

Municipal Opportunities for Physical Activity

2015 SURVEY OF PHYSICAL ACTIVITY OPPORTUNITIES IN CANADIAN COMMUNITIES



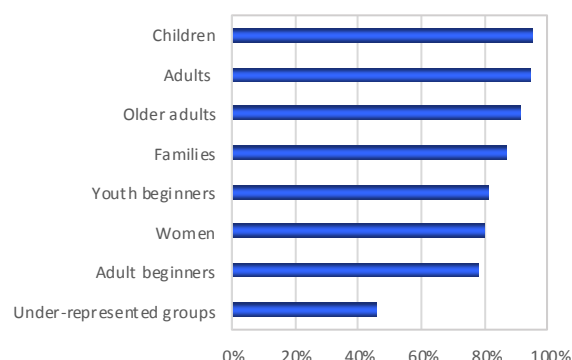
Delivery of physical activity programming and scheduling

In the 2015 Survey of Physical Activity Opportunities in Canadian Communities, municipal administrators from communities with over 1,000 residents were asked to indicate whether they offer physical activity programs and schedules for specific groups and who delivers the programming to these populations. More specifically, municipal administrators were asked to report whether these programs are provided by the municipality *exclusively*, by some other group *exclusively*, or in *joint* collaboration. This bulletin summarizes the findings of the survey.

The majority of communities (>75%) with at least 1,000 residents have targeted programming and scheduling. Most municipalities report that the programs and schedules are operated *jointly* by the municipality and some other group. Table 1 outlines the availability of programming and scheduling offered to various groups.

FIGURE 1

Municipalities with programs and schedules targeting groups, overall



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TABLE 1

Availability of programming and scheduling offered to various groups (at least 1,000 residents)

Target groups	% Available overall	Programs and schedules operated by...		
		Municipality	Another group	Both
Children	95%	16%	15%	64%
Adults	94%	19%	18%	57%
Older adults	91%	16%	22%	52%
Families	87%	22%	12%	53%
Youth beginners	81%	13%	19%	48%
Women	80%	15%	20%	45%
Adult beginners	78%	17%	16%	45%
Under-represented groups	46%	6%	13%	27%

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Region

Regional differences exist with respect to the operation of these targeted programs and schedules. Compared to the national average, communities in Quebec are:

- slightly more likely to report that programs targeting children, families, women, and beginners are offered *exclusively* by the municipality;
- substantially more likely to report that adult programming is provided *exclusively* by the municipality; and,
- slightly more likely to say that programming for older adults and under-represented groups are provided *exclusively* by another group.

In addition, Table 2 summarizes the regional differences in offering specific programming in collaboration with other organizations.

Community size

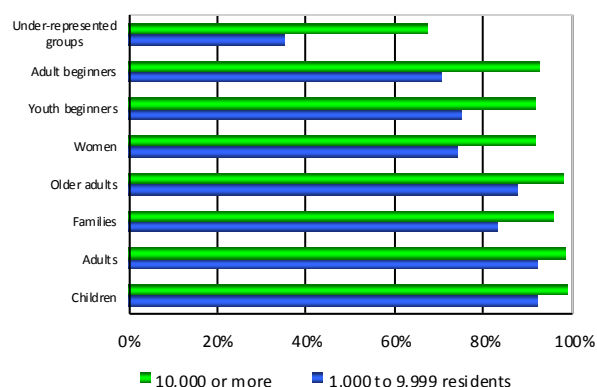
Generally speaking, larger communities (10,000 or more residents) are substantially more likely than smaller communities (1,000 to 9,999 residents) to report offering targeted programming and scheduling to various groups in the population, including families, older adults, women, beginners, and under-represented groups.

These larger communities are also slightly more likely to report programming for children and adults.

When asked who delivers the programming, larger communities are also substantially more likely than smaller communities to offer *all* of these types of programming and scheduling in *conjunction* with some other group. Smaller municipalities, however, are slightly *more* likely to report that programs for adults are operated *exclusively* by the municipality.

FIGURE 2

Targeted programs and schedules, by community size



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TABLE 2

Regional differences* in community - specific programming and schedules in collaboration with other organizations (1,000 residents or more)

Target groups	Communities providing programming and schedules in collaboration with other organizations				
	Atlantic	Quebec	Ontario	West	North
Children				↑	
Adults	↓	↓	↑	↑	
Older adults	↓↓	↓	↑↑		
Families	↓				
Youth beginners	↓	↓↓	↑	↑	
Women		↓	↑↑		
Under-represented groups				↑↑	

↓ = Slightly less likely than the Canadian average; ↓↓ = Substantially less likely than the Canadian average; ↑ = Slightly more likely than the Canadian average; ↑↑ = Substantially more likely than the Canadian average

*compared to the national average

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