

# Percentage of the people aged 18 and older reporting physical inactivity

## Alternate Name\*

Percentage of people aged 18 and older who reported being physically inactive

## INDICATOR DESCRIPTION

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### Description\*

This indicator measures the percentage of people aged 18 or older who reported being physically inactive, based on the number of minutes of physical activity reported in the last 7 days and indicates they didn't engage in any moderate or vigorous physical activity that lasted a minimum of 10 continuous minutes in a week. Moderate exercise is defined as an activity that causes a person to breathe harder and sweat at least a little.

A lower percentage is better.

### Indicator Status\*

Active

### HQO Reporting tool/product

Public reporting

### Dimension\*

Patient-centred

### Type\*

Outcome

## DEFINITION AND SOURCE INFORMATION

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### Unit of Measurement\*

Percentage

### Calculation Methods\*

Numerator divided by denominator times 100

### Numerator including inclusion/exclusion\*

Total weighted number of respondents categorized as “inactive”.

*Inclusions:*

The variable used is PAADVAC2.

When PAADVAC2 is equal to 4 (Sedentary) considered the respondent inactive.

- 1. PAADVMVA => 150 Active
- 2. 75 <= PAADVMVA < 150 Moderately active
- 3. 0 < PAADVMVA < 75 Somewhat active
- 4. PAADVMVA = 0 Sedentary

PAADVAC2 -This derived variable represents an alternate classification of physical activity for adults, based on the number of minutes of moderate to vigorous activity done in a week. It breaks down those who were not above the threshold of 150 minutes per week into subcategories of their activity level. Derived based on another variable PAADVMVA

- PAADVMVA is based on PAA\_005, PAA\_015, PAA\_020, PAA\_030, PAA\_035, PAA\_045, PAA\_050, PAA\_060, PAA\_065, PAA\_075, PAA\_080

This derived variable represents the total number of minutes a respondent engaged in active transportation and moderate to vigorous recreational and other physical activities. This derived variable indicates whether a respondent is physically active according to the Canadian Physical Activity Guidelines (CPAG).

Physically active is defined by the Canadian Physical Activity Guidelines as having at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more.

#### Denominator including inclusion/exclusion\*

Total weighted number of respondents aged 18 and older that responded to the survey question.

Exclusions:

Don't know, not stated and refusal are not included in the analysis.

#### Adjustment (risk, age/sex standardization)- detailed

Direct age-adjusted using 2011 Canada population

#### Data Source

Canadian Community Health Survey (CCHS)

#### Data provided to HQO by

Statistics Canada

#### Reported Levels of comparability /stratifications (defined)

Province

Time

Income

Region

## OTHER RELEVANT INFORMATION

Percentage of the people  
aged 18 and older  
reporting physical inactivity

<http://indicatorlibrary.hqontario.ca/Indicator/Detailed/Physical-inactivity/EN>

## Caveats and Limitations

Because of the significant changes to the survey methodology, Statistics Canada does not recommend making comparisons of the redesigned 2015 cycle of the CCHS with past cycles. As this indicator relies on self-reported data, the true rate might in fact be higher or lower. In addition, the survey coverage excludes: persons living on reserves and other Aboriginal settlements in the provinces; full-time members of the Canadian Forces; the institutionalized population, children aged 12-17 that are living in foster care, and persons living in the Quebec health regions of Région du Nunavik and Région des Terres-Cries-de-la-Baie-James. Altogether, these exclusions represent less than 3% of the Canadian population aged 12 and over.

## Comments Detailed

A major redesign project was completed and implemented for the 2015 cycle. The objectives of the redesign were to review the sampling methodology, adopt a new sample frame, modernize the content and review the target population. As a result of the redesign, the 2015 CCHS has a new collection strategy, is drawing the sample from two different frames and has undergone major content revisions. With all these factors taken together, caution should be taken when comparing data from previous cycles to data released for the 2015 cycle onwards. Education stratification analysis is restricted to 25 and older. Proportions and ratios are obtained by summing the final weights of records having the characteristic of the numerator and the denominator, and then dividing the first estimate by the second

## Footnotes

1. Warburton D. ER, Charlesworth S, Ivey A, Nettlefold L, Bredin SSD. 2010. 'A systematic review of the evidence for Canada's Physical Activity Guidelines for Adults'. International Journal of Behavioral Nutrition and Physical Activity, vol. 7, no 39. 2. Tremblay MS, Colley RC, Saunders TJ, Healy GN, Owen N. 2010. 'Physiological and health implications of a sedentary lifestyle'. Applied Physiology, Nutrition, and Metabolism, vol. 35. 3. Canadian Society for Exercise Physiology. 2011. Canadian Physical Activity Guidelines. Ottawa, ON, [www.csep.ca/guidelines](http://www.csep.ca/guidelines). Accessed March 1, 2012.

## TAGS

### TAGS\*

Other  
Outcome  
Population Health  
Patient-centred  
Canadian Community Health Survey (CCHS)

## PUBLISH

### PUBLISH DATETIME\*

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