



Haliburton, Kawartha, Pine Ridge District Health Unit RRFSS (2007) Physical Activity

Proportion of adults (18-69) whose level of physical activity is high, moderate, low or inactive, RRFSS January - December 2007

Table 1: Physical Activity (overall)

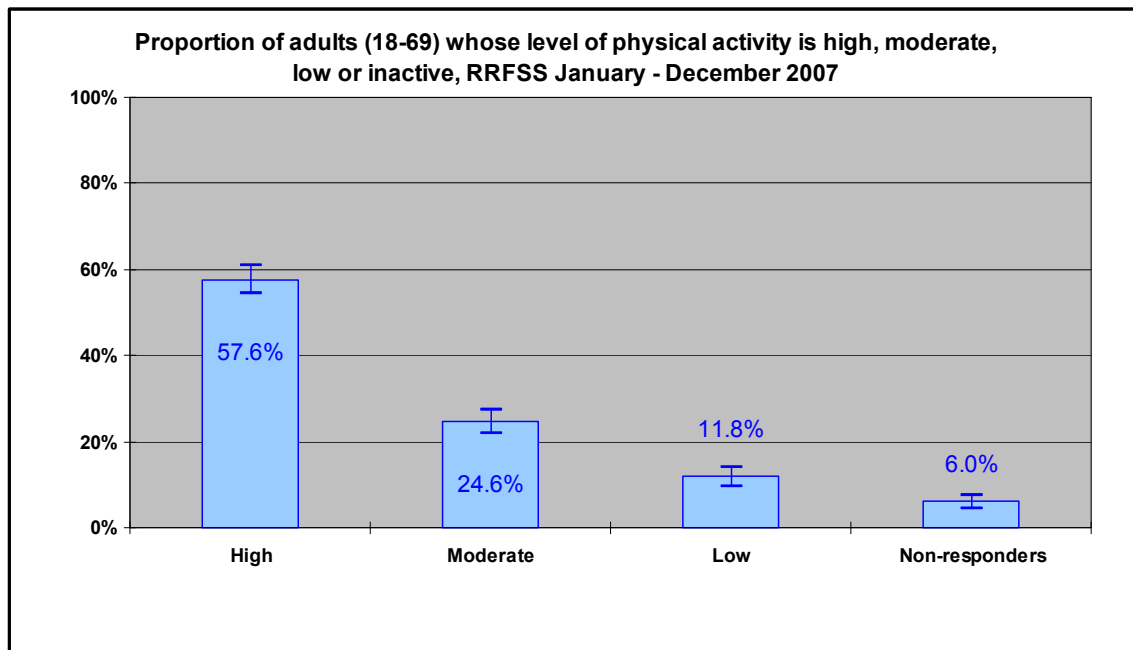
Level of physical activity	Proportion	95% upper confidence limit	95% lower confidence limit
High	57.6%	60.8%	54.3%
Moderate	24.6%	27.4%	21.8%
Low	11.8%	13.9%	9.7%
Non-responders	6.0%	7.5%	4.4%

* Interpret with caution, high variability

** Data not released

sample size 898

Figure 1: Physical Activity (overall)



Interpretation:

57.6% (+/-3%) of adults (18+) reported a high level of physical activity.

24.6% (+/-3%) of adults (18+) reported a moderate level of physical activity.

11.8% (+/-2%) of adults (18+) reported a low level of physical activity.

6.0% (+/-2%) of adults (18+) did not respond to all/some of the questions in the module.

Proportion of adult males (18-69) whose level of physical activity is high, moderate, low or inactive, RRFSS January - December 2007

Table 2a: Physical Activity (males)

