

Difference between two estimates required for statistical significance

2006 Physical Activity Monitor, excluding CCHS data

	Sample	Percentage tested ¹								
		10%	20%	30%	40%	50%	60%	70%	80%	90%
TOTAL, ADULTS (18+)	4,027	2.0	2.6	3.0	3.2	3.3	3.2	3.0	2.6	2.0
women	2,354	2.6	3.4	3.9	4.2	4.3	4.2	3.9	3.4	2.6
men	1,673	3.0	4.1	4.7	5.0	5.1	5.0	4.7	4.1	3.0
18–24	339	5.9	7.8	9.0	9.6	9.8	9.6	9.0	7.8	5.9
women	178	8.1	10.8	12.4	13.2	13.5	13.2	12.4	10.8	8.1
men	161	8.5	11.4	13.0	13.9	14.2	13.9	13.0	11.4	8.5
25–44	1,493	2.8	3.7	4.3	4.6	4.7	4.6	4.3	3.7	2.8
women	914	3.6	4.8	5.5	5.8	6.0	5.8	5.5	4.8	3.6
men	579	4.5	6.0	6.9	7.3	7.5	7.3	6.9	6.0	4.5
45–64	1,488	2.8	3.7	4.3	4.6	4.7	4.6	4.3	3.7	2.8
women	823	3.8	5.0	5.8	6.2	6.3	6.2	5.8	5.0	3.8
men	665	4.2	5.6	6.4	6.8	7.0	6.8	6.4	5.6	4.2
REGION										
East	1,014	3.9	5.2	6.0	6.4	6.5	6.4	6.0	5.2	3.9
Newfoundland	252	5.2	7.0	8.0	8.6	8.7	8.6	8.0	7.0	5.2
Prince Edward Island	255	5.2	6.9	8.0	8.5	8.7	8.5	8.0	6.9	5.2
Nova Scotia	255	5.2	6.9	8.0	8.5	8.7	8.5	8.0	6.9	5.2
New Brunswick	252	5.2	7.0	8.0	8.6	8.7	8.6	8.0	7.0	5.2
Quebec	486	3.8	5.0	5.8	6.2	6.3	6.2	5.8	5.0	3.8
Ontario	969	2.7	3.6	4.1	4.4	4.5	4.4	4.1	3.6	2.7
West	1023	2.6	3.5	4.0	4.2	4.3	4.2	4.0	3.5	2.6
Manitoba	251	5.2	7.0	8.0	8.6	8.7	8.6	8.0	7.0	5.2
Saskatchewan	252	5.2	7.0	8.0	8.6	8.7	8.6	8.0	7.0	5.2
Alberta	264	5.1	6.8	7.8	8.4	8.5	8.4	7.8	6.8	5.1
British Columbia	256	5.2	6.9	7.9	8.5	8.7	8.5	7.9	6.9	5.2
North	535	6.5	8.6	9.9	10.6	10.8	10.6	9.9	8.6	6.5
Yukon	252	5.2	7.0	8.0	8.6	8.7	8.6	8.0	7.0	5.2
Northwest Territories	253	5.2	7.0	8.0	8.5	8.7	8.5	8.0	7.0	5.2
Nunavut	30	–	–	–	–	–	–	–	–	–
ENERGY EXPENDITURE										
Active (≥3 KKD)	1,144	3.7	4.9	5.6	6.0	6.1	6.0	5.6	4.9	3.7
Moderately active (1.5–2.9)	744	4.6	6.1	7.0	7.5	7.6	7.5	7.0	6.1	4.6
Somewhat active (0.5–1.4 KKD)	838	4.3	5.7	6.6	7.0	7.2	7.0	6.6	5.7	4.3
Sedentary (<0.5 KKD)	1,301	3.5	4.6	5.3	5.6	5.8	5.6	5.3	4.6	3.5

¹ The difference between two numbers is statistically significant when it is greater than or equal to the value listed in the table beside the appropriate group. For example, lets say 46% of men and 33% of women be considered active. Is the difference (13) significant? To find out, take the lower percentage (33%) and find out the difference required to achieve significance for the corresponding group (women). The value indicated at the intersection of the nearest percentage column and the group row (2.6) is the difference required to achieve significance. Since the difference between 46% and 33% is larger than 2.6, it is possible to state that men are significantly more active than women.

Difference between two estimates required for statistical significance

2006 Physical Activity Monitor, excluding CCHS data

	Sample	Percentage tested								
		10%	20%	30%	40%	50%	60%	70%	80%	90%
<i>EDUCATION LEVEL</i>										
Less than secondary	666	4.8	6.4	7.4	7.9	8.1	7.9	7.4	6.4	4.8
Secondary	962	4.0	5.4	6.1	6.6	6.7	6.6	6.1	5.4	4.0
College	1,285	3.5	4.6	5.3	5.7	5.8	5.7	5.3	4.6	3.5
University	1,047	3.9	5.1	5.9	6.3	6.4	6.3	5.9	5.1	3.9
<i>HOUSEHOLD INCOME</i>										
< \$20,000	447	5.1	6.8	7.8	8.3	8.5	8.3	7.8	6.8	5.1
\$20,000–29,999	368	5.6	7.5	8.6	9.2	9.4	9.2	8.6	7.5	5.6
\$30,000–39,999	415	5.3	7.1	8.1	8.7	8.8	8.7	8.1	7.1	5.3
\$40,000–59,999	671	4.2	5.6	6.4	6.8	7.0	6.8	6.4	5.6	4.2
\$60,000–79,999	498	4.8	6.5	7.4	7.9	8.1	7.9	7.4	6.5	4.8
\$80,000–99,999	371	5.6	7.5	8.6	9.2	9.4	9.2	8.6	7.5	5.6
≥ \$100,000	638	4.3	5.7	6.5	7.0	7.1	7.0	6.5	5.7	4.3
<i>EMPLOYMENT STATUS</i>										
Full-time worker	2,146	2.7	3.6	4.1	4.4	4.5	4.4	4.1	3.6	2.7
Part-time worker	331	6.9	9.1	10.5	11.2	11.4	11.2	10.5	9.1	6.9
Unemployed	284	7.4	9.9	11.3	12.1	12.3	12.1	11.3	9.9	7.4
Homemaker	231	8.2	10.9	12.5	13.4	13.7	13.4	12.5	10.9	8.2
Student	139	10.6	14.1	16.2	17.3	17.6	17.3	16.2	14.1	10.6
Retired	818	4.4	5.8	6.7	7.1	7.3	7.1	6.7	5.8	4.4
<i>COMMUNITY SIZE</i>										
< 1,000	454	5.1	6.8	7.7	8.3	8.5	8.3	7.7	6.8	5.1
1,000–4,999	590	4.5	5.9	6.8	7.3	7.4	7.3	6.8	5.9	4.5
5,000–9,999	359	5.7	7.6	8.7	9.3	9.5	9.3	8.7	7.6	5.7
10,000–74,999	1,046	3.3	4.5	5.1	5.5	5.6	5.5	5.1	4.5	3.3
75,000–299,999	577	4.5	6.0	6.9	7.3	7.5	7.3	6.9	6.0	4.5
≥ 300,000	706	4.1	5.4	6.2	6.6	6.8	6.6	6.2	5.4	4.1
<i>FAMILY COMPOSITION</i>										
Living with a partner	2,421	2.2	2.9	3.4	3.6	3.7	3.6	3.4	2.9	2.2
Widowed, divorced, separated	821	3.8	5.0	5.8	6.2	6.3	6.2	5.8	5.0	3.8
Never married	751	3.9	5.3	6.0	6.4	6.6	6.4	6.0	5.3	3.9

Difference between two estimates required for statistical significance for Canadian workers

2006 Physical Activity Monitor, excluding CCHS data

	Sample	Percentage tested ¹								
		10%	20%	30%	40%	50%	60%	70%	80%	90%
TOTAL, ADULTS (18+)	2,471	2.5	3.3	3.8	4.1	4.2	4.1	3.8	3.3	2.5
women	1,358	3.4	4.5	5.2	5.5	5.6	5.5	5.2	4.5	3.4
men	1,113	3.7	5.0	5.7	6.1	6.2	6.1	5.7	5.0	3.7
18–24	200	7.6	10.2	11.7	12.5	12.7	12.5	11.7	10.2	7.6
women	94	12.0	16.0	18.3	19.6	20.0	19.6	18.3	16.0	12.0
men	106	11.3	15.1	17.3	18.5	18.8	18.5	17.3	15.1	11.3
25–44	1,217	3.1	4.1	4.7	5.1	5.2	5.1	4.7	4.1	3.1
women	711	4.4	5.8	6.7	7.1	7.3	7.1	6.7	5.8	4.4
men	506	5.2	6.9	7.9	8.5	8.6	8.5	7.9	6.9	5.2
45–64	994	3.4	4.6	5.2	5.6	5.7	5.6	5.2	4.6	3.4
women	527	5.1	6.8	7.7	8.3	8.5	8.3	7.7	6.8	5.1
men	467	5.4	7.2	8.2	8.8	9.0	8.8	8.2	7.2	5.4
REGION										
East	583	5.2	6.9	7.9	8.4	8.6	8.4	7.9	6.9	5.2
Newfoundland	140	7.7	10.3	11.8	12.6	12.9	12.6	11.8	10.3	7.7
Prince Edward Island	147	7.5	10.1	11.5	12.3	12.6	12.3	11.5	10.1	7.5
Nova Scotia	153	7.4	9.9	11.3	12.1	12.3	12.1	11.3	9.9	7.4
New Brunswick	143	7.6	10.2	11.7	12.5	12.7	12.5	11.7	10.2	7.6
Quebec	278	5.5	7.3	8.4	9.0	9.1	9.0	8.4	7.3	5.5
Ontario	592	3.8	5.0	5.7	6.1	6.3	6.1	5.7	5.0	3.8
West	595	3.7	5.0	5.7	6.1	6.2	6.1	5.7	5.0	3.7
Manitoba	144	7.6	10.2	11.6	12.4	12.7	12.4	11.6	10.2	7.6
Saskatchewan	142	7.7	10.2	11.7	12.5	12.8	12.5	11.7	10.2	7.7
Alberta	177	6.9	9.2	10.5	11.2	11.5	11.2	10.5	9.2	6.9
British Columbia	132	8.0	10.6	12.2	13.0	13.3	13.0	12.2	10.6	8.0
North	423	6.1	8.1	9.3	9.9	10.1	9.9	9.3	8.1	6.1
Yukon	185	6.7	9.0	10.3	11.0	11.2	11.0	10.3	9.0	6.7
Northwest Territories	211	6.3	8.4	9.6	10.3	10.5	10.3	9.6	8.4	6.3
Nunavut	27	–	–	–	–	–	–	–	–	–
ENERGY EXPENDITURE										
Active (≥ 3 KKD)	783	3.6	4.8	5.4	5.8	5.9	5.8	5.4	4.8	3.6
Moderately active (1.5–2.9)	477	4.6	6.1	7.0	7.5	7.6	7.5	7.0	6.1	4.6
Somewhat active (0.5–1.4 KKD)	560	4.2	5.6	6.4	6.9	7.0	6.9	6.4	5.6	4.2
Sedentary (<0.5 KKD)	651	3.9	5.2	6.0	6.4	6.5	6.4	6.0	5.2	3.9

1 The difference between two numbers is statistically significant when it is greater than or equal to the value listed in the table beside the appropriate group. For example, lets say 46% of male workers and 33% of female workers be considered active. Is the difference (13) significant? To find out, take the lower percentage (33%) and find out the difference required to achieve significance for the corresponding group (female workers). The value indicated at the intersection of the nearest percentage column and the group row (3.4) is the difference required to achieve significance. Since the difference between 46% and 33% is larger than 3.4, it is possible to state that male workers are significantly more active than female workers.

Difference between two estimates required for statistical significance for Canadian workers

2006 Physical Activity Monitor, excluding CCHS data

	Sample	Percentage tested								
		10%	20%	30%	40%	50%	60%	70%	80%	90%
EDUCATION LEVEL										
Less than secondary	225	7.8	10.3	11.9	12.7	12.9	12.7	11.9	10.3	7.8
Secondary	577	4.8	6.5	7.4	7.9	8.1	7.9	7.4	6.5	4.8
College	876	3.9	5.2	6.0	6.4	6.6	6.4	6.0	5.2	3.9
University	767	4.2	5.6	6.4	6.9	7.0	6.9	6.4	5.6	4.2
HOUSEHOLD INCOME										
< \$20,000	102	11.5	15.4	17.6	18.8	19.2	18.8	17.6	15.4	11.5
\$20,000–29,999	164	9.1	12.1	13.9	14.8	15.2	14.8	13.9	12.1	9.1
\$30,000–39,999	255	7.3	9.7	11.1	11.9	12.2	11.9	11.1	9.7	7.3
\$40,000–59,999	437	5.6	7.4	8.5	9.1	9.3	9.1	8.5	7.4	5.6
\$60,000–79,999	390	5.9	7.9	9.0	9.6	9.8	9.6	9.0	7.9	5.9
\$80,000–99,999	312	6.6	8.8	10.1	10.8	11.0	10.8	10.1	8.8	6.6
≥ \$100,000	533	5.0	6.7	7.7	8.2	8.4	8.2	7.7	6.7	5.0
EMPLOYMENT STATUS										
Full-time worker	2,066	2.6	3.4	3.9	4.2	4.3	4.2	3.9	3.4	2.6
Part-time worker	331	6.4	8.5	9.8	10.4	10.7	10.4	9.8	8.5	6.4
COMMUNITY SIZE										
< 1,000	228	7.7	10.3	11.8	12.6	12.8	12.6	11.8	10.3	7.7
1,000–4,999	357	6.2	8.2	9.4	10.1	10.3	10.1	9.4	8.2	6.2
5,000–9,999	208	8.1	10.8	12.3	13.2	13.5	13.2	12.3	10.8	8.1
10,000–74,999	715	4.4	5.8	6.7	7.1	7.3	7.1	6.7	5.8	4.4
75,000–299,999	377	6.0	8.0	9.2	9.8	10.0	9.8	9.2	8.0	6.0
≥ 300,000	468	5.4	7.2	8.2	8.8	9.0	8.8	8.2	7.2	5.4
FAMILY COMPOSITION										
Living with a partner	1,597	2.9	3.9	4.4	4.8	4.9	4.8	4.4	3.9	2.9
Widowed, divorced, separated	350	6.2	8.3	9.5	10.2	10.4	10.2	9.5	8.3	6.2
Never married	507	5.2	6.9	7.9	8.4	8.6	8.4	7.9	6.9	5.2

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2006 Physical Activity Monitor, excluding CCHS data

