

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

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.

HQO Reporting tool/product

Public reporting

Dimension*

Patient-centred

Type*

Outcome

DEFINITION AND SOURCE INFORMATION

Unit of Measurement*

Percentage

Calculation Methods*

Numerator divided by denominator times 100

Numerator (short description i.e. not inclusions/exclusions)*

Total weighted number of respondents categorized as "inactive".

Denominator (short description i.e. not inclusions/exclusions)*

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

Adjustment (risk, age/sex standardization)- generalized

Age standardized

Data Source

Canadian Community Health Survey (CCHS)

Percentage of the people
aged 18 and older
reporting physical inactivity

Data provided to HQO by

Statistics Canada

Reported Levels of comparability /stratifications (defined)

Province

Time

Income

Region

OTHER RELEVANT INFORMATION

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 Summary

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

TAGS

TAGS*

Other

Outcome

Population Health

Patient-centred

Canadian Community Health Survey (CCHS)

PUBLISH

PUBLISH DATETIME*

13/08/2020 10:02:00