

Let's Get Active!

Physical Activity in Canadian Communities

PHYSICAL ACTIVITY AND SPORT MONITORING PROGRAM



Specifically designed facilities for physical activity and sport

The Canadian Fitness and Lifestyle Research Institute's 2016-2018 Physical Activity Monitor explored Canadians' perceptions about the availability, their satisfaction, and usage of a range of places to be active within the community. For example, a previous bulletin (Bulletin 3) asked Canadians about places that they can safely walk, Bulletin 4 asked about safe spaces to bicycle, and future bulletins explore multi-purpose trails (Bulletin 6), and parks and green spaces (Bulletin 7). This research bulletin examines the availability of other spaces in the community that are specifically designed for physical activity and sport, satisfaction levels with the amount of these places in the community, and usage of these specifically designed physical activity or sport spaces.

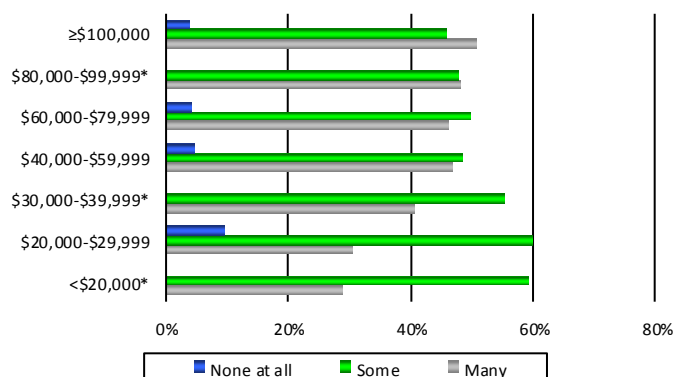
Amount of specifically designed facilities for physical activity

In the 2016-2018 Physical Activity Monitor, adults aged 18 years and older were asked about the amount of specifically designed physical activity or sport facilities in the community. As such, almost half (45%) report that there are *many* specifically designed spaces for physical activity in the community, 50% report that there are *some*, and 5% say that there are *no* places like this *at all*.

Individual characteristics There are no significant differences in perceptions of the amount of other specifically designed facilities by gender, age and marital status. Adults who have not graduated from high school are most likely to say that there are *no* other types of specifically designed places for physical activity or sport *at all* in the community, and are least likely to indicate that there are *many*. Compared to the average, a higher proportion of adults who are not working for a specified reason (e.g., unemployed, on leave, illness) report that there are *no* specifically designed places for physical activity or sport *at all* in their community.

Household and community characteristics A greater proportion of adults living in higher income households cite *many* specifically designed facilities compared to those living in lower income households, yet a higher percentage of adults living in lower income households indicate that there are either *some* or *no* specifically designed places to be active in the community. Generally speaking, a higher percentage of residents living in larger communities cite *many* specifically designed places for physical activity, whereas relatively fewer residents in these larger communities indicate that there are either *some* or *no* places *at all* compared to residents living in smaller communities. Compared to the average, a greater proportion of rural dwellers indicate that there are either *some* or *no* specifically designed places for physical activity in the community, whereas relatively fewer adults living in urban environments report this.

FIGURE 1
Amount of specifically designed places for physical activity or sport by household income



*one category not released due to sample size

2016-2018 Physical Activity Monitor, CFLRI

On the other hand, relatively fewer rural residents cite *many* specifically designed spaces for physical activity or sport, while a greater proportion of urban and suburban dwellers compared to the average indicate that there are *many* of these types of places.

Region Compared to the national average, relatively fewer adults living in Prince Edward Island, Nova Scotia, and New Brunswick cite the availability of *many* of these specifically designed places for physical activity or sport. On the contrary, a greater percentage of adults living in British Columbia and the Yukon cite the availability of *many* of these types of places when compared to the average. Relatively more adults living in Prince Edward Island and Nova Scotia indicate that there are *some* of these specifically designed places for physical activity or sport, while relatively fewer residents of British Columbia report this. Compared to the national average, a higher percentage of residents of Prince Edward Island, Newfoundland and Labrador say that there are *no* places *at all* like this in the community.