	Sample	Percentage tested ¹								
		10%	20%	30%	40%	50%	60%	70%	80%	90%
<i>SECTOR</i>										
Private business	1,172	3.6	4.9	5.6	5.9	6.1	5.9	5.6	4.9	3.6
Government or public organization	918	4.1	5.5	6.3	6.7	6.9	6.7	6.3	5.5	4.1
Not for profit organization	126	11.1	14.8	17.0	18.1	18.5	18.1	17.0	14.8	11.1
<i>INDUSTRY</i>										
Trade and commerce	269	6.6	8.8	10.1	10.8	11.0	10.8	10.1	8.8	6.6
Retail and wholesale industries	269	7.6	10.1	11.6	12.4	12.7	12.4	11.6	10.1	7.6
Industry and manufacturing	505	4.8	6.4	7.3	7.9	8.0	7.9	7.3	6.4	4.8
Construction industries	171	9.5	12.7	14.6	15.6	15.9	15.6	14.6	12.7	9.5
Hi-tech industries	51	17.5	23.3	26.7	28.5	29.1	28.5	26.7	23.3	17.5
Transportation/communication	271	7.6	10.1	11.6	12.4	12.6	12.4	11.6	10.1	7.6
Manufacturing industries	138	10.6	14.2	16.2	17.3	17.7	17.3	16.2	14.2	10.6
Finance and services	1,108	3.2	4.3	5.0	5.3	5.4	5.3	5.0	4.3	3.2
Hospitality services	114	11.7	15.6	17.8	19.1	19.5	19.1	17.8	15.6	11.7
Finance and business services	131	10.9	14.5	16.6	17.8	18.2	17.8	16.6	14.5	10.9
Government service industries	216	8.5	11.3	13.0	13.9	14.1	13.9	13.0	11.3	8.5
Education, health and social services	510	5.5	7.4	8.4	9.0	9.2	9.0	8.4	7.4	5.5
Other service industries	137	10.7	14.2	16.3	17.4	17.8	17.4	16.3	14.2	10.7
Agriculture and Forestry	126	9.6	12.8	14.7	15.7	16.1	15.7	14.7	12.8	9.6
<i>NUMBER OF EMPLOYEES</i>										
< 10	441	5.9	7.9	9.1	9.7	9.9	9.7	9.1	7.9	5.9
11–49	572	5.2	7.0	8.0	8.5	8.7	8.5	8.0	7.0	5.2
50–99	204	8.7	11.6	13.3	14.3	14.6	14.3	13.3	11.6	8.7
100–249	280	7.5	9.9	11.4	12.2	12.4	12.2	11.4	9.9	7.5
250–499	161	9.8	13.1	15.0	16.1	16.4	16.1	15.0	13.1	9.8
500–999	144	10.4	13.9	15.9	17.0	17.3	17.0	15.9	13.9	10.4
> 1000	367	6.5	8.7	9.9	10.6	10.9	10.6	9.9	8.7	6.5
<i>PROFESSION</i>										
Labor	344	5.8	7.8	8.9	9.5	9.7	9.5	8.9	7.8	5.8
Skilled trade	408	5.4	7.1	8.2	8.7	8.9	8.7	8.2	7.1	5.4
Clerical	273	6.5	8.7	10.0	10.7	10.9	10.7	10.0	8.7	6.5
Professional	667	4.2	5.6	6.4	6.8	7.0	6.8	6.4	5.6	4.2
Management	436	5.2	6.9	7.9	8.5	8.6	8.5	7.9	6.9	5.2

Self Reported Body Mass Index

2005 Canadian Community Health Survey, Statistics Canada

	Underweight	Healthy weight	Overweight	Obese
TOTAL, ADULTS (AGE 20 AND OVER)	3%	47%	35%	16%
men	1	40	42	17
women	4	53	28	15
20–24	6	64	22	8
men	3	60	28	9
women	10	68	16	7
25–44	3	49	33	15
men	1	41	42	17
women	5	59	23	13
45–64	1	41	38	20
men	1	34	45	21
women	2	48	32	18
65 and older	3	43	39	16
men	1	40	44	15
women	4	46	34	16
PROVINCE				
East	2	38	38	23
Newfoundland	–	35	39	25
Prince Edward Island	1	38	38	23
Nova Scotia	2	40	37	22
New Brunswick	2	37	38	23
Quebec	3	49	33	15
Ontario	3	47	35	16
West	3	47	35	16
Manitoba	2	42	37	19
Saskatchewan	2	40	37	22
Alberta	2	45	36	16
British Columbia	3	50	33	14
North	2	42	33	24

– Data unavailable because of insufficient sample size.

Self Reported Body Mass Index (cont'd)

2005 Canadian Community Health Survey, Statistics Canada

	Underweight	Healthy weight	Overweight	Obese
EDUCATION LEVEL				
Less than secondary	3%	38%	38%	21%
Secondary	2	46	35	16
Some post secondary	3	49	32	16
Post secondary completion	2	49	34	15
HOUSEHOLD INCOME				
< \$15,000	4	47	31	19
\$15,000-\$29,999	3	46	33	18
\$30,000-\$49,999	3	45	34	18
\$50,000-\$79,999	2	46	35	17
\$80,000 or more	2	47	37	15
EMPLOYMENT STATUS				
Working Student	5	60	26	10
Working other	2	45	36	17
Non-working student	7	61	25	7
Not working or studying	3	43	35	19
MARTIAL STATUS				
Living with a partner	2	44	37	17
Widowed, divorced, separated	3	46	34	18
Never married	4	56	27	13
ACTIVITY LEVEL				
Active (\geq 3KKD) ¹	2	52	35	11
Moderately active (1.5-2.9 KKD)	2	48	35	14
Somewhat Active (0.5-1.4 KKD)	2	45	36	18
Sedentary (<0.5 KKD)	4	41	33	22

1 Kilocalories/kilogram of body weight/day; an energy expenditure of 3KKD is roughly equivalent to walking one hour every day.

Overall health status and chronic conditions

2005 Canadian Community Health Survey, Statistics Canada

	Health status					At least one chronic condition
	Excellent	Very good	Good	Fair	Poor	
TOTAL, ADULTS (AGE 20 AND OVER)	22%	37%	29%	9%	3%	72%
men	22	37	29	9	3	67
women	21	38	29	9	3	76
20–24	25	44	26	5	1	56
men	27	43	25	5	1	51
women	23	46	27	4	1	62
25–44	26	42	26	5	1	62
men	26	41	27	5	1	58
women	27	42	25	5	2	67
45–64	21	36	30	10	4	77
men	20	36	31	10	4	73
women	21	36	30	10	4	81
65 and older	12	28	34	19	7	91
men	13	27	34	19	8	88
women	11	28	34	19	7	93
PROVINCE						
East	17	40	28	11	4	75
Newfoundland	19	45	23	9	4	74
Prince Edward Island	18	39	28	11	4	75
Nova Scotia	17	40	28	12	4	77
New Brunswick	16	37	31	12	4	74
Quebec	23	35	30	9	2	70
Ontario	22	38	28	9	3	73
West	21	38	29	9	3	71
Manitoba	20	38	30	9	3	71
Saskatchewan	18	38	30	11	3	72
Alberta	22	40	28	9	3	70
British Columbia	22	37	29	9	3	71
North	21	37	31	8	4	63

Overall health status and chronic conditions (cont'd)

2005 Canadian Community Health Survey, Statistics Canada

	Health status					At least one chronic condition
	Excellent	Very good	Good	Fair	Poor	
EDUCATION LEVEL						
Less than secondary	12%	27%	35%	19%	7%	82%
Secondary	20	38	30	9	3	70
Some post secondary	21	40	29	8	3	70
Post secondary completion	25	40	26	6	2	70
HOUSEHOLD INCOME						
< \$15,000	13	25	33	19	10	80
\$15,000-\$29,999	15	29	34	16	7	80
\$30,000-\$49,999	19	37	32	10	3	73
\$50,000-\$79,999	22	40	29	7	2	70
\$80,000 or more	28	43	23	5	1	68
EMPLOYMENT STATUS						
Working Student	29	45	23	3	—	62
Working other	24	41	28	6	1	67
Non-working student	28	39	27	5	1	56
Not working or studying	16	30	32	15	7	82
MARTIAL STATUS						
Living with a partner	22	38	29	8	3	72
Widowed, divorced, separated	16	30	32	16	7	83
Never married	24	40	28	7	2	64
ACTIVITY LEVEL						
Active (\geq 3KKD) ¹	31	41	22	5	1	68
Moderately active (1.5-2.9 KKD)	23	41	28	7	2	72
Somewhat Active (0.5-1.4 KKD)	18	38	31	10	3	72
Sedentary (<0.5 KKD)	14	32	34	14	6	74
BODY MASS INDEX						
Underweight	21	33	30	11	6	69
Healthy Weight	27	39	25	7	3	68
Overweight	20	39	30	9	3	73
Obese	11	31	37	16	5	81

— Data unavailable because of insufficient sample size.

¹ Kilojoules/kilogram of body weight/day; an energy expenditure of 3KKD is roughly equivalent to walking one hour every day.

Life satisfaction

2005 Canadian Community Health Survey, Statistics Canada

	Very satisfied	Satisfied	Neither satisfied nor dissatisfied	Dissatisfied	Very dissatisfied
TOTAL, ADULTS (AGE 20 AND OVER)	39%	53%	5%	3%	1%
men	37	54	5	3	1
women	40	52	5	3	1
20–24	35	56	6	2	–
men	35	56	7	2	<1
women	35	57	6	2	<1
25–44	39	53	6	2	<1
men	37	54	6	3	1
women	41	51	5	2	<1
45–64	39	52	5	3	1
men	38	54	5	3	1
women	40	51	5	3	1
65 and older	39	53	5	3	1
men	39	53	5	3	1
women	39	52	5	4	1
PROVINCE					
East	40	53	4	3	1
Newfoundland	38	55	4	3	–
Prince Edward Island	42	52	4	2	–
Nova Scotia	41	51	5	3	1
New Brunswick	39	54	5	3	–
Quebec	39	54	5	2	1
Ontario	39	52	6	3	1
West	38	53	6	3	1
Manitoba	36	55	5	3	1
Saskatchewan	37	56	5	3	<1
Alberta	40	52	5	3	<1
British Columbia	38	53	6	3	1
North	39	54	5	3	–

– Data unavailable because of insufficient sample size.

Life satisfaction (cont'd)

2005 Canadian Community Health Survey, Statistics Canada

	Very satisfied	Satisfied	Neither satisfied nor dissatisfied	Dissatisfied	Very dissatisfied
EDUCATION LEVEL					
Less than secondary	31%	58%	6%	4%	1%
Secondary	37	54	5	3	1
Some post secondary	36	54	6	3	<1
Post secondary completion	42	51	5	2	<1
HOUSEHOLD INCOME					
< \$15,000	24	55	11	8	2
\$15,000-\$29,999	28	58	8	5	1
\$30,000-\$49,999	33	57	6	3	1
\$50,000-\$79,999	39	54	4	2	<1
\$80,000 or more	49	46	3	1	–
EMPLOYMENT STATUS					
Working Student	41	53	5	2	–
Working other	40	53	5	2	<1
Non-working student	37	54	7	2	–
Not working or studying	36	51	7	5	1
MARTIAL STATUS					
Living with a partner	43	51	4	2	<1
Widowed, divorced, separated	28	57	8	5	1
Never married	31	57	8	4	1
ACTIVITY LEVEL					
Active (\geq 3KKD) ¹	48	47	4	2	<1
Moderately active (1.5-2.9 KKD)	42	51	4	2	<1
Somewhat Active (0.5-1.4 KKD)	36	55	6	3	<1
Sedentary (<0.5 KKD)	28	59	8	5	1
BODY MASS INDEX					
Underweight	31	55	9	4	–
Healthy Weight	40	52	5	2	<1
Overweight	40	53	5	3	1
Obese	34	55	6	4	1

– Data unavailable because of insufficient sample size.

1 Kilocalories/kilogram of body weight/day; an energy expenditure of 3KKD is roughly equivalent to walking one hour every day.

Self reported mental health

2005 Canadian Community Health Survey, Statistics Canada

	Excellent	Very good	Good	Fair	Poor
TOTAL, ADULTS (AGE 20 AND OVER)	38%	37%	21%	4%	1%
men	39	36	21	4	1
women	36	37	21	4	1
20–24	40	37	19	4	1
men	42	35	19	4	1
women	38	39	19	4	1
25–44	38	38	20	4	1
men	40	37	19	4	1
women	37	39	20	4	1
45–64	38	36	21	4	1
men	39	36	20	4	1
women	37	37	21	5	1
65 and older	34	35	26	4	1
men	34	34	27	4	1
women	34	35	26	4	1
PROVINCE					
East	35	38	23	4	1
Newfoundland	40	36	20	3	1
Prince Edward Island	35	42	18	5	–
Nova Scotia	33	39	23	4	1
New Brunswick	32	37	25	5	1
Quebec	41	35	20	3	1
Ontario	38	36	20	4	1
West	35	38	22	5	1
Manitoba	34	37	24	4	1
Saskatchewan	34	38	23	5	1
Alberta	35	39	20	5	1
British Columbia	35	37	22	5	1
North	35	37	22	4	–

– Data unavailable because of insufficient sample size.

Self reported mental health (cont'd)

2005 Canadian Community Health Survey, Statistics Canada

	Excellent	Very good	Good	Fair	Poor
EDUCATION LEVEL					
Less than secondary	29%	33%	29%	7%	2%
Secondary	37	37	21	4	1
Some post secondary	37	37	20	5	1
Post secondary completion	40	38	18	3	1
HOUSEHOLD INCOME					
< \$15,000	28	31	29	10	3
\$15,000-\$29,999	31	34	27	6	2
\$30,000-\$49,999	35	37	23	4	1
\$50,000-\$79,999	39	38	19	4	1
\$80,000 or more	44	38	15	3	<1
EMPLOYMENT STATUS					
Working Student	40	39	18	3	–
Working other	40	38	19	3	1
Non-working student	40	34	21	4	–
Not working or studying	34	34	24	6	2
MARTIAL STATUS					
Living with a partner	39	37	20	3	1
Widowed, divorced, separated	32	34	27	6	2
Never married	36	36	21	5	1
ACTIVITY LEVEL					
Active (\geq 3KKD) ¹	44	36	17	3	1
Moderately active (1.5-2.9 KKD)	39	38	19	4	1
Somewhat Active (0.5-1.4 KKD)	36	37	22	4	1
Sedentary (<0.5 KKD)	32	35	26	6	2
BODY MASS INDEX					
Underweight	33	34	25	7	1
Healthy Weight	38	38	20	4	1
Overweight	38	36	21	4	1
Obese	36	35	23	5	1

– Data unavailable because of insufficient sample size.

1 Kilojoules/kilogram of body weight/day; an energy expenditure of 3KKD is roughly equivalent to walking one hour every day.

General stress

2005 Canadian Community Health Survey, Statistics Canada

	Not stressed at all	Not very stressed	A bit stressed	Quite stressed	Extremely stressed
<i>TOTAL, ADULTS (AGE 20 AND OVER)</i>	12%	23%	41%	20%	4%
men	14	23	41	19	4
women	11	23	42	20	4
20-24	8	26	45	19	3
men	11	29	43	15	3
women	5	22	46	22	4
25-44	7	20	46	24	4
men	8	19	45	23	4
women	6	20	46	24	4
45-64	12	23	40	21	4
men	13	22	41	20	4
women	10	24	40	21	5
65 and older	28	32	30	8	2
men	31	32	27	8	2
women	26	31	32	9	2
<i>PROVINCE</i>					
East	14	25	42	16	3
Newfoundland	16	27	43	12	3
Prince Edward Island	11	28	43	16	2
Nova Scotia	13	24	42	18	4
New Brunswick	14	25	41	17	3
Quebec	15	22	37	23	4
Ontario	11	23	43	19	4
West	12	24	42	19	4
Manitoba	10	27	43	16	4
Saskatchewan	10	25	43	18	3
Alberta	10	24	44	19	4
British Columbia	13	24	39	19	4
North	15	27	38	17	3

General stress (cont'd)

2005 Canadian Community Health Survey, Statistics Canada

	Not stressed at all	Not very stressed	A bit stressed	Quite stressed	Extremely stressed
EDUCATION LEVEL					
Less than secondary	20%	25%	37%	15%	4%
Secondary	12	26	42	17	3
Some post secondary	9	23	43	21	4
Post secondary completion	10	22	42	22	4
HOUSEHOLD INCOME					
< \$15,000	16	22	36	20	6
\$15,000-\$29,999	17	25	37	16	4
\$30,000-\$49,999	14	25	41	17	4
\$50,000-\$79,999	10	23	43	20	3
\$80,000 or more	8	22	43	24	4
EMPLOYMENT STATUS					
Working Student	5	19	45	26	5
Working other	8	21	45	23	4
Non-working student	7	22	46	21	4
Not working or studying	20	29	34	13	4
MARTIAL STATUS					
Living with a partner	12	23	42	20	4
Widowed, divorced, separated	18	23	36	18	5
Never married	10	23	43	20	4
ACTIVITY LEVEL					
Active (\geq 3KKD) ¹	14	25	40	18	3
Moderately active (1.5-2.9 KKD)	11	24	41	20	4
Somewhat Active (0.5-1.4 KKD)	10	23	43	20	4
Sedentary (<0.5 KKD)	12	21	40	21	5
BODY MASS INDEX					
Underweight	11	20	41	23	5
Healthy Weight	12	24	42	19	4
Overweight	13	23	41	20	4
Obese	12	21	41	21	5

1 Kilocalories/kilogram of body weight/day; an energy expenditure of 3KKD is roughly equivalent to walking one hour every day.

