



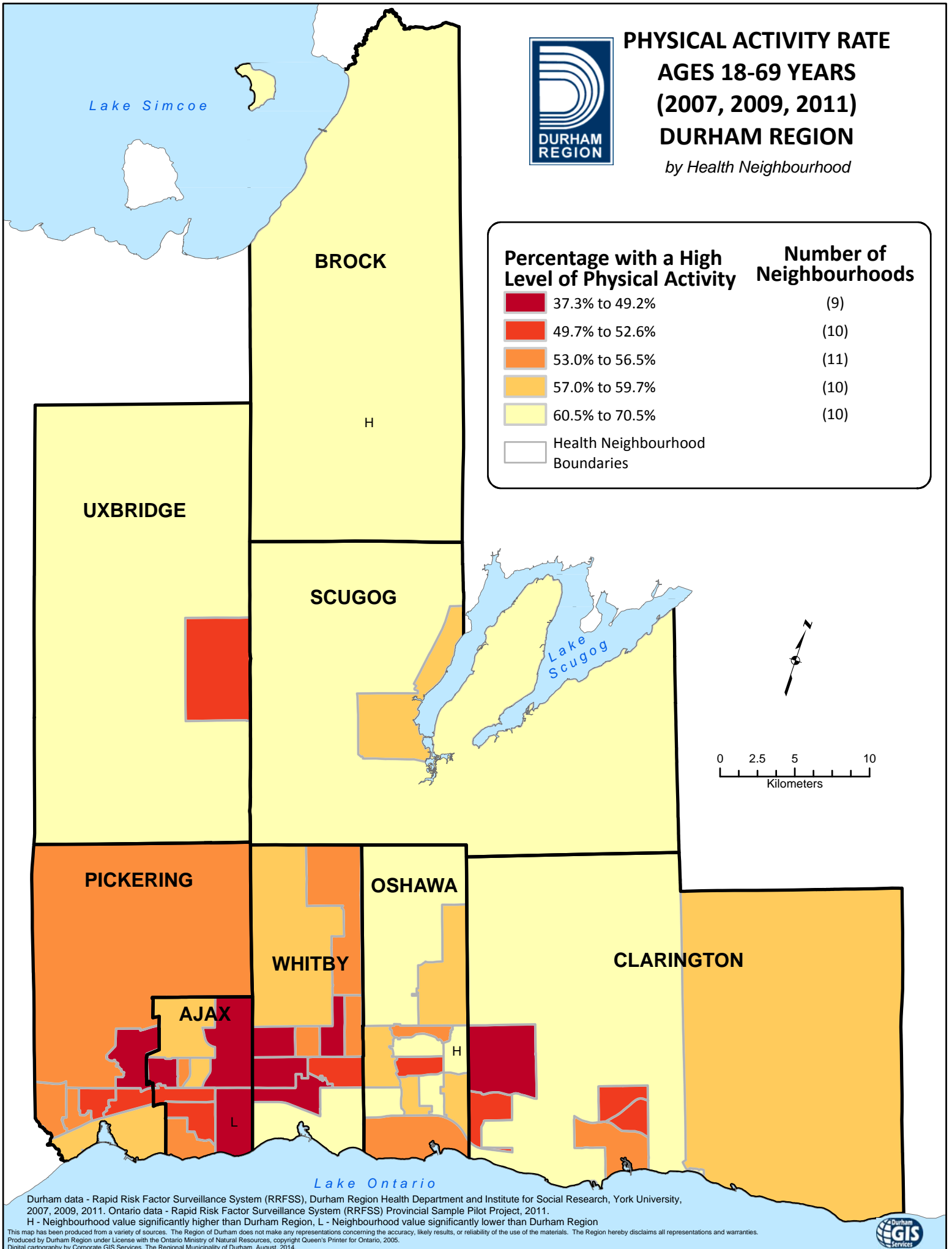
**PHYSICAL ACTIVITY RATE  
AGES 18-69 YEARS  
(2007, 2009, 2011)  
DURHAM REGION**

