



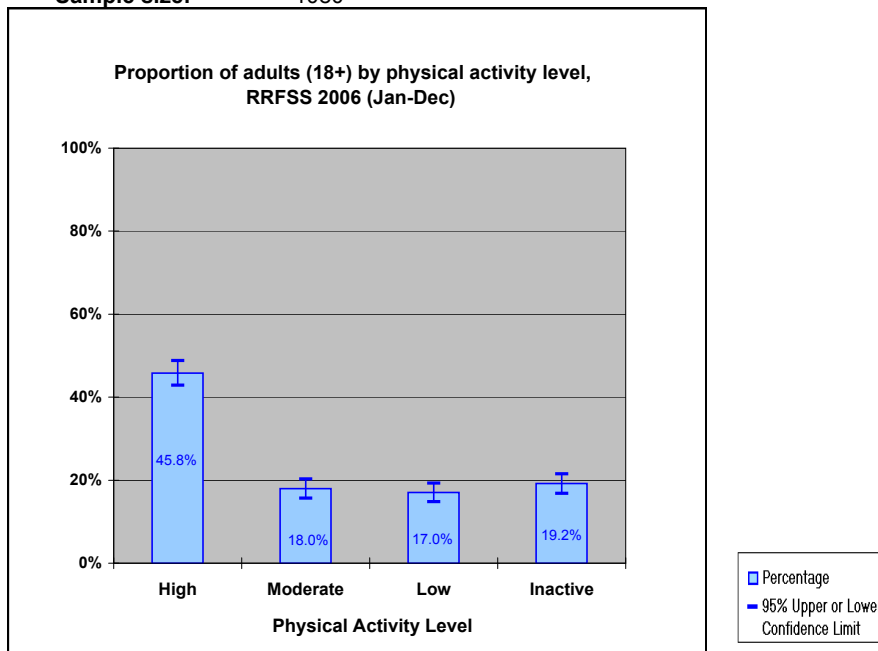
Rapid Risk Factor Surveillance System

Haliburton, Kawartha, Pine Ridge District Health Unit
RRFSS 2006 (Jan-Dec) - Physical Activity

Proportion of adults (18+) by physical activity level, RRFSS 2006 (Jan-Dec)

Physical Activity Level	Proportion	95% upper confidence limit	95% lower confidence limit
High	45.8%	48.8%	42.9%
Moderate	18.0%	20.3%	15.7%
Low	17.0%	19.3%	14.8%
Inactive	19.2%	21.5%	16.8%

Sample size: 1080



Interpretation:

45.8% (+/-3.0%) adults (age 18+) reported to have high physical activity level
 18.0% (+/-2.3%) adults (age 18+) reported to have moderate physical activity level
 17.0% (+/-2.2%) adults (age 18+) reported to have low physical activity level
 19.2% (+/-2.3%) adults (age 18+) reported to be physically inactive

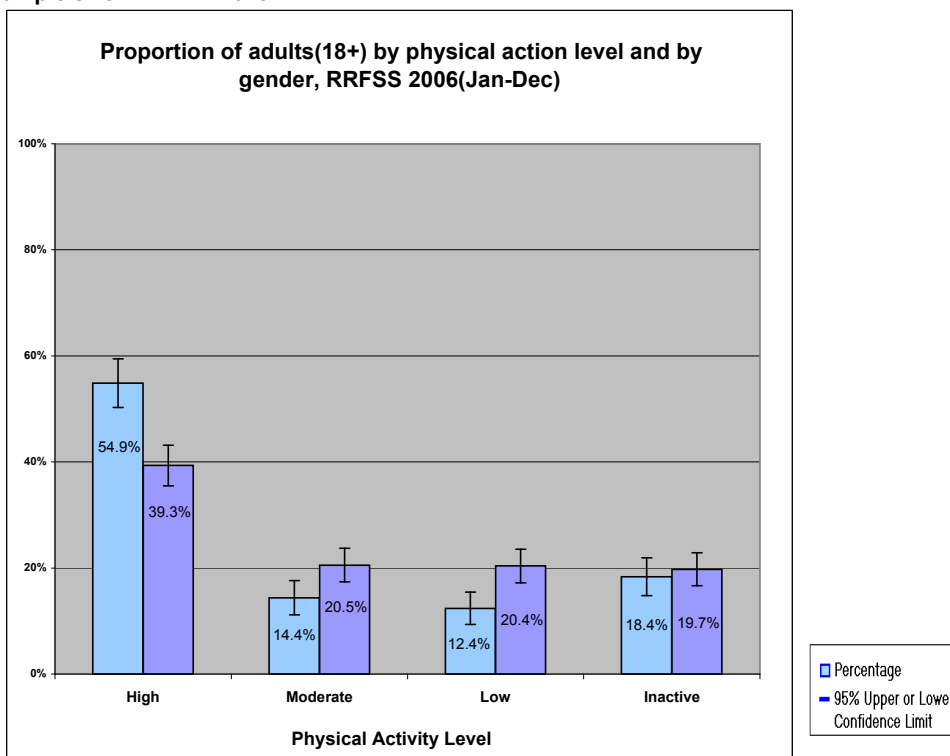
Proportion of adults (18+) by physical activity level and by sex, RRFSS 2006 (Jan-Dec)

