

Active Living in Durham Region: Data from the Canadian Community Health Survey



DURHAM
REGION

HEALTH
DEPARTMENT

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HIGHLIGHTS

- The Active Living report presents data for Durham Region from the 2015 and 2017-18 Canadian Community Health Survey (CCHS), with a focus on four indicators: neighborhood environment, sedentary behaviours, physical activity, and active transportation.
- Data about the neighbourhood environment found that 30 per cent of Durham Region residents agreed that it was difficult to ride a bicycle in their neighborhood due to traffic, 22 per cent agreed it was difficult to walk due to traffic, and 16 per cent agreed it was unsafe to walk at night due to crime.
- In terms of sedentary behaviours, 13 per cent of Durham Region residents spent 4 hours or more per day sitting/lying watching screens on a school or workday and 31 per cent spent 4 hours or more per day sitting/lying watching screens on a day that was not a school or workday.
- 26 per cent of youth were active in accordance with the Canadian physical activity guideline and 74 per cent did not meet recommended levels of physical activity.
- 55 per cent of Durham Region adults were physically active at or above the Canadian physical activity guideline, 25 per cent were active below the guideline, and 21 per cent were not physically active.
- Adults spent about 94 minutes on average travelling in active ways in the past week, while youths spent about 232 minutes on average.



NEIGHBOURHOOD ENVIRONMENT



In 2015, 62 per cent of Durham Region residents aged 12 and over agreed that their neighbourhood had designated areas for bicycling such as special bicycle lanes, separate paths or trails, and shared use paths for bicycles and pedestrians.



85 per cent agreed that their neighbourhood sidewalks were well-maintained (paved, with few cracks) and not obstructed.



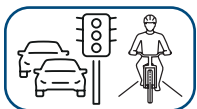
87 per cent agreed that it is less than a 15-minute walk to a transit stop (such as bus, train, subway or street car) away from their home.



90 per cent agreed that their neighbourhood had several free or low-cost recreation facilities such as parks, walking trails, bike paths, recreation centres, playgrounds, public swimming pools, etc.



77 per cent agreed that many shops, stores, markets or other places to buy things that they need were within easy walking distance from their home.



30 per cent agreed that there was so much traffic on the streets that it made it difficult or unpleasant to ride a bicycle in their neighbourhood.



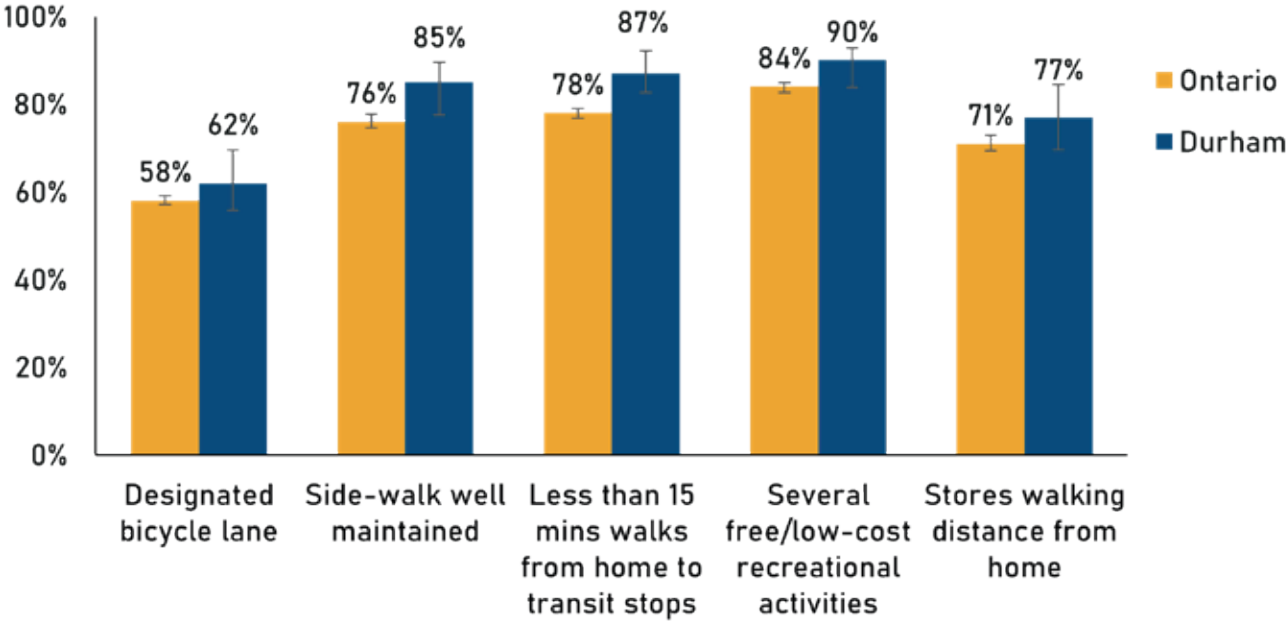
22 per cent agreed that there was so much traffic on the streets that it made it difficult or unpleasant to walk in their neighbourhood.



