

Active Leisure in Canada



BY NATHAN BATTAMS

150 min Amount of moderate-to-vigorous intensity physical activity (MVPA) required per week for 18-64 year olds to achieve health benefits¹

52 & 56% Proportion of women and men, respectively, in Canada who reported being at least 'moderately active' during their leisure time in 2012²

62%, 46% & 56% Participation rate of Canadians aged 15-24, 35-44 and 65-74 (respectively) in active leisure activities in 2010³

23 & 37 min Average amount of time spent daily by women and men in Canada (respectively) aged 15+ participating in active sports in 2010⁴

6% Proportion of Canadians aged 6-17 who accumulate the recommended level of physical activity per day (4% of girls, 8% of boys) in the 2007-2011 period⁵

72% Proportion of Canadian schools reporting the availability of supervised physical activity programs during the after-school period in 2011⁶

25% Percentage by which children from higher-income families in Canada were *more* likely to participate in organized sports than their lower-income counterparts in 2010⁷

28% Amount by which studied Canadians were *less* likely to report having a mood disorder if they regularly participated in active environments⁸

35% Proportion of Canadian children aged 10-16 who report using active transportation (33% walk, 2% bicycle) on the main part of their trip to school⁹

1/3 Proportion of surveyed Canadians who rank a "lack of physical activity or exercise" in their top three issues facing youth today¹⁰

¹ Canadian Society for Exercise Physiology (2012). *Canadian Physical Activity and Sedentary Behaviour Guidelines*. Accessed May 8, 2013. <http://bit.ly/17Wburk>

² Statistics Canada (2013). "Physical activity during leisure time, 2012," from *Health Fact Sheets* (June 2013). Statistics Canada Reference No. 82-625-X. Accessed June 26, 2013. <http://www5.statcan.gc.ca/bsolc/olc-cel/olc-cel?catno=82-625-X&lang=eng>

³ Statistics Canada (2011). *General Social Survey, 2010: Overview of the Time Use of Canadians*. Statistics Canada Reference No. 89-647-X. Ottawa. Accessed February 13, 2013. <http://bit.ly/rickWR>

⁴ Ibid.

⁵ Statistics Canada (2013). "Canadian Health Measures Survey: Directly Measured Physical Activity of Canadians, 2007 to 2011," in *The Daily* (May 30, 2013). Accessed May 30, 2013. http://www.statcan.gc.ca/daily-quotidien/130530/dq130530d-eng.htm?WT.mc_id=twB3888

⁶ Active Healthy Kids Canada. *2012 Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth*. Accessed May 6, 2013. <http://bit.ly/LGIEPX>

⁷ Ibid.

⁸ Stone, Rachel C., Meisner, Brad A. and Baker, Joseph (2012). "Mood Disorders among Older Adults Participating in Individual and Group Active Environments: 'Me' versus 'Us,' or Both?" in *Journal of Aging Research* (Vol. 2012). Accessed May 5, 2013. <http://www.hindawi.com/journals/jar/2012/727983/>

⁹ Active Healthy Kids Canada, 2012.

¹⁰ Physical and Health Education Canada (2013). *Get Active: Perspectives of Canadians on the Importance of Physical Education, Health Education, and Physical Activity*. Accessed May 7, 2013. http://www.phecanada.ca/sites/default/files/news/03-01-13/get_active_2013.pdf

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