Gender	Physical Activity Level	Proportion	95% upper confidence limit	95% lower confidence limit
Male	High	54.9%	59.5%	50.3%
	Moderate	14.4%	17.6%	11.1%
	Low	12.4%	15.4%	9.3%
	Inactive	18.4%	21.9%	14.8%

Sample size: 452

Gender	Physical Activity Level	Proportion	95% upper confidence limit	95% lower confidence limit
Female	High	39.3%	43.2%	35.5%
	Moderate	20.5%	23.7%	17.4%
	Low	20.4%	23.5%	17.2%
	Inactive	19.7%	22.9%	16.6%

Sample size: 628



Interpretation:

54.9% (+/-4.6%) males (age 18+) reported to have high physical activity level
 14.4% (+/-3.2%) males (age 18+) reported to have moderate physical activity level
 12.4% (+/-3.0%) males (age 18+) reported to have low physical activity level
 18.4% (+/-3.6%) males (age 18+) reported to be physically inactive
 39.3% (+/-3.8%) males (age 18+) reported to have high physical activity level
 20.5% (+/-3.2%) males (age 18+) reported to have moderate physical activity level
 20.4% (+/-3.2%) males (age 18+) reported to have low physical activity level
 19.7% (+/-3.1%) males (age 18+) reported to be physically inactive

Proportion of adults (18+) by physical activity level and by age, RRFSS 2006 (Jan-Dec)

Age	Physical Activity Level	Proportion	95% upper confidence limit	95% lower confidence limit
18-24	High	74.4%	87.6%	61.2%
	Moderate			**Not released
	Low			**Not released
	Inactive			**Not released