16 per cent agreed that the crime rate in their neighbourhood makes it unsafe to go on walks at night.



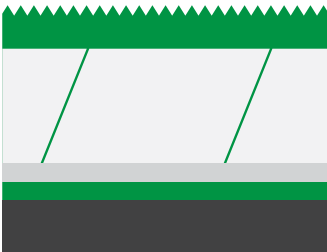
Figure 1: Percentage aged 12 years and over according to neighbourhood characteristics supportive of physical activity, Durham Region and Ontario, 2015.



Results for positive neighbourhood environment:



Compared to Ontario overall, Durham Region residents were more likely to report their homes being less than 15 mins from transit stops.

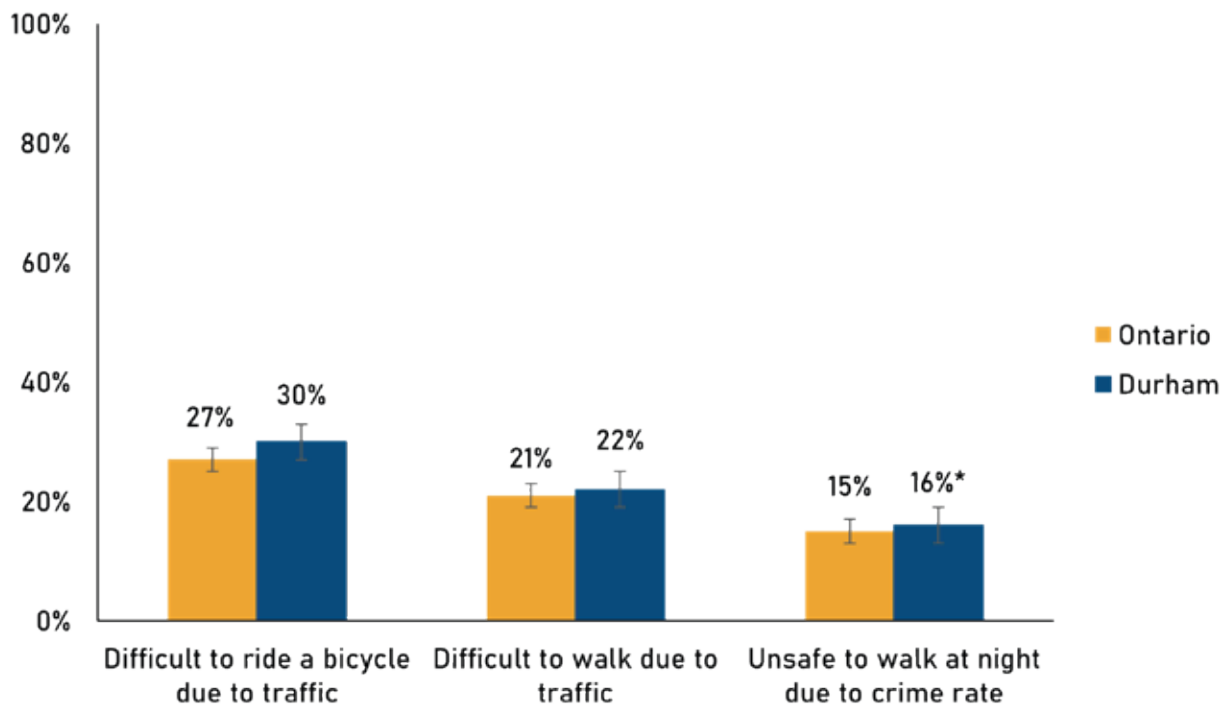


Compared to Ontario overall, Durham Region residents were more likely to report their neighbourhood sidewalks were well maintained.



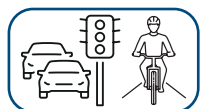
Compared to Ontario overall, Durham Region residents were more likely to report that their neighbourhood has several free/low-cost recreational activities.

Figure 2: Percentage aged 12 years and over according to neighbourhood characteristics that make physical activity difficult or unsafe, Durham Region and Ontario, 2015.



*Results are to be interpreted with caution due to high sampling variability.

Results for negative neighbourhood environment:



30 per cent of Durham Region residents agreed that it was difficult to ride a bicycle due to traffic.



22 per cent of Durham Region residents agreed that it was difficult to walk due to traffic in their neighborhood.