Work related stress

2005 Canadian Community Health Survey, Statistics Canada

	Not at all stressful	Not very stressful	A bit stressful	Quite stressful	Extremely stressful
<i>TOTAL, ADULTS (AGE 20 AND OVER)</i>	9%	18%	42%	25%	6%
men	10	17	43	25	5
women	8	18	41	26	6
20-24	12	25	41	18	4
men	13	25	40	18	4
women	9	25	42	19	5
25-44	7	16	43	27	6
men	7	15	44	28	6
women	7	18	43	27	6
45-64	10	17	41	26	6
men	11	17	42	25	6
women	9	17	40	28	7
65 and older	25	25	36	12	2
men	24	25	36	12	2
women	27	24	34	13	2
<i>PROVINCE</i>					
East	12	21	43	20	5
Newfoundland	17	21	42	17	4
Prince Edward Island	11	22	46	19	3
Nova Scotia	10	21	43	21	5
New Brunswick	11	20	44	20	6
Quebec	8	15	39	32	6
Ontario	9	18	43	24	6
West	9	19	43	24	6
Manitoba	9	19	43	22	6
Saskatchewan	8	21	44	22	5
Alberta	8	18	44	24	6
British Columbia	10	19	41	24	6
North	13	21	39	22	6

Work related stress (cont'd)

2005 Canadian Community Health Survey, Statistics Canada

	Not at all stressful	Not very stressful	A bit stressful	Quite stressful	Extremely stressful
EDUCATION LEVEL					
Less than secondary	16%	18%	41%	20%	6%
Secondary	11	20	42	22	5
Some post secondary	10	21	42	23	5
Post secondary completion	8	16	42	28	6
HOUSEHOLD INCOME					
< \$15,000	16	20	36	22	6
\$15,000-\$29,999	14	21	39	21	5
\$30,000-\$49,999	11	20	42	22	6
\$50,000-\$79,999	8	18	43	26	5
\$80,000 or more	7	15	43	29	6
EMPLOYMENT STATUS					
Working Student	9	21	40	25	5
Working other	9	17	43	26	6
Non-working student	16	27	37	15	5
Not working or studying	14	22	35	21	9
MARTIAL STATUS					
Living with a partner	9	17	42	27	6
Widowed, divorced, separated	9	18	40	26	7
Never married	10	21	42	22	5
ACTIVITY LEVEL					
Active (\geq 3KKD) ¹	11	19	41	24	5
Moderately active (1.5-2.9 KKD)	8	17	42	26	6
Somewhat Active (0.5-1.4 KKD)	8	18	43	26	6
Sedentary (<0.5 KKD)	10	17	42	26	6
BODY MASS INDEX					
Underweight	10	19	40	25	6
Healthy Weight	9	19	42	25	5
Overweight	9	17	42	26	6
Obese	9	16	42	26	7

1 Kilocalories/kilogram of body weight/day; an energy expenditure of 3KKD is roughly equivalent to walking one hour every day.

Barriers to being active¹

2006 Physical Activity Monitor

	Deadlines at work ²		Lack of time due to work ²	
	Somewhat or not at all	Quite a bit or very important	Somewhat or not at all	Quite a bit or very important
TOTAL, ADULTS (18+)	40%	34%	35%	42%
women	39	35	34	45
men	41	33	36	39
18–24	42	27	31	43
women	33	31	–	59
men	48	–	37	31
25–44	39	35	33	44
women	40	33	31	45
men	39	37	34	43
45–64	41	36	38	39
women	40	40	40	40
men	41	32	37	39
REGION				
East	39	34	32	43
Newfoundland	42	35	32	40
Prince Edward Island	47	37	39	38
Nova Scotia	36	33	27	46
New Brunswick	39	35	37	42
Quebec	43	31	44	31
Ontario	38	36	30	47
West	41	35	34	44
Manitoba	46	32	34	43
Saskatchewan	33	32	32	42
Alberta	41	37	39	44
British Columbia	42	35	30	45
North	35	37	35	33
Yukon	37	34	32	37
Northwest Territories	36	36	36	40
Nunavut	–	–	–	–
ENERGY EXPENDITURE				
Active (≥ 3 KKD ³)	43	30	38	38
Moderately active (1.5–2.9 KKD)	36	35	30	46
Somewhat active (0.5–1.4 KKD)	38	36	34	42
Sedentary (<0.5 KKD)	42	37	35	45

1 Data include all persons in the workforce.

2 Mid-scale values make up the balance of responses and are not shown.

3 Kilocalories/kilogram of body weight/day; an energy expenditure of 3 KKD is roughly equivalent to walking one hour every day.

– Data unavailable because of insufficient sample size.

Barriers to being active¹ (cont'd)

2006 Physical Activity Monitor

	Deadlines at work ²		Lack of time due to work ²	
	Somewhat or not at all	Quite a bit or very important	Somewhat or not at all	Quite a bit or very important
EDUCATION LEVEL				
Less than secondary	40%	38%	33%	41%
Secondary	41	31	40	37
College	43	33	35	42
University	36	39	32	48
EMPLOYMENT STATUS				
Full-time worker	38	36	33	43
Part-time worker	53	24	47	33
HOUSEHOLD INCOME				
< \$20,000	42	-	50	31
\$20,000–29,999	34	43	40	35
\$30,000–39,999	37	37	44	40
\$40,000–59,999	41	34	30	45
\$60,000–79,999	47	29	34	41
\$80,000–99,999	34	38	27	46
≥ \$100,000	38	35	37	43
COMMUNITY SIZE				
< 1,000	39	28	36	31
1,000–4,999	35	34	33	41
5,000–9,999	41	32	31	47
10,000–74,999	44	31	37	39
75,000–299,999	38	34	31	46
≥ 300,000	38	42	34	47
MARITAL STATUS				
Living with a partner	39	35	33	42
Widowed, divorced, separated	36	41	41	44
Never married	44	29	37	41

1 Data include all persons in the workforce.

2 Mid-scale values make up the balance of responses and are not shown.

Barriers to being active¹ (cont'd)

2006 Physical Activity Monitor

	Deadlines at work ²		Lack of time due to work ²	
	Somewhat or not at all	Quite a bit or very important	Somewhat or not at all	Quite a bit or very important
<i>SECTOR</i>				
Private business	39%	34%	35%	42%
Government or public organization	41	35	36	42
Not for profit organization	37	43	27	53
<i>INDUSTRY</i>				
Trade and commerce	51	28	40	34
Retail and wholesale industries	51	28	40	34
Industry and manufacturing	40	35	34	41
Construction industries	39	34	36	39
Hi-tech industries	–	–	–	–
Transportation / communication	45	32	39	43
Manufacturing industries	40	36	33	39
Finance and services	37	36	32	45
Hospitality services	35	33	33	40
Finance and business services	32	45	32	48
Government service industries	41	32	38	40
Education, health and social services	37	36	31	47
Other service industries	40	35	30	45
Agriculture and Forestry	43	29	45	41
<i>NUMBER OF EMPLOYEES</i>				
≤10	43	32	39	37
11–49	35	35	31	47
50–99	44	37	39	43
100–249	38	36	31	41
250–499	43	32	38	45
500–999	37	42	24	49
≥1000	40	35	36	41
<i>PROFESSION</i>				
Labour	51	25	39	39
Skilled trade	43	33	37	39
Clerical	40	37	35	45
Professional	34	39	31	46
Management	33	40	30	43

1 Data include all persons in the workforce.

2 Mid-scale values make up the balance of responses and are not shown.

– Data unavailable because of insufficient sample size.

Barriers to being active¹ (cont'd)

2006 Physical Activity Monitor

	No place to be active near work ²		Roads too busy near work ²	
	Somewhat or not at all	Quite a bit or very important	Somewhat or not at all	Quite a bit or very important
TOTAL, ADULTS (18+)	56%	26%	52%	32%
women	55	27	50	35
men	57	26	54	30
18–24	51	26	46	36
women	56	–	47	43
men	47	–	45	–
25–44	58	25	53	31
women	57	27	50	34
men	59	24	56	28
45–64	54	28	53	33
women	50	30	51	34
men	58	26	56	32
REGION				
East	61	23	57	27
Newfoundland	65	–	53	31
Prince Edward Island	62	26	59	27
Nova Scotia	61	24	55	26
New Brunswick	59	23	61	27
Quebec	55	33	51	35
Ontario	51	27	49	34
West	62	21	57	28
Manitoba	70	–	67	25
Saskatchewan	60	25	51	35
Alberta	58	22	55	30
British Columbia	64	–	57	25
North	56	28	68	23
Yukon	65	22	69	22
Northwest Territories	62	22	66	24
Nunavut	–	–	–	–
ENERGY EXPENDITURE				
Active (≥ 3 KKD ³)	59	25	52	32
Moderately active (1.5–2.9 KKD)	53	30	57	31
Somewhat active (0.5–1.4 KKD)	60	27	54	29
Sedentary (<0.5 KKD)	51	26	48	35

1 Data include all persons in the workforce.

2 Mid-scale values make up the balance of responses and are not shown.

3 Kilocalories/kilogram of body weight/day; an energy expenditure of 3 KKD is roughly equivalent to walking one hour every day.

– Data unavailable because of insufficient sample size.

Barriers to being active¹ (cont'd)

2006 Physical Activity Monitor

	No place to be active near work ²		Roads too busy near work ²	
	Somewhat or not at all	Quite a bit or very important	Somewhat or not at all	Quite a bit or very important
EDUCATION LEVEL				
Less than secondary	49%	39%	40%	48%
Secondary	53	28	48	34
College	54	26	53	33
University	63	23	59	26
EMPLOYMENT STATUS				
Full-time worker	55	27	53	32
Part-time worker	56	25	49	36
HOUSEHOLD INCOME				
< \$20,000	68	–	59	–
\$20,000–29,999	54	33	48	41
\$30,000–39,999	51	29	43	43
\$40,000–59,999	52	28	44	39
\$60,000–79,999	61	28	56	28
\$80,000–99,999	52	30	54	33
≥ \$100,000	61	20	57	26
COMMUNITY SIZE				
< 1,000	52	25	51	22
1,000–4,999	53	30	52	34
5,000–9,999	59	25	55	34
10,000–74,999	52	29	53	33
75,000–299,999	60	25	59	27
≥ 300,000	61	24	49	35
MARITAL STATUS				
Living with a partner	57	26	53	32
Widowed, divorced, separated	54	28	52	39
Never married	53	27	51	31

1 Data include all persons in the workforce.

2 Mid-scale values make up the balance of responses and are not shown.

– Data unavailable because of insufficient sample size.

Barriers to being active¹ (cont'd)

2006 Physical Activity Monitor

	No place to be active near work ²		Roads too busy near work ²	
	Somewhat or not at all	Quite a bit or very important	Somewhat or not at all	Quite a bit or very important
SECTOR				
Private business	56%	27%	51%	31%
Government or public organization	57	24	57	32
Not for profit organization	43	46	43	45
INDUSTRY				
Trade and commerce	48	33	50	34
Retail and wholesale industries	48	33	50	34
Industry and manufacturing	56	25	53	32
Construction industries	56	24	57	29
Hi-tech industries	62	–	57	–
Transportation / communication	65	21	56	25
Manufacturing industries	53	26	46	38
Finance and services	55	25	52	33
Hospitality services	46	30	31	47
Finance and business services	59	26	53	33
Government service industries	51	29	60	25
Education, health and social services	59	23	54	32
Other service industries	56	–	51	33
Agriculture and Forestry	74	–	60	–
NUMBER OF EMPLOYEES				
≤10	61	23	58	26
11–49	53	29	50	32
50–99	59	26	55	30
100–249	49	27	46	38
250–499	47	38	45	42
500–999	62	–	63	29
≥1000	58	26	56	31
PROFESSION				
Labour	52	27	46	37
Skilled trade	59	25	53	35
Clerical	48	32	43	38
Professional	60	23	59	28
Management	57	29	57	26

1 Data include all persons in the workforce.

2 Mid-scale values make up the balance of responses and are not shown.

– Data unavailable because of insufficient sample size.

Potential influence on recruitment and turnover

2006 Physical Activity Monitor

	Influenced decision to accept current job ^{1,2}			Would influence decision to stay ^{1,2}		
	Somewhat, not at all	Moderate	Quite a bit, a great deal	Somewhat, not at all	Moderate	Quite a bit, a great deal
TOTAL, ADULTS (18+)	84%	7%	9%	54%	21%	25%
women	85	6	9	56	17	28
men	83	8	9	53	24	23
18–24	80	–	–	47	23	30
women	86	–	–	51	–	–
men	75	–	–	44	–	–
25–44	83	9	8	53	20	26
women	83	8	9	55	17	28
men	82	10	8	52	23	25
45–64	89	4	7	59	19	22
women	89	–	–	59	17	24
men	89	–	–	58	21	20
REGION						
East	83	10	7	53	19	28
Newfoundland	89	–	–	59	–	–
Prince Edward Island	80	–	–	51	–	–
Nova Scotia	79	–	–	51	–	30
New Brunswick	84	–	–	52	–	29
Quebec	83	–	–	55	19	26
Ontario	84	8	8	53	21	27
West	86	–	9	56	22	22
Manitoba	89	–	–	56	–	–
Saskatchewan	87	–	–	56	23	–
Alberta	80	–	–	54	20	26
British Columbia	90	–	–	60	–	–
North	76	12	12	51	23	27
Yukon	79	–	–	57	–	30
Northwest Territories	77	–	–	48	23	29
Nunavut	–	–	–	–	–	–
ENERGY EXPENDITURE						
Active (≥ 3 KKD ³)	79	8	13	49	19	32
Moderately active (1.5–2.9 KKD)	89	–	–	57	20	23
Somewhat active (0.5–1.4 KKD)	87	8	–	58	20	22
Sedentary (<0.5 KKD)	85	7	8	55	23	21

1 Data include only those persons in the workforce who have opportunities for physical activity at work.

2 "Not applicable" answers make up the balance of responses and are not shown.

3 Kilocalories/kilogram of body weight/day; an energy expenditure of 3 KKD is roughly equivalent to walking one hour every day.

– Data unavailable because of insufficient sample size.

