



Physical Activity

Released: June, 2016

Data Source

Canadian Community Health Survey (CCHS)
Statistics Canada

Module

Physical Activities

Data Collection Periods, Sample Sizes

2003, 2005, 2007-08, 2009-10, 2011-12, 2013-14

Data Notes

- Error bars represent 95% confidence limits and show the range of variability for a population estimate. There is a 95% probability that the true estimate is within that range.
- Differences between Lambton Public Health and Ontario rates are considered statistically significant when the 95% confidence intervals do not overlap.
- Proportions have been age-standardized using the 1991 Canadian population.

Limitations

- Survey completion is voluntary.
- Results are based on self-reported behaviours, attitudes and opinions.
- Questions are only asked of residents aged 12+.
- Excluded populations include persons living on reserves and other Aboriginal settlements in the provinces; full-time members of the Canadian Forces; the institutionalized population.
- †: indicates to interpret with caution: large variability (CV: 16.6-33.3).
- NR: indicates data is not released due to small sample size.

ACTIVITY DURING LEISURE TIME

Percentage of Lambton residents (age 12+) who reported various levels of activity during leisure time in 2013/14 (Figure 1)

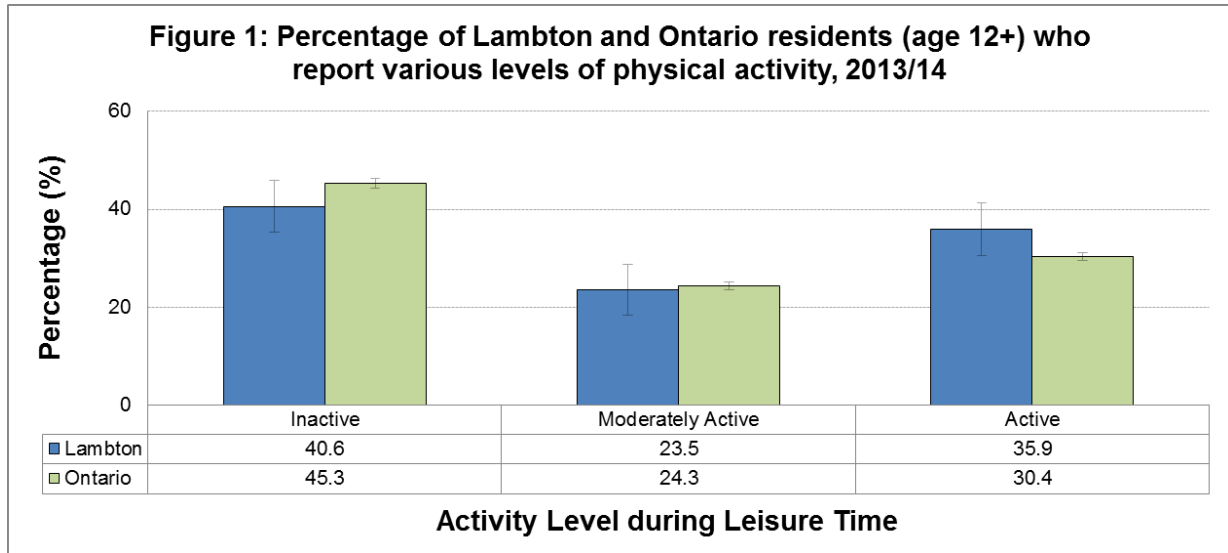
- In 2013/14, nearly 60% of Lambton residents reported that they were active or moderately active during leisure time.
- The proportion of active or moderately active residents has been similar in Lambton and Ontario since 2003 (Figure 2).
- Males were slightly more likely than females to report being active. In 2013/14, 62% of males and 57% of females in Lambton reported being active or moderately active (Figure 3).
- Younger residents were more likely to be active than older residents. In 2013/14, while 78% of Lambton youth aged 12-19 reported being active or moderately active, less than 50% of residents 45 years and older reported this level of activity (Figure 4).

