

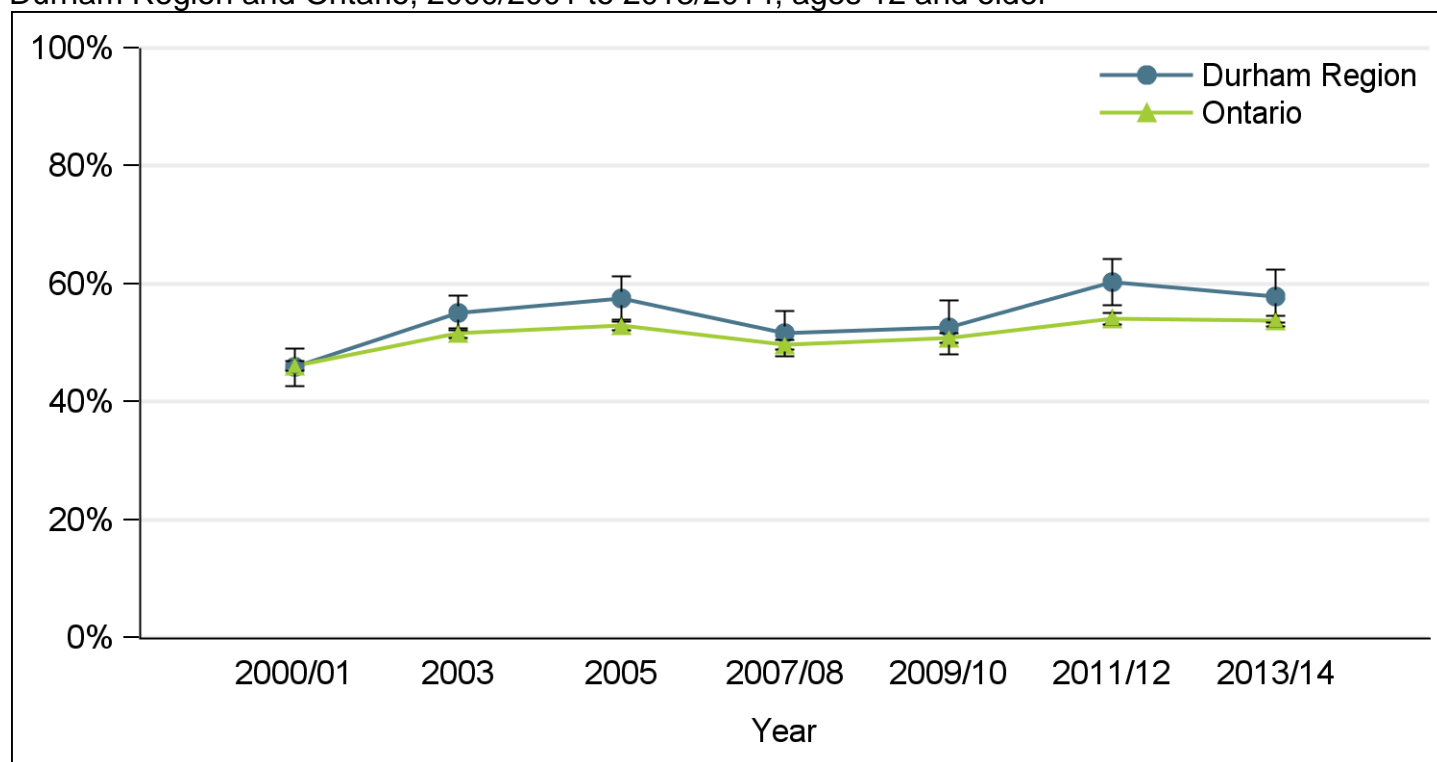
December 2016

Highlights

- In 2013/2014, 58% of Durham Region residents 12 and older reported they were active or moderately active during leisure-time in the past year. Rates for both Durham Region and Ontario have increased since 2000/2001.
- Among the 36 Ontario public health units, the proportion of respondents who reported they were active or moderately active during leisure-time ranged from 45% to 63%.
- Those most likely to report being physically active during leisure-time were 12-17 years old, male, and those in high income.

