

Let's Get Active!

Physical Activity in Canadian Communities

2009 PHYSICAL ACTIVITY MONITOR: FACTS & FIGURES



Personal Barriers

The 2009 Physical Activity Monitor examined Canadians' perceptions of the presence of potential barriers to participation in physical activity or sport. This Bulletin looks at individual factors such as lack of skill or ability and cost that prevent participation in physical activity and sport. Table 1 presents the proportion of Canadians that agree and strongly agree that these types of barriers impede participation. Overall, cost was the strongest barrier preventing participation, with over one-quarter of Canadians strongly agreeing that the dollar costs of participating are too high.

Region

Compared to the national average, a greater proportion of residents from Prince Edward Island and New Brunswick cite a lack of skill and ability as a barrier. In terms of cost as a barrier, relatively fewer residents from the Yukon and Quebec indicate that cost is a barrier. Relatively fewer residents of Saskatchewan strongly agree that they know how to incorporate physical activity into daily routines.

Age and sex

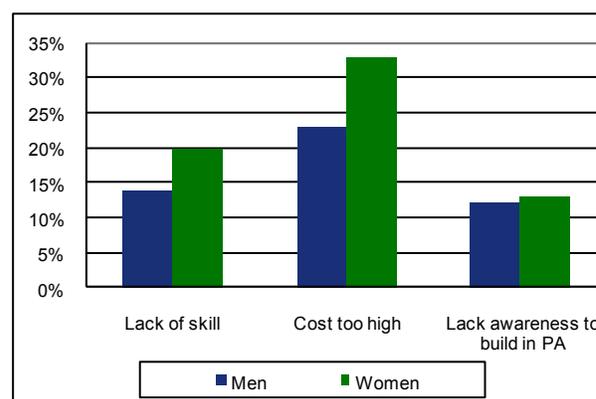
More women than men strongly agree that a lack of skill and ability and costs are key barriers to being active. Older adults are generally most likely to strongly agree that a lack of skill and ability and lack awareness about how to build physical activity into their daily routine are key barriers.

Socio-economic and demographic characteristics

Table 2 outlines socio-demographic characteristics associated with strongly agreeing that individual barriers prevent participation.

FIGURE 1

Percentage strongly agreeing that barriers exist which prevent participation, by gender



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Activity level and sport participation

Compared to those who are more active, inactive individuals are more likely to strongly agree that the costs of participation are too high, that they lack the skills and/or ability, and that they are unsure of how to incorporate physical activity into daily routines. Non-sport participants are more likely to strongly agree with these barriers compared to non-participants.

TABLE 1

Percentage agreeing that individual factors prevent participation in physical activity and sport

	Agree	Strongly agree
Costs of participating in physical activity are too high	14%	28%
Lack of skill or ability to do sports and physical activity	9%	17%
Unsure of how to incorporate physical activity into daily routine	9%	13%

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TABLE 2
Percentage strongly agreeing that individual factors prevent participation

	Characteristics of those who strongly agree that barriers impede participation in daily activity
Costs of participating in physical activity are too high	-High school or less (vs. university educated) -Lower household income -Unemployed
Lack of skill or ability to do sports and physical activity	-High school or less (vs. post-secondary level) -Lower household income (vs. income -Retirees
Unsure of how to incorporate physical activity into daily routines	-Less than high school (vs. post-secondary level) -Lower household income (vs. higher) - Homemakers and retirees

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Trends

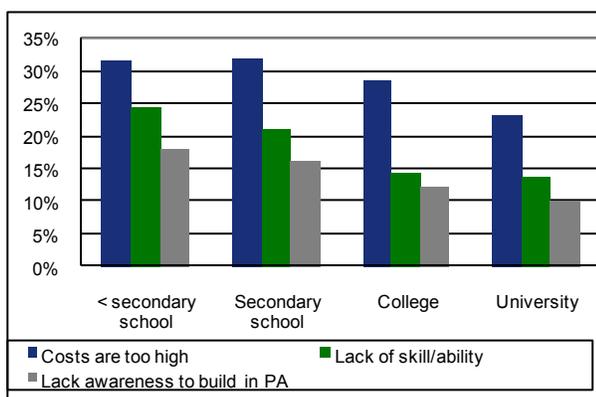
Compared to 2004, Canadians overall were slightly less likely to strongly agree that a lack of skill and/or ability prevents participation in physical activity and sports. There were no differences in the overall proportion of Canadians that agree or strongly agree that the costs of participating are too high or that they are unsure of how to incorporate physical activity into daily routines. Compared to 2004, Quebec residents were less likely in 2009 to strongly agree that costs of participating in sports and physical activity are too high.

A change in provincial relationships since 2004 include:

- Residents of New Brunswick are more likely than the average to strongly agree that they lack the skill/ability to participate in physical activity or sport in 2009.
- Residents from the Yukon and Quebec are less likely than the average to strongly agree that the costs associated with physical activity are too high in 2009.

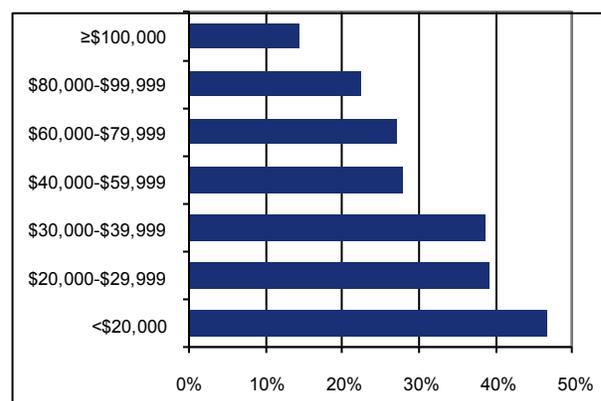
Previous relationships with gender, age, education, income, and sport participation generally persist over time.

FIGURE 2
Percentage strongly agreeing with barrier, by education, 2009



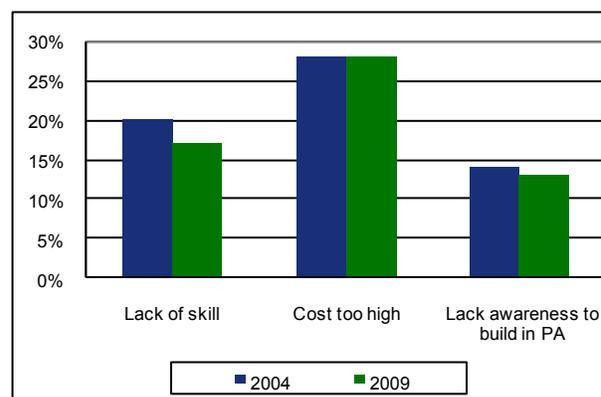
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FIGURE 3
Percentage strongly agreeing that cost is a barrier, by income, 2009



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FIGURE 4
Percentage strongly agreeing with barriers, overall trends 2004-2009



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