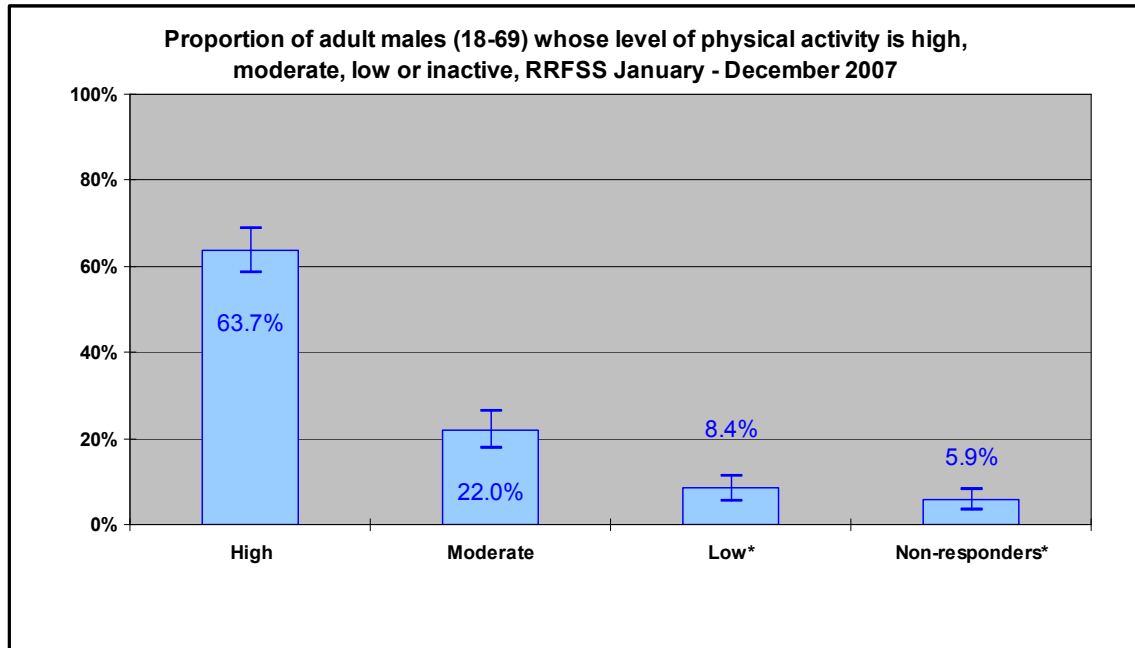
Level of physical activity among males	Proportion	95% upper confidence limit	95% lower confidence limit
High	63.7%	68.7%	58.6%
Moderate	22.0%	26.4%	17.7%
Low*	8.4%	11.4%	5.5%
Non-responders*	5.9%	8.4%	3.4%

* Interpret with caution, high variability

** Data not released

sample size 347

Figure 2a: Physical Activity (males)



Interpretation:

63.7% (+/-5%) of adult males (18+) reported a high level of physical activity.

22.0% (+/-4%) of adult males (18+) reported a moderate level of physical activity.

8.4%* (+/-3%) of adult males (18+) reported a low level of physical activity.

5.9%* (+/-2%) of adult males (18+) did not respond to all/some of the questions in the module.

Proportion of adult females (18-69) whose level of physical activity is high, moderate, low or inactive, RRFSS January - December 2007

Table 2b: Physical Activity (females)

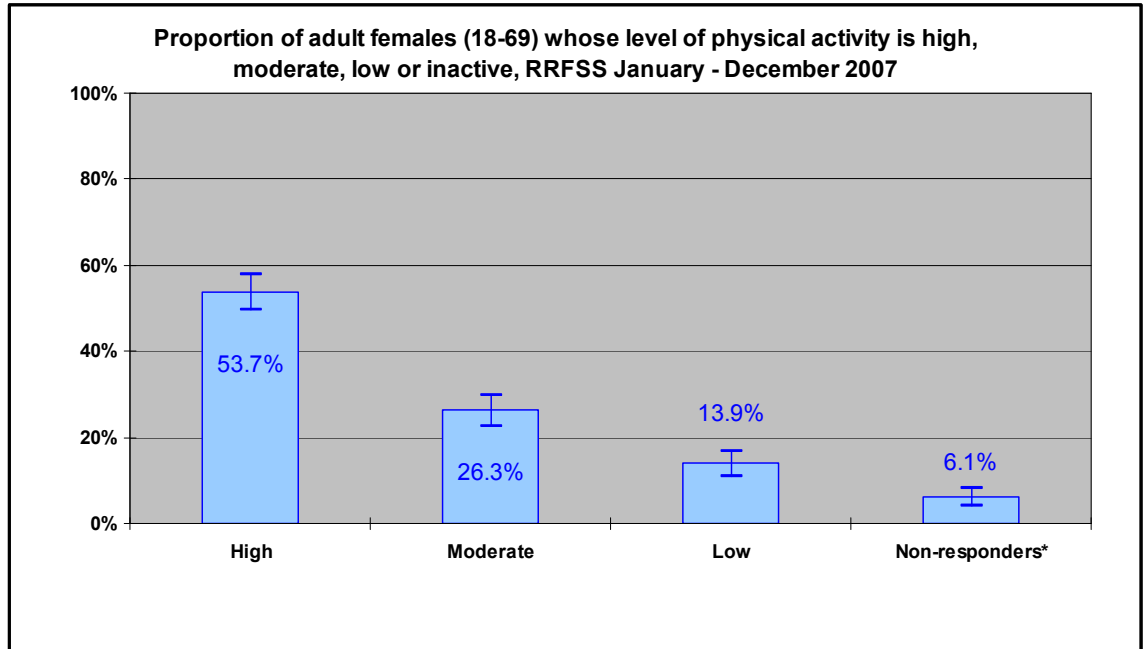
Level of physical activity among females	Proportion	95% upper confidence limit	95% lower confidence limit
High	53.7%	57.9%	49.6%
Moderate	26.3%	29.9%	22.6%
Low	13.9%	16.8%	11.0%
Non-responders*	6.1%	8.1%	4.1%