Trend over Time

Figure 1. Proportion who were active or moderately active during leisure-time in the past year, Durham Region and Ontario, 2000/2001 to 2013/2014, ages 12 and older

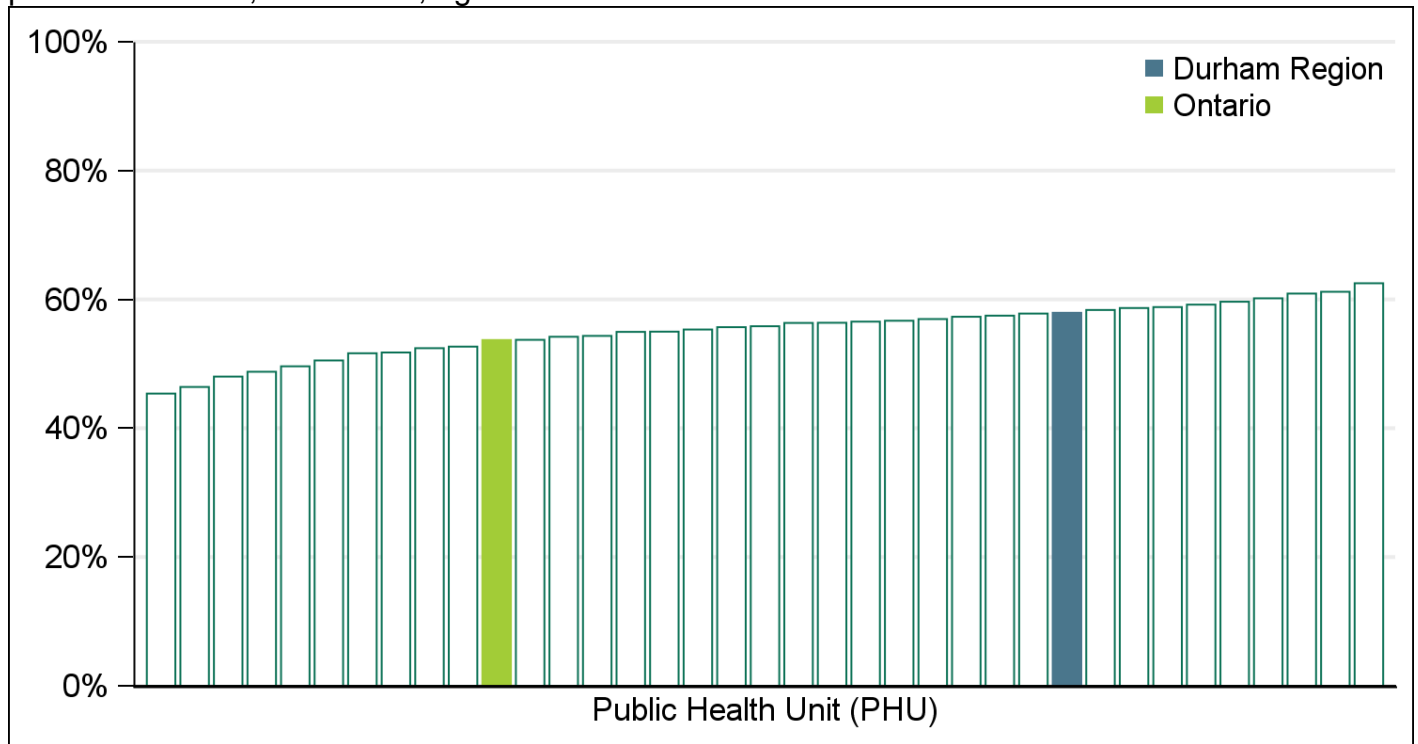


Place of residence	2000/01	2003	2005	2007/08	2009/10	2011/12	2013/14
Durham	46%	55%	58%	52%	53%	60%	58%
95% CI (Durham)	43-49%	52-58%	54-61%	48-55%	48-57%	56-64%	53-62%
Ontario	46%	52%	53%	50%	51%	54%	54%
95% CI (Ontario)	45-47%	51-52%	52-54%	49-50%	50-52%	53-55%	53-55%

In 2013/2014, 58% of Durham Region residents aged 12 and older reported they were active or moderately active during leisure-time. This rate is higher than the rate observed for Ontario of 54%. Figure 1 shows that rates for both Durham Region and Ontario increased since 2000/2001.

