

# Let's Get Active!

## Physical Activity in Canadian Communities

2009 PHYSICAL ACTIVITY MONITOR: FACTS & FIGURES



### Access, Informational and Social Barriers

The 2009 Physical Activity Monitor examined Canadians' perceptions of the presence of potential barriers to participation in physical activity (PA) or sport. This bulletin examines barriers as they relate to local opportunities for physical activity; such as, access to facilities, convenience of hours and scheduling of programming, and availability of programming. Table 1 presents the proportion of Canadians' overall that agree to some extent that these barriers exist.

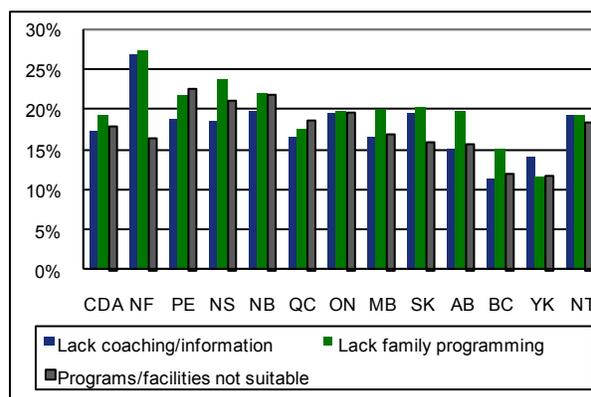
#### Region

Regional differences exist for perceptions of barriers related to local opportunities for physical activity. Compared to the national average:

- A greater proportion of residents from Newfoundland strongly agree that it is difficult to find appropriate coaching or instruction, whereas relatively fewer residents from British Columbia cite this.
- Relatively more residents from Newfoundland strongly agree that it is difficult to locate family oriented programs and classes, whereas relatively fewer from the Yukon say this.
- A lower proportion of residents from British Columbia or the Yukon strongly agree that the available programs are not suitable.
- A greater proportion of residents of British Columbia strongly agree that programs and services are not provided in their language.

FIGURE 1

Percentage strongly agreeing with select barriers, by province and territory, 2009



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- Relatively fewer residents from the Yukon strongly agree that it is difficult to find others to be active with.

TABLE 1

Percentage agreeing to some extent that barriers exist, Canadians aged 15+, 2009

	Agree	Strongly agree
Lack of information about local opportunities for PA and sport	21%	26%
Programs and services are not provided in my language	4%	16%
Available programs and facilities are not suitable	13%	18%
Difficult to find appropriate coaching or instruction	11%	17%
Difficult to find others to be active with	13%	24%
Program hours and class times offered by local centers are not suitable	12%	26%
Difficult to locate family oriented PA programs and classes	12%	19%

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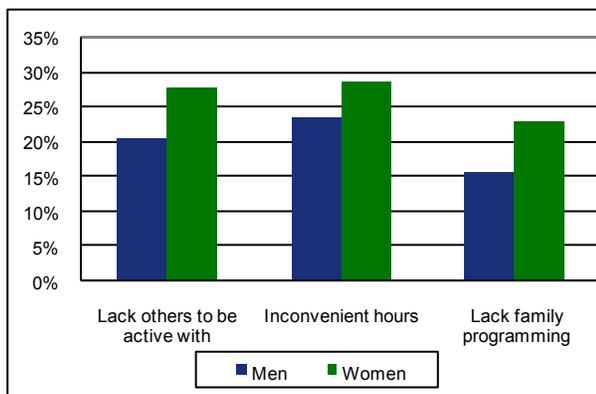


**TABLE 2**  
Socio-demographic characteristics of those who strongly agree with barriers

	Characteristics of those who strongly agree
Lack of information about local opportunities for PA and sport	-Less than high school (vs. university educated) -Lowest household income (vs. highest) -Smaller communities (vs. larger)
Programs and services are not provided in my language	-Seniors (65+ years) -Lower education (vs. higher) -Lowest household income (vs. highest) -Homemakers and retirees
Available programs and facilities are not suitable	-Seniors (increases with age) -Lower education (high school vs. university) -Lowest household income (<\$20,000 vs. \$80,000+) -Homemakers and retirees -Smallest communities (<1,000 residents vs. 10,000)
Difficult to find appropriate coaching or instruction	-Less than high school (vs. postsecondary educated) -Lowest household income (<\$20,000 vs. \$80,000+) -Homemakers -Smallest communities (<1,000 residents)
Difficult to find others to be active with	-Women -Less than high school (vs. university educated) -Lower household income (vs. highest)
Program hours and class times offered by local centers are not suitable	Women (25 to 44 year old females vs. females, 65 years and older)
Difficult to locate family oriented PA programs and classes	-Women -25 to 44 year old females (vs. males of same age) -Lower household income (vs. higher) -Homemakers -Smallest communities (vs. 10,000+ residents)

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**FIGURE 2**  
Percentage strongly agreeing with select barriers, by gender, 2009



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**Socio-demographic characteristics**

Table 2 outlines socio-demographic characteristics associated with strongly agreeing with barriers mentioned in this bulletin. In general terms, education and income are related to most of the barriers described in this topic (with the exception of program hours and class times not being convenient for both education and income and difficulty to locate family oriented programming with education). In addition, community size, age, and gender are associated with certain barriers, as described in Table 2.