* Interpret with caution, high variability

** Data not released

sample size 551

Figure 2b: Physical Activity (females)



Interpretation:

- 53.7% (+/-4%) of adult females (18+) reported a high level of physical activity.
- 26.3% (+/-4%) of adult females (18+) reported a moderate level of physical activity.
- 13.9% (+/-3%) of adult females (18+) reported a low level of physical activity.
- 6.1%* (+/-2%) of adult females (18+) did not respond to all/some of the questions in the module.

Proportion of adults (18-24) whose level of physical activity is high, moderate, low or inactive, RRFSS January - December 2007

Table 3a: Physical Activity (age 18-24)

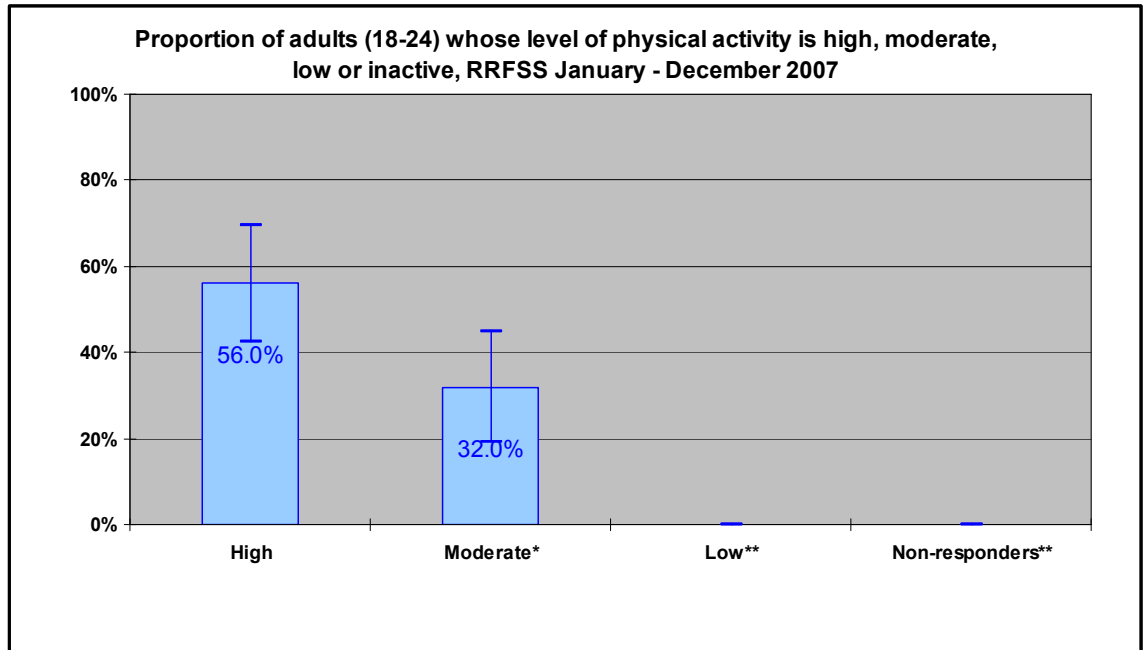
Level of physical activity among adults (18-24)	Proportion	95% upper confidence limit	95% lower confidence limit
High	56.0%	69.6%	42.4%
Moderate*	32.0%	44.8%	19.2%
Low**	**	**	**
Non-responders**	**	**	**

* Interpret with caution, high variability

** Data not released

sample size 53

Figure 3a: Physical Activity (age 18-24)



Interpretation:

56.0% (+/-14%) of adults (18-24) reported a high level of physical activity.

32.0%* (+/-13%) of adults (18-24) reported a moderate level of physical activity.