Provincial Comparison

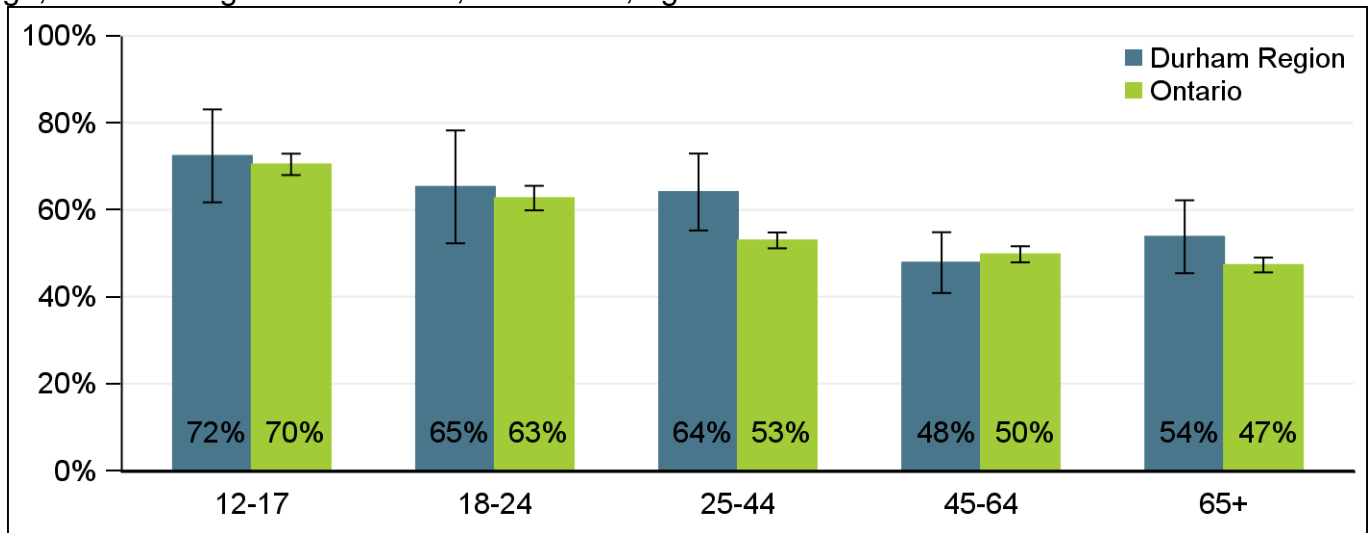
Figure 2. Proportion who were active or moderately active during leisure-time in the past year, by public health unit, 2013/2014, ages 12 and older



For 2013/2014, the proportion of respondents who were active or moderately active in the past year ranged by public health unit from 45% to 63%. The rate for Durham Region was in the upper end of this range at 58% (See Figure 2 above).

Physical Activity during Leisure-Time and the Determinants of Health

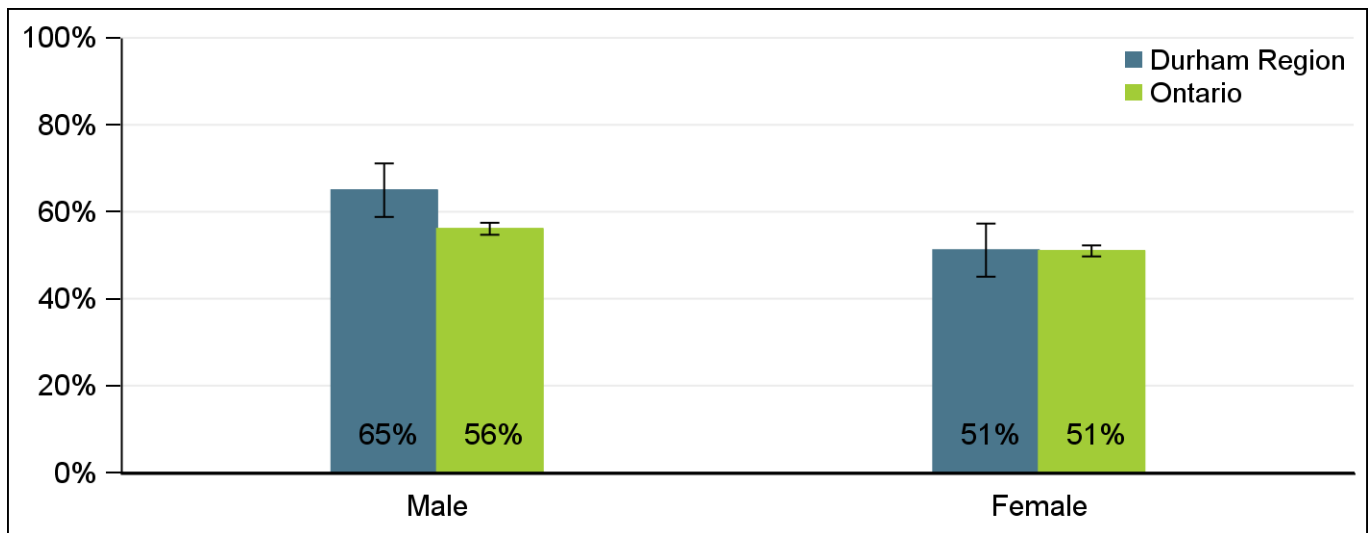
Figure 3. Proportion who were active or moderately active during leisure-time in the past year by age, Durham Region and Ontario, 2013/2014, ages 12 and older



