

Municipal Opportunities for Physical Activity

2015 SURVEY OF PHYSICAL ACTIVITY OPPORTUNITIES IN CANADIAN COMMUNITIES



Provision of information on physical activity

The 2015 Survey of Physical Activity Opportunities in Canadian Communities asked communities (with at least 1,000 residents) about the type of information on physical activity that they provide to their citizens. In this case information can include a variety of sources, such as websites, brochures, posters, or resource centres, and may be distributed in written or verbal form. This bulletin summarizes the findings in this regard.

By far, the most popular type of information that communities distribute involves the type of physical activity and sport facilities, programs, and services that are available in the community (93%) and where an individual can go to be active (90%). Almost half of communities provide information on how an individual can become more active (47%) and why an individual should become active (45%). Over one-quarter of communities provide information on how an individual can improve their physical activity or sport skills (35%), the development of physical literacy skills (30%), how an individual can maintain their current level of activity (27%), and injury prevention (22%).

Relatively speaking, fewer communities provide information on how to resume activity after stopping (19%). These findings are summarized in Table 1.

Region

Regional differences in the provision of information by communities exist among communities with at least 1,000 residents. These differences are illustrated in Table 2.

TABLE 1

Provision of physical activity information (communities with 1,000 or more residents)

Type of information	% of communities
Kind of facilities, program and services available in the community	93%
Where an individual can go to be active	90%
How an individual can become more active	47%
Why an individual should become active	45%
How to improve skills	35%
How to develop physical literacy skills	30%
How to maintain current level of activity	27%
How to prevent injury	22%
How an individual can resume activity after stopping	19%

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TABLE 2

Differences in the provision of physical activity information by region

	Atlantic	Quebec	Ontario	West
How an individual can become active	↑↑	↓↓	↑	↑↑
Why an individual should become active	↑	↓↓	↑	↑↑
How to improve skills	↑↑	↓↓		↑↑
How to develop physical literacy skills	↑↑			↑↑
How to maintain current level of activity			↑	↑↑
How to prevent injury		↓	↑	↑
How an individual can resume activity after stopping				↑↑

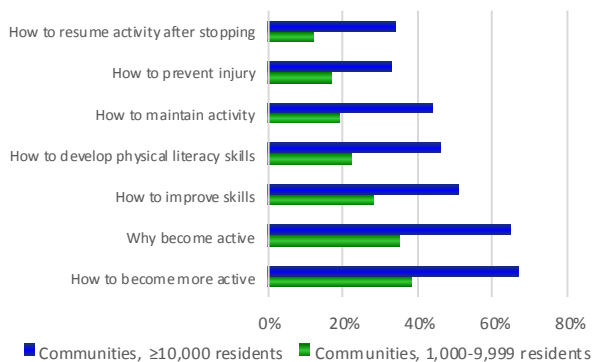
↓ = slightly less likely than the Canadian average; ↓↓ = substantially less likely than the Canadian average; ↑ = slightly more likely than the Canadian average; ↑↑ = substantially more likely than the Canadian average
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Community size

Larger communities (10,000 or more residents) are slightly more likely than smaller communities (1,000 to 9,999 residents) to provide information on where an individual can go to be active and information on the kinds of physical activity and sport facilities, programs, and services that are available in the community. Relative to these smaller communities, a considerably higher proportion of larger communities also indicate that they provide each of the other types of information.

FIGURE 1

Provision of information on physical activity by community size



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