Potential influence on recruitment and turnover (cont'd)

2006 Physical Activity Monitor

	Influenced decision to accept current job ^{1,2}			Would influence decision to stay ^{1,2}		
	Somewhat, not at all	Moderate	Quite a bit, a great deal	Somewhat, not at all	Moderate	Quite a bit, a great deal
EDUCATION LEVEL						
Less than secondary	78%	–	–	43%	30%	27%
Secondary	81	7	12	51	19	30
College	87	8	6	53	22	26
University	86	6	8	61	20	20
EMPLOYMENT STATUS						
Full-time worker	84	8	8	53	22	25
Part-time worker	86	–	–	59	17	25
HOUSEHOLD INCOME						
< \$20,000	84	–	–	72	–	–
\$20,000–29,999	73	–	–	39	–	40
\$30,000–39,999	83	–	–	46	28	26
\$40,000–59,999	82	–	11	58	16	26
\$60,000–79,999	86	–	–	52	21	28
\$80,000–99,999	86	–	–	52	19	29
≥ \$100,000	87	–	9	60	22	18
COMMUNITY SIZE						
< 1,000	81	–	–	60	22	19
1,000–4,999	79	7	–	50	22	29
5,000–9,999	88	–	–	60	17	23
10,000–74,999	82	7	11	55	16	29
75,000–299,999	89	–	–	59	22	20
≥ 300,000	85	–	–	54	23	24
FAMILY COMPOSITION						
Living with a partner	86	6	8	57	21	23
Widowed, divorced, separated	86	–	–	52	15	33
Never married	78	10	12	48	22	30

1 Data include only those persons in the workforce who have opportunities for physical activity at work.

2 "Not applicable" answers make up the balance of responses and are not shown.

– Data unavailable because of insufficient sample size.

Potential influence on recruitment and turnover (cont'd)

2006 Physical Activity Monitor

	Influenced decision to accept current job ^{1,2}			Would influence decision to stay ^{1,2}		
	Somewhat, not at all	Moderate	Quite a bit, a great deal	Somewhat, not at all	Moderate	Quite a bit, a great deal
SECTOR						
Private business	84%	8%	8%	55%	20%	25%
Government or public organization	87	5	8	55	21	25
Not for profit organization	85	–	–	44	–	33
INDUSTRY						
Trade and commerce	79	–	–	47	25	28
Retail and wholesale industries	79	–	–	47	25	28
Industry and manufacturing	85	7	8	49	26	25
Construction industries	83	–	–	50	–	26
Hi-tech industries	87	–	–	63	–	–
Transportation / communication	87	–	–	55	26	19
Manufacturing industries	83	–	–	43	–	28
Finance and services	88	4	8	59	18	23
Hospitality services	87	–	–	48	–	–
Finance and business services	94	–	–	59	–	29
Government service industries	82	–	–	59	22	19
Education, health and social services	88	5	7	60	17	23
Other service industries	92	–	–	69	–	–
Agriculture and Forestry	82	–	–	61	–	–
NUMBER OF EMPLOYEES						
≤10	76	–	17	56	20	24
11–49	89	6	5	53	22	26
50–99	81	–	–	42	22	36
100–249	89	–	–	61	21	19
250–499	83	–	–	52	–	29
500–999	79	–	–	55	–	–
≥1000	85	–	–	54	21	25
PROFESSION						
Labour	78	–	–	51	23	26
Skilled trade	82	8	10	51	20	30
Clerical	88	–	–	53	21	26
Professional	88	5	7	61	18	21
Management	85	–	9	55	22	24

1 Data include only those persons in the workforce who have opportunities for physical activity at work.

2 "Not applicable" answers make up the balance of responses and are not shown.

– Data unavailable because of insufficient sample size.

Beliefs about work-related benefits of physical activity¹

2006 Physical Activity Monitor

	Regular physical activity helps people			
	Cope and reduced stress ²	Increase productivity ²	Quicker illness recovery ²	Improve effectiveness ²
<i>TOTAL, ADULTS (18+)</i>	91%	89%	88%	85%
women	94	94	91	90
men	88	86	86	81
18–24	86	85	85	74
women	93	93	88	85
men	81	80	84	67
25–44	93	91	90	88
women	95	95	92	92
men	91	87	88	85
45–64	90	89	88	85
women	92	91	90	89
men	88	88	86	82
<i>REGION</i>				
East	91	89	89	85
Newfoundland	90	93	92	89
Prince Edward Island	93	89	86	83
Nova Scotia	96	87	89	82
New Brunswick	85	90	88	87
Quebec	88	85	89	83
Ontario	92	91	87	84
West	92	91	89	87
Manitoba	91	91	89	83
Saskatchewan	94	95	91	87
Alberta	90	92	90	91
British Columbia	93	89	89	84
North	89	92	86	85
Yukon	94	95	92	87
Northwest Territories	90	91	90	87
Nunavut	–	–	–	–
<i>ENERGY EXPENDITURE</i>				
Active (≥ 3 KKD ³)	96	94	95	88
Moderately active (1.5–2.9 KKD)	93	90	90	84
Somewhat active (0.5–1.4 KKD)	90	90	87	87
Sedentary (<0.5 KKD)	84	83	82	80

1 Data include all persons in the workforce.

2 Percentage of respondents who agree quite a bit or a great deal that this is a benefit of physical activity.

3 Kilocalories/kilogram of body weight/day; an energy expenditure of 3 KKD is roughly equivalent to walking one hour every day.

– Data unavailable because of insufficient sample size

Beliefs about work-related benefits of physical activity¹ (cont'd)

2006 Physical Activity Monitor

	Regular physical activity helps people			
	Cope and reduced stress ²	Increase productivity ²	Quicker illness recovery ²	Improve effectiveness ²
EDUCATION LEVEL				
Less than secondary	78%	84%	81%	77%
Secondary	88	87	87	80
College	93	91	88	87
University	94	92	93	90
EMPLOYMENT STATUS				
Full-time worker	91	89	89	85
Part-time worker	92	89	86	86
HOUSEHOLD INCOME				
< \$20,000	75	80	71	76
\$20,000–29,999	87	90	91	88
\$30,000–39,999	91	91	96	80
\$40,000–59,999	90	87	87	85
\$60,000–79,999	94	92	86	83
\$80,000–99,999	95	93	94	92
≥ \$100,000	93	90	90	87
COMMUNITY SIZE				
< 1,000	86	85	83	76
1,000–4,999	91	90	91	86
5,000–9,999	90	91	87	82
10,000–74,999	92	93	92	88
75,000–299,999	89	87	85	84
≥ 300,000	93	90	88	87
MARITAL STATUS				
Living with a partner	92	91	90	88
Widowed, divorced, separated	87	85	86	84
Never married	87	87	86	77

1 Data include all persons in the workforce.

2 Percentage of respondents who agree quite a bit or a great deal that this is a benefit of physical activity.

– Data unavailable because of insufficient sample size

Beliefs about work-related benefits of physical activity¹ (cont'd)

2006 Physical Activity Monitor

	Regular physical activity helps people			
	Cope and reduced stress ²	Increase productivity ²	Quicker illness recovery ²	Improve effectiveness ²
<i>SECTOR</i>				
Private business	90%	89%	88%	85%
Government or public organization	92	91	88	86
Not for profit organization	96	86	96	82
<i>INDUSTRY</i>				
Trade and commerce	83	86	85	82
Retail and wholesale industries	83	86	85	82
Industry and manufacturing	90	90	87	84
Construction industries	86	91	84	84
Hi-tech industries	89	83	91	86
Transportation /communication	92	88	85	81
Manufacturing industries	94	89	91	87
Finance and services	93	90	91	86
Hospitality services	94	91	90	76
Finance and business services	90	91	90	84
Government service industries	93	94	93	91
Education, health and social services	94	90	94	88
Other service industries	92	85	81	85
Agriculture and Forestry	90	84	86	81
<i>NUMBER OF EMPLOYEES</i>				
≤10	88	88	88	85
11–49	93	90	88	82
50–99	94	95	90	92
100–249	86	84	89	83
250–499	89	89	84	87
500–999	90	88	87	83
≥1000	95	91	91	85
<i>PROFESSION</i>				
Labour	83	84	86	78
Skilled trade	92	87	86	83
Clerical	93	92	88	85
Professional	95	92	92	88
Management	92	92	88	89

1 Data includes all persons in the workforce.

2 Percentage of respondents who agree quite a bit or a great deal that this is a benefit of physical activity.

– Data unavailable because of insufficient sample size

Absenteeism¹

2006 Physical Activity Monitor

	Absent days from work		
	0 days ²	1–5 days ²	6 days or more ²
TOTAL, ADULTS (18+)	47%	37%	16%
women	42	36	22
men	52	37	11
18–24	45	39	15
women	–	38	–
men	55	40	–
25–44	43	40	17
women	39	39	23
men	46	42	12
45–64	53	31	16
women	48	32	20
men	58	31	12
REGION			
East	44	41	15
Newfoundland	44	40	–
Prince Edward Island	47	40	–
Nova Scotia	44	39	–
New Brunswick	44	45	–
Quebec	51	33	16
Ontario	43	42	15
West	51	30	19
Manitoba	39	34	27
Saskatchewan	38	37	25
Alberta	51	30	19
British Columbia	59	27	–
North	37	41	22
Yukon	37	42	21
Northwest Territories	39	39	23
Nunavut	–	–	–
ENERGY EXPENDITURE			
Active (≥ 3 KKD ³)	50	37	13
Moderately active (1.5–2.9 KKD)	44	37	19
Somewhat active (0.5–1.4 KKD)	42	38	20
Sedentary (<0.5 KKD)	50	35	15

1 Data include all persons in the workforce.

2 Time absent from work within the last year due to sickness, injury, or disability.

3 Kilocalories/kilogram of body weight/day; an energy expenditure of 3 KKD is roughly equivalent to walking one hour every day.

– Data unavailable because of insufficient sample size.

Absenteeism¹ (cont'd)

2006 Physical Activity Monitor

	Absent days from work		
	0 days ²	1–5 days ²	6 days or more ²
EDUCATION LEVEL			
Less than secondary	53%	37%	10%
Secondary	51	33	16
College	44	38	18
University	46	39	15
EMPLOYMENT STATUS			
Full-time worker	46	38	16
Part-time worker	56	30	14
HOUSEHOLD INCOME			
< \$20,000	69	–	–
\$20,000–29,999	47	37	–
\$30,000–39,999	48	38	14
\$40,000–59,999	43	33	24
\$60,000–79,999	37	41	22
\$80,000–99,999	43	37	20
≥ \$100,000	52	40	8
COMMUNITY SIZE			
< 1,000	48	36	16
1,000–4,999	49	32	19
5,000–9,999	42	45	13
10,000–74,999	48	34	18
75,000–299,999	46	37	16
≥ 300,000	47	38	15
MARITAL STATUS			
Living with a partner	49	36	16
Widowed, divorced, separated	47	34	19
Never married	43	41	16

1 Data include all persons in the workforce.

2 Time absent from work within the last year due to sickness, injury, or disability.

– Data unavailable because of insufficient sample size.

Absenteeism¹ (cont'd)

2006 Physical Activity Monitor

	Absent days from work		
	0 days ²	1–5 days ²	6 days or more ²
SECTOR			
Private business	54%	33%	13%
Government or public organization	35	42	22
Not for profit organization	43	42	–
INDUSTRY			
Trade and commerce	48	34	18
Retail and wholesale industries	48	34	18
Industry and manufacturing	54	35	11
Construction industries	64	30	–
Hi-tech industries	–	–	–
Transportation /communication	58	32	9
Manufacturing industries	47	37	–
Finance and services	41	40	19
Hospitality services	39	40	–
Finance and business services	42	47	–
Government service industries	32	41	27
Education, health and social services	39	41	20
Other service industries	57	30	–
Agriculture and Forestry	65	27	–
NUMBER OF EMPLOYEES			
≤10	60	30	10
11–49	45	39	15
50–99	55	25	20
100–249	43	42	16
250–499	42	34	25
500–999	40	43	–
≥1000	41	41	18
PROFESSION			
Labour	48	33	19
Skilled trade	50	34	17
Clerical	40	42	18
Professional	42	42	16
Management	55	35	11

1 Data include all persons in the workforce.

2 Time absent from work within the last year due to sickness, injury, or disability.

– Data unavailable because of insufficient sample size.

Workplace injury, illness and stress¹

2006 Physical Activity Monitor

	Injured while at work	Physically ill because of work	Suffer from stress or emotional condition because of work
TOTAL, ADULTS (18+)	12%	11%	20%
women	10	13	24
men	13	10	17
18–24	21	–	22
women	–	–	–
men	–	–	–
25–44	11	12	23
women	10	14	26
men	13	9	20
45–64	9	7	17
women	11	10	22
men	8	–	13
REGION			
East	11	12	18
Newfoundland	–	–	–
Prince Edward Island	–	–	–
Nova Scotia	–	–	–
New Brunswick	–	–	–
Quebec	–	–	24
Ontario	14	11	21
West	11	11	18
Manitoba	–	–	19
Saskatchewan	–	–	–
Alberta	–	–	–
British Columbia	–	–	–
North	12	9	24
Yukon	–	–	25
Northwest Territories	–	–	27
Nunavut	–	–	–
ENERGY EXPENDITURE			
Active (≥ 3 KKD ²)	11	12	18
Moderately active (1.5–2.9 KKD)	14	13	23
Somewhat active (0.5–1.4 KKD)	9	7	23
Sedentary (<0.5 KKD)	13	11	19

1 Data include all persons in the workforce.

2 Kilocalories/kilogram of body weight/day; an energy expenditure of 3 KKD is roughly equivalent to walking one hour every day.

– Data unavailable because of insufficient sample size.

Workplace injury, illness and stress¹ (cont'd)

2006 Physical Activity Monitor

	Injured while at work	Physically ill because of work	Suffer from stress or emotional condition because of work
EDUCATION LEVEL			
Less than secondary	18%	–	19%
Secondary	16	13	22
College	13	10	19
University	6	10	22
EMPLOYMENT STATUS			
Full-time worker	11	11	21
Part-time worker	16	12	19
HOUSEHOLD INCOME			
< \$20,000	–	–	–
\$20,000–29,999	–	–	–
\$30,000–39,999	–	19	28
\$40,000–59,999	15	13	23
\$60,000–79,999	11	10	19
\$80,000–99,999	14	10	22
≥ \$100,000	8	11	20
COMMUNITY SIZE			
< 1,000	–	–	18
1,000–4,999	12	9	16
5,000–9,999	19	–	22
10,000–74,999	13	15	24
75,000–299,999	10	9	19
≥ 300,000	7	9	20
MARITAL STATUS			
Living with a partner	10	9	19
Widowed, divorced, separated	11	11	25
Never married	18	18	24

¹ Data include all persons in the workforce.

– Data unavailable because of insufficient sample size.

Workplace injury, illness and stress¹ (cont'd)

2006 Physical Activity Monitor

	Injured while at work	Physically ill because of work	Suffer from stress or emotional condition because of work
SECTOR			
Private business	9%	8%	19%
Government or public organization	15	15	23
Not for profit organization	–	–	29
INDUSTRY			
Trade and commerce	–	–	21
Retail and wholesale industries	–	–	21
Industry and manufacturing	13	8	19
Construction industries	–	–	–
Hi-tech industries	–	–	–
Transportation /communication	12	–	13
Manufacturing industries	–	–	25
Finance and services	12	15	23
Hospitality services	–	–	–
Finance and business services	–	–	25
Government service industries	–	–	33
Education, health and social services	10	16	23
Other service industries	–	–	–
Agriculture and Forestry	–	–	–
NUMBER OF EMPLOYEES			
≤10	9	–	15
11–49	12	15	22
50–99	–	–	22
100–249	17	–	20
250–499	–	–	23
500–999	–	–	25
≥1000	7	13	21
PROFESSION			
Labour	21	16	23
Skilled trade	17	15	17
Clerical	–	–	21
Professional	8	9	22
Management	–	–	19

¹ Data include all persons in the workforce.

