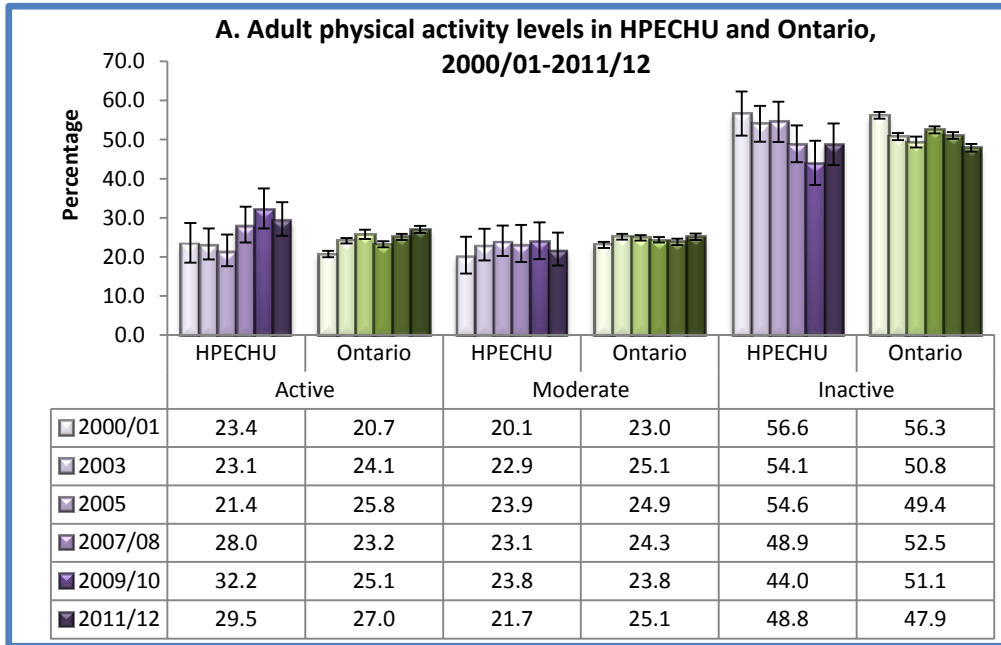


Physical Activity



Sample: Residents 18 and over in HPECHU area and Ontario.

Source: Canadian Community Health Survey, 2000/01, 2003, 2005, 2007/08, 2009/10, and 2011/12. Statistics Canada.

Interpretation:

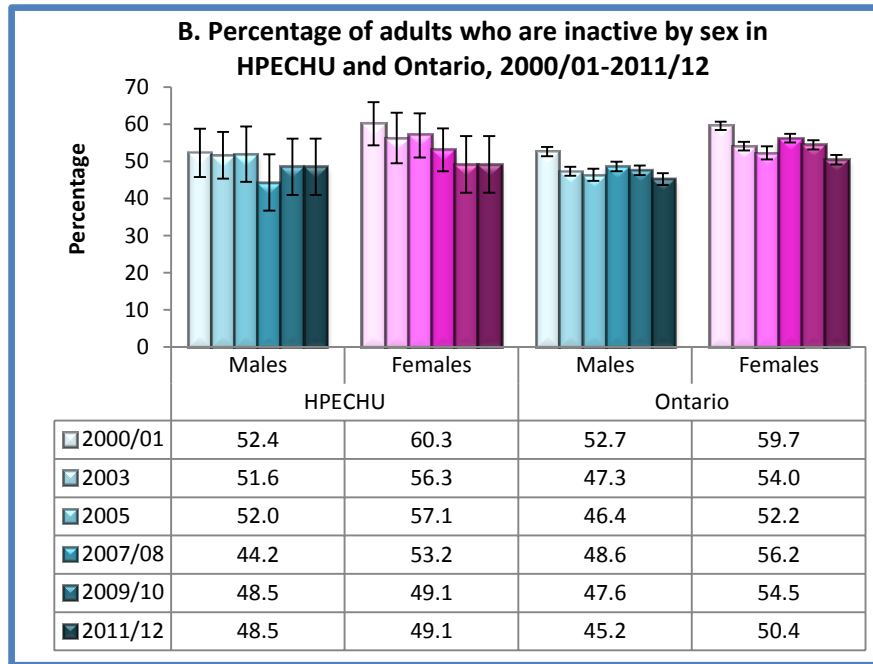
Figure A: Over the years there is a positive trend in the percentages of respondents being physically active in both HPECHU and Ontario.

Figure A: In HPECHU area in 2011/12, 29.5% (25.4-34.0) of respondents were considered 'active' and 48.8% (43.6-54.1) were considered inactive.

I = (in the graphs) represents the 95% confidence interval.

This report displays physical activity levels using the physical activity index (PAI). The PAI uses total daily energy expenditure (EE) (kcal/kg/day) to categorize respondents as Active (EE 3.0 or greater), Moderate (EE between 1.5 and 3.0), or Inactive (EE 1.5 or less). Energy expenditure is calculated from the frequency and duration of sessions of physical activity as well as the metabolic energy cost (MET) value of the each activity. The MET is a value of metabolic energy cost expressed as a multiple of the resting metabolic rate. For example, an activity of 4 METS requires four times as much energy as the body at rest. MET values tend to be expressed in three intensity levels (i.e. low, medium, high). The CCHS questions did not ask respondents to specify the intensity level of their activities. The MET values used in the CCHS correspond to the low intensity value of each activity.

Physical Activity



Sample: Residents 18 and over in HPECHU area and Ontario.

Source: Canadian Community Health Survey, 2000/01, 2003, 2005, 2007/08, 2009/10, and 2011/12. Statistics Canada.

Interpretation:

Figure B: In HPECHU area, there were no differences in physical inactivity by sex. In Ontario, significantly more females than males are inactive.

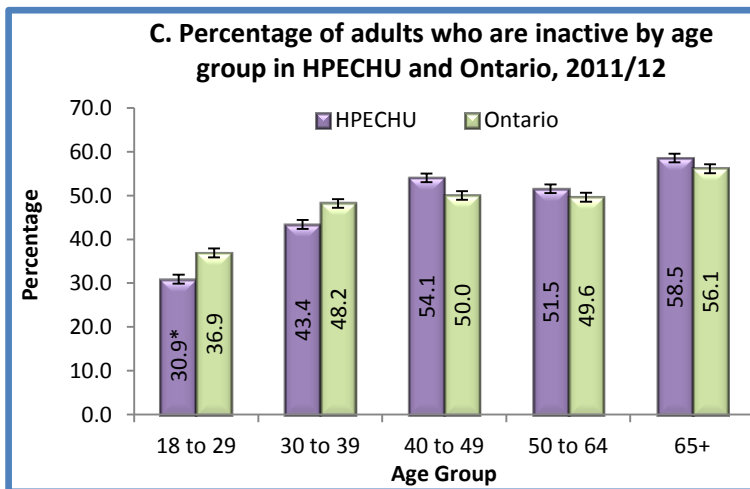


Figure C: In HPECHU and Ontario, adults under 30 showed the smallest percentage of being physically inactive, whereas adults aged 65+ showed the largest percentage of being inactive.

I = (in the graphs) represents the 95% confidence interval.

*Use with caution