

# Physical Activity (Age 18 and Older)

Name	Physical Activity (Age 18 and Older)
Short/Other Names	Not applicable
Description	The percentage of the population age 18 and older who reported being physically active Being physically active for adults is defined as participating in at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more. Moderate exercise is defined as an activity that causes a person to breathe harder and sweat at least a little.
Interpretation	High results are desirable.
HSP Framework Dimension	Social Determinants of Health: Biological, material, psychosocial and behavioural factors
Areas of Need	Not applicable
Geographic Coverage	All provinces/territories
Reporting Level /Disaggregation	National, Province/Territory, Region
Indicator Results	<a href="#">Accessing Indicator Results on Your Health System: In Depth</a>
<b>Identifying Information</b>	
Name	Physical Activity (Age 18 and Older)
Short/Other Names	Not applicable
Indicator Description and Calculation	The percentage of the population age 18 and older who reported being physically active
Description	Being physically active for adults is defined as participating in at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more. Moderate exercise is defined as an activity that causes a person to breathe harder and sweat at least a little.
Calculation: Description	Population age 18 and older considered physically active divided by the total population age 18 and older. Population estimates are based on weighted survey responses to reflect the total population.
Calculation: Geographic Assignment	Place of residence
Calculation: Type of Measurement	Percentage or proportion
Calculation: Adjustment Applied	None
Calculation: Method of Adjustment	Not applicable
Denominator	<b>Description:</b> Population age 18 and older (based on weighted survey responses) <b>Exclusions:</b> Non-response categories (refusal, don't know and not stated) are excluded as of 2009.
Numerator	<b>Description:</b> Population age 18 and older who are physically active (based on weighted survey responses)
<b>Background, Interpretation and Benchmarks</b>	
Rationale	The health benefits of physical activity include a reduced risk of ill health and premature death. In particular, studies have found that physical activity reduces the risk of cardiovascular disease, some types of cancer, osteoporosis, diabetes, obesity, high blood pressure, depression, stress and anxiety, and prolongs independence in those who are older. The economic impact of physical inactivity can be substantial. A 10% reduction in the prevalence of physical inactivity has the potential to reduce direct health care expenditures by \$150 million a year. Monitoring trends in prevalence of physical activity is important for understanding population health risks and for planning and evaluating policies and programs for the promotion of physical activity. The Active 2010 strategy is just one example of a multi-faceted approach by the Ontario government that involves government leadership and stakeholder participation in order to continue development of amateur sport and increase physical activity rates within the province.
Interpretation	High results are desirable.
HSP Framework Dimension	Social Determinants of Health: Biological, material, psychosocial and behavioural factors
Areas of Need	Not applicable

## Target

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/Bench  
marks Not applicable

Chen J, Millar WJ. [Starting and sustaining physical activity](#). *Health Reports*. 2001.

Katzmarzyk PT, Janssen I. [The economic costs associated with physical inactivity and obesity in Canada: An update](#). *Canadian Journal of Applied Physiology*. 2004.

Statistics Canada. [Health trends](#). Accessed September 16, 2016.

## Refere

nces Public Health Agency of Canada. [Physical activity](#). Accessed September 16, 2016.

Statistics Canada. [Canadian Community Health Survey — Annual component \(CCHS\)](#). Accessed January 22, 2018.

Canadian Research Data Centre Network. [The Canadian Community Health Survey: What's New in the 2015 Cycle?](#) [PPT presentation]. January 25, 2017.

## Availability of Data Sources and Results

Data Sources CCHS, Statistics Canada, Statistics Canada. CANSIM Table 105-0509: Canadian health characteristics, two year period estimates, by age group and sex, Canada, provinces, territories and health regions.

### Type of Year:

Calendar

Available Data  
Years

**First Available Year:**

2015

**Last Available Year:**

2016

Geographic  
Coverage

All provinces/territories

Reporting Level  
/Disaggregation

National, Province/Territory, Region

Result Updates

Update Frequency Every year

### Web Tool:

Your Health System: In Depth

Indicator Results

### URL:

[Accessing Indicator Results on Your Health System: In Depth](#)

Updates

Not applicable

Quality Statement

This indicator is calculated based on 2 years of pooled data from 2015 and 2016.

Data for the Canadian Community Health Survey (CCHS) is collected yearly from a sample of approximately 65,000 respondents. CANSIM Table 105-0509 presents estimates from 2-year combined data and features estimates for all provinces and territories as well as for health regions. The 2-year combined data has higher precision (less variability) than annual estimates; annual CCHS estimates are not available at the health region level.

Some values have data quality flags that indicate "use with caution" or "suppressed" due to high coefficients of variation: health regions with small populations and results disaggregated by age group or sex within small regions.

Caveat  
s and  
Limitati  
ons

The CCHS covers the population age 12 and older living in the 10 provinces and 3 territories. Excluded from the survey's coverage are the following:

–Persons living on reserves and other Aboriginal settlements in the provinces

–Full-time members of the Canadian Forces

–Children age 12 to 17 living in foster care

–The population of institutionalized persons

–Persons living in 2 Quebec health regions: Nunavik Region and Terres-Cries-de-la-Baie-James Region

Altogether, these exclusions represent less than 3% of the Canadian population age 12 and older.

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Issues

As a result of a redesign in 2015, the CCHS has a new collection strategy and sample design. For this reason, Statistics Canada does not recommend making comparisons with CCHS data from 2001 to 2014.

Prior to the 2015 CCHS, physical activity was reported based on physical activity during leisure time for the population age 12 and older.

Data for Ontario's local health integration networks and British Columbia's regional health authorities was received from Statistics Canada through custom tabulation requests:

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Source: Statistics Canada. Selected CCHS Indicators for Ontario by Local Health Integration Network, 2015–2016. February 27, 2018. Reproduced and distributed on an "as is" basis with the permission of Statistics Canada.

Source: Statistics Canada. Selected CCHS Indicators for British Columbia by Regional Health Authority, 2015–2016. March 12, 2018. Reproduced and distributed on an "as is" basis with the permission of Statistics Canada.