– Data unavailable because of insufficient sample size.

Employer attitude and support for physical activity

2006 Physical Activity Monitor

	Perceived employer supportiveness in physical activity ^{1,2}		Believe employer support would promote physical activity ³	Believe employer support promotes physical activity
	Somewhat or not at all	Very or Extremely		
TOTAL, ADULTS (18+)	55%	25%	44%	70%
women	56	23	47	69
men	55	25	41	71
18–24	53	24	–	74
women	47	–	–	76
men	56	24	–	73
25–44	53	27	45	73
women	55	24	46	74
men	51	29	44	73
45–64	59	22	50	63
women	59	23	52	60
men	60	22	48	67
REGION				
East	55	23	57	73
Newfoundland	67	–	–	83
Prince Edward Island	53	–	–	70
Nova Scotia	50	27	–	73
New Brunswick	53	–	–	68
Quebec	59	20	31	66
Ontario	55	24	44	74
West	54	30	55	67
Manitoba	57	–	–	67
Saskatchewan	41	31	–	70
Alberta	53	28	66	74
British Columbia	58	34	–	56
North	47	32	69	79
Yukon	43	34	–	79
Northwest Territories	47	31	–	81
Nunavut ¹	–	–	–	–
ENERGY EXPENDITURE				
Active (≥ 3 KKD) ⁴	49	33	44	69
Moderately active (1.5–2.9 KKD)	59	23	41	71
Somewhat active (0.5–1.4 KKD)	56	21	51	68
Sedentary (<0.5 KKD)	60	18	40	75

1 Data include all persons in the workforce.

2 Mid-scale values make up the balance of responses and are not shown.

3 Data include only those who perceive no support for physical activity from their employer.

4 Kilocalories/kilogram of body weight/day; an energy expenditure of 3 KKD is roughly equivalent to walking one hour every day.

– Data unavailable because of insufficient sample size.

Employer attitude and support for physical activity (cont'd)

2006 Physical Activity Monitor

	Perceived employer supportiveness for physical activity ^{1,2}		Believe employer support would promote physical activity ³	Believe employer support promotes physical activity
	Somewhat or not at all	Very or Extremely		
EDUCATION LEVEL				
Less than secondary	57%	22%	47%	69%
Secondary	57	24	45	81
College	55	25	39	70
University	54	26	46	63
EMPLOYMENT STATUS				
Full-time worker	56	25	45	70
Part-time worker	54	23	36	73
HOUSEHOLD INCOME				
< \$20,000	63	–	–	56
\$20,000–29,999	61	20	45	82
\$30,000–39,999	61	20	53	70
\$40,000–59,999	57	18	44	76
\$60,000–79,999	57	24	46	70
\$80,000–99,999	56	22	43	64
≥ \$100,000	50	34	38	67
COMMUNITY SIZE				
< 1,000	48	31	–	77
1,000–4,999	58	20	49	71
5,000–9,999	52	20	49	64
10,000–74,999	54	27	38	75
75,000–299,999	53	26	46	72
≥ 300,000	57	24	49	67
FAMILY COMPOSITION				
Living with a partner	55	25	47	69
Widowed, divorced, separated	59	23	42	76
Never married	55	24	34	72

1 Data include all persons in the workforce.

2 Mid-scale values make up the balance of responses and are not shown.

3 Data include only those who perceive no support for physical activity from their employer.

– Data unavailable because of insufficient sample size.

Employer attitude and support for physical activity (cont'd)

2006 Physical Activity Monitor

	Perceived employer supportiveness for physical activity ^{1,2}		Believe employer support would promote activity ³	Believe employer support promotes physical activity
	Somewhat or not at all	Very or extremely		
SECTOR				
Private business	56%	25%	44%	71%
Government or public organization	56	24	43	67
Not for profit organization	51	29	–	80
INDUSTRY				
Trade and commerce	64	13	46	78
Retail and wholesale industries	64	13	46	78
Industry and manufacturing	59	23	44	72
Construction industries	48	29	–	80
Hi-tech industries	–	–	–	67
Transportation /communication	54	26	38	65
Manufacturing industries	70	–	52	65
Finance and services	54	26	43	65
Hospitality services	61	22	–	78
Finance and business services	42	32	–	60
Government service industries	42	36	–	68
Education, health and social services	60	20	48	62
Other service industries	57	26	–	68
Agriculture and Forestry	49	30	–	62
NUMBER OF EMPLOYEES				
≤10	48	31	37	76
11–49	59	21	43	73
50–99	62	23	36	77
100–249	66	18	39	61
250–499	57	18	–	69
500–999	47	26	–	73
≥1000	45	32	49	68
PROFESSION				
Labour	60	21	35	73
Skilled trade	53	25	46	71
Clerical	64	14	53	65
Professional	51	29	38	67
Management	55	26	53	73

1 Data include all persons in the workforce.

2 Mid-scale values make up the balance of responses and are not shown.

3 Data include only those who perceive no support for physical activity from their employer.

– Data unavailable because of insufficient sample size.

Support for physical activity at work¹

2006 Physical Activity Monitor

	Employer allows participation in community events ²	Employer offers awards or recognition
TOTAL, ADULTS (18+)	30%	10%
women	27	9
men	32	12
18–24	29	–
women	–	–
men	29	–
25–44	31	10
women	29	9
men	33	11
45–64	27	9
women	23	8
men	32	11
REGION		
East	40	12
Newfoundland	39	–
Prince Edward Island	31	–
Nova Scotia	44	–
New Brunswick	37	–
Quebec	25	–
Ontario	28	12
West	34	10
Manitoba	31	–
Saskatchewan	34	–
Alberta	35	–
British Columbia	–	–
North	51	19
Yukon	43	–
Northwest Territories	49	17
Nunavut	–	–
ENERGY EXPENDITURE		
Active (≥ 3 KKD ³)	35	13
Moderately active (1.5–2.9 KKD)	29	11
Somewhat active (0.5–1.4 KKD)	28	7
Sedentary (<0.5 KKD)	25	8

1 Data include all persons in the workforce unless otherwise indicated.

2 Data include only those whose employer offers some degree of support for physical activity.

3 Kilocalories/kilogram of body weight/day; an energy expenditure of 3 KKD is roughly equivalent to walking one hour every day.

– Data unavailable because of insufficient sample size.

Support for physical activity at work¹ (cont'd)

2006 Physical Activity Monitor

	Employer allows participation in community events ²	Employer offers awards or recognition
<i>EDUCATION LEVEL</i>		
Less than secondary	8%	–
Secondary	24	11
College	27	9
University	43	11
<i>EMPLOYMENT STATUS</i>		
Full-time worker	31	10
Part-time worker	22	11
<i>HOUSEHOLD INCOME</i>		
< \$20,000	–	–
\$20,000–29,999	22	–
\$30,000–39,999	13	–
\$40,000–59,999	25	10
\$60,000–79,999	31	9
\$80,000–99,999	36	8
≥ \$100,000	41	14
<i>COMMUNITY SIZE</i>		
< 1,000	34	–
1,000–4,999	28	10
5,000–9,999	26	–
10,000–74,999	31	13
75,000–299,999	30	9
≥ 300,000	34	10
<i>FAMILY COMPOSITION</i>		
Living with a partner	31	10
Widowed, divorced, separated	33	12
Never married	25	10

1 Data include all persons in the workforce unless otherwise indicated.

2 Data include only those whose employer offers some degree of support for physical activity.

– Data unavailable because of insufficient sample size.

Support for physical activity at work¹ (cont'd)

2006 Physical Activity Monitor

	Employer allows participation in community events ²	Employer offers awards or recognition
<i>SECTOR</i>		
Private business	29%	8%
Government or public organization	33	14
Not for profit organization	28	–
<i>INDUSTRY</i>		
Trade and commerce	25	–
Retail and wholesale industries	25	–
Industry and manufacturing	29	10
Construction industries	24	–
Hi-tech industries	–	–
Transportation /communication	33	–
Manufacturing industries	–	–
Finance and services	33	13
Hospitality services	–	–
Finance and business services	53	–
Government service industries	46	23
Education, health and social services	27	10
Other service industries	25	–
Agriculture and Forestry	31	–
<i>NUMBER OF EMPLOYEES</i>		
≤10	31	–
11–49	28	5
50–99	35	–
100–249	21	–
250–499	29	–
500–999	38	25
≥1000	36	14
<i>PROFESSION</i>		
Labour	18	–
Skilled trade	20	8
Clerical	23	–
Professional	35	12
Management	51	13

1 Data include all persons in the workforce unless otherwise indicated.

2 Data include only those whose employer offers some degree of support for physical activity.

– Data unavailable because of insufficient sample size.

Fitness information at work¹

2006 Physical Activity Monitor

	Fitness/health bulletin board or newsletter	Where to be active in the community	How to become more active	Physical activity seminars or workshops
TOTAL, ADULTS (18+)	32%	25%	28%	26%
women	31	27	30	29
men	33	23	26	23
18–24	27	21	25	21
women	–	–	–	–
men	–	–	–	–
25–44	33	25	29	27
women	33	27	32	31
men	33	24	26	23
45–64	33	26	29	26
women	31	28	30	28
men	35	24	27	24
REGION				
East	37	27	33	30
Newfoundland	31	30	35	31
Prince Edward Island	28	35	33	23
Nova Scotia	46	27	34	31
New Brunswick	29	24	30	31
Quebec	25	19	23	20
Ontario	37	27	29	27
West	30	27	30	27
Manitoba	30	30	40	23
Saskatchewan	32	30	30	29
Alberta	34	27	32	30
British Columbia	–	–	–	–
North	32	34	36	24
Yukon	31	32	35	26
Northwest Territories	31	35	36	27
Nunavut	–	–	–	–
ENERGY EXPENDITURE				
Active (≥ 3 KKD ²)	33	26	31	29
Moderately active (1.5–2.9 KKD)	32	24	30	25
Somewhat active (0.5–1.4 KKD)	32	24	31	24
Sedentary (<0.5 KKD)	31	25	22	24

1 Data include all persons in the workforce.

2 Kilocalories/kilogram of body weight/day; an energy expenditure of 3 KKD is roughly equivalent to walking one hour every day.

– Data unavailable because of insufficient sample size.

Fitness information at work¹ (cont'd)

2006 Physical Activity Monitor

	Fitness/health bulletin board or newsletter	Where to be active in the community	How to become more active	Physical activity seminars or workshops
<i>EDUCATION LEVEL</i>				
Less than secondary	32%	30%	29%	22%
Secondary	30	21	22	23
College	34	24	28	23
University	32	28	34	32
<i>EMPLOYMENT STATUS</i>				
Full-time worker	33	25	28	25
Part-time worker	25	23	28	26
<i>HOUSEHOLD INCOME</i>				
< \$20,000	–	–	–	–
\$20,000–29,999	27	22	26	27
\$30,000–39,999	27	24	22	19
\$40,000–59,999	30	25	23	21
\$60,000–79,999	31	19	28	21
\$80,000–99,999	35	31	32	30
≥ \$100,000	32	27	34	33
<i>COMMUNITY SIZE</i>				
< 1,000	25	24	23	19
1,000–4,999	34	25	28	24
5,000–9,999	26	25	28	23
10,000–74,999	36	25	33	28
75,000–299,999	29	24	23	24
≥ 300,000	31	25	29	27
<i>MARITAL STATUS</i>				
Living with a partner	33	25	29	26
Widowed, divorced, separated	37	32	34	26
Never married	28	21	23	23

¹ Data include all persons in the workforce.

– Data unavailable because of insufficient sample size.

Fitness information at work¹ (cont'd)

2006 Physical Activity Monitor

	Fitness/health bulletin board or newsletter	Where to be active in the community	How to become more active	Physical activity seminars or workshops
SECTOR				
Private Business	26%	19%	22%	18%
Government or public organization	41	34	38	37
Not for profit organization	29	30	36	27
INDUSTRY				
Trade and commerce	26	16	19	13
Retail and wholesale industries	26	16	19	13
Industry and manufacturing	30	22	22	20
Construction industries	–	–	–	–
Hi-tech industries	–	–	–	–
Transportation /communication	33	25	26	26
Manufacturing industries	36	22	23	21
Finance and services	36	30	36	34
Hospitality services	30	28	23	–
Finance and business services	31	30	27	–
Government service industries	44	31	46	44
Education, health and social services	42	35	43	41
Other service industries	17	–	22	–
Agriculture and Forestry	29	17	–	–
NUMBER OF EMPLOYEES				
≤10	11	15	20	14
11–49	18	17	13	14
50–99	30	22	35	24
100–249	39	24	23	22
250–499	42	28	28	36
500–999	58	36	46	41
≥1000	52	43	50	46
PROFESSION				
Labour	31	22	25	23
Skilled trade	33	22	25	22
Clerical	31	29	26	27
Professional	37	30	37	32
Management	27	22	26	22

¹ Data include all persons in the workforce.

– Data unavailable because of insufficient sample size.

Soft supports for activity¹

2006 Physical Activity Monitor

	Dress-down days	Flexible working hours	Group discounts
TOTAL, ADULTS (18+)	42%	38%	26%
women	45	40	26
men	39	36	26
18–24	34	50	27
women	36	56	–
men	33	46	–
25–44	46	40	28
women	50	45	30
men	43	35	26
45–64	38	31	24
women	41	28	24
men	36	34	24
REGION			
East	48	41	27
Newfoundland	43	35	–
Prince Edward Island	41	41	27
Nova Scotia	50	42	34
New Brunswick	49	43	–
Quebec	37	34	30
Ontario	41	37	24
West	45	43	26
Manitoba	54	49	28
Saskatchewan	44	40	–
Alberta	43	44	35
British Columbia	44	40	–
North	50	44	21
Yukon	54	59	30
Northwest Territories	51	48	22
Nunavut	–	–	–
ENERGY EXPENDITURE			
Active (≥ 3 KKD ²)	45	43	31
Moderately active (1.5–2.9 KKD)	47	38	30
Somewhat active (0.5–1.4 KKD)	38	38	28
Sedentary (<0.5 KKD)	37	32	16

1 Data include all persons in the workforce.

2 Kilocalories/kilogram of body weight/day; an energy expenditure of 3 KKD is roughly equivalent to walking one hour every day.

– Data unavailable because of insufficient sample size.

Soft supports for activity¹ (cont'd)

2006 Physical Activity Monitor

	Dress-down days	Flexible working hours	Group discounts
<i>EDUCATION LEVEL</i>			
Less than secondary	22%	34%	20%
Secondary	37	37	23
College	41	38	24
University	52	41	35
<i>EMPLOYMENT STATUS</i>			
Full-time worker	42	35	27
Part-time worker	38	52	18
<i>HOUSEHOLD INCOME</i>			
< \$20,000	34	38	–
\$20,000–29,999	43	31	–
\$30,000–39,999	30	29	18
\$40,000–59,999	36	37	22
\$60,000–79,999	48	38	28
\$80,000–99,999	42	35	28
≥ \$100,000	45	43	34
<i>COMMUNITY SIZE</i>			
< 1,000	50	44	–
1,000–4,999	37	34	21
5,000–9,999	38	33	23
10,000–74,999	40	36	27
75,000–299,999	39	45	24
≥ 300,000	49	41	30
<i>MARITAL STATUS</i>			
Living with a partner	43	37	27
Widowed, divorced, separated	43	29	23
Never married	38	47	24

¹ Data include all persons in the workforce.

