

Directly measured physical activity of adults, 2012 and 2013



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- . not available for any reference period
- .. not available for a specific reference period
- ... not applicable
- 0 true zero or a value rounded to zero
- 0^s value rounded to 0 (zero) where there is a meaningful distinction between true zero and the value that was rounded
- ^P preliminary
- ^r revised
- X suppressed to meet the confidentiality requirements of the *Statistics Act*
- ^E use with caution
- F too unreliable to be published
- * significantly different from reference category ($p < 0.05$)

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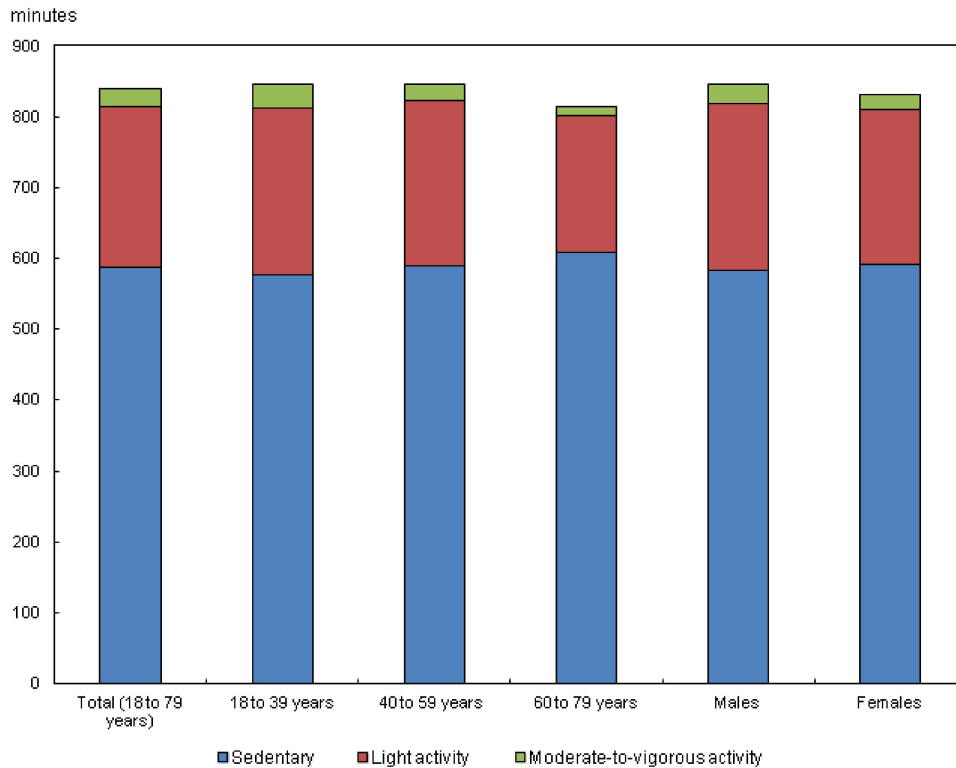
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Results from the 2012 and 2013 Canadian Health Measures Survey (CHMS) indicate that Canadian adults aged 18 to 79 spent on average a total of 4 hours and 11 minutes per day being physically active. Of the time spent being active, the majority was spent in light activity (3 hours and 46 minutes), and the remaining time in moderate-to-vigorous activity (MVPA) (25 minutes) (Chart 1). Out of those 25 minutes of MVPA (moderate-to-vigorous activity), 12 minutes were done in periods of at least 10 minutes (data not shown). On average, adults spent 9 hours and 48 minutes of their waking time being sedentary.



A healthy, active lifestyle, which includes regular physical activity and minimizes sedentary time, contributes to the improvement of adult health and reduces the risk of premature death.¹ Living a sedentary lifestyle and having high amounts of daily sitting time are associated with higher mortality rates from many chronic conditions.² Physical activity has been shown to lower the risk for many chronic conditions including cardiovascular disease, certain types of cancer, osteoporosis, diabetes, obesity, high blood pressure, dyslipidemia, depression, stress and anxiety.³ In fact, regular physical activity can reduce the risk for certain conditions by as much as 50%.⁴ The Canadian Physical Activity Guidelines recommend that to achieve health benefits, adults 18 and over should get at least 150 minutes of moderate-to-vigorous physical activity per week, made up of time periods lasting at least 10 minutes (for more information see About physical activity).

