

Table 1. Description of the sample used for the Highlights on the Physical Activity of Canadians, National Population Health Survey 1996/97.

	CANADA* ('000)	NEWFOU NDLAND ('000)	PRINCE EDWARD ISLAND ('000)	NOVA SCOTIA ('000)	NEW BRUNSWIC K ('000)	QUEBEC ('000)	ONTARIO ('000)	MANITOBA ('000)	SASKATCH EWAN ('000)	ALBERTA ('000)	BRITISH COLUMBIA ('000)
Total [◇]	24,595	478	113	775	632	6,131	9,323	902	801	2,244	3,196
Male	12,099	238	55	376	310	3,006	4,571	443	395	1,125	1,580
Female	12,495	240	57	399	322	3,125	4,753	459	406	1,119	1,616
12-14	1,124	27	6	36	23	243	441	44	48	123	132
15-19	2,140	52	11	58	70	535	755	78	77	207	297
20-24	1,870	36	9	70	45	463	713	73	60	180	221
25-34	4,475	75	20	149	109	1,067	1,774	156	129	433	563
35-44	5,234	110	22	144	132	1,329	1,950	183	159	509	696
45-54	3,769	76	18	110	97	1,005	1,432	128	100	330	472
55-64	2,567	45	10	93	65	657	954	94	90	205	354
65 and over	3,416	57	17	114	91	833	1,304	145	137	257	461

* Estimated population of non-institutionalized Canadians aged 12 and over in the provinces.

◇ Numbers in columns may not add up due to rounding.

Table 2. Physical Activity Index, by Age Group and Sex, for Canadians aged 12 and over, National Population Health Survey 1996/97.

AGE GROUP (YEARS)	SEX	POPULATION ESTIMATE (‘000)	ACTIVE (%)	MODERATELY ACTIVE (%)	INACTIVE (%)
All Age Groups	Total	23,884	20.6	22.7	56.7
	Male	11,637	23.9	22.3	53.8
	Female	12,247	17.5	23.0	59.5
12-14	Total	1,027	43.6	26.3	30.1
	Male	507	54.4	24.3	21.3
	Female	520	33.1	28.2	38.7
15-19	Total	2,083	39.1	23.0	37.9
	Male	1,071	47.9	21.8	30.3
	Female	1,012	29.7	24.4	46.0
20-24	Total	1,824	26.3	24.6	49.1
	Male	897	31.1	23.0	45.9
	Female	927	21.8	26.1	52.2
25-34	Total	4,406	19.7	23.0	57.3
	Male	2,152	22.1	22.8	55.1
	Female	2,253	17.5	23.1	59.4
35-44	Total	5,141	17.1	21.6	61.3
	Male	2,601	17.2	21.3	61.5
	Female	2,540	16.9	22.0	61.2
45-54	Total	3,687	15.0	22.5	62.5

	Male	1,862	16.7	21.6	61.7
	Female	1,824	13.3	23.4	63.3
55-64	Total	2,505	17.1	24.0	58.8
	Male	1,189	18.7	23.7	57.5
	Female	1,316	15.6	24.3	60.0
65 and over	Total	3,212	14.1	20.5	65.4
	Male	1,357	18.5	22.5	59.0
	Female	1,855	10.9	19.0	70.1

Table 3. Frequency of Physical Activity, by Age Group and Sex, for Canadians aged 12 and over, National Population Health Survey 1996/97.