*by Health Neighbourhood*

**Percentage with a High Level of Physical Activity**

**Number of Neighbourhoods**

	37.3% to 49.2%	(9)
	49.7% to 52.6%	(10)
	53.0% to 56.5%	(11)
	57.0% to 59.7%	(10)
	60.5% to 70.5%	(10)
	Health Neighbourhood Boundaries	



Durham data - Rapid Risk Factor Surveillance System (RRFSS), Durham Region Health Department and Institute for Social Research, York University, 2007, 2009, 2011. Ontario data - Rapid Risk Factor Surveillance System (RRFSS) Provincial Sample Pilot Project, 2011.

H - Neighbourhood value significantly higher than Durham Region, L - Neighbourhood value significantly lower than Durham Region

This map has been produced from a variety of sources. The Region of Durham does not make any representations concerning the accuracy, likely results, or reliability of the use of the materials. The Region hereby disclaims all representations and warranties. Produced by Durham Region under License with the Ontario Ministry of Natural Resources, copyright Queen's Printer for Ontario, 2005.

Digital cartography by Corporate GIS Services, The Regional Municipality of Durham, August, 2014.



# Physical Activity Rate, Ages 18-69 Years (2007, 2009, 2011)

## Table 1: Health Neighbourhoods Indicator Summary

↑ Higher is Better



	Percentage with a High Level of Physical Activity	95% Confidence Interval	Compared to Durham Rate		
			Lower	Similar	Higher
<b>Pickering</b>	<b>52%</b>	48% - 57%			
Frenchman's Bay (P1)	58%	48% - 67%			
West Rouge (P2)	53%	40% - 66%			
Amberlee (P3)	53%	39% - 67%			
Dunbarton (P4)	51%	40% - 61%			
Pickering City Centre (P5)	52%	38% - 66%			
Brock Ridge Pickering (P6)	42%*	27% - 58%			
Pickering North (P7)	54%	40% - 68%			
<b>Ajax</b>	<b>50%</b>	46% - 55%			
Ajax Waterfront (A1)	56%	44% - 67%			
Downtown Ajax (A2)	52%	40% - 64%			
Carruthers (A3)	38%*	26% - 52%	↓		
Central Ajax (A4)	50%	37% - 62%			
Riverside-Hermitage (A5)	46%	33% - 59%			
Westney Heights (A6)	54%	38% - 69%			
Applecroft (A7)	58%	43% - 71%			
Ajax Northwest (A8)	57%	42% - 71%			
Ajax Northeast (A9)	37%*	23% - 55%			
<b>Whitby</b>	<b>52%</b>	49% - 56%			
Whitby South (W1)	61%	50% - 71%			
Downtown Whitby (W2)	49%	39% - 58%			
Cochrane South (W3)	49%	38% - 61%			
Manning (W4)	52%	43% - 62%			
Williamsburg (W5)	46%*	32% - 61%			
Whitby Brock North (W6)	53%	42% - 64%			
Dryden-Anderson (W7)	44%	33% - 55%			
Dryden East (W8)	57%	45% - 67%			
Brooklin East (W9)	53%	42% - 63%			
Brooklin West (W10)	60%	47% - 71%			
<b>Oshawa</b>	<b>59%</b>	56% - 62%			
Lakeview (O1)	55%	45% - 64%			
Gibb West (O2)	61%	49% - 71%			
Downtown Oshawa (O3)	59%	46% - 71%			
Central Park (O4)	68%	57% - 78%			
Grandview South (O5)	57%	47% - 67%			
Stevenson North (O6)	57%	48% - 66%			
Hillsdale (O7)	50%	39% - 61%			
Beatrice South (O8)	64%	53% - 73%			
Grandview North (O9)	70%	58% - 79%			↑
Beatrice North (O10)	57%	44% - 69%			
Oshawa Northwest (O11)	61%	49% - 72%			
Oshawa Northeast (O12)	58%	46% - 69%			
<b>Clarington</b>	<b>54%</b>	50% - 58%			
Courtice South (C1)	52%	42% - 61%			
Courtice North (C2)	46%	34% - 58%			
Bowmanville South (C3)	56%	46% - 65%			
Bowmanville Central (C4)	50%	38% - 61%			
Bowmanville North (C5)	53%	42% - 63%			
Darlington (C6)	62%	51% - 73%			
Clarke (C7)	58%	49% - 67%			
<b>Scugog</b>	<b>62%</b>	55% - 69%			
Port Perry (S1)	58%	47% - 68%			
Rural Scugog (S2)	65%	56% - 73%			
<b>Uxbridge</b>	<b>57%</b>	47% - 66%			
Urban Uxbridge (U1)	53%	41% - 64%			
Rural Uxbridge (U2)	67%	48% - 82%			
<b>Brock</b>					
Brock (B1)	71%	60% - 80%			↑
<b>Durham Region</b>	<b>55%</b>	53% - 57%	Similar to Ontario		
<b>Range</b>	37% - 71%				
<b>Ontario</b>	52%	50% - 55%			