Indicator Definitions:

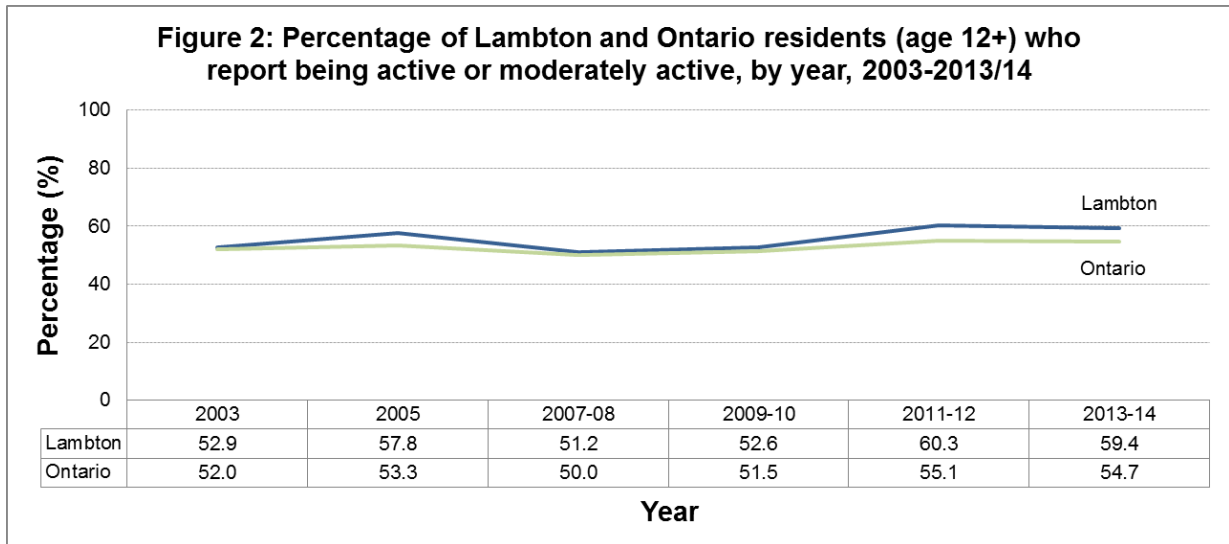
Using information regarding the frequency, duration, and nature of physical activities performed in the past three months, respondents' average daily energy expenditure is calculated. After accounting for respondent body weight, these expenditures are categorized as such:

Activity Level	Average daily energy expenditure (kcal/kg/day)
Active	> 3.0
Moderately active	1.5-2.9
Active or moderately active	> 1.5
Inactive	< 1.5

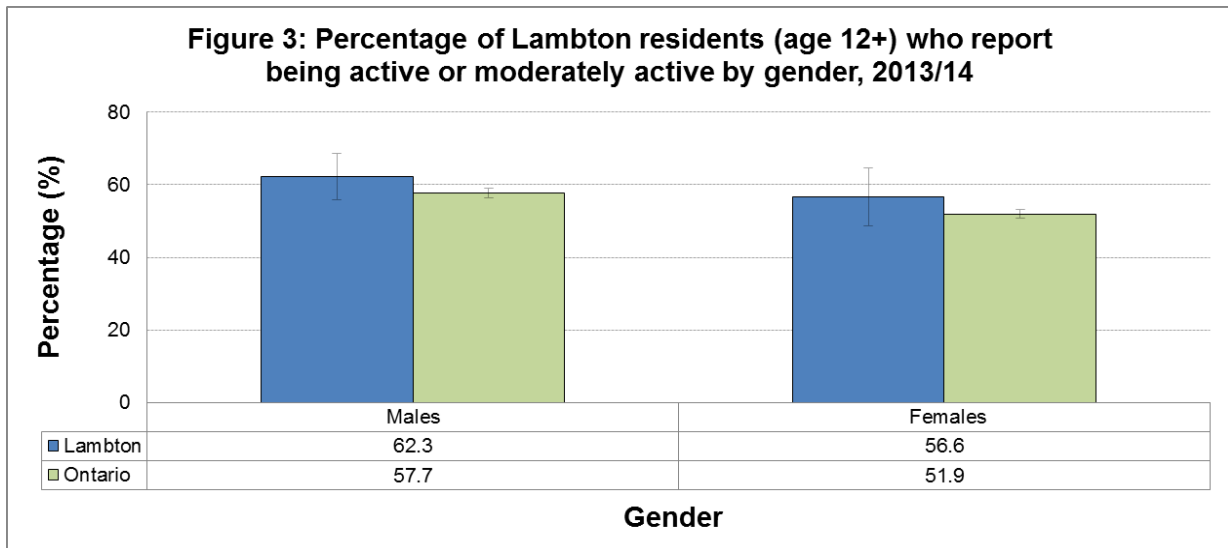
Source: Statistics Canada, CCHS. Available from: <http://www.statcan.gc.ca/pub/82-221-x/2013001/def/def2-eng.htm#hb2ltp>



