Table 3: Ranking of Quebec health regions by sufficient physical activity	Proportion of Adults who are sufficiently active					Proportion of Youth who are sufficiently active					Overall	
	%	95% Confidence Interval		Significantly higher or lower (p<0.05) than Canada	Rank	%	95% Confidence Interval		Significantly higher or lower (p<0.05) than Canada	Rank	Score	Rank
		Lower	Upper				Lower	Upper				
Canada	49.4%	49.0%	49.9%			21.5%	20.6%	22.5%				
Health Region												
Région du Bas-Saint-Laurent	48.9%	46.3%	51.5%	Same	43	20.1%	15.6%	25.5%	Same	54	97	43
Région de la Côte-Nord	43.6%	39.8%	47.5%	Same	70	24.6%	13.5%	40.5%	Higher	31	101	46
Région de l'Outaouais	49.6%	45.8%	53.4%	Same	39	17.7%	12.3%	24.7%	Same	63	102	47
Région de Montréal	46.7%	44.8%	48.6%	Same	54	20.5%	16.6%	25.1%	Same	50	104	48
Région de la Gaspésie - Îles-de-la-Madeleine	47.1%	43.1%	51.1%	Same	51	19.9%	13.0%	29.1%	Same	55	106	50
Région de la Mauricie et du Centre-du-Québec	46.1%	42.5%	49.7%	Same	58	16.0%	10.5%	23.6%	Same	69	127	60
Région du Saguenay - Lac-Saint-Jean	47.0%	43.1%	51.0%	Same	52	14.0%	8.2%	23.0%	Same	76	128	61
Région de la Chaudière-Appalaches	43.9%	40.3%	47.6%	Lower	69	18.6%	12.6%	26.5%	Same	59	128	61
Région de l'Estrie	44.0%	39.8%	48.2%	Lower	68	18.4%	11.7%	27.8%	Same	60	128	61
Région de la Montérégie	45.0%	42.2%	48.0%	Lower	64	17.3%	12.1%	24.1%	Same	65	129	62
Région des Laurentides	45.5%	41.9%	49.1%	Same	60	15.9%	10.9%	22.7%	Same	70	130	63
Région de la Capitale Nationale	46.4%	43.3%	49.4%	Same	56	14.3%	9.3%	21.2%	Same	75	131	64
Région de Laval	42.7%	40.0%	45.5%	Lower	76	18.4%	13.7%	24.3%	Same	60	136	65
Région de Lanaudière	43.1%	39.5%	46.7%	Lower	73	15.8%	10.7%	22.6%	Same	71	144	68
Région de l'Abitibi-Témiscamingue	41.9%	38.2%	45.7%	Lower	78	15.5%	9.6%	24.2%	Same	73	151	70

Data Source : 2005 Canadian Community Health Survey

Data for adutls are age and sex standardized to the Canadian population.