Source: Durham data - Rapid Risk Factor Surveillance System (RRFSS), Durham Region Health Department and Institute for Social Research, York University, 2007, 2009, 2011. Ontario data - Rapid Risk Factor Surveillance System (RRFSS) Provincial Sample Pilot Project, 2011.

Note: Estimates marked with \* should be used with caution because of high sampling variability with a Coefficient of Variation (CV) between 16.5% and 33.3%. Estimates with a CV greater than 33.3%, a numerator less than 5 or a denominator less than 30 have been suppressed and are marked as Not Releaseable (NR). Lower (down arrow) or Higher (up arrow) means that the 95% confidence intervals do not overlap with those of Durham Region and are significantly different.

## Physical Activity Rate, Ages 18-69 Years (2007, 2009, 2011)

Table 2: List of Health Neighbourhoods ranked from lowest to highest

Order	Health Neighbourhoods	Percentage with a High Level of Physical Activity	Compared to Durham Region (Higher is Better)	Quintile
1	Ajax Northeast (A9)	37%*	similar	1
2	Carruthers (A3)	38%*	<b>LOWER</b>	1
3	Brock Ridge Pickering (P6)	42%*	similar	1
4	Dryden-Anderson (W7)	44%	similar	1
5	Courtice North (C2)	46%	similar	1
6	Riverside-Hermitage (A5)	46%	similar	1
7	Williamsburg (W5)	46%*	similar	1
8	Downtown Whitby (W2)	49%	similar	1
9	Cochrane South (W3)	49%	similar	1
10	Central Ajax (A4)	50%	similar	2
11	Bowmanville Central (C4)	50%	similar	2
12	Hillsdale (O7)	50%	similar	2
13	Dunbarton (P4)	51%	similar	2
14	Courtice South (C1)	52%	similar	2
15	Downtown Ajax (A2)	52%	similar	2
16	Pickering City Centre (P5)	52%	similar	2
17	Manning (W4)	52%	similar	2
18	Bowmanville North (C5)	53%	similar	2
19	Urban Uxbridge (U1)	53%	similar	2
20	Whitby Brock North (W6)	53%	similar	3
21	Amberlee (P3)	53%	similar	3
22	Brooklin East (W9)	53%	similar	3
23	West Rouge (P2)	53%	similar	3
24	Pickering North (P7)	54%	similar	3
25	Westney Heights (A6)	54%	similar	3
26	Lakeview (O1)	55%	similar	3
27	Bowmanville South (C3)	56%	similar	3
28	Ajax Waterfront (A1)	56%	similar	3
29	Beatrice North (O10)	57%	similar	3
30	Dryden East (W8)	57%	similar	3
31	Ajax Northwest (A8)	57%	similar	4
32	Stevenson North (O6)	57%	similar	4
33	Grandview South (O5)	57%	similar	4
34	Clarke (C7)	58%	similar	4
35	Applecroft (A7)	58%	similar	4
36	Oshawa Northeast (O12)	58%	similar	4
37	Frenchman's Bay (P1)	58%	similar	4
38	Port Perry (S1)	58%	similar	4
39	Downtown Oshawa (O3)	59%	similar	4
40	Brooklin West (W10)	60%	similar	4
41	Gibb West (O2)	61%	similar	5
42	Whitby South (W1)	61%	similar	5
43	Oshawa Northwest (O11)	61%	similar	5
44	Darlington (C6)	62%	similar	5
45	Beatrice South (O8)	64%	similar	5
46	Rural Scugog (S2)	65%	similar	5
47	Rural Uxbridge (U2)	67%	similar	5
48	Central Park (O4)	68%	similar	5
49	Grandview North (O9)	70%	<b>HIGHER</b>	5
50	Brock (B1)	71%	<b>HIGHER</b>	5