Proportion of adults (25-44) whose level of physical activity is high, moderate, low or inactive, RRFSS January - December 2007

Table 3b: Physical Activity (age 25-44)

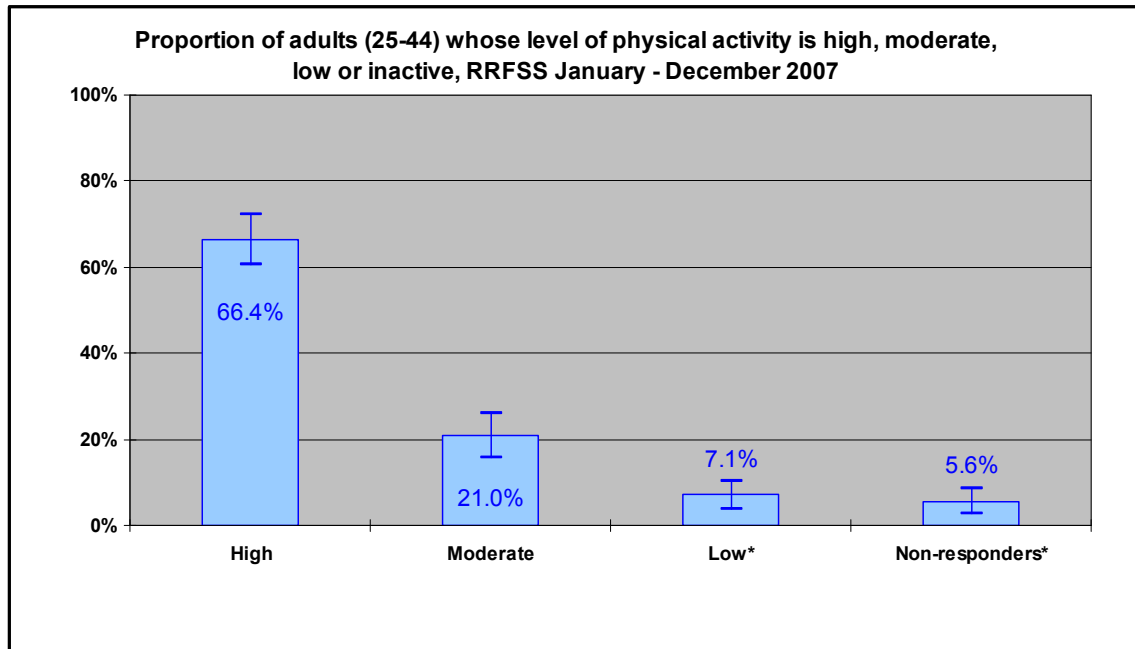
Level of physical activity among adults (25-44)	Proportion	95% upper confidence limit	95% lower confidence limit
High	66.4%	72.2%	60.5%
Moderate	21.0%	26.0%	15.9%
Low*	7.1%	10.2%	3.9%
Non-responders*	5.6%	8.4%	2.8%

* Interpret with caution, high variability

** Data not released

sample size 252

Figure 3b: Physical Activity (age 25-44)



Interpretation:

66.4% (+/-6%) of adults (25-44) reported a high level of physical activity.

21.0% (+/-5%) of adults (25-44) reported a moderate level of physical activity.

7.1%* (+/-3%) of adults (25-44) reported a low level of physical activity.

5.6%* (+/-3%) of adults (25-44) did not respond to all/some of the questions in the module.

Proportion of adults (45-69) whose level of physical activity is high, moderate, low or inactive, RRFSS January - December 2007

Table 3c: Physical Activity (age 45-69)

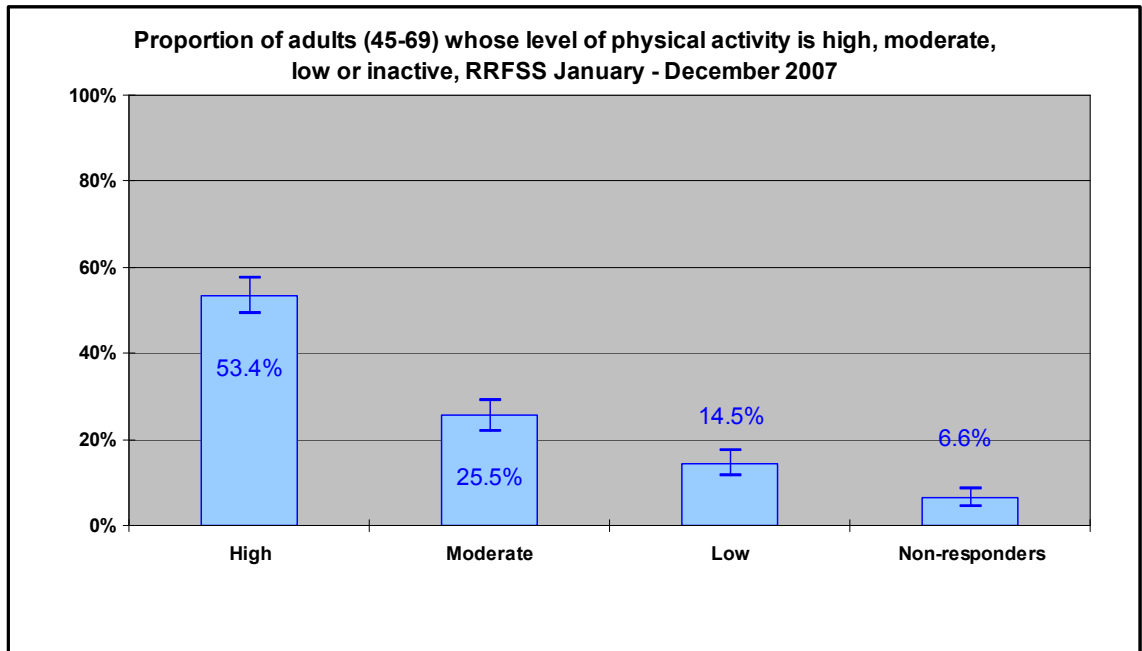
Level of physical activity among adults (45-69)	Proportion	95% upper confidence limit	95% lower confidence limit
High	53.4%	57.4%	49.3%
Moderate	25.5%	29.1%	22.0%
Low	14.5%	17.4%	11.6%
Non-responders	6.6%	8.6%	4.6%