AGE GROUP (YEARS)	SEX	POPULATION ESTIMATE (‘000)	REGULAR (%)	OCCASIONAL (%)	INFREQUEN T (%)
All Age Groups	Total	23,884	59.6	19.1	21.4
	Male	11,637	59.2	20.0	20.9
	Female	12,247	60.0	18.2	21.8
12-14	Total	1,027	73.5	18.0	8.5
	Male	507	79.5	13.9*	6.6*
	Female	520	67.6	22.1	10.3*
15-19	Total	2,083	71.5	16.9	11.5
	Male	1,071	75.1	15.8	9.1
	Female	1,012	67.8	18.7	14.1
20-24	Total	1,824	64.1	18.7	17.2
	Male	897	64.1	17.9	18.1
	Female	927	64.1	19.5	16.4
25-34	Total	4,406	59.4	21.6	19.0
	Male	2,152	57.2	22.5	20.3
	Female	2,253	61.5	20.7	17.8
35-44	Total	5,141	57.0	21.6	21.4
	Male	2,601	54.3	24.5	21.2
	Female	2,540	59.8	18.6	21.6
45-54	Total	3,687	56.1	20.3	23.6

	Male	1,862	52.8	21.7	25.5
	Female	1,824	59.4	18.9	21.7
55-64	Total	2,505	59.0	17.8	23.2
	Male	1,189	58.2	17.9	23.8
	Female	1,316	59.7	17.7	22.6
65 and over	Total	3,212	53.6	12.9	33.4
	Male	1,357	57.7	13.4	28.8
	Female	1,855	50.7	12.6	36.7

*High variability associated with this estimate. Interpret with caution.

Table 4. Physical Activity Index, by province, sex and age group, for Canadians aged 12 and over, National Population Health Survey 1996/97.

PROVINCE	SEX OR AGE GROUP	POPULATION ESTIMATE ('000)	ACTIVE (%)	MODERATELY ACTIVE (%)	INACTIVE (%)
Newfoundland	Total	461	18.1	#	61.1
	Male	226	23.5	19.4	57.1
	Female	235	12.9	22.1	65.0
	12-19	76	41.3	20.0*	38.6
	20-39	157	16.7	21.8	61.6
	40-54	134	#	21.2	67.1
	55 +	94	#	19.1	70.1
Prince Edward Island	Total	110	14.6	17.3	68.1
	Male	54	18.6	14.7	66.7
	Female	57	10.8	19.7	69.5
	12-19	15	#	#	#
	20-39	39	#	17.8	71.4
	40-54	29	#	16.2*	70.7
	55+	27	#	15.0*	75.4

Value not reportable due to high sampling variability.

*High variability associated with this estimate. Interpret with caution.

Table 4 (continued). Physical Activity Index, by province, sex and age group, for Canadians aged 15 and over, National Population Health Survey 1996/97.

PROVINCE	SEX OR AGE GROUP	POPULATION ESTIMATE ('000)	ACTIVE (%)	MODERATELY ACTIVE (%)	INACTIVE (%)
Nova Scotia	Total	756	17.6	21.7	60.7
	Male	358	20.1	21.6	58.3
	Female	399	15.4	21.8	62.8
	12-19	85	#	#	#
	20-39	289	19.0	22.5	58.5
	40-54	180	#	26.6	63.5
	55 +	202	14.7	15.0	70.3
New Brunswick	Total	620	17.6	19.0	63.5
Brunswick	Male	303	22.1	18.4	59.6
	Female	317	13.3	19.5	67.2
	12-19	91	43.5	#	37.7
	20-39	216	16.5	20.7	62.8
	40-54	162	11.1*	19.4	69.5
	55+	150	#	16.2	73.6

Value not reportable due to high sampling variability.

*High variability associated with this estimate. Interpret with caution.

Table 4 (continued). Physical Activity Index, by province, sex and age group, for Canadians aged 15 and over, National Population Health Survey 1996/97.

PROVINCE	SEX OR AGE GROUP	POPULATION ESTIMATE ('000)	ACTIVE (%)	MODERATELY ACTIVE (%)	INACTIVE (%)
Quebec	Total	5,952	17.0	21.8	61.3
	Male	2,882	19.9	21.4	58.8
	Female	3,070	14.3	22.1	63.6
	12-19	716	34.4	26.3	39.3
	20-39	2,173	15.3	20.5	64.2
	40-54	1,607	15.3	19.4	65.4
	55 +	1,457	12.8	24.1	63.1
Ontario	Total	9,052	20.5	23.2	56.3
	Male	4,404	23.5	23.1	53.4
	Female	4,648	17.7	23.3	59.0
	12-19	1,166	38.6	24.8	36.6
	20-39	3,474	20.8	23.8	55.4
	40-54	2,291	15.1	22.7	62.2
	55+	2,121	16.0	21.9	62.1

Table 4 (continued). Physical Activity Index, by province, sex and age group, for Canadians aged 15 and over, National Population Health Survey 1996/97.