Chart 1
Average time spent sedentary, and in light or moderate-to-vigorous physical activity of adults aged 18 to 79, by age group and sex, Canada, 2012 and 2013



Source: Canadian Health Measures Survey, 2012 and 2013.

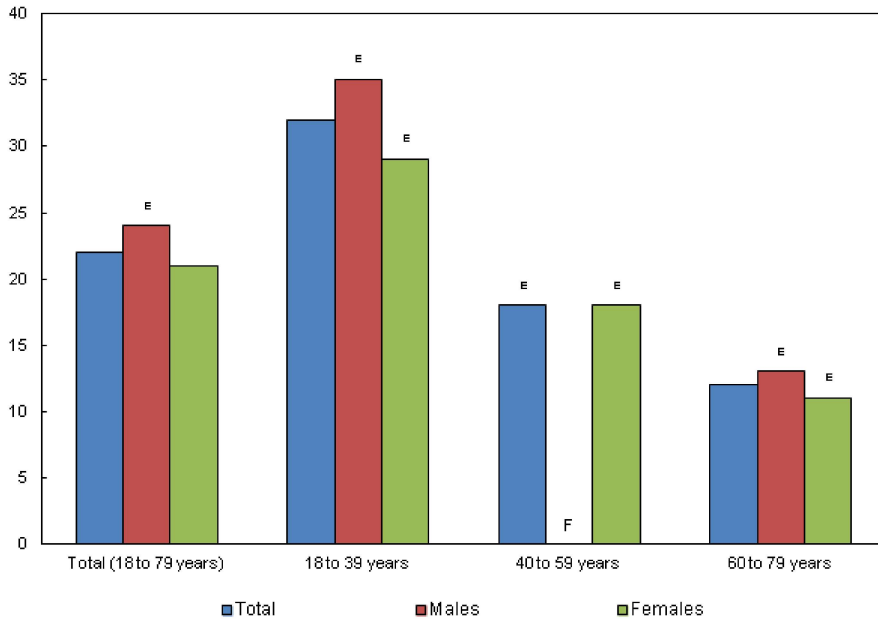
Total daily sedentary time was higher in older age groups. Adults aged 18 to 39 were sedentary for 9 hours 36 minutes and those aged 40 to 59 were sedentary for 9 hours and 49 minutes. This is significantly less than those aged 60 to 79 who were sedentary for 10 hours and 8 minutes daily. Adults aged 18 to 39 were also the most active with an average of 34 minutes moderate-to-vigorous physical activity daily, compared to adults aged 40 to 59 (23 minutes of MVPA (moderate-to-vigorous activity)) and older adults aged 60 to 79 (14 minutes of MVPA (moderate-to-vigorous activity)). The average daily minutes of MVPA (moderate-to-vigorous activity) in 10-minute periods also declined with age (an average of 15 minutes for adults aged 18 to 39, 10 minutes for adults aged 40 to 59, and 8 minutes for adults aged 60 to 79) (data not shown).

Neither the time spent sedentary nor the time spent in moderate-to-vigorous activity were significantly different for males and females (Chart 1). However, males averaged significantly higher light activity (3 hours 55 minutes) than females (3 hours 37 minutes) (Chart 1).

In 2012 and 2013, approximately one in five adults achieved the recommended 150 minutes of moderate-to-vigorous physical activity (in 10 minute periods) per week set out by the Canadian Physical Activity Guidelines for adults and for older adults. The percentage of adults meeting the guidelines was lower in older age groups. Adults aged 18 to 39 (32%) were significantly more likely to meet the guidelines than those aged 40 to 59 (18%) or 60 to 79 (12%) (Chart 2). A total of 24% of males and 21% of females met the guidelines (Chart 2).

Chart 2
Proportion of adults aged 18 to 79 meeting the Canadian Physical Activity Guidelines,¹ by age group and sex, Canada, 2012 and 2013

percent



E use with caution (data with a coefficient of variation from 16.6% to 33.3%)