* Interpret with caution, high variability

** Data not released

sample size 577

Figure 3c: Physical Activity (age 45-69)



Interpretation:

53.4% (+/-4%) of adults (45-69) reported a high level of physical activity.

25.5% (+/-4%) of adults (45-69) reported a moderate level of physical activity.

14.5% (+/-3%) of adults (45-69) reported a low level of physical activity.

6.6% (+/-2%) of adults (45-69) did not respond to all/some of the questions in the module.

Proportion of adults (18+) who have not graduated from high school whose level of physical activity is high, moderate, low or inactive, RRFSS January - December 2007

Table 4a: Physical Activity (adults 18+ who have not graduated from high school)

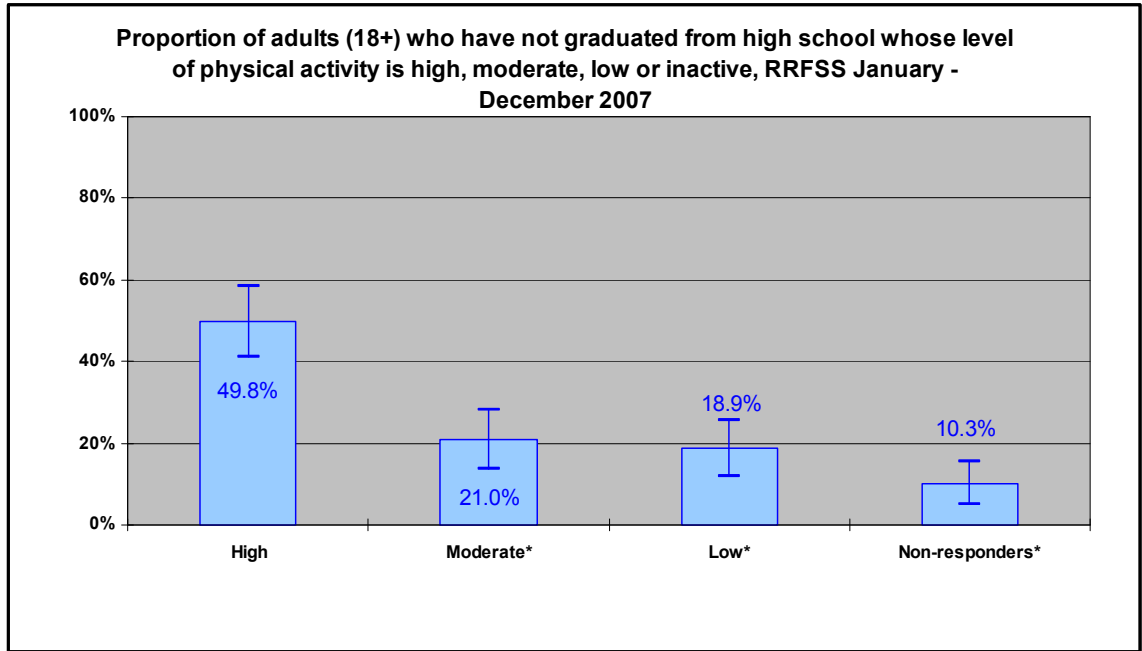
Level of physical activity	Proportion	95% upper confidence limit	95% lower confidence limit
High	49.8%	58.5%	41.1%
Moderate*	21.0%	28.1%	13.9%
Low*	18.9%	25.8%	12.1%
Non-responders*	10.3%	15.6%	5.0%

* Interpret with caution, high variability

** Data not released

sample size 127

Figure 4a: Physical Activity (adults 18+ who have not graduated from high school)



Interpretation:

49.8% (+/-9%) of adults (18+) who have not graduated from high school reported a high level of physical activity.