PROVINCE	SEX OR AGE GROUP	POPULATION ESTIMATE ('000)	ACTIVE (%)	MODERATELY ACTIVE (%)	INACTIVE (%)
Manitoba	Total	879	19.6	22.2	58.2
	Male	431	23.2	21.4	55.4
	Female	448	16.1	23.0	60.9
	12-19	121	39.9	#	#
	20-39	313	22.6	22.7	54.7
	40-54	218	12.9	21.7	65.4
	55 +	227	11.1	18.4	70.5
Saskatchewan	Total	776	20.4	19.3	60.3
	Male	378	19.8	17.0	63.2
	Female	398	21.0	21.4	57.5
	12-19	116	45.9	21.0	33.1
	20-39	264	18.1	21.3	60.6
	40-54	176	#	16.9	69.0
	55+	220	14.8	17.9	67.3

Value not reportable due to high sampling variability.

Table 4 (continued). Physical Activity Index, by province, sex and age group, for Canadians aged 15 and over, National Population Health Survey 1996/97.

PROVINCE	SEX OR AGE GROUP	POPULATION ESTIMATE ('000)	ACTIVE (%)	MODERATELY ACTIVE (%)	INACTIVE (%)
Alberta	Total	2,126	25.7	24.4	49.8
	Male	1,054	28.7	24.0	47.2
	Female	1,071	22.8	24.8	52.4
	12-19	310	47.1	24.2	28.7
	20-39	846	25.9	25.6	48.5
	40-54	548	19.3	23.3	57.4
	55 +	422	18.0	23.8	58.3
British Columbia	Total	3,152	26.5	23.9	49.5
Columbia	Male	1,548	31.7	23.8	44.6
	Female	1,604	21.6	24.1	54.3
	12-19	413	50.8	#	29.4
	20-39	1,144	23.9	24.1	52.0
	40-54	798	23.5	26.3	50.2
	55+	797	20.7	23.4	55.9

Value not reportable due to high sampling variability.

Table 5. Physical Activity Index, by Income Adequacy and Sex, for Canadians aged 12 and over, National Population Health Survey 1996/97.

Income Adequacy Level	Sex	Population Estimate ('000)	Active (%)	Moderately Active (%)	Inactive (%)
Lowest Quartile	Total	3,135	19.7	20.8	59.5
	Male	1,312	25.7	19.7	54.6
	Female	1,823	15.3	21.6	63.0
Lower Middle Quartile	Total	5,974	19.7	22.0	58.3
	Male	2,819	23.3	22.1	54.6
	Female	3,155	16.4	22.0	61.6
Upper Middle Quartile	Total	7,946	19.9	23.0	57.1
	Male	4,071	21.8	23.1	55.1
	Female	3,875	17.8	23.0	59.2
Highest Quartile	Total	3,047	25.6	25.6	48.8
	Male	1,692	28.2	24.0	47.8
	Female	1,355	22.3	27.7	50.0

Table 6. Physical Activity Index, by Employment Status and Sex, for Canadians aged 12 and over, National Population Health Survey 1996/97.