– Data unavailable because of insufficient sample size.

Soft supports for activity¹ (cont'd)

2006 Physical Activity Monitor

	Dress-down days	Flexible working hours	Group discounts
<i>SECTOR</i>			
Private Business	40%	37%	19%
Government or public organization	44	38	38
Not for profit organization	55	40	–
<i>INDUSTRY</i>			
Trade and commerce	35	35	14
Retail and wholesale industries	35	35	14
Industry and manufacturing	41	35	21
Construction industries	28	35	–
Hi-tech industries	71	55	–
Transportation /communication	39	40	29
Manufacturing industries	45	–	24
Finance and services	46	37	34
Hospitality services	17	32	–
Finance and business services	64	42	32
Government service industries	50	49	48
Education, health and social services	50	33	35
Other service industries	40	37	–
Agriculture and Forestry	38	36	–
<i>NUMBER OF EMPLOYEES</i>			
≤10	45	47	–
11–49	37	33	12
50–99	38	40	29
100–249	38	32	28
250–499	42	30	31
500–999	50	47	38
≥1000	47	41	56
<i>PROFESSION</i>			
Labour	29	37	19
Skilled trade	36	31	21
Clerical	44	30	28
Professional	49	43	33
Management	52	41	28

¹ Data include all persons in the workforce.

– Data unavailable because of insufficient sample size.

Stair climbing at work¹

2006 Physical Activity Monitor

	Easily accessible	Signs indicating location ²	Signs encouraging use ²
TOTAL, ADULTS (18+)	76%	49%	15%
women	76	52	16
men	76	47	14
18–24	70	35	–
women	67	–	–
men	72	41	–
25–44	76	50	16
women	75	53	17
men	77	48	15
45–64	78	55	14
women	81	61	17
men	76	48	11
REGION			
East	79	56	20
Newfoundland	79	56	–
Prince Edward Island	66	50	–
Nova Scotia	85	59	–
New Brunswick	73	53	–
Quebec	76	47	12
Ontario	75	48	18
West	76	51	11
Manitoba	71	49	–
Saskatchewan	72	43	–
Alberta	74	50	–
British Columbia	80	54	–
North	77	54	17
Yukon	81	53	–
Northwest Territories	79	59	20
Nunavut	–	–	–
ENERGY EXPENDITURE			
Active (≥ 3 KKD ³)	79	51	15
Moderately active (1.5–2.9 KKD)	76	47	10
Somewhat active (0.5–1.4 KKD)	76	53	16
Sedentary (<0.5 KKD)	71	47	18

1 Data include all persons in the workforce unless otherwise stated.

2 Data do not include those who work at home.

3 Kilocalories/kilogram of body weight/day; an energy expenditure of 3 KKD is roughly equivalent to walking one hour every day.

– Data unavailable because of insufficient sample size.

Stair climbing at work¹ (cont'd)

2006 Physical Activity Monitor

	Easily accessible	Signs indicating location ²	Signs encouraging use ²
<i>EDUCATION LEVEL</i>			
Less than secondary	74%	33%	17%
Secondary	71	41	15
College	72	50	16
University	86	60	13
<i>EMPLOYMENT STATUS</i>			
Full-time worker	77	51	15
Part-time worker	72	39	15
<i>HOUSEHOLD INCOME</i>			
< \$20,000	61	41	–
\$20,000–29,999	75	40	–
\$30,000–39,999	73	41	17
\$40,000–59,999	75	48	15
\$60,000–79,999	77	53	17
\$80,000–99,999	74	49	10
≥ \$100,000	80	55	13
<i>COMMUNITY SIZE</i>			
< 1,000	68	42	–
1,000–4,999	63	34	18
5,000–9,999	81	47	19
10,000–74,999	76	47	14
75,000–299,999	80	51	15
≥ 300,000	80	61	14
<i>MARITAL STATUS</i>			
Living with a partner	77	51	15
Widowed, divorced, separated	75	56	17
Never married	73	41	13

1 Data include all persons in the workforce unless otherwise stated.

2 Data do not include those who work at home.

– Data unavailable because of insufficient sample size.

Stair climbing at work¹ (cont'd)

2006 Physical Activity Monitor

	Easily accessible	Signs indicating location ²	Signs encouraging use ²
<i>SECTOR</i>			
Private Business	74%	43%	14%
Government or public organization	82	61	15
Not for profit organization	67	46	–
<i>INDUSTRY</i>			
Trade and commerce	63	35	–
Retail and wholesale industries	63	35	–
Industry and manufacturing	75	45	17
Construction industries	68	37	–
Hi-tech industries	87	–	–
Transportation /communication	74	44	13
Manufacturing industries	79	47	–
Finance and services	80	60	14
Hospitality services	71	45	–
Finance and business services	69	58	–
Government service industries	77	56	–
Education, health and social services	87	68	18
Other service industries	79	50	–
Agriculture and Forestry	74	38	–
<i>NUMBER OF EMPLOYEES</i>			
≤ 10	61	25	10
11–49	71	36	13
50–99	75	39	–
100–249	78	46	–
250–499	81	66	22
500–999	78	67	18
≥ 1000	89	75	21
<i>PROFESSION</i>			
Labour	64	37	11
Skilled trade	73	44	18
Clerical	73	53	13
Professional	90	62	14
Management	72	50	18

1 Data include all persons in the workforce unless otherwise stated.

2 Data do not include those who work at home.

– Data unavailable because of insufficient sample size.

Occasional opportunities at work¹

2006 Physical Activity Monitor

	Recreational events	Team sports	Physical activity events	Physical activity clubs	Short exercise breaks
TOTAL, ADULTS (18+)	48%	30%	20%	15%	11%
women	42	26	19	15	10
men	54	33	20	16	12
18–24	43	32	–	–	–
women	–	–	–	–	–
men	52	38	–	–	–
25–44	52	32	22	16	12
women	46	28	22	17	10
men	58	37	21	14	14
45–64	46	25	20	14	9
women	41	24	20	11	11
men	52	27	20	17	8
REGION					
East	43	30	20	16	10
Newfoundland	37	25	–	–	–
Prince Edward Island	37	–	–	–	–
Nova Scotia	47	34	21	–	–
New Brunswick	43	32	–	–	–
Quebec	48	30	16	–	–
Ontario	47	29	20	14	13
West	51	30	22	19	9
Manitoba	53	29	–	–	–
Saskatchewan	57	37	–	–	–
Alberta	53	31	30	19	–
British Columbia	47	–	–	–	–
North	34	32	32	13	14
Yukon	43	34	31	20	–
Northwest Territories	39	31	39	13	–
Nunavut	–	–	–	–	–
ENERGY EXPENDITURE					
Active (≥ 3 KKD ²)	55	32	23	21	14
Moderately active (1.5–2.9 KKD)	51	27	23	13	11
Somewhat active (0.5–1.4 KKD)	44	31	19	13	8
Sedentary (<0.5 KKD)	42	28	14	11	12

1 Data include all persons in the workforce.

2 Kilocalories/kilogram of body weight/day; an energy expenditure of 3 KKD is roughly equivalent to walking one hour every day.

– Data unavailable because of insufficient sample size.

Occasional opportunities at work¹ (cont'd)

2006 Physical Activity Monitor

	Recreational events	Team sports	Physical activity events	Physical activity clubs	Short exercise breaks
<i>EDUCATION LEVEL</i>					
Less than secondary	38%	22%	12%	–	–
Secondary	47	31	15	14	11
College	47	27	16	14	10
University	54	35	30	20	12
<i>EMPLOYMENT STATUS</i>					
Full-time worker	50	31	20	15	11
Part-time worker	39	19	15	14	13
<i>HOUSEHOLD INCOME</i>					
< \$20,000	–	–	–	–	–
\$20,000–29,999	32	–	–	–	–
\$30,000–39,999	36	21	–	–	–
\$40,000–59,999	47	23	19	14	10
\$60,000–79,999	53	33	22	15	9
\$80,000–99,999	48	31	24	18	8
≥ \$100,000	57	41	27	20	15
<i>COMMUNITY SIZE</i>					
< 1,000	50	28	–	–	–
1,000–4,999	50	28	17	16	12
5,000–9,999	50	32	22	–	–
10,000–74,999	48	25	19	16	13
75,000–299,999	48	30	21	15	–
≥ 300,000	51	35	21	17	11
<i>MARITAL STATUS</i>					
Living with a partner	51	31	21	16	11
Widowed, divorced, separated	43	26	21	16	–
Never married	43	28	15	14	13

¹ Data include all persons in the workforce.

– Data unavailable because of insufficient sample size.

Occasional opportunities at work¹ (cont'd)

2006 Physical Activity Monitor

	Recreational events	Team sports	Physical activity events	Physical activity clubs	Short exercise breaks
<i>SECTOR</i>					
Private Business	46%	23%	14%	11%	11%
Government or public organization	55	40	30	21	11
Not for profit organization	49	36	–	–	–
<i>INDUSTRY</i>					
Trade and commerce	31	16	–	–	–
Retail and wholesale industries	31	16	–	–	–
Industry and manufacturing	52	31	16	13	12
Construction industries	52	26	–	–	–
Hi-tech industries	–	–	–	–	–
Transportation /communication	50	33	20	18	–
Manufacturing industries	53	29	–	–	–
Finance and services	51	32	27	21	11
Hospitality services	45	–	–	–	–
Finance and business services	68	31	39	–	–
Government service industries	56	42	43	29	–
Education, health and social services	48	33	27	22	12
Other service industries	40	–	–	–	–
Agriculture and Forestry	50	27	–	–	–
<i>NUMBER OF EMPLOYEES</i>					
≤ 10	28	10	8	7	12
11–49	38	18	12	8	8
50–99	51	22	20	14	–
100–249	47	34	17	13	–
250–499	64	42	28	19	–
500–999	73	57	37	29	–
≥ 1000	66	51	34	28	17
<i>PROFESSION</i>					
Labour	37	24	13	13	12
Skilled trade	56	29	14	12	10
Clerical	43	22	22	16	–
Professional	52	38	27	19	12
Management	53	27	21	14	13

¹ Data include all persons in the workforce.

– Data unavailable because of insufficient sample size.

Opportunities for physical activity near work¹

2006 Physical Activity Monitor

	Places to walk or jog	Fitness or sport facilities	Playing fields or open spaces at/near work
TOTAL, ADULTS (18+)	55%	49%	36%
women	61	50	39
men	50	49	34
18–24	43	40	23
women	48	41	–
men	39	39	23
25–44	58	51	39
women	64	52	43
men	52	50	35
45–64	57	51	39
women	61	50	40
men	53	52	38
REGION			
East	66	58	42
Newfoundland	55	50	34
Prince Edward Island	63	58	49
Nova Scotia	73	63	41
New Brunswick	66	59	48
Quebec	44	41	29
Ontario	56	47	36
West	62	56	41
Manitoba	58	57	43
Saskatchewan	59	54	43
Alberta	57	56	38
British Columbia	69	56	44
North	63	59	52
Yukon	74	54	55
Northwest Territories	68	68	51
Nunavut	–	–	–
ENERGY EXPENDITURE			
Active (≥ 3 KKD ²)	58	54	39
Moderately active (1.5–2.9 KKD)	59	50	37
Somewhat active (0.5–1.4 KKD)	58	47	34
Sedentary (<0.5 KKD)	49	45	34

1 Data include all persons in the workforce.

2 Kilocalories/kilogram of body weight/day; an energy expenditure of 3 KKD is roughly equivalent to walking one hour every day.

– Data unavailable because of insufficient sample size.

Opportunities for physical activity near work¹ (cont'd)

2006 Physical Activity Monitor

	Places to walk or jog	Fitness or sport facilities	Playing fields or open spaces at/near work
EDUCATION LEVEL			
Less than secondary	36%	37	32%
Secondary	45	38	28
College	59	53	33
University	66	58	48
EMPLOYMENT STATUS			
Full-time worker	56	50	36
Part-time worker	55	49	39
HOUSEHOLD INCOME			
< \$20,000	46	39	29
\$20,000–29,999	46	32	33
\$30,000–39,999	47	40	30
\$40,000–59,999	51	48	33
\$60,000–79,999	58	52	42
\$80,000–99,999	55	48	34
≥ \$100,000	62	55	39
COMMUNITY SIZE			
< 1,000	60	32	46
1,000–4,999	56	46	50
5,000–9,999	46	43	33
10,000–74,999	52	46	32
75,000–299,999	59	58	36
≥ 300,000	59	54	36
MARITAL STATUS			
Living with a partner	58	51	39
Widowed, divorced, separated	59	50	39
Never married	48	46	29

1 Data include all persons in the workforce.

– Data unavailable because of insufficient sample size.

Opportunities for physical activity near work¹ (cont'd)

2006 Physical Activity Monitor

	Places to walk or jog	Fitness or sport facilities	Playing fields or open spaces at/near work
<i>SECTOR</i>			
Private Business	50%	45%	29%
Government or public organization	65	58	46
Not for profit organization	51	43	37
<i>INDUSTRY</i>			
Trade and commerce	42	40	27
Retail and wholesale industries	42	40	27
Industry and manufacturing	47	41	27
Construction industries	46	29	30
Hi-tech industries	66	66	–
Transportation /communication	47	44	26
Manufacturing industries	47	40	27
Finance and services	66	56	44
Hospitality services	57	49	27
Finance and business services	74	67	28
Government service industries	72	61	42
Education, health and social services	66	55	55
Other service industries	59	48	41
Agriculture and Forestry	55	38	32
<i>NUMBER OF EMPLOYEES</i>			
≤ 10	62	46	42
11–49	50	41	37
50–99	50	65	36
100–249	48	44	27
250–499	49	49	28
500–999	64	50	39
≥ 1000	63	59	36
<i>PROFESSION</i>			
Labour	41	38	24
Skilled trade	46	46	33
Clerical	58	42	30
Professional	64	59	44
Management	64	49	36

¹ Data include all persons in the workforce.

– Data unavailable because of insufficient sample size.

Fitness instruction or counselling at work¹

2006 Physical Activity Monitor

	Fitness testing or activity counselling	Instruction for building a physical activity program	Instruction in physical activities
TOTAL, ADULTS (18+)	14%	12%	11%
women	12	12	10
men	16	11	11
18–24	–	11	–
women	–	–	–
men	–	–	–
25–44	17	12	10
women	13	14	12
men	19	10	9
45–64	13	11	10
women	11	10	8
men	14	13	12
REGION			
East	16	13	12
Newfoundland	–	–	–
Prince Edward Island	–	–	–
Nova Scotia	–	–	–
New Brunswick	–	–	–
Quebec	–	–	–
Ontario	15	12	10
West	16	12	13
Manitoba	–	–	–
Saskatchewan	–	–	–
Alberta	–	–	–
British Columbia	–	–	–
North	10	13	15
Yukon	–	–	–
Northwest Territories	–	–	16
Nunavut	–	–	–
ENERGY EXPENDITURE			
Active (≥ 3 KKD ²)	18	15	16
Moderately active (1.5–2.9 KKD)	16	10	10
Somewhat active (0.5–1.4 KKD)	14	12	9
Sedentary (<0.5 KKD)	8	9	6

1 Data include all persons in the workforce.

2 Kilocalories/kilogram of body weight/day; an energy expenditure of 3 KKD is roughly equivalent to walking one hour every day.