Association between age groups and physical activity during leisure-time was significant for both Durham Region and Ontario.

Figure 3 shows that in Durham Region, the proportion of respondents who were active or moderately active during leisure-time in the past year decreased with increasing age up to age 45-64, where the proportion increased among older adults. In Ontario, physical activity decreased with increasing age.

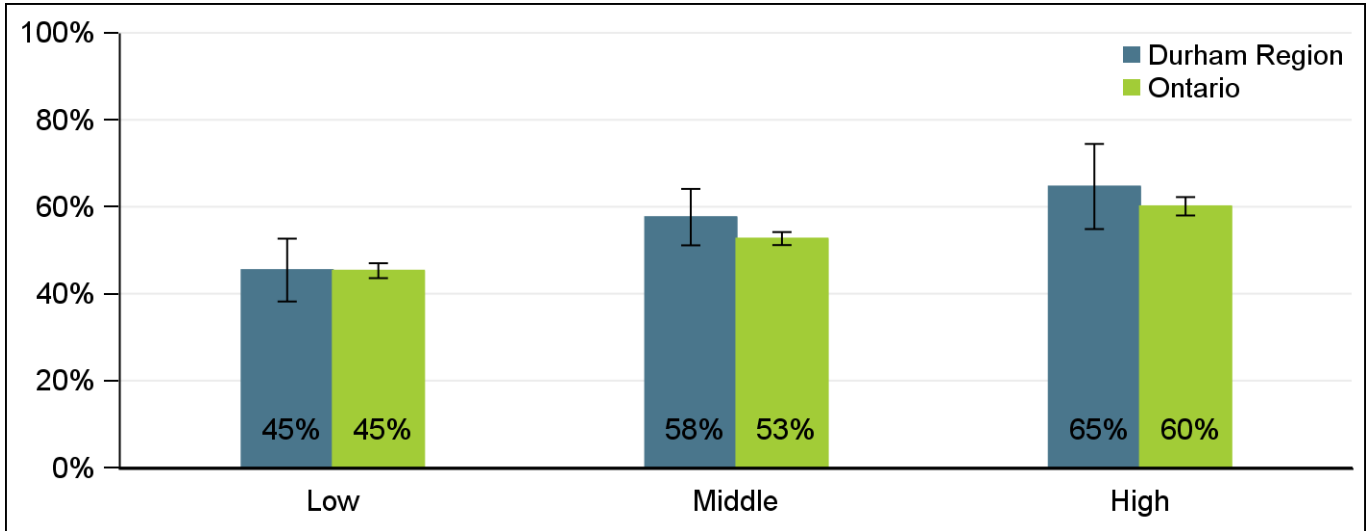
Figure 4. Proportion who were active or moderately active during leisure-time in the past year by sex, Durham Region and Ontario, 2013/2014, ages 12 and older



Association between sex and physical activity during leisure-time was significant for both Durham Region and Ontario.

Looking at the relationship between physical activity during leisure-time and sex in Figure 4, males in Durham Region and Ontario were more likely to report this behaviour as compared to females.

