

Physical Activity (Age 18 and Older)

Name	Physical Activity (Age 18 and Older)
Short/Other Names	Not applicable
	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.
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	Accessing Indicator Results on Your Health System: In Depth (PDF)
Identifying Information	
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
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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	Description: Population age 18 and older (based on weighted survey responses) Exclusions: Non-response categories (refusal, don't know and not stated) are excluded.
Numerator	Description: Population age 18 and older who are physically active (based on weighted survey responses)
Background, Interpretation and Benchmarks	
	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.
Rationale	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
Frame work
Dimension
Areas of Need
Targets/Benchmarks

Social Determinants of Health: Biological, material, psychosocial and behavioural factors

Not applicable

Not applicable

Statistics Canada. [Ten years of measuring physical activity — What have we learned?](#) [StatCan Blog]. 2017.

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

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

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

Statistics Canada. [Canadian Community Health Survey — Annual component \(CCHS\)](#). Accessed February 20, 2020.

Statistics Canada. [Health characteristics, two-year period estimates](#). Accessed February 20, 2020.

Availability of Data Sources and Results

Data Sources
CCHS, Statistics Canada, Statistics Canada, Table 13-10-0113-01: 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:

2017

Last Available Year:

2018

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 \(PDF\)](#)

Updates
Not applicable

Quality Statement

This indicator is calculated based on 2 years of pooled data from 2017 and 2018.

Data for the Canadian Community Health Survey (CCHS) is collected yearly from a sample of approximately 65,000 respondents. Table 13-10-0113-01 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.

Caveats and Limitations
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 in other Indigenous 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.

Trending 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:

Comments
Source: Statistics Canada. Selected CCHS Indicators for Ontario by Local Health Integration Network and British Columbia Regional Health Authority, 2017–2018. January 2020. Reproduced and distributed on an "as is" basis with the permission of Statistics Canada.