porcupine Health Unit	3556	25.8	20.9 to 30.7	Same	Same
Renfrew County and District Health Unit	3557	27.8	24.0 to 31.6	Same	Same
Eastern Ontario Health Unit	3558	28.8	25.0 to 32.6	Same	Same
Simcoe Muskoka District Health Unit	3560	34.7	31.8 to 37.6	Higher	Higher
Sudbury and District Health Unit	3561	32.6	29.4 to 35.7	Higher	Higher
Thunder Bay District Health Unit	3562	33.5	29.9 to 37.0	Higher	Higher
Timiskaming Health Unit	3563	27.0	20.8 to 33.1	Same	Same
Waterloo Health Unit	3565	27.9	25.0 to 30.8	Same	Same
Wellington-Dufferin-Guelph Health Unit	3566	30.7	27.2 to 34.1	Higher	Same
Windsor-Essex County Health Unit	3568	28.2	25.1 to 31.2	Same	Same
York Regional Health Unit	3570	27.1	24.3 to 29.8	Same	Same
City of Toronto Health Unit	3595	24.3	22.4 to 26.2	Lower	Lower
Manitoba	4600	24.1	22.5 to 25.7	Lower	...
Winnipeg Regional Health Authority	4610	25.3	22.9 to 27.7	Same	Higher
Brandon Regional Health Authority	4615	25.6	20.5 to 30.7	Same	Same
North Eastman Regional Health Authority	4620	28.4	23.6 to 33.1	Same	Same
South Eastman Regional Health Authority	4625	21.7	18.0 to 25.3	Lower	Same
Interlake Regional Health Authority	4630	21.5	16.4 to 26.6	Lower	Same
Central Regional Health Authority	4640	20.0	15.9 to 24.1	Lower	Lower
Assiniboine Regional Health Authority	4645	19.8	16.1 to 23.5	Lower	Lower
Parkland Regional Health Authority	4660	21.6	16.5 to 26.6	Lower	Same
Norman Regional Health Authority	4670	24.3	19.0 to 29.5	Same	Same
Burntwood/Churchill	4685	27.6	22.5 to 32.8	Same	Same
Saskatchewan	4700	26.2	24.8 to 27.6	Same	...
Sun Country Regional Health Authority	4701	23.3	18.6 to 28.1	Same	Same
Five Hills Regional Health Authority	4702	27.5	22.7 to 32.3	Same	Same
Cypress Regional Health Authority	4703	24.0	19.5 to 28.4	Same	Same
Regina Qu'Appelle Regional Health Authority	4704	28.4	25.1 to 31.7	Same	Same
Sunrise Regional Health Authority	4705	24.1	18.7 to 29.4	Same	Same
Saskatoon Regional Health Authority	4706	25.6	22.6 to 28.6	Same	Same
Heartland Regional Health Authority	4707	24.7	20.4 to 29.0	Same	Same
Kelsey Trail Regional Health Authority	4708	27.3	22.2 to 32.4	Same	Same
Prince Albert Parkland Regional Health Authority	4709	29.2	24.9 to 33.6	Same	Same
Prairie North Regional Health Authority	4710	19.7	14.9 to 24.4	Lower	Lower
Mamawetan/Keewatin/Athabasca	4714	36.5	30.8 to 42.2	Higher	Higher
Alberta	4800	28.7	27.5 to 29.9	Higher	...
Chinook Regional Health Authority	4820	30.2	26.7 to 33.7	Same	Same
Palliser Health Region	4821	22.0	18.1 to 26.0	Lower	Lower
Calgary Health Region	4822	30.8	28.5 to 33.0	Higher	Higher
David Thompson Regional Health Authority	4823	26.2	23.3 to 29.1	Same	Same
East Central Health	4824	23.0	19.2 to 26.8	Lower	Lower
Capital Health	4825	27.5	25.1 to 29.8	Same	Same
Aspen Regional Health Authority	4826	33.1	29.2 to 37.0	Higher	Higher
Peace Country Health	4827	27.1	23.6 to 30.7	Same	Same
Northern Lights Health Region	4828	29.3	24.1 to 34.5	Same	Same

	Region code	%	95% confidence interval	Significantly higher or lower (p < 0.05) than:	
				Canada	Province or Territory
British Columbia	5900	31.7	30.7 to 32.8	Higher	...
East Kootenay Health Service Delivery Area	5911	39.5	35.0 to 43.9	Higher	Higher
Kootenay-Boundary Health Service Delivery Area	5912	40.1	34.9 to 45.3	Higher	Higher
Okanagan Health Service Delivery Area	5913	30.5	26.5 to 34.5	Same	Same
Thompson/Cariboo Health Service Delivery Area	5914	34.3	30.0 to 38.6	Higher	Same
Fraser East Health Service Delivery Area	5921	29.6	26.0 to 33.2	Same	Same
Fraser North Health Service Delivery Area	5922	29.2	26.3 to 32.0	Same	Same
Fraser South Health Service Delivery Area	5923	28.4	25.3 to 31.4	Same	Lower
Richmond Health Service Delivery Area	5931	28.2	23.7 to 32.8	Same	Same
Vancouver Health Service Delivery Area	5932	28.6	25.8 to 31.4	Same	Lower
North Shore/Coast Garibaldi Health Service Delivery Area	5933	35.2	31.1 to 39.2	Higher	Same
South Vancouver Island Health Service Delivery Area	5941	39.6	36.2 to 43.0	Higher	Higher
Central Vancouver Island Health Service Delivery Area	5942	37.1	33.1 to 41.2	Higher	Higher
North Vancouver Island Health Service Delivery Area	5943	36.9	31.3 to 42.4	Higher	Same
Northwest Health Service Delivery Area	5951	34.0	28.7 to 39.4	Higher	Same
Northern Interior Health Service Delivery Area	5952	28.6	24.5 to 32.7	Same	Same
Northeast Health Service Delivery Area	5953	28.1	21.6 to 34.5	Same	Same
Yukon Territory	6001	31.2	26.8 to 35.5	Same	...
Northwest Territories	6101	24.9	20.0 to 29.8	Same	...
Nunavut	6201	27.1	23.1 to 31.1	Same	...