## Physical Activity Rate, Ages 18-69 Years (2007, 2009, 2011)

Table 3: Percentage with a high physical activity rate by Durham Region Municipality

Municipality	Percentage with a High Level of Physical Activity	Compared to Durham Region (Higher is Better)
Pickering	52%	similar
Ajax	50%	similar
Whitby	52%	similar
Oshawa	59%	similar
Clarington	54%	similar
Scugog	62%	similar
Uxbridge	57%	similar
Brock	71%	<b>HIGHER</b>
Durham Region	55%	Similar to Ontario
Ontario	52%	

### What You Need to Know

- A higher rate of physical activity is better for health.
- The percentage with a high level of activity ranges by Health Neighbourhood from 37% to 71%.
- The Canadian Physical Activity Guideline for adults recommends at least 150 minutes per week of moderate-to-vigorous physical activity. The “high level” mapped here is above this guideline and is used as a more sensitive measure to show variation between populations. Being physically active reduces the risk of chronic conditions such as heart disease, stroke, high blood pressure and type 2 diabetes and can lead to improved strength and mental health. Oshawa and the rural areas of Clarington, Scugog, Uxbridge and Brock have the highest physical activity rates.

### Indicator Notes

- This indicator measures the percentage of adults aged 18 to 69 with a high level of physical activity.
- Source: Durham data - Rapid Risk Factor Surveillance System (RRFSS), Durham Region Health Department and Institute for Social Research, York University, 2007, 2009, 2011. Ontario data - Rapid Risk Factor Surveillance System (RRFSS) Provincial Sample Pilot Project, 2011.
- RRFSS is an ongoing survey of adults in Durham Region that collects data related to health knowledge, attitudes and behaviours. Three years of data were combined to provide a large enough sample for analysis at the Neighbourhood level. Respondents were asked a series of questions from the International Physical Activity Questionnaire (IPAQ) that estimates levels of physical activity across leisure time, domestic and gardening activities, work-related and transport-related activities.
- Neighbourhoods were sorted by physical activity rate and divided into quintiles (five equal groupings). Approximately 10 Neighbourhoods are in each quintile.
- Neighbourhoods were compared with Durham Region based on their confidence intervals. Those with rates that were lower or higher had 95% confidence intervals that did not overlap with those of Durham Region and were significantly different. Estimates marked with an asterisk (\*) should be used with caution because they have high sampling variability with a coefficient of variation between 16.5% and 33.3%.
- For more information about physical activity rates in Durham Region, see Chronic Disease Prevention at [durham.ca/healthstats](http://durham.ca/healthstats). For information about Canada’s Guidelines, see [Canadian Physical Activity Guidelines](#).

Release Date: January 2015.

For more information, refer to The Guide to Health Neighbourhoods.

If you require this information in an accessible format, contact 1-800-841-2729.