Employment Status	Sex	Population Estimate ('000)	Mean Age (years)	Active (%)	Moderately Active (%)	Inactive (%)
Working	Total	14,695	38.1	20.0	22.8	57.2
	Male	7,932	38.7	22.0	22.0	56.0
	Female	6,763	37.4	17.6	23.8	58.6
Illness or Disability	Total	877	48.5	11.1	17.8	71.1
	Male	388	48.7	13.7	20.0	66.3
	Female	489	48.4	9.0*	16.1	74.8
Family Responsibilities	Total	1,313	38.2	18.4	21.3	60.3
	Male	47	35.6	40.0*	#	55.3*
	Female	1,266	38.3	17.6	21.9	60.5
Student/Educational Leave	Total	1,516	20.4	36.0	23.7	40.2
	Male	774	19.8	44.2	25.0	30.8
	Female	741	21.1	27.5	22.4	50.1
Labour Disputes/Layoff	Total	588	38.8	22.8	22.6	54.7
	Male	315	37.6	20.9	21.2	57.9
	Female	273	40.1	24.8	24.2	51.0
Retired the Entire Year	Total	2,843	66.9	18.3	25.0	56.7
	Male	1,157	67.0	23.8	24.8	51.3
	Female	1,686	66.8	14.5	25.1	60.4
Looking for Work	Total	499	36.0	26.3	18.6	55.1
	Male	249	36.3	27.3	15.7*	57.0

	Female	250	35.7	25.3	21.5	53.1
Other Reasons for Not	Total	143	40.1	35.4	15.6*	49.0
Working	Male	66	37.1	43.8	#	47.8
	Female	77	42.1	28.1*	21.8*	50.1

Value not reportable due to high sampling variability.

*High variability associated with this estimate. Interpret with caution.

Table 7. Changes in Physical Activity Between 1994/95 and 1996/97 for Canadians aged 12 and over, National Population Health Survey (NPHS) 1994/95 and 1996/97.

	NPHS 1996/97			
NPHS 1994/95	Active	Moderately Active	Inactive	Total
Active (count) (% of Row) (% of Total)	2,060,000 47.7% 9.4%	1,084,000 25.1% 4.9%	1,171,000 27.1% 5.3%	4,316,000 100.0% 19.7%
Moderately Active (count) (% of Row) (% of Total)	1,155,000 23.5% 5.3%	1,625,000 33.1% 7.4%	1,129,000 43.4% 9.7%	4,909,000 100.0% 22.4%
Inactive (count) (% of Row) (% of Total)	1,165,000 9.2% 5.3%	2,323,000 18.2% 10.6%	9,242,000 72.6% 42.1%	12,731,000 100.0% 58.0%
Total (count) (% of Row) (% of Total)	4,380,000 20.0% 20.0%	5,032,000 22.9% 22.9%	12,542,000 57.1% 57.1%	21,955,000 100.0% 100.0%

Table 8. Body Mass Index, by Sex, Age Group and Province, for Canadians aged 20 to 64, National Population Health Survey 1996/97.

Population	Population Estimate ('000)	Underweight (%)	Acceptable Weight (%)	Some Excess Weight (%)	Overweight (%)	Obese (%)
Total	17,195	8.2	43.4	18.8	16.9	12.6
Male	8,836	2.8	38.3	23.8	21.8	13.3
Female	8,359	14.0	48.8	13.5	11.8	11.9
20-24	1,799	15.6	55.7	13.1	9.7	6.0
25-39	6,850	9.7	46.4	18.5	14.7	10.7
40-54	6,055	5.9	39.2	20.2	19.5	15.1
55-64	2,492	4.5	36.5	20.7	22.0	16.3
Newfoundland	333	#	39.4	17.4	22.1	17.3
Prince Edward Island	77	#	36.5	21.7	21.3	15.2
Nova Scotia	548	#	38.2	18.5	20.2	17.8
New Brunswick	441	4.6*	33.9	19.4	22.0	20.2
Quebec	4,380	9.7	45.3	18.0	16.3	10.7
Ontario	6,442	8.7	44.2	18.7	15.9	12.6
Manitoba	604	6.5	40.1	19.1	18.4	16.0
Saskatchewan	523	5.2*	35.4	22.3	19.0	18.1
Alberta	1,587	8.1	42.4	19.8	17.5	12.2
British Columbia	2,259	7.5	45.0	19.4	17.2	10.9

Value not reportable due to high sampling variability.