Level of satisfaction with the amount of specifically designed places to be active

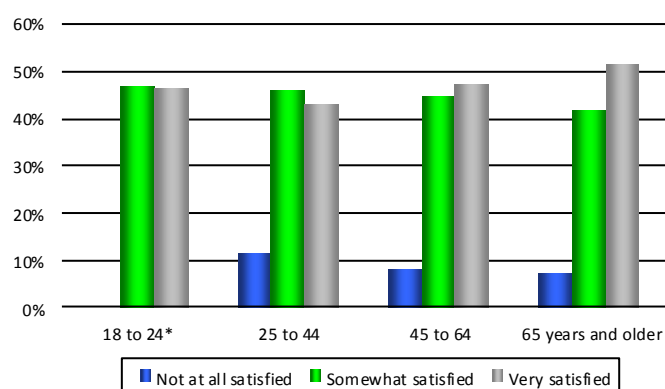
The 2016-2018 Physical Activity Monitor also asked adults about their level of satisfaction with the amount of specifically designed spaces for physical activity or sport in their community. Almost one-half of adults (47%) indicate that they are *very* satisfied, 45% report being *somewhat* satisfied, and the remaining 8% are *not at all* satisfied with the amount of these types of places in the community.

Individual characteristics Although there are no differences in level of satisfaction by gender, differences do exist by age; a greater proportion of older adults (65 years and older) report that they are *very* satisfied with the amount of specifically designed places to be active in the community compared to 25 to 64 year olds. On the contrary, a higher proportion of adults aged 25 to 44 say that they are *not at all* satisfied with the amount of these places compared to older adults. Although there are no significant differences by marital status regarding the level of satisfaction with the amount of specifically designed spaces for physical activity or sport in the community, there is a relationship with education level and employment status. A greater percentage of adults with a university education say that they are *very* satisfied with the amount of specifically designed facilities for physical activity or sport compared to those with a college or trade school education, or those who have not graduated from secondary school.

On the other hand, adults who have not graduated from secondary school are more likely to report being *not at all* satisfied with the amount of these places compared to those who have graduated from secondary school or university. A greater percentage of retirees report being *very* satisfied with the number of specifically designed places to be active in their community, whereas a higher proportion of adults who are not working for a particular reason indicate that they are *not* satisfied *at all* with the amount of these places, compared to the national average.

FIGURE 2

Satisfaction with the amount of specifically designed places to be active by age



*one category not released due to sample size.

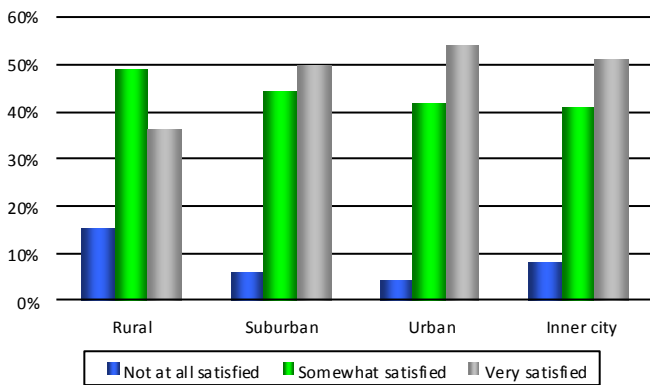
2016-2018 Physical Activity Monitor, CFLRI

Household or community characteristics A greater proportion of adults living in the highest income households ($\geq \$100,000$ per year) indicate that they are *very* satisfied with the amount of facilities in the community that are specifically designed for physical activity and sport, whereas relatively more adults living in lower income households indicate that they are either *somewhat* satisfied or are *not* satisfied *at all*. Residents living in the larger cities are more likely than those living in some small communities to be *very* satisfied with the number of places designed specifically for physical activity or sport, whereas a higher percentage of residents living in the smallest communities (<5,000 residents) are most likely to indicate that they are *not at all* satisfied with the amount of these places. Relatively more rural residents report being *not at all* satisfied with the number of specifically designed places to be active, whereas fewer urban dwellers compared to the average say this. The opposite relationship exists for those being *very* satisfied.

Region Compared to the national average, a greater proportion of adults living in Newfoundland and Labrador are *not at all* satisfied with the amount of specifically designed places to be active in their community.

Relatively more residents of Quebec and relatively fewer residents in Yukon indicate that they are *somewhat* satisfied with the amount of these places when compared to the national average. Compared to the average, a greater proportion of adults living in British Columbia and the Yukon indicate that they are *very* satisfied, whereas relatively fewer adults living in Nova Scotia say that they are *very* satisfied with the amount of specifically designed places for physical activity or sport in the community.