21.0%* (+/-7%) of adults (18+) who have not graduated from high school reported a moderate level of physical activity.

18.9%* (+/-7%) of adults (18+) who have not graduated from high school reported a low level of physical activity.

10.3%* (+/-5%) of adults (18+) who have not graduated from high school did not respond to all/some of the questions in the module.

Proportion of adults (18+) who have graduated from high school whose level of physical activity is high, moderate, low or inactive, RRFSS January - December 2007

Table 4b: Physical Activity (adults 18+ who have graduated from high school)

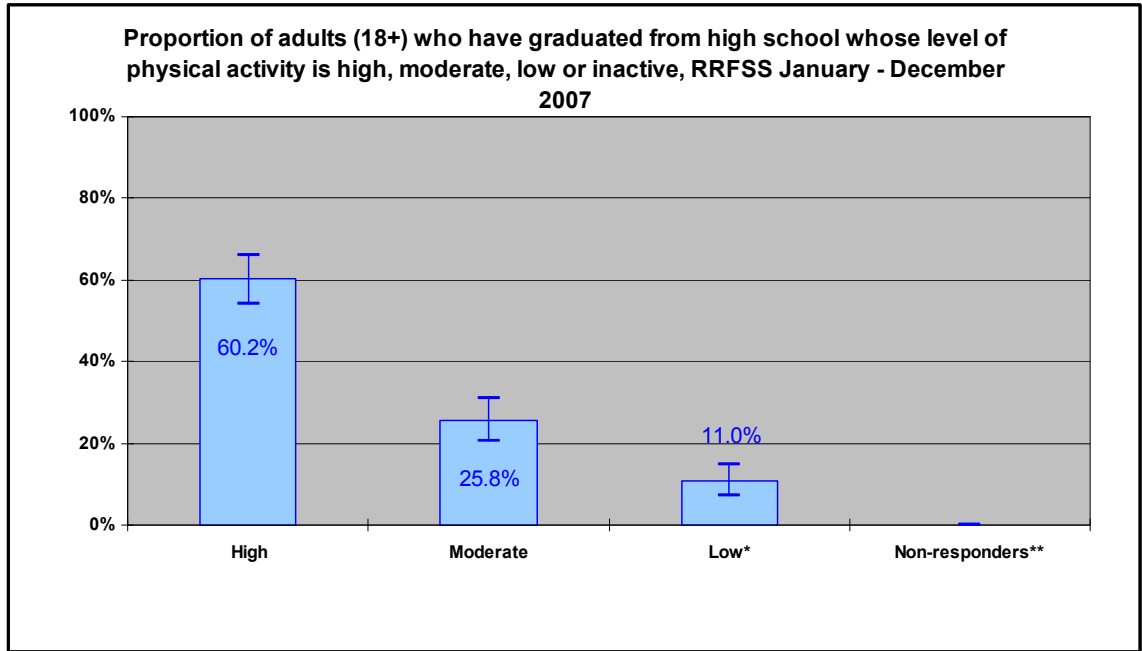
Level of physical activity	Proportion	95% upper confidence limit	95% lower confidence limit
High	60.2%	66.2%	54.3%
Moderate	25.8%	31.1%	20.4%
Low*	11.0%	14.8%	7.1%
Non-responders**	**	**	**

* Interpret with caution, high variability

** Data not released

sample size 258

Figure 4b: Physical Activity (adults 18+ who have graduated from high school)



Interpretation:

60.2% (+/-6%) of adults (18+) who have graduated from high school reported a high level of physical activity.

25.8% (+/-5%) of adults (18+) who have graduated from high school reported a moderate level of physical activity.

11.0%* (+/-4%) of adults (18+) who have graduated from high school reported a low level of physical activity.