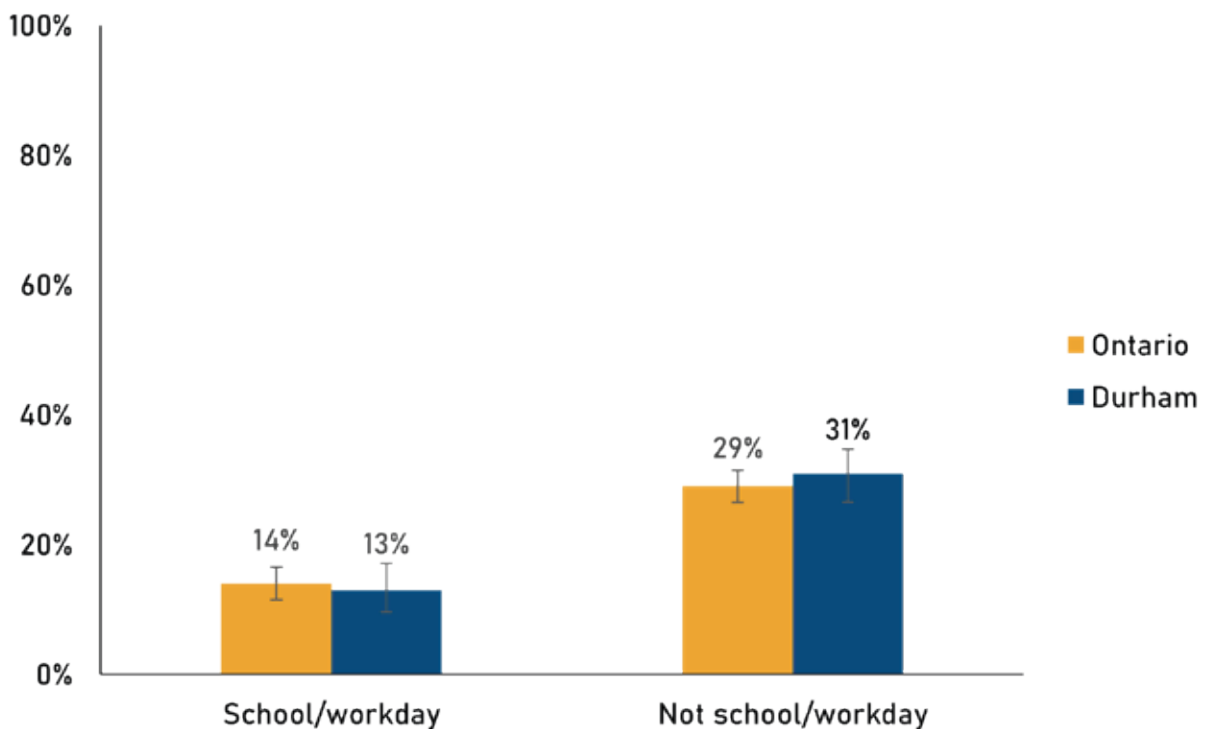
16 per cent of Durham Region residents agreed that it was unsafe to walk at night due to the crime rate in their neighborhood.

There were no statistical differences between Durham Region residents and the overall Ontario population.

SEDENTARY BEHAVIOURS

- Sedentary behaviour is defined as watching television (TV) or a screen on any electronic device while sitting or lying down.
- Durham Region residents aged 12 and over were more likely to indulge in sedentary behaviour on a leisure day compared to a school/work day.

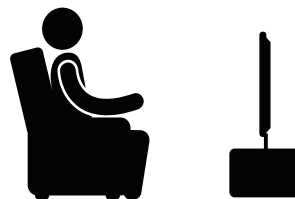
Figure 3: Percentage aged 12 years and older with four or more hours of sedentary behaviour per day by school/work day, Durham Region and Ontario, 2017-18.



Results for sedentary behaviour:



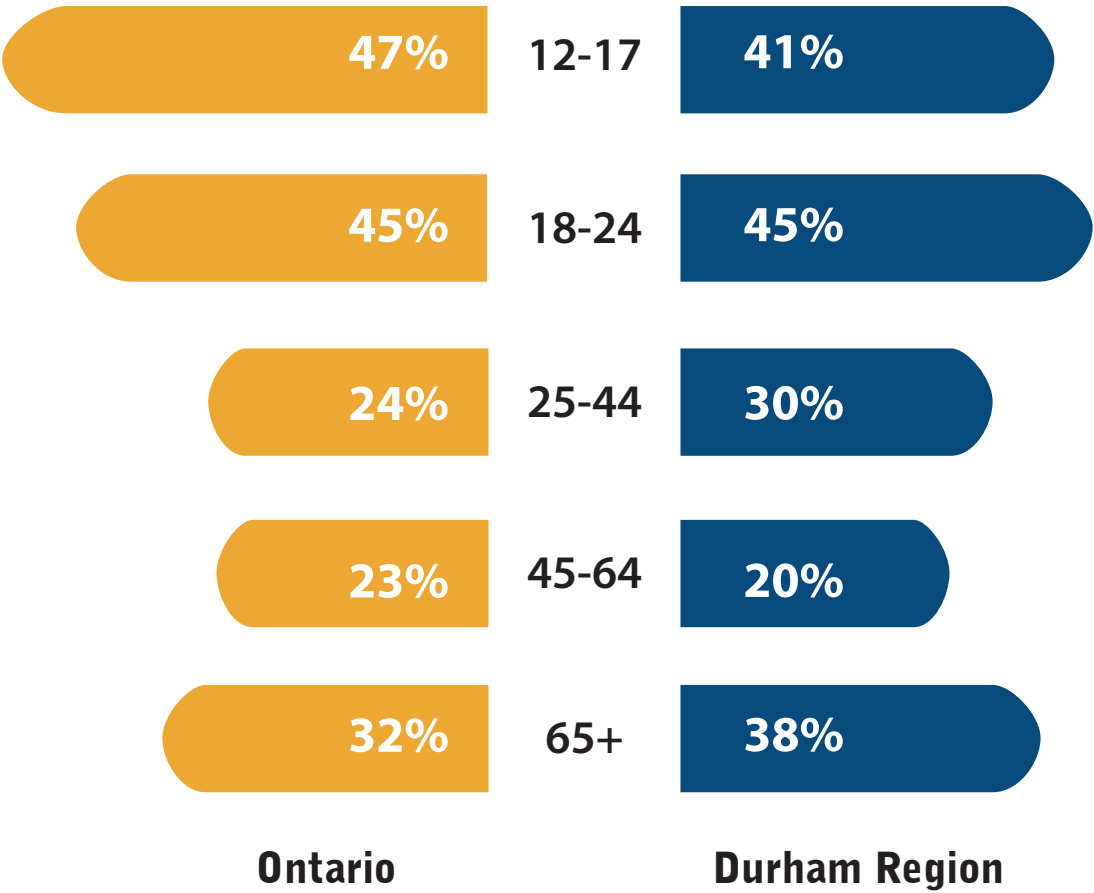
13 per cent of Durham Region residents aged 12 years and over, spent four or more hours per day being sedentary on a school or work day.



31 per cent spent four or more hours per day being sedentary on days with no school or work, i.e., during leisure days.

There were no statistical differences between Durham Region residents and the overall Ontario population.

Figure 4: Percentage aged 12 years and older with four or more hours of sedentary behaviour on leisure days by age, Durham Region, 2017-18.



*Results are to be interpreted with caution due to high sampling variability.

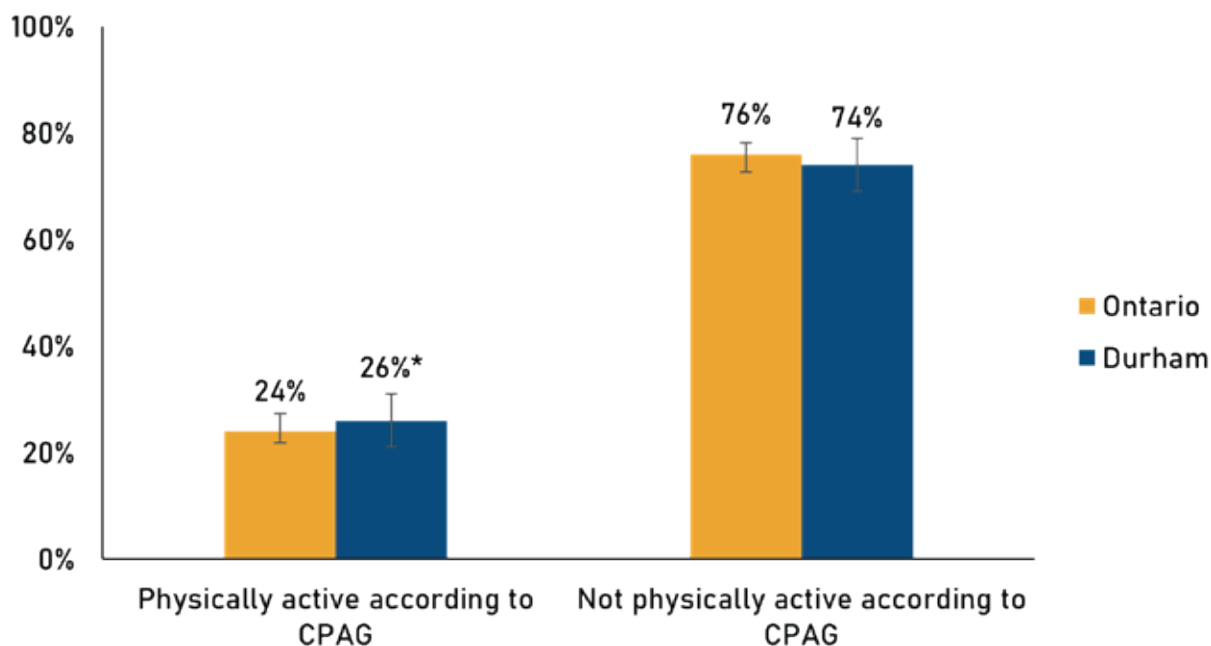
Sedentary behaviour by age:

- There were no statistical differences between Durham Region residents and the overall Ontario population by age group.
- Durham Region residents aged 45-64 years were less likely to engage in sedentary behaviour on a leisure day compared to those aged 12-17 years, 18-24 years, and 65 years and over.