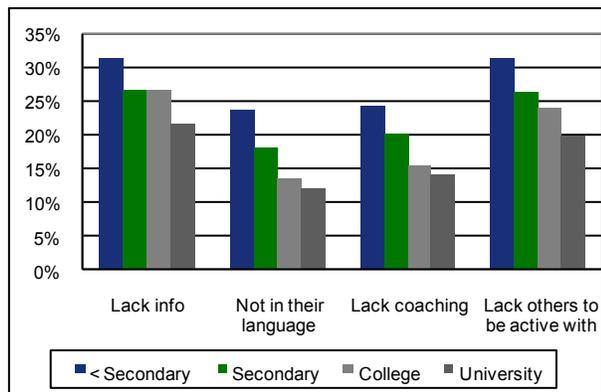
**Physical activity level and sport participation**

A greater proportion of those who do not participate in sport, or who are inactive, strongly agree that most barriers presented in this bulletin exist (except lacking information and the language of programming available) compared to those who participate in sport or who are active, respectively.

**Trends**

Compared to 2004, there have been decreases in the overall proportions that strongly agree that available programs and facilities are not suitable, that it is difficult to find appropriate coaching or instruction, and that it is difficult to locate family oriented programs and classes.

**FIGURE 3**  
Percentage strongly agreeing with select barriers, by education level, 2009



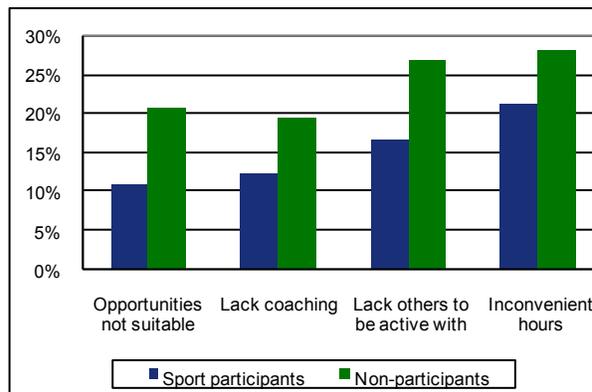
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Generally speaking, there have been very few differences in perceptions of barriers *within* provinces and territories over time, with one exception; the proportion of residents in the Yukon that say that it is difficult to find family-oriented physical activity programs and classes have increased slightly over time. In addition, there have also been changes over time in the proportion of provinces and territories that strongly agree with barriers when compared to the national average.

Although most relationships between barriers described in this topic and socio-demographic factors have persisted over time, there have been a few changes. Specifically:

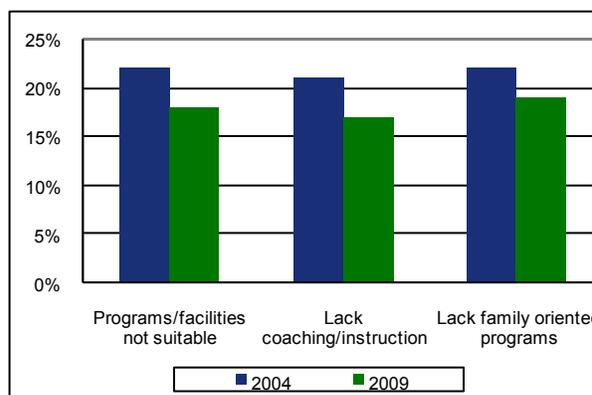
- The relationship between age and a lack of information and difficulty finding coaching or instruction as barriers that appeared in 2004 is no longer significant in 2009.
- No clear relationship exists in 2009 between education level and strongly agreeing that program hours and class time are inconvenient and that it is difficult to locate family oriented programs for physical activity, whereas in 2004, a relationship with education existed.
- New relationships emerged between sport participation and several barriers. Specifically, non-participants are more likely than sport participants to 'strongly agree' that it is difficult to find appropriate coaching or instruction, and family-oriented programming and classes, and to state that program hours and class times are not suitable.

**FIGURE 4**  
Percentage strongly agreeing with select barriers, by sport participation, 2009



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**FIGURE 5**  
Percentage strongly agreeing with select barriers, trends, 2004-2009



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