Proportion of adults (18+) who have completed some post-secondary education whose level of physical activity is high, moderate, low or inactive, RRFSS January - December 2007

Figure 4c: Physical Activity (adults 18+ who have completed some post-secondary education)

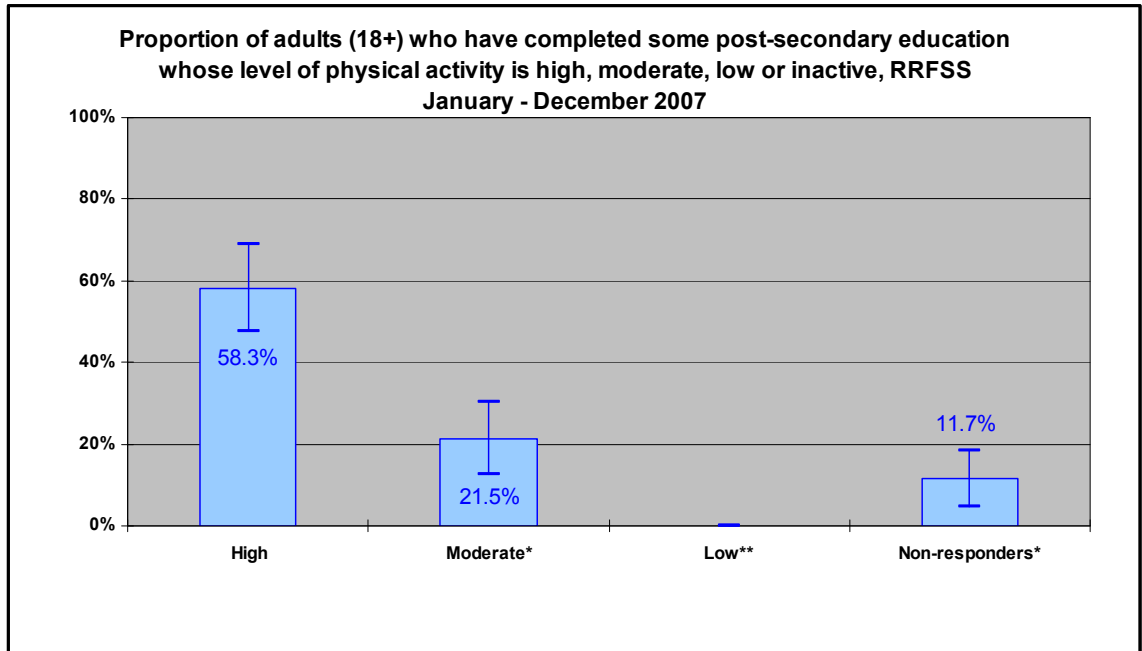
Level of physical activity	Proportion	95% upper confidence limit	95% lower confidence limit
High	58.3%	68.8%	47.7%
Moderate*	21.5%	30.2%	12.7%
Low**	**	**	**
Non-responders*	11.7%	18.5%	4.8%

* Interpret with caution, high variability

** Data not released

sample size 86

Figure 4c: Physical Activity (adults 18+ who have completed some post-secondary education)



Interpretation:

58.3% (+/-11%) of adults (18+) who have completed some post-secondary education reported a high level of physical activity.

21.5%* (+/-9%) of adults (18+) who have completed some post-secondary education reported a moderate level of physical activity.

11.7%* (+/-7%) of adults (18+) who have completed some post-secondary education did not respond to all/some of the questions in the module.

Proportion of adults (18+) who have completed a college or university degree/diploma whose level of physical activity is high, moderate, low or inactive, RRFSS January - December 2007

Table 4d: Physical Activity (adults 18+ who have completed a college or university degree or diploma)