† Using 3 or more kilocalories per kilogram per day

... Not applicable

Note: Based on self-reported frequency, duration and intensity of participation in leisure-time physical activity in previous 3 months

Source: 2005 Canadian Community Health Survey

Table B

Percentage active[†] or moderately active[‡] in leisure time, by province or territory and health region, household population aged 12 or older, Canada, 2005

	Region code	%	95% confidence interval	Significantly higher or lower (p < 0.05) than:	
				Canada	Province or Territory
Canada		52.2	51.8 to 52.6
Newfoundland and Labrador	1000	45.6	43.4 to 47.7	Lower	...
Eastern Regional Integrated Health Authority	1011	46.0	43.1 to 48.9	Lower	Same
Central Regional Integrated Health Authority	1012	42.4	37.9 to 46.8	Lower	Same
Western Regional Integrated Health Authority	1013	49.3	44.2 to 54.5	Same	Same
Labrador-Grenfell Regional Integrated Health Authority	1014	42.2	37.3 to 47.2	Lower	Same
Prince Edward Island	1100	44.1	41.2 to 46.9	Lower	...
West Prince	1101	39.4	32.6 to 46.2	Lower	Same
East Prince	1102	43.0	38.0 to 47.9	Lower	Same
Queens	1103	45.7	41.3 to 50.2	Lower	Same
Kings	1104	43.6	37.6 to 49.7	Lower	Same
Nova Scotia	1200	49.2	47.4 to 50.9	Lower	...
Zone 1	1201	45.1	40.8 to 49.3	Lower	Lower
Zone 2	1202	51.4	46.5 to 56.4	Same	Same
Zone 3	1203	44.8	40.5 to 49.2	Lower	Lower
Zone 4	1204	43.7	39.2 to 48.3	Lower	Lower
Zone 5	1205	49.0	44.4 to 53.5	Same	Same
Zone 6	1206	52.5	49.4 to 55.6	Same	Higher
New Brunswick	1300	46.5	44.8 to 48.3	Lower	...
Region 1	1301	46.1	42.3 to 50.0	Lower	Same
Region 2	1302	48.3	44.7 to 51.8	Lower	Same
Region 3	1303	46.0	42.3 to 49.8	Lower	Same
Region 4	1304	47.3	41.4 to 53.3	Same	Same
Region 5	1305	50.8	45.0 to 56.6	Same	Same
Region 6	1306	46.6	41.9 to 51.2	Lower	Same
Region 7	1307	39.8	33.5 to 46.0	Lower	Lower
Quebec	2400	48.6	47.7 to 49.5	Lower	...
Région du Bas-Saint-Laurent	2401	52.2	49.8 to 54.5	Same	Higher
Région du Saguenay - Lac-Saint-Jean	2402	49.2	45.7 to 52.7	Same	Same
Région de la Capitale Nationale	2403	48.6	45.7 to 51.6	Lower	Same
Région de la Mauricie et du Centre-du-Québec	2404	48.8	45.6 to 51.9	Lower	Same
Région de l'Estrie	2405	47.4	43.6 to 51.2	Lower	Same
Région de Montréal	2406	48.7	47.0 to 50.5	Lower	Same
Région de l'Outaouais	2407	53.1	49.9 to 56.4	Same	Higher
Région de l'Abitibi-Témiscamingue	2408	45.0	41.4 to 48.6	Lower	Same
Région de la Côte-Nord	2409	47.0	43.3 to 50.7	Lower	Same
Région du Nord-du-Québec	2410	56.4	51.6 to 61.2	Same	Higher
Région de la Gaspésie - Îles-de-la-Madeleine	2411	48.4	44.8 to 52.0	Lower	Same
Région de la Chaudière-Appalaches	2412	47.9	44.3 to 51.6	Lower	Same
Région de Laval	2413	46.4	44.0 to 48.8	Lower	Same
Région de Lanaudière	2414	47.1	43.7 to 50.5	Lower	Same
Région des Laurentides	2415	49.0	45.2 to 52.8	Same	Same
Région de la Montérégie	2416	48.3	45.5 to 51.1	Lower	Same
Ontario	3500	52.9	52.1 to 53.6	Higher	...
District of Algoma Health Unit	3526	58.4	54.5 to 62.4	Higher	Higher
Brant County Health Unit	3527	56.0	51.5 to 60.5	Same	Same
Durham Regional Health Unit	3530	57.2	53.7 to 60.7	Higher	Higher
Elgin-St Thomas Health Unit	3531	52.9	48.3 to 57.5	Same	Same
Grey Bruce Health Unit	3533	57.1	52.3 to 61.9	Higher	Same
Haldimand-Norfolk Health Unit	3534	52.9	48.1 to 57.7	Same	Same
Haliburton, Kawartha, Pine Ridge District Health Unit	3535	52.6	48.1 to 57.1	Same	Same
Halton Regional Health Unit	3536	54.6	51.3 to 58.0	Same	Same
City of Hamilton Health Unit	3537	50.9	47.8 to 54.1	Same	Same
Hastings and Prince Edward Counties Health Unit	3538	49.3	44.9 to 53.7	Same	Same