YOUTH PHYSICAL ACTIVITY

- The Canadian Physical Activity Guidelines (CPAG) recommend that youth aged 12-17 years participate in at least 60 minutes of moderate-to-vigorous physical activity per day. Moderate exercise is activity that causes a person to breathe harder and sweat at least a little.
- About three-quarters (74 per cent) of Durham Region youth aged 12-17 years did not meet the CPAG recommended level of physical activity.

Figure 5: Percentage aged 12-17 years by adherence to Canadian Physical Activity Guidelines (CPAG), Durham Region and Ontario, 2017-18.



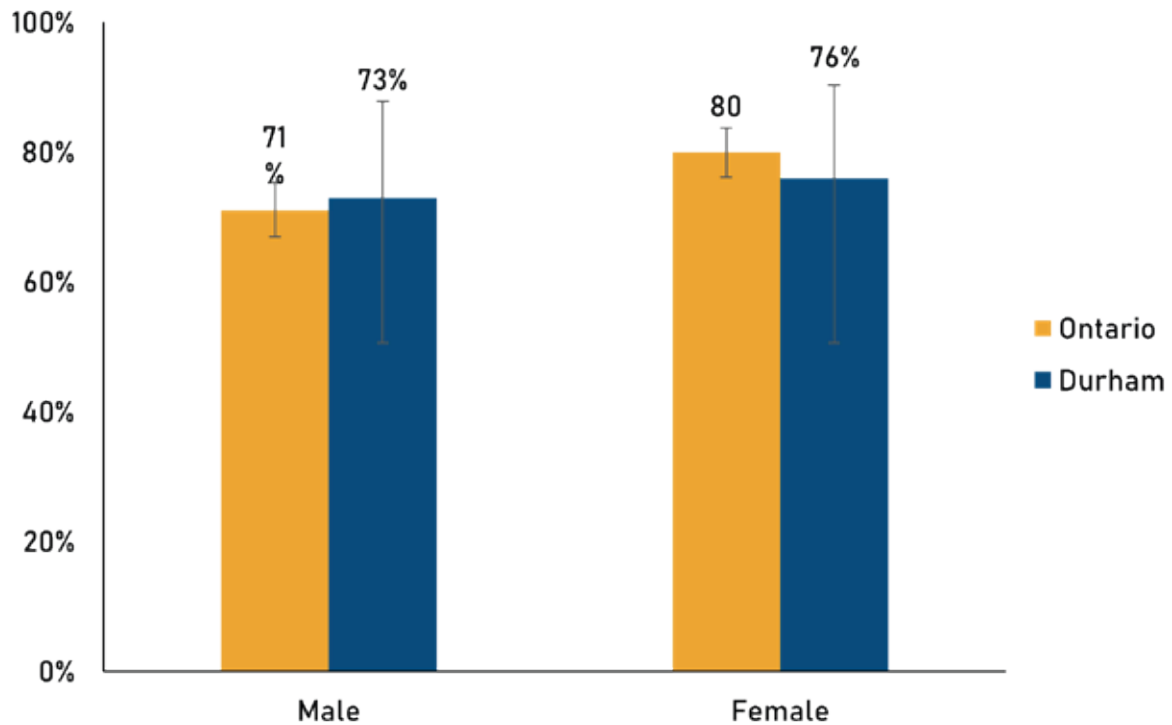
*Results are to be interpreted with caution due to high sampling variability.

Result for youth physical activity:

74 per cent of Durham Region youths did not engage in at least 60 minutes of moderate-to-vigorous physical activity per day.