– Data unavailable because of insufficient sample size.

Fitness instruction or counselling at work¹ (cont'd)

2006 Physical Activity Monitor

	Fitness testing or activity counselling	Instruction for building a physical activity program	Instruction in physical activities
EDUCATION LEVEL			
Less than secondary	–	–	–
Secondary	12	11	11
College	14	10	9
University	18	15	12
EMPLOYMENT STATUS			
Full-time worker	15	11	10
Part-time worker	12	11	11
HOUSEHOLD INCOME			
< \$20,000	–	–	–
\$20,000–29,999	–	–	–
\$30,000–39,999	–	–	–
\$40,000–59,999	11	9	8
\$60,000–79,999	10	10	9
\$80,000–99,999	19	10	11
≥ \$100,000	22	19	15
COMMUNITY SIZE			
< 1,000	–	–	–
1,000–4,999	9	13	13
5,000–9,999	–	–	–
10,000–74,999	17	12	11
75,000–299,999	17	9	10
≥ 300,000	16	14	12
FAMILY COMPOSITION			
Living with a partner	15	12	10
Widowed, divorced, separated	15	10	12
Never married	10	11	13

¹ Data include all persons in the workforce.

– Data unavailable because of insufficient sample size.

Fitness instruction or counselling at work¹ (cont'd)

2006 Physical Activity Monitor

	Fitness testing or activity counselling	Instruction to build a physical activity program	Instruction in physical activities
SECTOR			
Private business	11%	8%	7%
Government or public organization	19	16	15
Not for profit organization	–	–	–
INDUSTRY			
Trade and commerce	–	–	–
Retail and wholesale industries	–	–	–
Industry and manufacturing	14	7	7
Construction industries	–	–	–
Hi-tech industries	–	–	–
Transportation /communication	15	–	–
Manufacturing industries	–	–	–
Finance and services	17	17	13
Hospitality services	–	–	–
Finance and business services	–	–	–
Government service industries	25	20	19
Education, health and social services	19	20	15
Other service industries	–	–	–
Agriculture and Forestry	–	–	–
NUMBER OF EMPLOYEES			
≤ 10	10	8	10
11–49	4	5	5
50–99	–	–	–
100–249	11	–	–
250–499	16	–	–
500–999	–	–	–
≥ 1000	34	22	17
PROFESSION			
Labour	–	–	–
Skilled trade	15	9	11
Clerical	–	–	–
Professional	19	15	12
Management	15	13	9

¹ Data include all persons in the workforce.

– Data unavailable because of insufficient sample size.

Amenities at work to support activity¹

2006 Physical Activity Monitor

	Showers	Change areas	Bicycle racks
TOTAL, ADULTS (18+)	32%	40%	37%
women	27	36	40
men	36	43	34
18–24	25	37	32
women	–	–	–
men	31	42	31
25–44	35	42	40
women	29	39	44
men	40	45	37
45–64	32	38	36
women	29	34	39
men	34	41	34
REGION			
East	32	38	32
Newfoundland	24	29	–
Prince Edward Island	29	36	26
Nova Scotia	37	41	36
New Brunswick	32	41	34
Quebec	30	34	39
Ontario	29	40	34
West	38	45	41
Manitoba	35	42	46
Saskatchewan	39	51	34
Alberta	34	42	41
British Columbia	42	47	42
North	31	31	33
Yukon	45	41	49
Northwest Territories	30	31	38
Nunavut	–	–	–
ENERGY EXPENDITURE			
Active (≥ 3 KKD ²)	36	47	42
Moderately active (1.5–2.9 KKD)	33	41	37
Somewhat active (0.5–1.4 KKD)	33	40	39
Sedentary (<0.5 KKD)	26	31	30

1 Data include all persons in the workforce.

2 Kilojoules/kilogram of body weight/day; an energy expenditure of 3 KKD is roughly equivalent to walking one hour every day.

– Data unavailable because of insufficient sample size.

Amenities at work to support activity¹ (cont'd)

2006 Physical Activity Monitor

	Showers	Change areas	Bicycle racks
EDUCATION LEVEL			
Less than secondary	26%	29%	23%
Secondary	31	43	33
College	27	35	35
University	41	46	48
EMPLOYMENT STATUS			
Full-time worker	34	41	39
Part-time worker	22	32	29
HOUSEHOLD INCOME			
< \$20,000	–	–	–
\$20,000–29,999	20	29	26
\$30,000–39,999	28	38	29
\$40,000–59,999	26	41	30
\$60,000–79,999	34	42	43
\$80,000–99,999	37	40	41
≥ \$100,000	39	45	44
COMMUNITY SIZE			
< 1,000	31	43	25
1,000–4,999	29	36	29
5,000–9,999	36	41	30
10,000–74,999	30	39	37
75,000–299,999	28	36	40
≥ 300,000	37	44	46
MARITAL STATUS			
Living with a partner	33	40	38
Widowed, divorced, separated	36	40	39
Never married	27	38	32

1 Data include all persons in the workforce.

– Data unavailable because of insufficient sample size.

Amenities at work to support activity¹ (cont'd)

2006 Physical Activity Monitor

	Showers	Change areas	Bicycle racks
<i>SECTOR</i>			
Private Business	25%	33%	27%
Government or public organization	45	52	55
Not for profit organization	36	41	39
<i>INDUSTRY</i>			
Trade and commerce	–	23	24
Retail and wholesale industries	–	23	24
Industry and manufacturing	32	38	30
Construction industries	20	22	–
Hi-tech industries	–	–	–
Transportation /communication	41	44	29
Manufacturing industries	40	51	41
Finance and services	36	44	47
Hospitality services	26	55	37
Finance and business services	–	–	35
Government service industries	45	51	49
Education, health and social services	46	51	60
Other service industries	–	32	28
Agriculture and Forestry	46	52	–
<i>NUMBER OF EMPLOYEES</i>			
≤ 10	22	26	22
11–49	14	29	19
50–99	33	41	32
100–249	33	40	38
250–499	45	48	57
500–999	49	46	59
≥ 1000	52	62	62
<i>PROFESSION</i>			
Labour	26	36	33
Skilled trade	34	41	31
Clerical	26	29	35
Professional	42	49	49
Management	28	36	33

¹ Data include all persons in the workforce.

– Data unavailable because of insufficient sample size.

Fitness facilities at work¹

2006 Physical Activity Monitor

	Community fitness facilities	Workplace fitness facilities	Exercise equipment at work	Rooms for activity at work	Other opportunities for activity
TOTAL, ADULTS (18+)	20%	18%	18%	14%	15%
women	20	19	19	14	13
men	20	18	18	14	16
18–24	21	–	–	–	–
women	–	–	–	–	–
men	–	–	–	–	–
25–44	19	20	20	16	17
women	21	22	21	17	16
men	17	18	18	15	18
45–64	22	21	19	15	14
women	20	19	17	12	11
men	23	22	22	17	16
REGION					
East	27	19	17	16	18
Newfoundland	–	–	–	–	–
Prince Edward Island	30	–	–	–	–
Nova Scotia	24	–	–	–	23
New Brunswick	34	–	–	–	–
Quebec	18	19	18	–	–
Ontario	17	16	16	14	15
West	24	21	20	17	17
Manitoba	27	21	–	–	–
Saskatchewan	34	23	25	–	25
Alberta	24	22	23	–	18
British Columbia	–	–	–	–	–
North	44	16	15	14	21
Yukon	40	16	17	25	22
Northwest Territories	48	18	17	–	20
Nunavut ¹	–	–	–	–	–
ENERGY EXPENDITURE					
Active (≥ 3 KKD ²)	22	21	22	19	18
Moderately active (1.5–2.9 KKD)	24	18	19	15	15
Somewhat active (0.5–1.4 KKD)	24	21	19	16	13
Sedentary (<0.5 KKD)	13	14	12	7	13

¹ Data include all persons in the workforce.

² Kilocalories/kilogram of body weight/day; an energy expenditure of 3 KKD is roughly equivalent to walking one hour every day.

– Data unavailable because of insufficient sample size.

Fitness facilities at work¹ (cont'd)

2006 Physical Activity Monitor

	Community fitness facilities	Workplace fitness facilities	Exercise equipment at work	Rooms for activity at work	Other opportunities for activity
<i>EDUCATION LEVEL</i>					
Less than secondary	14%	12%	–	–	–
Secondary	15	13	13	10	11
College	16	15	16	13	12
University	32	30	27	21	23
<i>EMPLOYMENT STATUS</i>					
Full-time worker	20	19	18	15	15
Part-time worker	20	13	16	12	12
<i>HOUSEHOLD INCOME</i>					
< \$20,000	–	–	–	–	–
\$20,000–29,999	17	–	–	–	–
\$30,000–39,999	19	–	11	–	–
\$40,000–59,999	15	14	16	11	15
\$60,000–79,999	21	20	17	19	18
\$80,000–99,999	20	18	17	13	13
≥ \$100,000	29	27	27	21	19
<i>COMMUNITY SIZE</i>					
< 1,000	28	15	23	–	21
1,000–4,999	26	12	11	14	15
5,000–9,999	30	19	19	–	–
10,000–74,999	22	19	19	15	15
75,000–299,999	17	15	14	12	15
≥ 300,000	16	24	22	17	16
<i>FAMILY COMPOSITION</i>					
Living with a partner	22	20	19	16	17
Widowed, divorced, separated	20	17	16	9	11
Never married	16	13	15	11	11

¹ Data include all persons in the workforce.

– Data unavailable because of insufficient sample size.

Fitness facilities at work¹ (cont'd)

2006 Physical Activity Monitor

	Community fitness facilities	Workplace fitness facilities	Exercise equipment at work	Rooms for activity at work	Other opportunities for activity
<i>SECTOR</i>					
Private business	12%	9%	11%	8%	10%
Government or public organization	33	35	31	25	23
Not for profit organization	29	–	–	–	–
<i>INDUSTRY</i>					
Trade and commerce	12	–	–	–	–
Retail and wholesale industries	12	–	–	–	–
Industry and manufacturing	10	12	13	9	12
Construction industries	11	–	–	–	–
Hi-tech industries	–	–	–	–	–
Transportation /communication	12	13	16	–	14
Manufacturing industries	–	–	–	–	–
Finance and services	31	28	25	21	19
Hospitality services	–	–	–	–	–
Finance and business services	–	–	–	–	–
Government service industries	30	32	28	30	22
Education, health and social services	45	40	34	29	24
Other service industries	–	–	–	–	–
Agriculture and Forestry	–	–	–	–	–
<i>NUMBER OF EMPLOYEES</i>					
≤ 10	18	8	12	12	12
11–49	17	9	9	8	8
50–99	26	21	20	23	21
100–249	20	18	18	12	10
250–499	20	18	17	–	21
500–999	22	31	29	–	24
≥ 1000	21	38	34	23	24
<i>PROFESSION</i>					
Labour	16	–	–	–	10
Skilled trade	15	16	17	14	14
Clerical	14	16	16	10	12
Professional	29	31	29	24	21
Management	20	13	13	12	11

¹ Data include all persons in the workforce.

– Data unavailable because of insufficient sample size.

Fitness programs at work¹

2006 Physical Activity Monitor

	Health, fitness, or nutrition programs	Group exercise program	Individualized fitness program
<i>TOTAL, ADULTS (18+)</i>	28%	11%	7%
women	30	11	5
men	25	11	9
18–24	23	–	–
women	–	–	–
men	–	–	–
25–44	28	11	8
women	31	11	7
men	25	11	9
45–64	29	12	8
women	31	12	–
men	28	11	10
<i>REGION</i>			
East	36	14	6
Newfoundland	31	–	–
Prince Edward Island	31	–	–
Nova Scotia	41	–	–
New Brunswick	34	–	–
Quebec	24	–	–
Ontario	29	10	7
West	27	8	7
Manitoba	30	–	–
Saskatchewan	33	–	–
Alberta	29	–	–
British Columbia	–	–	–
North	38	10	–
Yukon	38	–	–
Northwest Territories	37	–	–
Nunavut	–	–	–
<i>ENERGY EXPENDITURE</i>			
Active (≥ 3 KKD ²)	33	14	10
Moderately active (1.5–2.9 KKD)	30	7	–
Somewhat active (0.5–1.4 KKD)	27	11	6
Sedentary (<0.5 KKD)	20	9	–

1 Data include all persons in the workforce.

2 Kilocalories/kilogram of body weight/day; an energy expenditure of 3 KKD is roughly equivalent to walking one hour every day.

– Data unavailable because of insufficient sample size.

Fitness programs at work¹ (cont'd)

2006 Physical Activity Monitor

	Health, fitness, or nutrition programs	Group exercise program	Individualized fitness program
<i>EDUCATION LEVEL</i>			
Less than secondary	30%	–	–
Secondary	23	9	–
College	25	10	7
University	34	14	9
<i>EMPLOYMENT STATUS</i>			
Full-time worker	27	11	8
Part-time worker	28	9	–
<i>HOUSEHOLD INCOME</i>			
< \$20,000	–	–	–
\$20,000–29,999	21	–	–
\$30,000–39,999	26	–	–
\$40,000–59,999	22	8	–
\$60,000–79,999	23	9	–
\$80,000–99,999	33	11	–
≥ \$100,000	34	16	12
<i>COMMUNITY SIZE</i>			
< 1,000	21	–	–
1,000–4,999	30	10	–
5,000–9,999	26	–	–
10,000–74,999	30	11	6
75,000–299,999	25	8	–
≥ 300,000	28	15	10
<i>FAMILY COMPOSITION</i>			
Living with a partner	29	11	7
Widowed, divorced, separated	32	11	–
Never married	23	9	8

¹ Data include all persons in the workforce.

– Data unavailable because of insufficient sample size.

Fitness programs at work¹ (cont'd)

2006 Physical Activity Monitor

	Health, fitness, or nutrition programs	Group exercise program	Individualized fitness program
<i>SECTOR</i>			
Private business	21%	6%	4%
Government or public organization	38	18	11
Not for profit organization	37	–	–
<i>INDUSTRY</i>			
Trade and commerce	13	–	–
Retail and wholesale industries	13	–	–
Industry and manufacturing	21	8	7
Construction industries	–	–	–
Hi-tech industries	–	–	–
Transportation /communication	28	–	–
Manufacturing industries	24	–	–
Finance and services	36	15	9
Hospitality services	–	–	–
Finance and business services	26	–	–
Government service industries	44	24	–
Education, health and social services	44	17	9
Other service industries	19	–	–
Agriculture and Forestry	–	–	–
<i>NUMBER OF EMPLOYEES</i>			
≤ 10	18	–	–
11–49	15	–	–
50–99	31	–	–
100–249	22	–	–
250–499	27	–	–
500–999	50	31	–
≥ 1000	48	25	17
<i>PROFESSION</i>			
Labour	24	–	–
Skilled trade	23	9	7
Clerical	28	–	–
Professional	35	15	10
Management	25	9	–

¹ Data include all persons in the workforce.

– Data unavailable because of insufficient sample size.