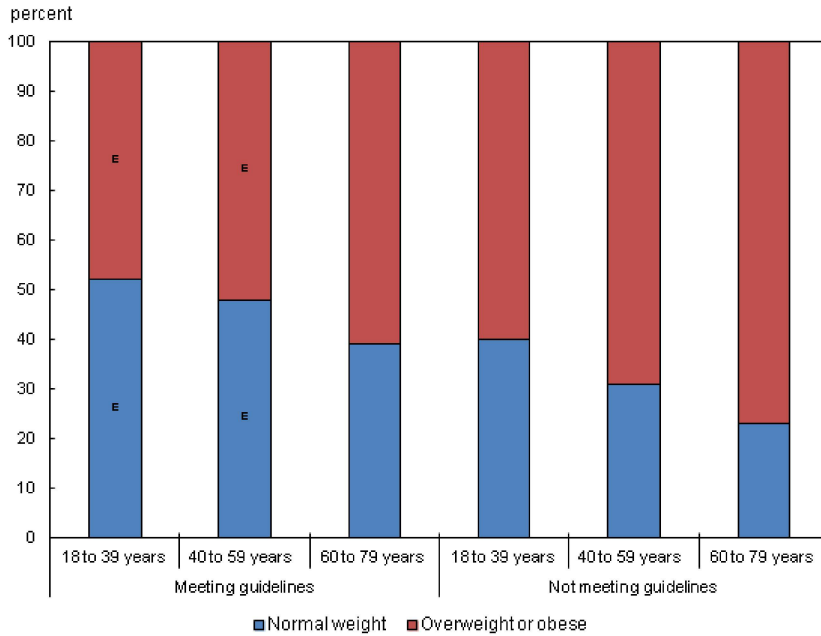
F too unreliable to be published (data with a coefficient of variation (CV) greater than 33.3%; suppressed due to extreme sampling variability)

1. According to the Canadian Society for Exercise Physiology, adults should accumulate at least 150 minutes of moderate-to-vigorous activity in periods of at least 10 minutes per week.

Source: Canadian Health Measures Survey, 2012 and 2013.

In general among all age groups, being overweight or obese was more common among those that did not meet the physical activity guidelines than it was among those that did (Chart 3). Although this trend exists for all age groups, the trend was only significant for the 60 to 79 age group.

Chart 3
Distribution of body mass index (BMI) among adults aged 18 to 79 years, by age group and physical activity level,¹ Canada, 2012 and 2013



Use with caution (data with a coefficient of variation from 16.6% to 33.3%)

1. According to the Canadian Society for Exercise Physiology, adults should accumulate at least 150 minutes of moderate to vigorous activity for time periods of at least 10 minutes per week.

Source: Canadian Health Measures Survey, 2012 and 2013.

About physical activity

Data are from the 2012 and 2013 Canadian Health Measures Survey (CHMS cycle 3). The CHMS collected data from a nationally representative sample of Canadians aged 3 to 79 years from collection sites across Canada. Self-reported information was collected during a household interview while measured information was collected by a series of direct physical measurements as well as blood and urine samples taken at a mobile examination centre (MEC). Respondents at the MEC (mobile examination centre) were provided with an activity monitor to wear for the week following their appointment. The activity monitor was worn on an elasticized belt over the right hip during all waking hours.

Activity monitors measure the amount of movement a person makes in order to determine the time spent in each physical activity intensity level: light and moderate-to-vigorous. Examples of light physical activity include activities such as light household cleaning, cooking and leisurely walking. Moderate-to-vigorous physical activity (MVPA) is activity which causes a person to sweat and breathe harder or to be out of breath (e.g., (for example) brisk walking, bike riding, jogging, cross-country skiing).

Sedentary time is determined from periods of low movement on the activity monitor, which would typically correspond to any time spent sitting or lying down (e.g., (for example) watching television, office work, car travel).

Notes

- 1 Warburton, D., Charlesworth, S., Ivey, A., Nettlefold, L., and Bredin, S. 2010. "A systemic review of the evidence for Canada's physical activity guidelines for adults." *International Journal of Behavioural Nutrition and Physical Activity*, vol. (volume) 7.
 - 2 Katzmarzyk, P.T., Church, T.S., Craig, C.L., and Bouchard C. 2009. "Sitting time and mortality from all causes, cardiovascular disease and cancer." *Medicine and Science in Sports and Exercise*, vol. (volume) 41, no (number) 5.
 - 3 Warburton D., Katzmarzyk P., Rhodes R., and Shephard R. 2007. "Evidence informed physical activity guidelines for Canadian adults." *Applied Physiology, Nutrition and Metabolism*, vol. (volume) 32, Supplement p. (page) 17 to 74.
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Warburton, D., S. Charlesworth, A. Ivey, L. Nettlefold and S. Bredin. 2010. "A systemic review of the evidence for Canada's physical activity guidelines for adults." *International Journal of Behavioural Nutrition and Physical Activity*, vol. (volume) 7.

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