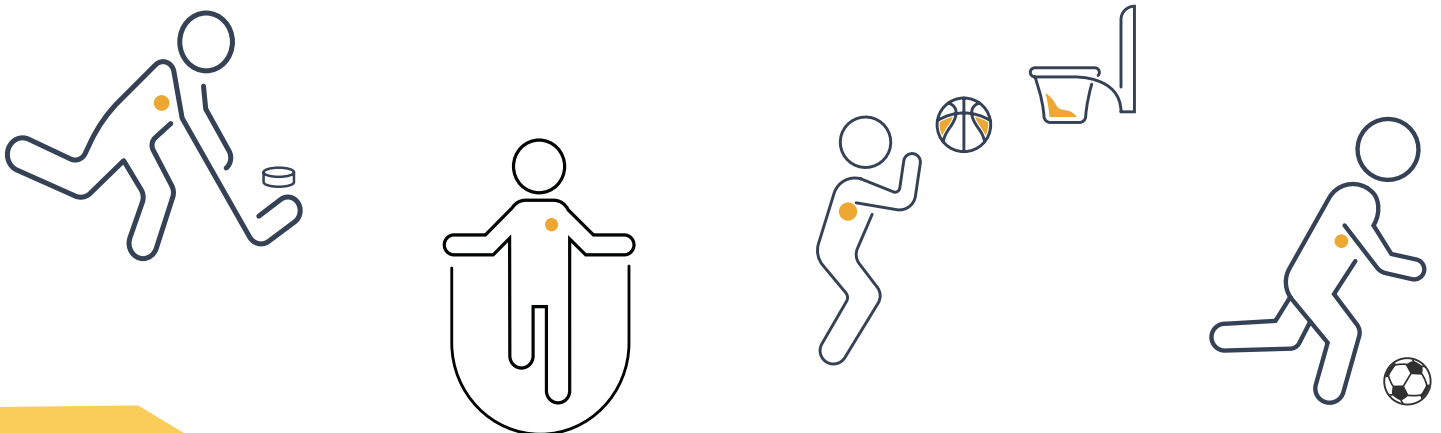
There were no statistical differences between Durham Region residents and the overall Ontario population.

Figure 6: Percentage of physical activity below the CPAG by sex, Durham Region and Ontario aged 12-17 years, 2017-18.



Results for youth physical activity:

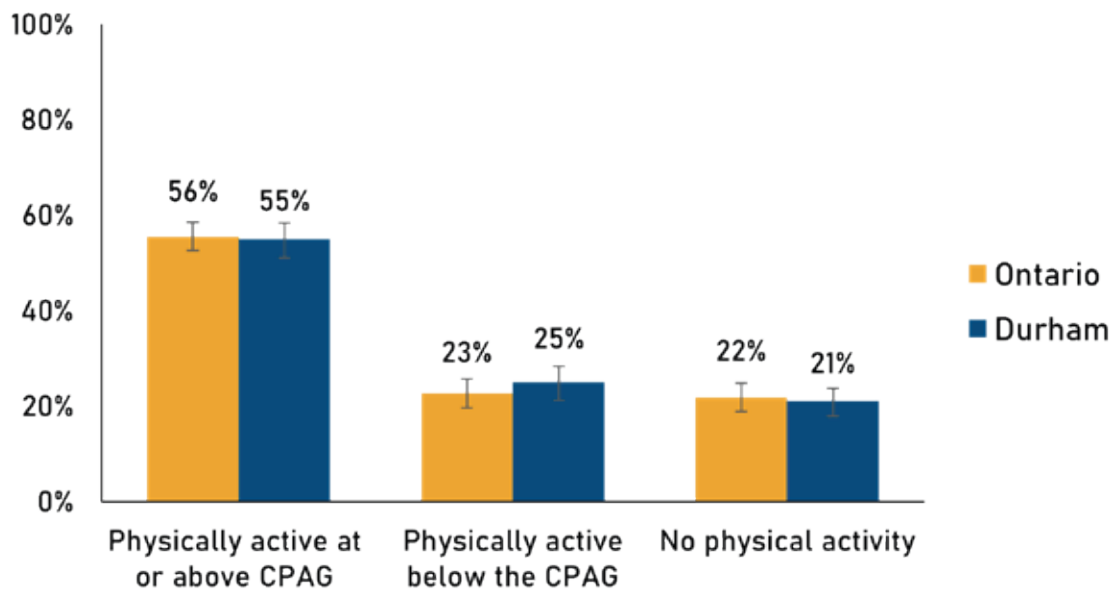
- 73 per cent of Durham Region males and 76 per cent of females did not engage in the recommended levels of physical activity per day.
- There was no statistical difference between Durham Region youth and Ontario youth by sex.
- There were no statistical differences for Durham Region youth by sex, age, respondent level of education, household income, and time since immigration.



ADULT PHYSICAL ACTIVITY

- The Canadian Physical Activity Guidelines (CPAG) for adults defines “physically active” as having at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more.
- 55 per cent of Durham Region residents were physically active at or above the recommended CPAG level, 25 per cent were active below the recommended level, and 21 per cent were not physically active at all.

Figure 7: Percentage aged 18 and older by adherence to Canadian Physical Activity Guidelines (CPAG), Durham Region and Ontario, 2017-18.