	Region code	%	95% confidence interval	Significantly higher or lower (p < 0.05) than:	
				Canada	Province or Territory
Huron County Health Unit	3539	52.6	47.3 to 57.9	Same	Same
Chatham-Kent Health Unit	3540	52.0	47.6 to 56.3	Same	Same
Kingston, Frontenac and Lennox and Addington Health Unit	3541	58.1	54.4 to 61.8	Higher	Higher
Lambton Health Unit	3542	55.9	51.5 to 60.3	Same	Same
Leeds, Grenville and Lanark District Health Unit	3543	58.4	54.2 to 62.6	Higher	Higher
Middlesex-London Health Unit	3544	54.9	51.5 to 58.2	Same	Same
Niagara Regional Area Health Unit	3546	52.3	49.4 to 55.2	Same	Same
North Bay Parry Sound District Health Unit	3547	51.4	47.0 to 55.8	Same	Same
Northwestern Health Unit	3549	58.9	54.0 to 63.8	Higher	Higher
City of Ottawa Health Unit	3551	57.7	54.9 to 60.4	Higher	Higher
Oxford County Health Unit	3552	47.9	42.7 to 53.1	Same	Same
Peel Regional Health Unit	3553	50.0	47.2 to 52.8	Same	Lower
Perth District Health Unit	3554	55.4	50.6 to 60.2	Same	Same
Peterborough County-City Health Unit	3555	58.4	54.0 to 62.7	Higher	Higher
Porcupine Health Unit	3556	47.4	42.5 to 52.4	Same	Lower
Renfrew County and District Health Unit	3557	54.9	50.0 to 59.9	Same	Same
Eastern Ontario Health Unit	3558	53.9	49.7 to 58.1	Same	Same
Simcoe Muskoka District Health Unit	3560	57.6	54.6 to 60.6	Higher	Higher
Sudbury and District Health Unit	3561	57.9	54.2 to 61.5	Higher	Higher
Thunder Bay District Health Unit	3562	58.4	54.4 to 62.4	Higher	Higher
Timiskaming Health Unit	3563	50.6	44.1 to 57.1	Same	Same
Waterloo Health Unit	3565	53.2	50.0 to 56.5	Same	Same
Wellington-Dufferin-Guelph Health Unit	3566	53.8	50.1 to 57.4	Same	Same
Windsor-Essex County Health Unit	3568	51.2	48.0 to 54.5	Same	Same
York Regional Health Unit	3570	52.6	49.7 to 55.5	Same	Same
City of Toronto Health Unit	3595	48.6	46.4 to 50.9	Lower	Lower
Manitoba	4600	48.5	46.6 to 50.4	Lower	...
Winnipeg Regional Health Authority	4610	49.6	46.8 to 52.4	Same	Same
Brandon Regional Health Authority	4615	57.2	51.0 to 63.3	Same	Higher
North Eastman Regional Health Authority	4620	54.0	47.2 to 60.9	Same	Same
South Eastman Regional Health Authority	4625	45.8	40.5 to 51.0	Lower	Same
Interlake Regional Health Authority	4630	49.2	42.8 to 55.5	Same	Same
Central Regional Health Authority	4640	40.5	36.1 to 44.8	Lower	Lower
Assiniboine Regional Health Authority	4645	43.2	38.6 to 47.9	Lower	Lower
Parkland Regional Health Authority	4660	42.2	36.3 to 48.2	Lower	Lower
Norman Regional Health Authority	4670	49.4	42.7 to 56.2	Same	Same
Burntwood/Churchill	4685	52.3	46.9 to 57.6	Same	Same
Saskatchewan	4700	50.4	48.8 to 51.9	Lower	...
Sun Country Regional Health Authority	4701	49.3	44.0 to 54.5	Same	Same
Five Hills Regional Health Authority	4702	48.9	44.0 to 53.8	Same	Same
Cypress Regional Health Authority	4703	46.2	40.4 to 52.0	Lower	Same
Regina Qu'Appelle Regional Health Authority	4704	55.0	51.8 to 58.3	Same	Higher
Sunrise Regional Health Authority	4705	45.0	39.2 to 50.8	Lower	Same
Saskatoon Regional Health Authority	4706	49.5	45.9 to 53.1	Same	Same
Heartland Regional Health Authority	4707	50.0	44.2 to 55.8	Same	Same
Kelsey Trail Regional Health Authority	4708	56.5	51.7 to 61.2	Same	Higher
Prince Albert Parkland Regional Health Authority	4709	49.2	44.3 to 54.1	Same	Same
Prairie North Regional Health Authority	4710	40.8	34.7 to 47.0	Lower	Lower
Mamawetan/Keewatin/Athabasca	4714	57.9	51.9 to 64.0	Same	Higher
Alberta	4800	54.5	53.2 to 55.9	Higher	...
Chinook Regional Health Authority	4820	57.4	53.5 to 61.2	Higher	Same
Palliser Health Region	4821	43.8	39.0 to 48.5	Lower	Lower
Calgary Health Region	4822	57.6	55.1 to 60.2	Higher	Higher
David Thompson Regional Health Authority	4823	53.7	50.3 to 57.1	Same	Same
East Central Health	4824	49.6	45.6 to 53.7	Same	Lower
Capital Health	4825	52.4	49.8 to 55.1	Same	Same
Aspen Regional Health Authority	4826	56.4	52.6 to 60.2	Higher	Same
Peace Country Health	4827	52.0	47.6 to 56.4	Same	Same
Northern Lights Health Region	4828	53.8	47.9 to 59.7	Same	Same