Sample size: 43

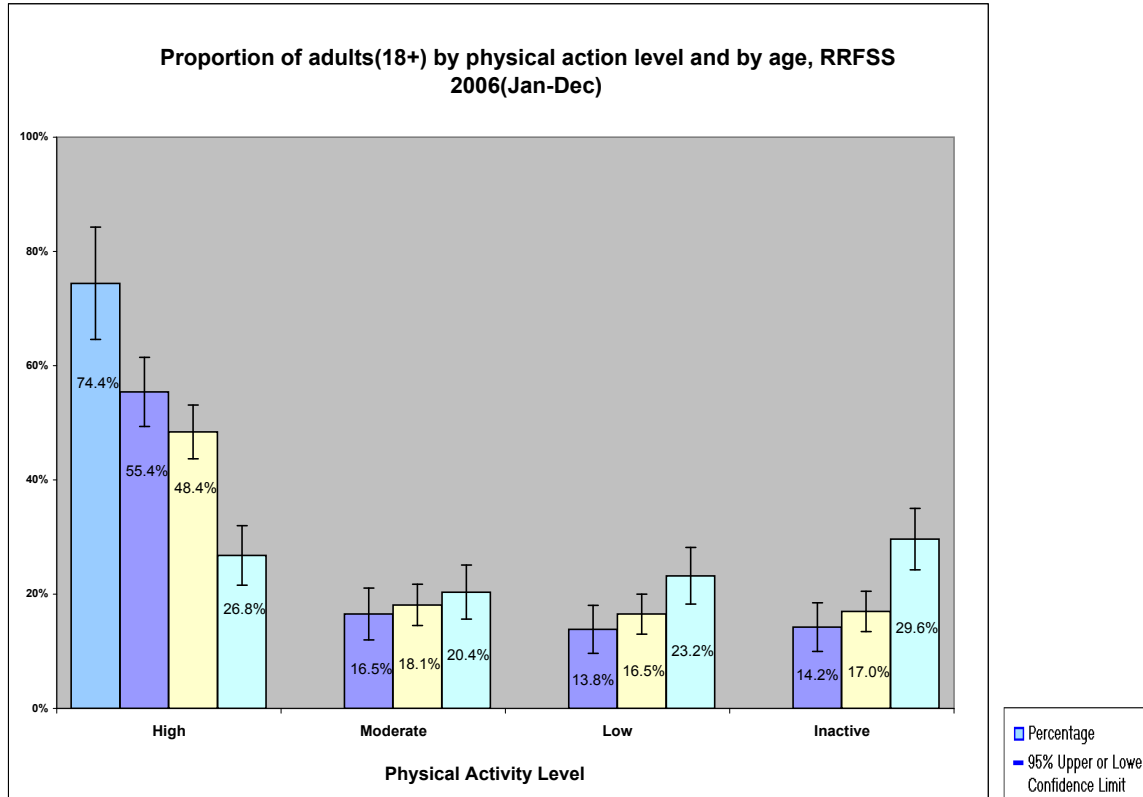
Age	Physical Activity Level	Proportion	95% upper confidence limit	95% lower confidence limit
25-44	High	55.4%	61.4%	49.3%
	Moderate	16.5%	21.1%	12.0%
	Low	13.8%	18.1%	9.6%
	Inactive	14.2%	18.5%	10.0%

260

Age	Physical Activity Level	Proportion	95% upper confidence limit	95% lower confidence limit
45-64	High	48.4%	53.1%	43.7%
	Moderate	18.1%	21.7%	14.5%
	Low	16.5%	20.0%	13.0%
	Inactive	17.0%	20.5%	13.4%

Sample size: 436

Age	Physical Activity Level	Proportion	95% upper confidence limit	95% lower confidence limit
65+	High	26.8%	32.0%	21.6%
	Moderate	20.4%	25.1%	15.6%
	Low	23.2%	28.2%	18.3%
	Inactive	29.6%	35.0%	24.3%



Interpretation:

74.4% (+/-4.6%)	adults (age group 18-24 years) reported to have high physical activity level
55.4% (+/-6.1%)	adults (age group 25-44 years) reported to have high physical activity level
16.5% (+/-4.5%)	adults (age group 25-44 years) reported to have moderate physical activity level
13.8% (+/-4.2%)	adults (age group 25-44 years) reported to have low physical activity
14.2% (+/-4.3%)	adults (age group 25-44 years) reported to be physically inactive
48.4% (+/-4.7%)	adults (age group 45-64 years) reported to have high physical activity level
18.1% (+/-3.6%)	adults (age group 45-64 years) reported to have moderate physical activity level
16.5% (+/-3.6%)	adults (age group 45-64 years) reported to have low physical activity
17.0% (+/-3.5%)	adults (age group 45-64 years) reported to be physically inactive
26.8% (+/-5.2%)	adults (age group 65+) reported to have high physical activity level
20.4% (+/-5.7%)	adults (age group 65+) reported to have moderate physical activity level
23.2% (+/-5.0%)	adults (age group 65+) reported to have low physical activity
29.6% (+/-4.2%)	adults (age group 65+) reported to be physically inactive

Limitations:

1. Questions only asked of adult residents, aged 18+
2. Telephone survey only conducted in English
3. Results are based on self-reported behaviors.
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 is according to RRFSS analysis guideline.
- * Interpret with caution, high variability.
 ** Data not released.