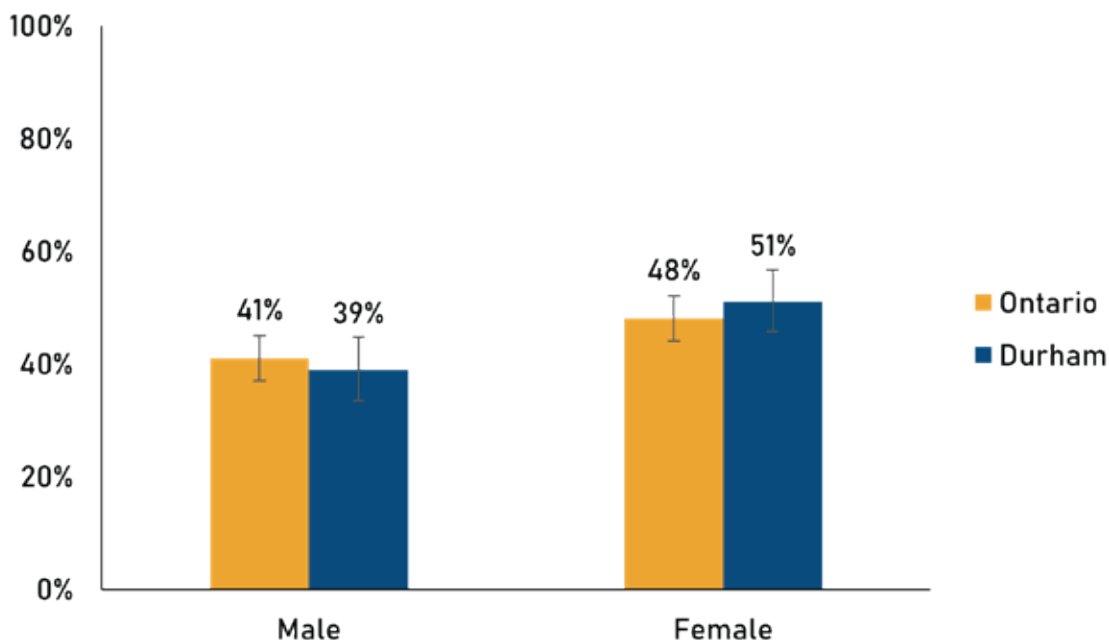


Results for adult physical activity:

There was no statistical difference in adherence to CPAG between Durham Region residents and the overall Ontario population.



Figure 8: Percentage of adults aged 18 years and over who were physically active below the CPAG by sex, Durham Region and Ontario, 2017-18.