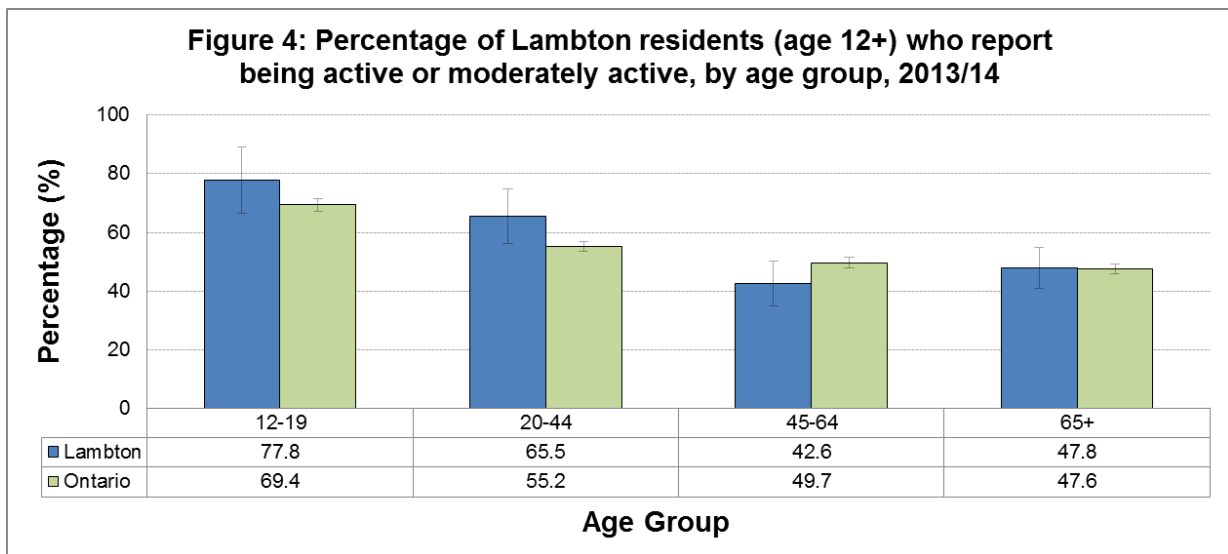
Data Source: Statistics Canada. Canadian Community Health Survey, 2013/14.



Data Source: Statistics Canada. Canadian Community Health Survey, 2003-2013/14



Data Source: Statistics Canada. Canadian Community Health Survey, 2013/14.



Data Source: Statistics Canada. Canadian Community Health Survey, 2013/14.

The information in this summary document may be quoted in interviews and written materials. All written materials should be reviewed by the epidemiologist before release to ensure the data is being used correctly.

Proper Citations:

- Public Health Ontario. Snapshots: Lambton Public Health: Self-reported physical activity, age-standardized and corrected rates, 2003-2013/14. Toronto, ON: Ontario Agency for Health Protection and Promotion; 2016 Feb 1 [cited 2016 May 27]. Available from: https://www.publichealthontario.ca/en/DataAndAnalytics/Snapshots/Pages/Health-Behaviours---Physical-Activity.aspx#_V0hUHDUrKUK

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