

Definition/Description:

Population aged 12 and over reporting level of physical activity, based on responses to questions about the frequency, duration and intensity of participation in leisure-time physical activity.

Leisure-time activity is measured by the frequency, duration and intensity of an individual's participation in physical activity. The level of physical activity is categorized as active, moderately active or inactive.

Source:

Statistics Canada, Canadian Community Health Survey Cycle 1.1, 2001

Findings:

Level of Physical Activity

	Sex	Geography	Per Cent	Low 95% confidence interval - per cent	High 95% confidence interval - per cent
Moderately Active/Active	Both	Canada	42.6	42.2	43.1
		Manitoba	38.7	37.0	40.3
		Winnipeg Health Region	37.8	35.3	40.4
	Female	Canada	40.6	40.1	41.1
		Manitoba	38.0	35.7	40.3
		Winnipeg Health Region	35.9	32.7	39.2
	Male	Canada	44.8	44.1	45.4
		Manitoba	39.3	37.2	41.4
		Winnipeg Health Region	39.9	36.4	43.4
Inactive	Both	Canada	49.1	48.6	49.5
		Manitoba	48.8	47.2	50.3
		Winnipeg Health Region	47.7	45.3	50.1
	Female	Canada	53.8	53.3	54.4
		Manitoba	54.7	52.4	56.9
		Winnipeg Health Region	55.0	51.6	58.3
	Male	Canada	44.2	43.5	44.8
		Manitoba	42.7	40.6	44.7
		Winnipeg Health Region	40.0	36.8	43.2

Highlights:

- Overall, residents of the WHR are less physically active (37.8%) when compared to Canada (42.6%).
- Almost one half of the WHR population aged 12 years and over reported being physically inactive (47.7%). This is similar to Canada which reported 49.1% and Manitoba (48.8%).
- An equal proportion of males in the WHR reported being active (39.9%) as inactive (40.0%). This is not the case for WHR females where a significantly larger percentage (55.0%) reported being inactive as apposed to active (35.9%)