Management of facilities and programs^{1,2}

2006 Physical Activity Monitor

	Employer or management	Designated staff person	Employee group or association	Other person
TOTAL, ADULTS (18+)	44%	32%	20%	16%
women	42	28	18	21
men	46	36	23	12
18–24	–	–	11	–
women	–	–	–	–
men	–	–	–	–
25–44	41	31	21	16
women	40	25	15	22
men	42	36	27	–
45–64	49	33	22	18
women	42	33	–	18
men	55	32	–	–
REGION				
East	37	33	25	20
Newfoundland	–	–	–	–
Prince Edward Island	–	–	–	–
Nova Scotia	–	–	–	–
New Brunswick	–	–	–	–
Quebec	–	–	–	–
Ontario	46	38	–	–
West	47	26	26	18
Manitoba	–	–	–	–
Saskatchewan	–	–	–	–
Alberta	–	–	–	–
British Columbia	–	–	–	–
North	44	30	34	17
Yukon	–	–	–	–
Northwest Territories	–	–	–	–
Nunavut	–	–	–	–
ENERGY EXPENDITURE				
Active (≥ 3 KKD ³)	44	40	22	14
Moderately active (1.5–2.9 KKD)	49	22	22	17
Somewhat active (0.5–1.4 KKD)	45	34	–	–
Sedentary (<0.5 KKD)	39	26	–	21

1 Data include only those who have access to fitness facilities, rooms for physical activity, exercise equipment, or other fitness opportunities at work.

2 Almost 6 percent of respondents do not know who is responsible for managing fitness facilities and programs, and are excluded from the questions.

3 Kilocalories/kilogram of body weight/day; an energy expenditure of 3 KKD is roughly equivalent to walking one hour every day.

– Data unavailable because of insufficient sample size.

Management of facilities and programs^{1,2} (cont'd)

2006 Physical Activity Monitor

	Employer or management	Designated staff person	Employee group or association	Other person
<i>EDUCATION LEVEL</i>				
Less than secondary	–	–	–	–
Secondary	38	40	–	–
College	45	27	21	21
University	46	34	18	15
<i>EMPLOYMENT STATUS</i>				
Full-time worker	44	33	22	17
Part-time worker	49	–	–	–
<i>HOUSEHOLD INCOME</i>				
< \$20,000	–	–	–	–
\$20,000–29,999	–	–	–	–
\$30,000–39,999	–	–	–	–
\$40,000–59,999	42	28	–	–
\$60,000–79,999	50	27	–	–
\$80,000–99,999	36	28	–	–
≥ \$100,000	41	42	22	16
<i>COMMUNITY SIZE</i>				
< 1,000	59	–	–	–
1,000–4,999	50	34	–	–
5,000–9,999	–	–	–	–
10,000–74,999	40	35	21	15
75,000–299,999	38	28	–	–
≥ 300,000	43	36	–	–
<i>FAMILY COMPOSITION</i>				
Living with a partner	43	33	23	17
Widowed, divorced, separated	58	–	–	–
Never married	42	30	–	–

1 Data include only those who have access to fitness facilities, rooms for physical activity, exercise equipment, or other fitness opportunities at work.

2 Almost 6 percent of respondents do not know who is responsible for managing fitness facilities and programs, and are excluded from the questions.

– Data unavailable because of insufficient sample size.

Management of facilities and programs^{1,2} (cont'd)

2006 Physical Activity Monitor

	Employer or management	Designated staff person	Employee group or association	Other person
<i>SECTOR</i>				
Private business	46%	25%	24%	16%
Government or public organization	42	39	18	15
Not for profit organization	–	–	–	–
<i>INDUSTRY</i>				
Trade and commerce	–	–	–	–
Retail and wholesale industries	–	–	–	–
Industry and manufacturing	50	–	–	–
Construction industries	–	–	–	–
Hi-tech industries	–	–	–	–
Transportation /communication	–	–	–	–
Manufacturing industries	–	–	–	–
Finance and services	40	40	18	17
Hospitality services	–	–	–	–
Finance and business services	–	–	–	–
Government service industries	–	–	–	–
Education, health and social services	44	43	18	13
Other service industries	–	–	–	–
Agriculture and Forestry	–	–	–	–
<i>NUMBER OF EMPLOYEES</i>				
≤ 10	56	–	–	–
11–49	46	23	19	–
50–99	–	–	–	–
100–249	–	–	–	–
250–499	–	–	–	–
500–999	–	–	–	–
≥ 1000	46	35	24	–
<i>PROFESSION</i>				
Labour	–	–	–	–
Skilled trade	47	25	–	–
Clerical	–	–	–	–
Professional	48	36	25	12
Management	32	–	–	–

1 Data includes only those who have access to fitness facilities, rooms for physical activity, exercise equipment, or other fitness opportunities at work.

2 Almost 6 percent of respondents do not know who is responsible for managing fitness facilities and programs, and are excluded from the questions.

– Data unavailable because of insufficient sample size.

Who can access facilities? ^{1,2}

2006 Physical Activity Monitor

	Full-time employees	Part-time employees	Contract workers	Retired employees	Employee family members	Members of the community
TOTAL, ADULTS (18+)	91%	86%	48%	40%	35%	28%
women	89	87	47	35	31	30
men	93	86	49	43	38	26
18–24	94	90	–	–	–	–
women	–	–	–	–	–	–
men	–	–	–	–	–	–
25–44	92	87	50	43	38	28
women	90	87	50	37	34	31
men	93	87	51	49	42	25
45–64	91	84	41	38	31	26
women	89	87	45	32	24	22
men	92	81	39	42	36	30
REGION						
East	92	90	40	51	51	40
Newfoundland	–	–	–	–	–	–
Prince Edward Island	94	90	–	–	–	–
Nova Scotia	96	97	–	–	–	–
New Brunswick	93	90	–	–	–	–
Quebec	85	78	–	–	–	–
Ontario	91	86	48	38	33	25
West	96	91	49	39	43	27
Manitoba	97	95	–	–	–	–
Saskatchewan	95	84	–	–	–	–
Alberta	99	94	–	–	–	–
British Columbia	–	–	–	–	–	–
North	85	82	44	40	49	41
Yukon	84	83	–	–	48	–
Northwest Territories	90	84	–	–	–	–
Nunavut	–	–	–	–	–	–
ENERGY EXPENDITURE						
Active (≥ 3 KKD ³)	93	86	45	39	35	24
Moderately active (1.5–2.9 KKD)	90	85	39	36	32	31
Somewhat active (0.5–1.4 KKD)	93	90	63	35	35	36
Sedentary (<0.5 KKD)	88	84	48	49	38	23

1 Data include only those who have access to fitness facilities, rooms for physical activity, exercise equipment, or other fitness opportunities at work.

2 “No” and “Don’t know” make up the balance of responses and are not listed. In total, “Don’t know” accounts for 5 to 23 percent of answers for each question.

3 Kilocalories/kilogram of body weight/day; an energy expenditure of 3 KKD is roughly equivalent to walking one hour every day.

– Data unavailable because of insufficient sample size.

Who can access facilities? ^{1,2} (cont'd)

2006 Physical Activity Monitor

	Full-time employees	Part-time employees	Contract workers	Retired employees	Employee family members	Members of the community
EDUCATION LEVEL						
Less than secondary	99	92%	–	–	–	–
Secondary	85	82	35	42	37	17
College	88	82	37	36	35	24
University	96	91	63	41	33	36
EMPLOYMENT STATUS						
Full-time worker	93	86	47	40	35	27
Part-time worker	89	92	62	42	37	36
HOUSEHOLD INCOME						
< \$20,000	–	–	–	–	–	–
\$20,000–29,999	–	–	–	–	–	–
\$30,000–39,999	95	83	–	–	–	–
\$40,000–59,999	89	90	53	50	38	41
\$60,000–79,999	88	83	42	33	35	31
\$80,000–99,999	92	86	48	39	36	22
≥ \$100,000	93	86	55	41	31	21
COMMUNITY SIZE						
< 1,000	92	81	–	51	59	–
1,000–4,999	78	75	–	41	38	47
5,000–9,999	93	96	–	–	–	–
10,000–74,999	93	88	43	31	33	26
75,000–299,999	92	84	48	44	37	35
≥ 300,000	93	90	67	43	32	18
FAMILY COMPOSITION						
Living with a partner	91	85	44	42	35	26
Widowed, divorced, separated	91	89	63	50	41	42
Never married	95	91	59	28	34	32

1 Data include only those who have access to fitness facilities, rooms for physical activity, exercise equipment, or other fitness opportunities at work.

2 “No” and “Don’t know” make up the balance of responses and are not listed. In total, “Don’t know” accounts for 5 to 23 percent of answers for each question.

– Data unavailable because of insufficient sample size.

Who can access facilities? ^{1,2} (cont'd)

2006 Physical Activity Monitor

	Full-time employees	Part-time employees	Contract workers	Retired employees	Employee family members	Members of the community
SECTOR						
Private business	85%	80%	45%	35%	40%	18%
Government or public organization	96	91	52	45	29	35
Not for profit organization	87	81	–	–	–	–
INDUSTRY						
Trade and commerce	–	–	–	–	–	–
Retail and wholesale industries	–	–	–	–	–	–
Industry and Manufacturing	89	82	44	40	39	–
Construction industries	–	–	–	–	–	–
Hi-tech industries	–	–	–	–	–	–
Transportation /communication	90	81	–	–	–	–
Manufacturing industries	–	–	–	–	–	–
Finance and services	93	90	55	41	32	34
Hospitality services	–	–	–	–	–	–
Finance and business services	–	–	–	–	–	–
Government service industries	96	90	–	39	–	–
Education, health and social services	97	95	58	47	32	44
Other service industries	–	–	–	–	–	–
Agriculture and Forestry	90	79	–	–	–	–
NUMBER OF EMPLOYEES						
≤ 10	77	75	39	42	57	33
11–49	90	81	35	40	44	57
50–99	95	93	–	–	–	–
100–249	100	88	–	–	–	–
250–499	91	82	–	–	–	–
500–999	90	85	–	–	–	–
≥ 1000	94	91	51	40	26	20
PROFESSION						
Labour	97	97	–	–	–	–
Skilled trade	85	77	34	39	29	29
Clerical	81	85	–	–	–	–
Professional	96	91	53	39	36	34
Management	90	81	43	39	38	–

1 Data include only those who have access to fitness facilities, rooms for physical activity, exercise equipment, or other fitness opportunities at work.

2 “No” and “Don’t know” make up the balance of responses and are not listed. In total, “Don’t know” accounts for 5 to 23 percent of answers for each question.

– Data unavailable because of insufficient sample size.

When fitness facilities can be used^{1,2}

2006 Physical Activity Monitor

	Before work	During lunch	During work hours	After work/evenings	On weekends
TOTAL, ADULTS (18+)	75%	82%	57%	82%	61%
women	78	82	52	79	61
men	73	82	62	85	62
18–24	71	84	82	81	49
women	–	–	–	–	–
men	–	–	–	–	–
25–44	75	81	57	82	63
women	81	82	55	82	65
men	69	81	60	83	62
45–64	77	83	51	82	61
women	80	84	41	75	55
men	74	83	59	87	67
REGION					
East	74	82	52	86	72
Newfoundland	–	–	–	–	–
Prince Edward Island	–	–	–	–	–
Nova Scotia	75	85	–	86	76
New Brunswick	–	–	–	87	–
Quebec	75	74	–	75	–
Ontario	73	83	58	80	60
West	80	86	64	87	72
Manitoba	74	83	–	84	–
Saskatchewan	79	82	–	92	81
Alberta	86	88	71	86	75
British Columbia	–	–	–	–	–
North	72	79	56	79	81
Yukon	80	86	58	82	73
Northwest Territories	71	76	–	79	82
Nunavut	–	–	–	–	–
ENERGY EXPENDITURE					
Active (≥ 3 KKD ³)	80	84	59	84	57
Moderately active (1.5–2.9 KKD)	71	75	48	82	58
Somewhat active (0.5–1.4 KKD)	81	84	56	79	58
Sedentary (<0.5 KKD)	67	84	65	81	76

1 Data include only those who have access to fitness facilities, rooms for physical activity, exercise equipment, or other fitness opportunities at work.

2 For each question, between 9 and 12 percent of respondents were not able to answer; “don’t know” and “refused” are excluded from the denominator.

3 Kilocalories/kilogram of body weight/day; an energy expenditure of 3 KKD is roughly equivalent to walking one hour every day.

– Data unavailable because of insufficient sample size.

When fitness facilities can be used^{1,2} (cont'd)

2006 Physical Activity Monitor

	Before work	During lunch	During work hours	After work/ evenings	On weekends
EDUCATION LEVEL					
Less than secondary	75%	–	–	81%	76%
Secondary	77	83	58	87	55
College	67	77	53	78	68
University	81	88	61	82	57
EMPLOYMENT STATUS					
Full-time worker	76	83	57	83	63
Part-time worker	76	84	65	81	53
HOUSEHOLD INCOME					
< \$20,000	–	–	–	–	–
\$20,000–29,999	–	–	–	–	–
\$30,000–39,999	65	75	–	92	78
\$40,000–59,999	67	75	60	73	51
\$60,000–79,999	74	79	56	83	59
\$80,000–99,999	77	82	55	85	66
≥ \$100,000	81	87	63	83	58
COMMUNITY SIZE					
< 1,000	75	82	68	78	79
1,000–4,999	67	73	64	80	64
5,000–9,999	77	83	–	94	60
10,000–74,999	74	81	54	80	58
75,000–299,999	71	77	49	77	58
≥ 300,000	81	88	69	83	60
FAMILY COMPOSITION					
Living with a partner	77	82	55	81	62
Widowed, divorced, separated	77	86	51	84	68
Never married	67	79	65	84	56

1 Data include only those who have access to fitness facilities, rooms for physical activity, exercise equipment, or other fitness opportunities at work.

2 For each question, between 9 and 12 percent of respondents were not able to answer; “don’t know” and “refused” are excluded from the denominator.

– Data unavailable because of insufficient sample size.

When fitness facilities can be used^{1,2} (cont'd)

2006 Physical Activity Monitor

	Before work	During lunch	During work hours	After work/evenings	On weekends
<i>SECTOR</i>					
Private business	68%	80%	57%	82%	63%
Government or public organization	81	84	55	82	57
Not for profit organization	82	79	68	80	–
<i>INDUSTRY</i>					
Trade and commerce	–	–	–	–	–
Retail and wholesale industries	–	–	–	–	–
Industry and Manufacturing	65	78	57	78	64
Construction industries	–	–	–	–	–
Hi-tech industries	–	–	–	–	–
Transportation /communication	59	77	56	64	59
Manufacturing industries	–	–	–	–	–
Finance and services	82	85	56	85	57
Hospitality services	–	–	–	–	–
Finance and business services	–	–	–	–	–
Government service industries	85	95	74	91	57
Education, health and social services	82	81	52	82	53
Other service industries	–	–	–	–	–
Agriculture and Forestry	–	–	–	–	–
<i>NUMBER OF EMPLOYEES</i>					
≤ 10	63	73	66	82	68
11–49	70	74	44	83	58
50–99	84	86	–	86	49
100–249	84	85	55	81	57
250–499	74	86	–	81	67
500–999	72	80	69	82	69
≥ 1000	77	87	61	82	63
<i>PROFESSION</i>					
Labour	76	83	–	85	54
Skilled trade	64	66	45	70	57
Clerical	85	88	60	88	71
Professional	78	86	56	82	57
Management	84	94	68	90	82

1 Data include only those who have access to fitness facilities, rooms for physical activity, exercise equipment, or other fitness opportunities at work.

2 For each question, between 9 and 12 percent of respondents were not able to answer; "don't know" and "refused" are excluded from the denominator.

– Data unavailable because of insufficient sample size.