	Region code	%	95% confidence interval	Significantly higher or lower (p < 0.05) than:	
				Canada	Province or Territory
British Columbia	5900	59.0	57.8 to 60.2	Higher	...
East Kootenay Health Service Delivery Area	5911	66.4	61.8 to 70.9	Higher	Higher
Kootenay-Boundary Health Service Delivery Area	5912	66.4	60.9 to 71.9	Higher	Higher
Okanagan Health Service Delivery Area	5913	57.4	53.2 to 61.5	Higher	Same
Thompson/Cariboo Health Service Delivery Area	5914	58.3	54.1 to 62.5	Higher	Same
Fraser East Health Service Delivery Area	5921	54.5	50.5 to 58.5	Same	Lower
Fraser North Health Service Delivery Area	5922	57.9	54.8 to 61.0	Higher	Same
Fraser South Health Service Delivery Area	5923	54.7	51.2 to 58.2	Same	Lower
Richmond Health Service Delivery Area	5931	54.7	49.9 to 59.5	Same	Same
Vancouver Health Service Delivery Area	5932	56.3	53.1 to 59.6	Higher	Same
North Shore/Coast Garibaldi Health Service Delivery Area	5933	65.2	61.6 to 68.9	Higher	Higher
South Vancouver Island Health Service Delivery Area	5941	68.5	65.0 to 72.0	Higher	Higher
Central Vancouver Island Health Service Delivery Area	5942	64.3	60.4 to 68.3	Higher	Higher
North Vancouver Island Health Service Delivery Area	5943	65.1	59.2 to 71.0	Higher	Higher
Northwest Health Service Delivery Area	5951	60.4	55.5 to 65.3	Higher	Same
Northern Interior Health Service Delivery Area	5952	57.0	52.5 to 61.5	Higher	Same
Northeast Health Service Delivery Area	5953	50.3	44.8 to 55.8	Same	Lower
Yukon Territory	6000	58.5	54.5 to 62.6	Higher	...
Northwest Territories	6100	51.6	46.8 to 56.4	Same	...
Nunavut	6200	47.8	43.6 to 52.1	Lower	...

† Using 3 or more kilocalories per kilogram per day

‡ Using 1.5 to less than 3 kilocalories per kilogram per day

... Not applicable

Note: Based on self-reported frequency, duration and intensity of participation in leisure-time physical activity in previous 3 months

Source: 2005 Canadian Community Health Survey

Table CPercentage active in usual daily activities,[†] by province or territory and health region, household population aged 12 or older, Canada, 2005

	Region code	%	95% confidence interval	Significantly higher or lower (p < 0.05) than:	
				Canada	Province or Territory
Canada		74.8	74.4 to 75.2
Newfoundland and Labrador	1000	82.0	80.4 to 83.7	Higher	...
Eastern Regional Integrated Health Authority	1011	80.3	77.9 to 82.7	Higher	Lower
Central Regional Integrated Health Authority	1012	81.8	77.6 to 86.1	Higher	Same
Western Regional Integrated Health Authority	1013	87.0	84.2 to 89.9	Higher	Higher
Labrador-Grenfell Regional Integrated Health Authority	1014	85.4	82.1 to 88.6	Higher	Same
Prince Edward Island	1100	80.4	78.2 to 82.6	Higher	...
West Prince	1101	84.4	78.6 to 90.3	Higher	Same
East Prince	1102	80.7	76.6 to 84.8	Higher	Same
Queens	1103	78.2	74.6 to 81.8	Same	Same
Kings	1104	84.4	80.5 to 88.3	Higher	Same
Nova Scotia	1200	80.9	79.3 to 82.4	Higher	...
Zone 1	1201	84.7	81.7 to 87.7	Higher	Higher
Zone 2	1202	85.4	81.8 to 89.1	Higher	Higher
Zone 3	1203	83.2	79.8 to 86.7	Higher	Same
Zone 4	1204	85.1	81.8 to 88.5	Higher	Higher
Zone 5	1205	77.1	73.4 to 80.9	Same	Lower
Zone 6	1206	78.3	75.3 to 81.3	Higher	Lower
New Brunswick	1300	78.0	76.4 to 79.5	Higher	...
Region 1	1301	76.9	73.5 to 80.3	Same	Same
Region 2	1302	77.2	73.6 to 80.8	Same	Same
Region 3	1303	76.8	73.4 to 80.3	Same	Same
Region 4	1304	76.2	70.9 to 81.4	Same	Same
Region 5	1305	79.7	73.9 to 85.5	Same	Same
Region 6	1306	81.4	77.1 to 85.7	Higher	Same
Region 7	1307	83.9	80.6 to 87.3	Higher	Higher
Quebec	2400	70.7	69.9 to 71.6	Lower	...
Région du Bas-Saint-Laurent	2401	78.0	75.9 to 80.2	Higher	Higher
Région du Saguenay - Lac-Saint-Jean	2402	76.7	73.0 to 80.4	Same	Higher
Région de la Capitale Nationale	2403	66.8	64.0 to 69.6	Lower	Lower
Région de la Mauricie et du Centre-du-Québec	2404	71.8	68.9 to 74.7	Lower	Same
Région de l'Estrie	2405	76.4	73.3 to 79.4	Same	Higher
Région de Montréal	2406	65.7	63.9 to 67.4	Lower	Lower
Région de l'Outaouais	2407	73.6	70.7 to 76.5	Same	Same
Région de l'Abitibi-Témiscamingue	2408	72.2	68.6 to 75.8	Same	Same
Région de la Côte-Nord	2409	77.9	75.0 to 80.7	Higher	Higher
Région du Nord-du-Québec	2410	75.5	71.4 to 79.7	Same	Higher
Région de la Gaspésie - Îles-de-la-Madeleine	2411	72.1	68.5 to 75.7	Same	Same
Région de la Chaudière-Appalaches	2412	75.6	72.5 to 78.7	Same	Higher
Région de Laval	2413	69.1	66.7 to 71.6	Lower	Same
Région de Lanaudière	2414	76.9	74.0 to 79.8	Same	Higher
Région des Laurentides	2415	72.1	69.3 to 74.8	Same	Same
Région de la Montérégie	2416	71.0	68.4 to 73.5	Lower	Same
Ontario	3500	74.2	73.6 to 74.9	Same	...
District of Algoma Health Unit	3526	79.7	76.4 to 83.0	Higher	Higher
Brant County Health Unit	3527	79.1	75.4 to 82.9	Higher	Higher
Durham Regional Health Unit	3530	75.2	72.0 to 78.4	Same	Same
Elgin-St Thomas Health Unit	3531	82.7	79.4 to 86.0	Higher	Higher
Grey Bruce Health Unit	3533	83.2	80.3 to 86.0	Higher	Higher
Haldimand-Norfolk Health Unit	3534	83.1	79.5 to 86.6	Higher	Higher
Haliburton, Kawartha, Pine Ridge District Health Unit	3535	84.6	81.9 to 87.3	Higher	Higher
Halton Regional Health Unit	3536	71.7	68.2 to 75.1	Same	Same
City of Hamilton Health Unit	3537	78.8	76.2 to 81.3	Higher	Higher
Hastings and Prince Edward Counties Health Unit	3538	80.9	77.3 to 84.4	Higher	Higher