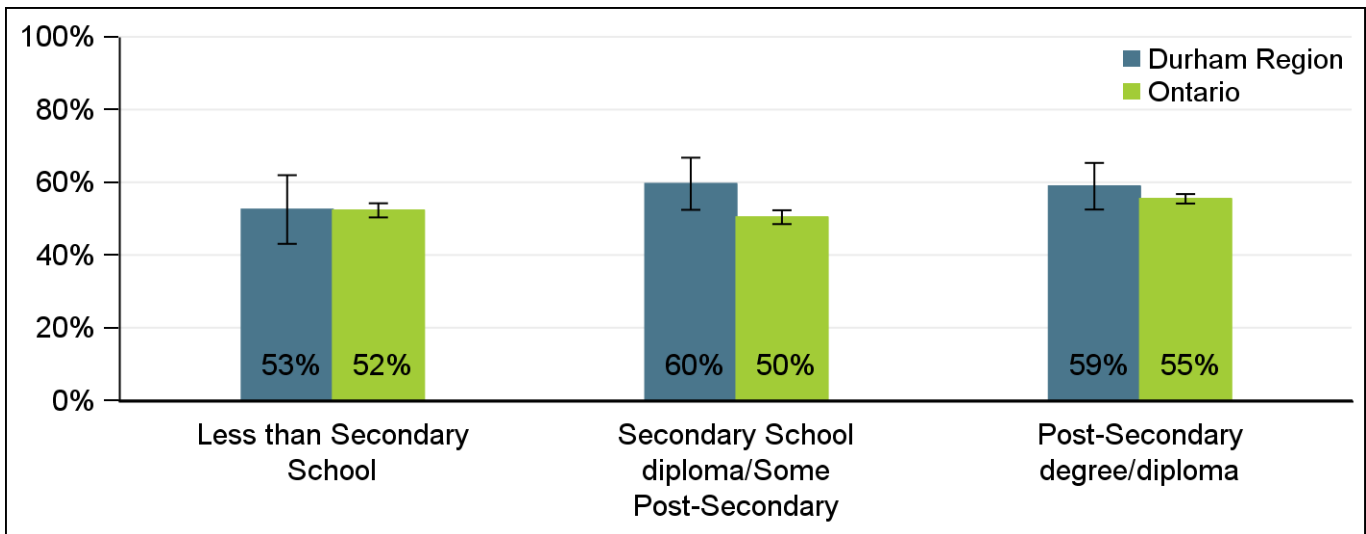
Figure 5. Proportion who were active or moderately active during leisure-time by household income, Durham Region and Ontario, 2013/2014, ages 12 and older



Association between household income group and physical activity during leisure-time was significant for Durham Region and Ontario.

In 2013/2014, there was an increase in the proportion of respondents who were active or moderately active during leisure time with increasing household income. The same result was observed in Ontario (see Figure 5).

Figure 6. Proportion who were active or moderately active during leisure-time by education level, Durham Region and Ontario, 2013/2014, ages 12 and older



Association between education level and physical activity during leisure-time was significant for Ontario only.

In Ontario, figure 6 shows an increase in the proportion of respondents who were active or moderately active in the past year with increasing educational attainment. In Durham Region, no association between education level and physical activity during leisure-time was observed.

Data Notes

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 was designed to provide reliable estimates at the health region level. Since 2007, data are collected on an ongoing basis with annual releases, rather than every two years as was the case prior to 2007. The CCHS data were collected from persons aged 12 and over living in private dwellings, excluding individuals living on Indian Reserves and on Crown Lands, institutional residents, full-time members of the Canadian Forces, and residents of certain remote regions. Interviews were conducted using computer assisted interviewing, either in person or over the telephone.

Definitions and Survey Questions: Proportion of the population 12 years and older that reported they were active or moderately active during leisure time in the past year.

Data Analysis: The CCHS share file obtained from the Ontario Ministry of Health and Long-Term Care was used for analysis. Data were analyzed using SAS version 9.4. Estimates were weighted using the final CCHS sampling weight. 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. For all analyses, response options of 'Refusal', 'Don't Know', 'Not Stated' and 'Not Applicable' were excluded, unless otherwise stated. Also excluded were participants who required the use of a proxy, as this question was not asked to these individuals.

The CCHS 2013/2014 dataset was used for the “Physical Activity during Leisure-Time and the Determinants of Health” analysis. Statistical significance was assessed based on a chi-square test with a p-value less than 0.05. A statistically significant difference between groups means that the association was not likely due to chance.

The income categories of low, middle and high were based on a CCHS derived variable which distributed residents according to the adjusted ratio of their total household income to the low income cut-off corresponding to their household and community size. The ten categories in this variable were grouped with “low” income corresponding to the lowest 30%, “middle” including the middle 40%, and “high” corresponding to highest 30% of earners.