*High variability associated with this estimate. Interpret with caution.

Table 9. Daily Activities or Work Habits, by Sex, Age Group, and Leisure-Time Physical Activity Index, for Canadians aged 12 and over, National Population Health Survey 1996/97.

Population	Population Estimate (%)	Usually Sit (%)	Stand or Walk a Lot (%)	Usually Lift or Carry Light Loads or Climb Stairs/Hills (%)	Heavy Work or Carry Heavy Loads (%)
Total	23,848	26.5	51.3	17.0	5.2
Male	11,618	25.8	47.1	18.1	8.9
Female	12,230	27.2	55.2	16.0	1.7
12-14	1,025	34.1	48.8	16.1	#
15-19	2,081	27.5	50.1	18.7	3.6*
20-24	1,823	20.4	51.6	20.4	7.5
25-34	4,400	23.6	48.1	20.2	8.1
35-44	5,131	25.8	49.2	18.0	7.0
45-54	3,684	27.3	51.3	15.8	5.6
55-64	2,498	22.7	57.7	16.8	2.8
65 and over	3,208	34.2	55.2	9.9	0.8
Active	4,915	18.0	53.8	22.2	5.9
Moderately Active	5,404	23.6	54.9	17.3	4.2
Inactive	13,529	30.8	48.9	15.0	5.3

*High variability associated with this estimate. Interpret with caution.

Value not reportable due to high sampling variability.

Table 10. Percent of Canadians Who Took Action and Who Increased Physical Activity in the Past Year to Improve Their Health, by Sex, Age Group and Physical Activity Index, for Canadians aged 12 and over, National Population Health Survey 1996/97.

Population	Took Action to Improve Health in Past Year (%)	Increased Physical Activity in Past Year to Improve Health (%)
Total	47.4	30.8
Male	44.8	30.3
Female	50.0	31.3
12-14	56.3	46.1
15-19	56.6	44.7
20-24	59.8	42.4
25-34	50.2	32.1
35-44	44.1	28.4
45-54	47.8	28.0
55-64	46.7	26.8
65 and over	33.4	18.6
Active	61.8	46.6
Moderately Active	57.1	39.2
Inactive	38.5	21.8

Table 11. Percent of Canadians Who Thought They Should Do Something to Improve Their Health, and Who Thought Increasing Physical Activity Was the Most Important Thing They Should Do, by Sex, Age Group and Physical Activity Index, for Canadians aged 12 and over, National Population Health Survey 1996/97.

Population	Thought They Should Do Something to Improve Their Health (%)	Thought Increasing Physical Activity Was the Most Important Thing They Should Do to Improve Their Health (%)
Total	55.0	25.8
Male	53.8	24.7
Female	56.1	26.9
12-14	45.5	20.4
15-19	56.6	24.9
20-24	63.0	26.3
25-34	62.5	29.2
35-44	62.6	29.3
45-54	59.8	28.1
55-64	48.1	23.7
65 and over	29.4	16.4
Active	51.6	17.5
Moderately Active	54.5	22.5
Inactive	56.6	30.2

Table 12. Percent of Canadians Who Intended to Increase Physical Activity in the Year Following the Survey, by Sex, Age Group and Physical Activity Index, for Canadians aged 12 and over, National Population Health Survey 1996/97.

Population	Intended to Improve Their Health in the Year Following the Survey (%)	Intended to Increase Physical Activity in the Year Following the Survey (%)
Total	37.4	24.5
Male	35.7	23.3
Female	39.0	25.7
12-14	29.4	17.8
15-19	40.1	29.3
20-24	45.5	31.2
25-34	44.6	29.6
35-44	42.9	27.1
45-54	39.9	25.2
55-64	31.1	19.9
65 and over	16.5	11.2
Active	35.3	20.9
Moderately Active	38.1	24.7
Inactive	38.0	25.8