	Region code	%	95% confidence interval	Significantly higher or lower (p < 0.05) than:	
				Canada	Province or Territory
Huron County Health Unit	3539	80.5	76.6 to 84.3	Higher	Higher
Chatham-Kent Health Unit	3540	71.9	67.6 to 76.2	Same	Same
Kingston, Frontenac and Lennox and Addington Health Unit	3541	80.9	77.9 to 83.8	Higher	Higher
Lambton Health Unit	3542	79.6	76.2 to 82.9	Higher	Higher
Leeds, Grenville and Lanark District Health Unit	3543	80.6	77.3 to 83.8	Higher	Higher
Middlesex-London Health Unit	3544	76.2	73.4 to 79.0	Same	Same
Niagara Regional Area Health Unit	3546	78.2	75.2 to 81.1	Higher	Higher
North Bay Parry Sound District Health Unit	3547	79.7	75.8 to 83.6	Higher	Higher
Northwestern Health Unit	3549	84.8	81.4 to 88.1	Higher	Higher
City of Ottawa Health Unit	3551	68.4	65.8 to 70.9	Lower	Lower
Oxford County Health Unit	3552	77.1	71.9 to 82.4	Same	Same
Peel Regional Health Unit	3553	71.8	69.5 to 74.2	Lower	Lower
Perth District Health Unit	3554	80.2	76.0 to 84.5	Higher	Higher
Peterborough County-City Health Unit	3555	81.5	78.0 to 85.0	Higher	Higher
Porcupine Health Unit	3556	79.6	76.4 to 82.8	Higher	Higher
Renfrew County and District Health Unit	3557	78.9	74.9 to 83.0	Higher	Higher
Eastern Ontario Health Unit	3558	80.3	76.8 to 83.7	Higher	Higher
Simcoe Muskoka District Health Unit	3560	82.3	80.0 to 84.7	Higher	Higher
Sudbury and District Health Unit	3561	78.6	75.3 to 81.9	Higher	Higher
Thunder Bay District Health Unit	3562	78.8	75.6 to 82.0	Higher	Higher
Timiskaming Health Unit	3563	79.7	74.2 to 85.1	Same	Same
Waterloo Health Unit	3565	71.4	68.2 to 74.7	Lower	Same
Wellington-Dufferin-Guelph Health Unit	3566	80.8	77.7 to 83.9	Higher	Higher
Windsor-Essex County Health Unit	3568	77.3	74.6 to 80.1	Same	Higher
York Regional Health Unit	3570	70.3	67.7 to 72.9	Lower	Lower
City of Toronto Health Unit	3595	68.2	66.0 to 70.3	Lower	Lower
Manitoba	4600	77.9	76.5 to 79.4	Higher	...
Winnipeg Regional Health Authority	4610	75.0	72.7 to 77.3	Same	Lower
Brandon Regional Health Authority	4615	82.7	79.1 to 86.4	Higher	Higher
North Eastman Regional Health Authority	4620	83.7	79.4 to 87.9	Higher	Higher
South Eastman Regional Health Authority	4625	82.4	77.0 to 87.7	Higher	Same
Interlake Regional Health Authority	4630	77.4	73.0 to 81.9	Same	Same
Central Regional Health Authority	4640	82.3	79.0 to 85.7	Higher	Higher
Assiniboine Regional Health Authority	4645	85.8	82.3 to 89.3	Higher	Higher
Parkland Regional Health Authority	4660	82.2	78.0 to 86.4	Higher	Same
Norman Regional Health Authority	4670	82.6	76.8 to 88.3	Higher	Same
Burntwood/Churchill	4685	82.7	78.4 to 87.1	Higher	Higher
Saskatchewan	4700	79.9	78.6 to 81.2	Higher	...
Sun Country Regional Health Authority	4701	83.3	79.5 to 87.1	Higher	Same
Five Hills Regional Health Authority	4702	84.2	80.1 to 88.4	Higher	Higher
Cypress Regional Health Authority	4703	83.6	79.7 to 87.5	Higher	Same
Regina Qu'Appelle Regional Health Authority	4704	76.7	73.7 to 79.7	Same	Lower
Sunrise Regional Health Authority	4705	82.2	77.4 to 87.0	Higher	Same
Saskatoon Regional Health Authority	4706	79.1	76.3 to 81.8	Higher	Same
Heartland Regional Health Authority	4707	82.6	78.5 to 86.6	Higher	Same
Kelsey Trail Regional Health Authority	4708	80.2	76.2 to 84.2	Higher	Same
Prince Albert Parkland Regional Health Authority	4709	80.6	76.8 to 84.4	Higher	Same
Prairie North Regional Health Authority	4710	80.8	76.8 to 84.9	Higher	Same
Mamawetan/Keewatin/Athabasca	4714	84.0	80.0 to 88.0	Higher	Same
Alberta	4800	76.1	74.8 to 77.3	Higher	...
Chinook Regional Health Authority	4820	77.4	73.4 to 81.4	Same	Same
Palliser Health Region	4821	82.9	79.3 to 86.5	Higher	Higher
Calgary Health Region	4822	74.0	71.7 to 76.2	Same	Lower
David Thompson Regional Health Authority	4823	83.1	80.3 to 86.0	Higher	Higher
East Central Health	4824	83.3	80.4 to 86.1	Higher	Higher
Capital Health	4825	73.4	71.0 to 75.9	Same	Lower
Aspen Regional Health Authority	4826	80.3	76.9 to 83.7	Higher	Higher
Peace Country Health	4827	81.3	78.3 to 84.4	Higher	Higher
Northern Lights Health Region	4828	77.4	72.2 to 82.5	Same	Same