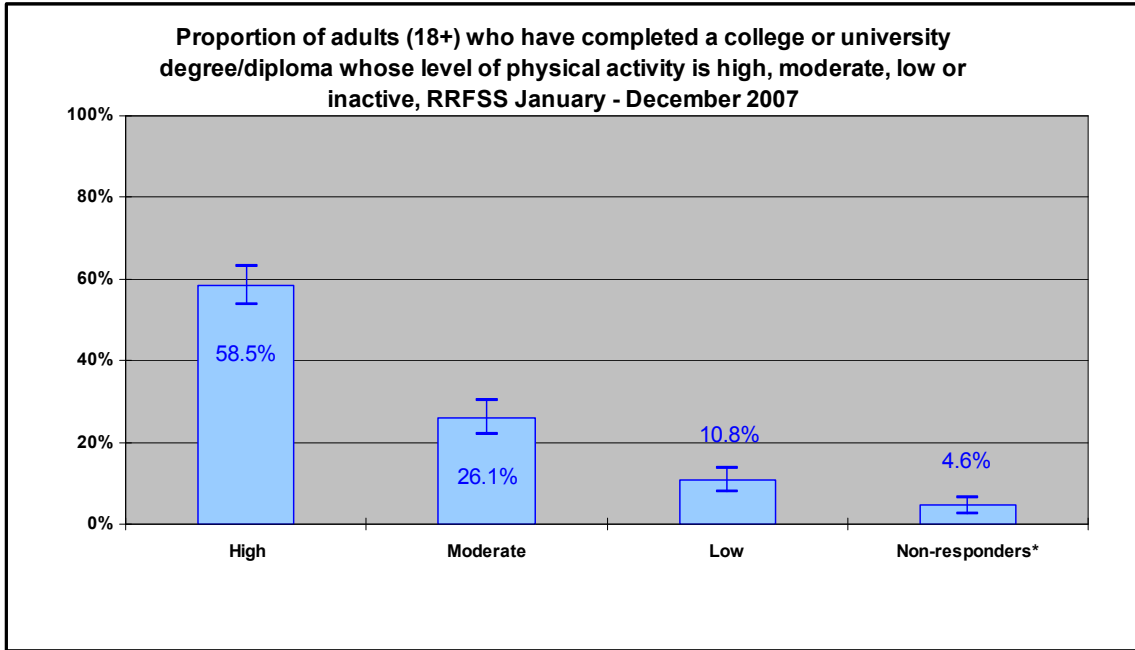
Level of physical activity	Proportion	95% upper confidence limit	95% lower confidence limit
High	58.5%	63.2%	53.7%
Moderate	26.1%	30.3%	21.9%
Low	10.8%	13.8%	7.8%
Non-responders*	4.6%	6.6%	2.6%

* Interpret with caution, high variability

** Data not released

sample size 420

Figure 4d: Physical Activity (adults 18+ who have completed a college or university degree or diploma)



Interpretation:

58.5% (+/-5%) of adults (18+) who have completed a college or university degree or diploma reported a high level of physical activity.

26.1% (+/-4%) of adults (18+) who have completed a college or university degree or diploma reported a moderate level of physical activity.

10.8% (+/-3%) of adults (18+) who have completed a college or university degree or diploma reported a low level of physical activity.

4.6%* (+/-2%) of adults (18+) who have completed a college or university degree or diploma did not respond to all/some of the questions in the module.

Limitations:

1. The questions used in the survey were taken from the International Physical Activity Questionnaire (IPAQ): it has been developed and tested only for persons between the ages of 15 and 69.
2. Telephone survey only conducted in English.
3. Results are based on self-reported behaviours.
4. (*) indicates that results are based on small sample size, thus estimates have high variability.

Notes:

- 1) The numbers in the tables and graphs are weighted.
- 2) Missing responses are not included in the analysis.
- 3) Don't know and refused responses are analyzed according to RRFSS analysis guideline.
- 4) Release criteria of the data are according to RRFSS analysis guideline.
- * Interpret with caution, high variability.
- ** Data not released.
- 5) Information about individuals' physical activity was collected using questions taken from the International Physical Activity Questionnaire (IPAQ) short version. The questionnaire measures physical activity in both leisure and non-leisure time activities.
- 6) The criteria for the physical activity levels are based on a combination of frequency (days per week) and duration (minutes per day) of walking, moderate-intensity and vigorous-intensity activity and a measure of volume of activity defined in MET-minutes per week. Work intensity is frequently described by exercise physiologists in multiples of resting metabolic rate. This index (MET) is calculated as a ratio of work metabolic rate/rest metabolic rate. MET-minutes per week are calculated by multiplying the number of days per week by the number of minutes per day by a MET value (walking=3.3, moderate=4.0, vigorous=8.0). Total MET-minutes per week is the sum of the MET-minutes per week for each intensity.

The table below summarizes the criteria used for each activity level.

Activity Level	Risk Indicator	Description/Criteria	Equivalent to:	Impact
High	Lower Risk	At least 7 days and 3000 MET minutes per week OR 3+ vigorous days and 3000 MET minutes per week	10,000+ steps per day	Minimum amount of physical activity to reduce risk of obesity
Moderate	Reduced Risk	At least: 7 days of activity and 1500 MET minutes per week OR 3 or more days of vigorous activity and 1500 MET minutes per week	Approx 5,000 – 9,000 steps per day	At reduced risk for chronic disease and coronary heart disease
Low	Significant Risk	At least: 3 to 6 days of vigorous activity of at least 20 minutes per day OR 5 to 6 days of moderate activity or walking of at least 30 minutes per day OR 5 days of any combination of activities per week and achieving a 600 MET-min/week	Approx 2,000 – 4,999 steps per day	At significant risk of chronic disease and obesity

Source: Rapid Risk Factor Surveillance System, Data Dictionary "Physical Activity," <http://www.rfss.ca/>, cited February 24, 2009.