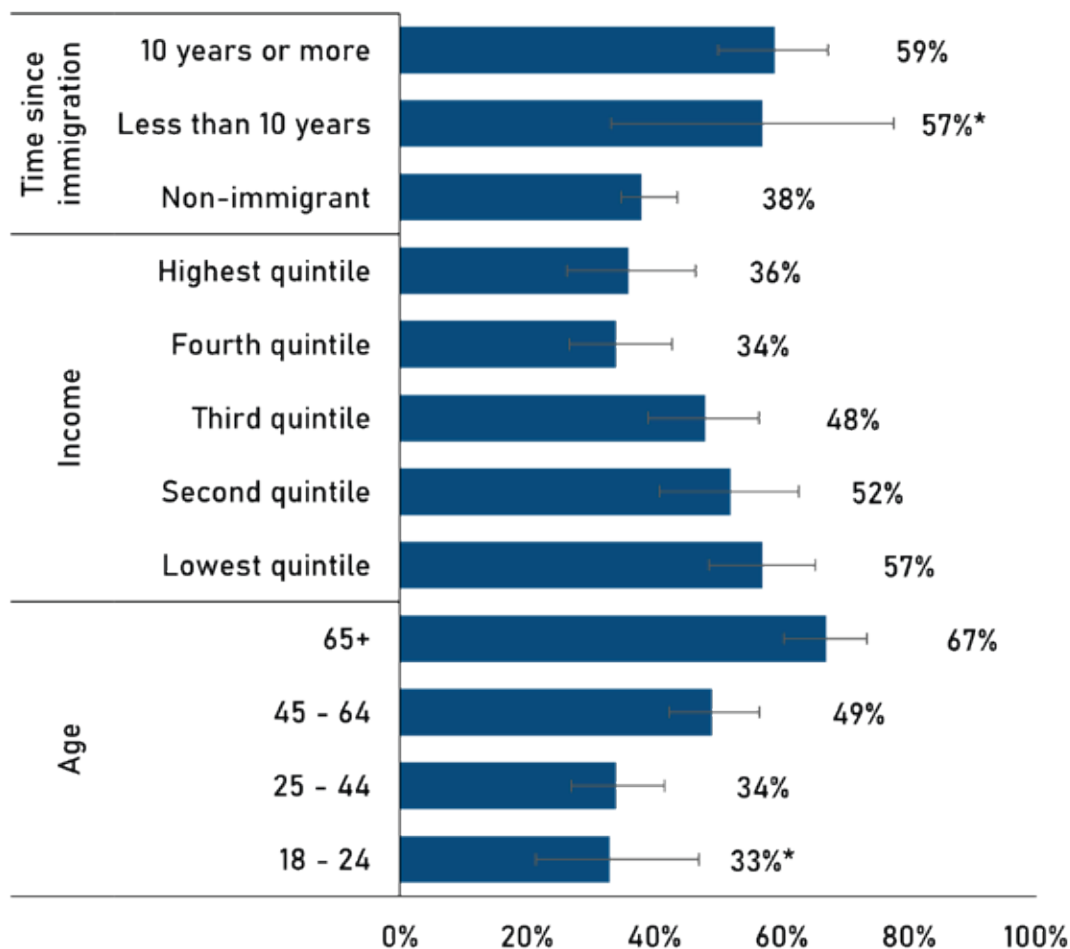


Results for adult physical activity in males and females:

- There was no statistical difference between Durham Region residents and the overall Ontario population by sex.
- There was no statistical difference between male and female residents for physical activity below CPAG recommended levels.



Figure 9: Percentage of adult physical activity below the CPAG by select sociodemographic factors, Durham Region, 2017-18.



*Results are to be interpreted with caution due to high sampling variability.

Results for adult physical activity for Durham Region:

- Residents aged 65 years and over were more likely to not meet physical activity guidelines than those aged 18-24 years: 67 per cent versus 33* per cent.
- Those in the lowest income quintile (57 per cent) were more likely to be below the CPAG compared to those in the highest quintile (36 per cent).
- Immigrants who have been in Canada for 10 years or more were more likely to be physically active below the CPAG compared to.
- There was no statistical difference for Durham residents by respondent's highest level of education.

ACTIVE TRANSPORTATION

Active transportation consists of using active ways like walking or cycling to get places such as work or school or to visit friends.



In 2017-18, Durham Region adults aged 18 and older reported on average spending about 94 minutes traveling in active ways per week, while youth aged 12-17 reported spending on average about 232 minutes traveling in active ways per week.



Adults aged 65 and over are less likely to travel in active ways compared to adults aged 18-24 years.

Data Source: The Canadian Community Health Survey (CCHS) is a cross-sectional survey that collects information related to health status, health care utilization and health determinants for the Canadian population. It surveys a large sample of respondents and is designed to provide reliable estimates at the health region level and covers about 98 per cent of the Canadian population aged 12 years and older. The CCHS underwent a major redesign that began in 2012 and was implemented in collection in 2015. This redesign changed about 70 per cent of the pre-existing modules, while also creating new modules to include new and emerging concepts. As part of the redesign, the collection period was changed from a six two-month collection period to four non-overlapping three-month periods. The CCHS data is collected from persons aged 12 and older living in private dwellings, excluding individuals living on Indian Reserves and on Crown Lands, institutional residents, full-time members of the Canadian Forces, youth aged 12 to 17 living in foster homes, and residents of certain remoted regions.

Variable definitions:

- The Neighbourhood Environment module chosen for this report asked questions related to neighbourhood safety, walkable distance, designated bicycling area, availability of free or low-cost recreational facilities, safety of walking at night due to crime, difficulty walking due to traffic, and difficulty riding a bicycle due to traffic.
- The Sedentary Behaviour module asked respondents about the amount of free time spent watching television or any electronic device while sitting or lying down on a school day or workday and on a day not at school or work (leisure day).
- The adult physical activity variable is a derived variable that describes whether a respondent is physically active at or above the [Canadian Physical Activity Guidelines \(CPAG\)](#). The CPAG defines “physically active” as having at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more. “Active below the CPAG” and “no physical activity” were combined into a single category.
- For the youth physical activity variable: “No activity” and “Not physically active according to the CPAG” were combined into a single category for cross-tabulations. The Canadian Physical Activity Guidelines (CPAG) recommendation for youth aged 12-17 years is at least 60 minutes of moderate-to-vigorous activity per day. Moderate exercise is activity that causes a person to breathe harder and sweat at least a little.
- The adult active transport variable is a derived variable that represents the number of minutes spent traveling in active ways in the past week before the interview.

Data Analysis: The analysis used the CCHS share file obtained from the Ontario Ministry of Health and Long-Term Care. Stata version 16.1 was used to analyze the data. The final CCHS sampling weight formed the estimates. Error bars in the graphs represent the 95% confidence interval (CI) around the estimate. The true or actual estimate falls within the range of values 95 out of 100 times. Confidence interval was used to determine statistical significance. Sampling variability is measured through the coefficient of variation (CV). Estimates with high CV (>35%) are not considered reliable and hence were labelled as “NR - Not Releasable”. A CV between 15.1% and 35% (inclusive) denotes an estimate that needs to be interpreted with caution due to high sampling variability. All analyses excluded response options of “refusal”, “don’t know”, “not stated” and “valid skip”, unless otherwise stated.