	Region code	%	95% confidence interval	Significantly higher or lower (p < 0.05) than:	
				Canada	Province or Territory
British Columbia	5900	77.7	76.8 to 78.6	Higher	...
East Kootenay Health Service Delivery Area	5911	85.0	81.0 to 88.9	Higher	Higher
Kootenay-Boundary Health Service Delivery Area	5912	85.5	81.6 to 89.4	Higher	Higher
Okanagan Health Service Delivery Area	5913	78.3	75.1 to 81.6	Higher	Same
Thompson/Cariboo Health Service Delivery Area	5914	85.7	82.6 to 88.8	Higher	Higher
Fraser East Health Service Delivery Area	5921	81.3	77.8 to 84.8	Higher	Higher
Fraser North Health Service Delivery Area	5922	74.2	71.6 to 76.8	Same	Lower
Fraser South Health Service Delivery Area	5923	77.8	75.2 to 80.5	Higher	Same
Richmond Health Service Delivery Area	5931	70.6	66.8 to 74.5	Lower	Lower
Vancouver Health Service Delivery Area	5932	72.7	69.8 to 75.5	Same	Lower
North Shore/Coast Garibaldi Health Service Delivery Area	5933	74.6	70.9 to 78.3	Same	Same
South Vancouver Island Health Service Delivery Area	5941	79.8	76.8 to 82.8	Higher	Same
Central Vancouver Island Health Service Delivery Area	5942	79.5	76.3 to 82.6	Higher	Same
North Vancouver Island Health Service Delivery Area	5943	87.1	83.7 to 90.6	Higher	Higher
Northwest Health Service Delivery Area	5951	81.7	77.2 to 86.3	Higher	Same
Northern Interior Health Service Delivery Area	5952	78.3	74.3 to 82.3	Same	Same
Northeast Health Service Delivery Area	5953	82.2	77.7 to 86.7	Higher	Same
Yukon Territory	6001	70.2	67.0 to 73.4	Lower	...
Northwest Territories	6101	74.8	71.4 to 78.2	Same	...
Nunavut	6201	64.4	58.1 to 70.6	Lower	...

† Do heavy work, carry very heavy loads, lift or carry light loads, often climb stairs or hills, stand or walk quite a lot; based on previous 3 months

... Not applicable

Source: 2005 Canadian Community Health Survey

Table D

Percentage spending at least six hours per week walking or bicycling as a means of transportation, by province or territory and health region, household population aged 12 or older, Canada, 2005

	Region code	%	95% confidence interval	Significantly higher or lower (p < 0.05) than:	
				Canada	Province or Territory
Canada		24.1	23.7 to 24.5
Newfoundland and Labrador	1000	27.0	24.9 to 29.1	Higher	...
Eastern Regional Integrated Health Authority	1011	23.9	21.1 to 26.7	Same	Lower
Central Regional Integrated Health Authority	1012	31.8	25.9 to 37.6	Higher	Same
Western Regional Integrated Health Authority	1013	33.3	28.1 to 38.4	Higher	Higher
Labrador-Grenfell Regional Integrated Health Authority	1014	25.2	20.3 to 30.1	Same	Same
Prince Edward Island	1100	30.6	27.5 to 33.7	Higher	...
West Prince	1101	43.9	34.1 to 53.8	Higher	Higher
East Prince	1102	42.3	35.0 to 49.6	Higher	Higher
Queens	1103	25.1	20.0 to 30.2	Same	Lower
Kings	1104	21.0	15.3 to 26.7	Same	Lower
Nova Scotia	1200	29.2	27.2 to 31.3	Higher	...
Zone 1	1201	29.1	25.1 to 33.1	Higher	Same
Zone 2	1202	31.6	26.4 to 36.9	Higher	Same
Zone 3	1203	22.6	18.0 to 27.1	Same	Lower
Zone 4	1204	29.3	23.8 to 34.7	Same	Same
Zone 5	1205	28.7	24.0 to 33.4	Same	Same
Zone 6	1206	30.8	27.0 to 34.5	Higher	Same
New Brunswick	1300	26.3	24.3 to 28.4	Higher	...
Region 1	1301	28.3	23.9 to 32.7	Same	Same
Region 2	1302	31.2	27.0 to 35.4	Higher	Higher
Region 3	1303	28.6	24.4 to 32.8	Higher	Same
Region 4	1304	18.2	13.2 to 23.2	Lower	Lower
Region 5	1305	13.7 ^E	8.5 to 18.9	Lower	Lower
Region 6	1306	18.9	13.5 to 24.3	Same	Lower
Region 7	1307	21.8	15.5 to 28.0	Same	Same
Quebec	2400	14.9	14.2 to 15.5	Lower	...
Région du Bas-Saint-Laurent	2401	14.4	12.7 to 16.0	Lower	Same
Région du Saguenay - Lac-Saint-Jean	2402	13.6	10.2 to 16.9	Lower	Same
Région de la Capitale Nationale	2403	14.0	11.8 to 16.1	Lower	Same
Région de la Mauricie et du Centre-du-Québec	2404	15.5	12.8 to 18.2	Lower	Same
Région de l'Estrie	2405	12.4	9.9 to 14.9	Lower	Same
Région de Montréal	2406	21.4	19.8 to 22.9	Lower	Higher
Région de l'Outaouais	2407	15.7	13.3 to 18.1	Lower	Same
Région de l'Abitibi-Témiscamingue	2408	13.2	9.7 to 16.7	Lower	Same
Région de la Côte-Nord	2409	9.8	7.4 to 12.2	Lower	Lower
Région du Nord-du-Québec	2410	12.6	9.0 to 16.2	Lower	Same
Région de la Gaspésie - Îles-de-la-Madeleine	2411	9.4	7.2 to 11.5	Lower	Lower
Région de la Chaudière-Appalaches	2412	10.8	8.4 to 13.3	Lower	Lower
Région de Laval	2413	14.8	12.7 to 16.9	Lower	Same
Région de Lanaudière	2414	12.1	9.0 to 15.2	Lower	Same
Région des Laurentides	2415	10.7	8.5 to 12.8	Lower	Lower
Région de la Montérégie	2416	11.4	9.7 to 13.1	Lower	Lower
Ontario	3500	25.6	24.8 to 26.3	Higher	...
District of Algoma Health Unit	3526	25.0	21.0 to 29.1	Same	Same
Brant County Health Unit	3527	21.0	16.9 to 25.0	Same	Lower
Durham Regional Health Unit	3530	23.8	20.8 to 26.7	Same	Same
Elgin-St Thomas Health Unit	3531	38.5	31.1 to 45.8	Higher	Higher
Grey Bruce Health Unit	3533	26.3	20.9 to 31.6	Same	Same
Haldimand-Norfolk Health Unit	3534	18.6	14.6 to 22.7	Lower	Lower
Haliburton, Kawartha, Pine Ridge District Health Unit	3535	30.0	24.6 to 35.6	Higher	Same
Halton Regional Health Unit	3536	28.1	24.4 to 31.7	Higher	Same
City of Hamilton Health Unit	3537	28.1	24.8 to 31.5	Higher	Same
Hastings and Prince Edward Counties Health Unit	3538	22.4	17.3 to 27.5	Same	Same

	Region code	%	95% confidence interval	Significantly higher or lower (p < 0.05) than:	
				Canada	Province or Territory
Huron County Health Unit	3539	29.2	23.9 to 34.6	Same	Same
Chatham-Kent Health Unit	3540	18.1	14.0 to 22.3	Lower	Lower
Kingston, Frontenac and Lennox and Addington Health Unit	3541	30.7	26.7 to 34.6	Higher	Higher
Lambton Health Unit	3542	37.8	31.6 to 43.9	Higher	Higher
Leeds, Grenville and Lanark District Health Unit	3543	36.4	30.6 to 42.2	Higher	Higher
Middlesex-London Health Unit	3544	23.3	20.3 to 26.4	Same	Same
Niagara Regional Area Health Unit	3546	31.3	27.5 to 35.2	Higher	Higher
North Bay Parry Sound District Health Unit	3547	22.6	18.5 to 26.8	Same	Same
Northwestern Health Unit	3549	23.9	19.4 to 28.4	Same	Same
City of Ottawa Health Unit	3551	17.6	15.4 to 19.8	Lower	Lower
Oxford County Health Unit	3552	16.4	12.5 to 20.3	Lower	Lower
Peel Regional Health Unit	3553	32.4	29.1 to 35.6	Higher	Higher
Perth District Health Unit	3554	27.2	20.4 to 34.1	Same	Same
Peterborough County-City Health Unit	3555	23.6	19.1 to 28.2	Same	Same
Porcupine Health Unit	3556	24.6	20.2 to 28.9	Same	Same
Renfrew County and District Health Unit	3557	18.7	14.0 to 23.3	Lower	Lower
Eastern Ontario Health Unit	3558	18.3	15.4 to 21.3	Lower	Lower
Simcoe Muskoka District Health Unit	3560	32.4	28.9 to 35.9	Higher	Higher
Sudbury and District Health Unit	3561	36.6	32.6 to 40.5	Higher	Higher
Thunder Bay District Health Unit	3562	19.7	16.3 to 23.1	Lower	Lower
Timiskaming Health Unit	3563	37.1	31.2 to 43.0	Higher	Higher
Waterloo Health Unit	3565	23.1	20.0 to 26.2	Same	Same
Wellington-Dufferin-Guelph Health Unit	3566	24.9	19.3 to 30.5	Same	Same
Windsor-Essex County Health Unit	3568	34.1	30.3 to 37.9	Higher	Higher
York Regional Health Unit	3570	19.2	16.5 to 21.9	Lower	Lower
City of Toronto Health Unit	3595	23.3	21.5 to 25.1	Same	Lower
Manitoba	4600	26.3	24.5 to 28.0	Higher	...
Winnipeg Regional Health Authority	4610	24.8	22.2 to 27.3	Same	Lower
Brandon Regional Health Authority	4615	34.2	28.5 to 39.9	Higher	Higher
North Eastman Regional Health Authority	4620	41.1	33.1 to 49.2	Higher	Higher
South Eastman Regional Health Authority	4625	22.9	17.7 to 28.1	Same	Same
Interlake Regional Health Authority	4630	25.7	20.1 to 31.2	Same	Same
Central Regional Health Authority	4640	20.7	17.1 to 24.3	Same	Lower
Assiniboine Regional Health Authority	4645	40.9	34.7 to 47.1	Higher	Higher
Parkland Regional Health Authority	4660	25.6	18.0 to 33.3	Same	Same
Norman Regional Health Authority	4670	20.7 ^E	12.6 to 28.8	Same	Same
Burntwood/Churchill	4685	25.5	20.2 to 30.8	Same	Same
Saskatchewan	4700	35.6	33.7 to 37.4	Higher	...
Sun Country Regional Health Authority	4701	39.3	31.6 to 47.0	Higher	Same
Five Hills Regional Health Authority	4702	34.2	27.9 to 40.5	Higher	Same
Cypress Regional Health Authority	4703	44.6	37.1 to 52.0	Higher	Higher
Regina Qu'Appelle Regional Health Authority	4704	34.0	30.4 to 37.7	Higher	Same
Sunrise Regional Health Authority	4705	37.0	29.0 to 45.0	Higher	Same
Saskatoon Regional Health Authority	4706	35.3	31.5 to 39.1	Higher	Same
Heartland Regional Health Authority	4707	34.6	26.9 to 42.2	Higher	Same
Kelsey Trail Regional Health Authority	4708	23.2	17.9 to 28.6	Same	Lower
Prince Albert Parkland Regional Health Authority	4709	45.5	35.3 to 55.6	Higher	Higher
Prairie North Regional Health Authority	4710	29.9	24.5 to 35.4	Higher	Lower
Mamawetan/Keewatin/Athabasca	4714	36.5	30.4 to 42.7	Higher	Same
Alberta	4800	29.7	28.2 to 31.1	Higher	...
Chinook Regional Health Authority	4820	27.6	23.5 to 31.7	Same	Same
Palliser Health Region	4821	30.4	22.7 to 38.0	Same	Same
Calgary Health Region	4822	28.2	25.5 to 30.9	Higher	Same
David Thompson Regional Health Authority	4823	33.9	30.4 to 37.4	Higher	Higher
East Central Health	4824	39.2	33.4 to 45.0	Higher	Higher
Capital Health	4825	28.3	25.4 to 31.2	Higher	Same
Aspen Regional Health Authority	4826	37.6	33.1 to 42.2	Higher	Higher
Peace Country Health	4827	29.8	25.1 to 34.6	Higher	Same
Northern Lights Health Region	4828	25.8	20.3 to 31.2	Same	Same

	Region code	%	95% confidence interval	Significantly higher or lower (p < 0.05) than:	
				Canada	Province or Territory
British Columbia	5900	26.8	25.7 to 28.0	Higher	...
East Kootenay Health Service Delivery Area	5911	54.6	43.8 to 65.3	Higher	Higher
Kootenay-Boundary Health Service Delivery Area	5912	34.9	29.3 to 40.5	Higher	Higher
Okanagan Health Service Delivery Area	5913	23.1	19.8 to 26.4	Same	Lower
Thompson/Cariboo Health Service Delivery Area	5914	30.8	26.8 to 34.8	Higher	Higher
Fraser East Health Service Delivery Area	5921	20.5	17.3 to 23.6	Lower	Lower
Fraser North Health Service Delivery Area	5922	27.2	23.7 to 30.7	Same	Same
Fraser South Health Service Delivery Area	5923	21.6	18.3 to 24.9	Same	Lower
Richmond Health Service Delivery Area	5931	19.5	15.0 to 24.1	Lower	Lower
Vancouver Health Service Delivery Area	5932	20.4	17.8 to 23.1	Lower	Lower
North Shore/Coast Garibaldi Health Service Delivery Area	5933	26.9	23.2 to 30.6	Same	Same
South Vancouver Island Health Service Delivery Area	5941	40.2	36.1 to 44.3	Higher	Higher
Central Vancouver Island Health Service Delivery Area	5942	41.3	35.3 to 47.4	Higher	Higher
North Vancouver Island Health Service Delivery Area	5943	20.6	15.2 to 26.0	Same	Lower
Northwest Health Service Delivery Area	5951	25.8	20.7 to 31.0	Same	Same
Northern Interior Health Service Delivery Area	5952	25.7	21.0 to 30.3	Same	Same
Northeast Health Service Delivery Area	5953	26.2	20.9 to 31.4	Same	Same
Yukon Territory	6001	30.6	23.8 to 37.4	Same	...
Northwest Territories	6101	32.8	26.5 to 39.1	Higher	...
Nunavut	6201	35.8	30.4 to 41.2	Higher	...

... Not applicable

Note: Based on non-leisure activity in typical week in previous 3 months

Source: 2005 Canadian Community Health Survey