FIGURE 3
Satisfaction with specifically designed places to be active by community location



2016-2018 Physical Activity Monitor, CFLRI

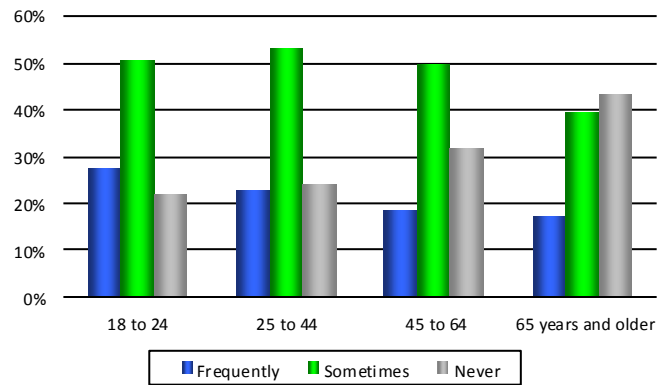
Usage of specifically designed places for physical activity and sport in the community

In addition to the availability and satisfaction with facilities, the survey also asked adults about their usage of specifically designed places for physical activity or sport in their community. Correspondingly, just over one in five (21%) indicate that they *frequently* use these places, 49% *sometimes* do, and 30% *never* do.

Individual characteristics Although there are no gender-related differences, reported usage of specifically designed places to be active varies by age. Older adults (65 years and older) are most likely to indicate that they *never* use these types of places, and similarly, a higher percentage of adults aged 45 to 64 reportedly *never* use these types of facilities to be active compared to younger adults. Older adults, on the other hand, are least likely to indicate that they *sometimes* use these facilities. Furthermore, adults 45 years and older are least likely, yet a higher percentage of younger adults (44 years and younger) state that they *frequently* use these types of facilities.

Adults who are widowed, divorced, or separated are most likely to report *never* using these specifically designed places to be active compared to others.

FIGURE 4
Usage of specifically designed places to be active by age

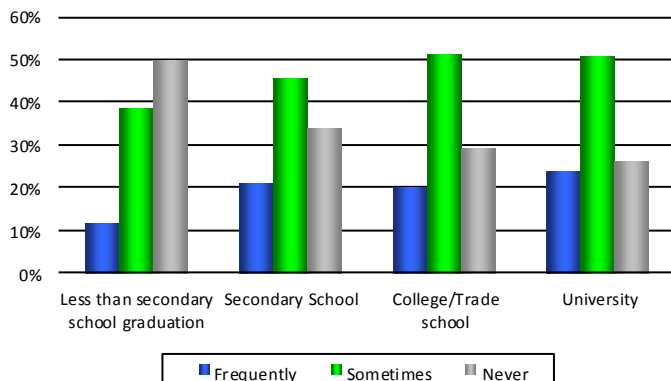


2016-2018 Physical Activity Monitor, CFLRI

Relatively more adults who are single or who have never been married say that they *frequently* use these types of places to be active compared to those who are widowed, divorced, or separated. A higher percentage of adults who are married or who live with a partner indicate that they *sometimes* use these places to be active compared to those who are widowed, divorced, or separated. Regarding employment status, a greater proportion of retirees or adults who are not working for a particular reason, yet a lower proportion of those who are employed, state that they *never* use these specifically designed places for physical activity or sport compared to the national average. Further, relatively fewer retirees indicate that they *sometimes* use these places when compared to the average. Adults who have not graduated from high school are most likely to report *never* using these specifically designed places to be active. On the other hand, the opposite relationship appears for *frequent* use of these types of facilities. A higher percentage of adults with a post-secondary education indicate that they *sometimes* use these types of facilities compared to those who have not graduated from high school.

Household or community characteristics A higher percentage of adults living in lower to moderate income households (<\$60,000 per year) say that they *never* use these specifically designed facilities to be active compared to adults living in higher income households (>\$80,000 per year), whilst the opposite relationship appears among those citing *frequent* use. Generally speaking, relatively more residents of larger communities say that they *frequently* use these places to be active, whereas more residents of smaller communities say that they *never* use these places. Compared to the average, relatively more rural dwelling adults *never* use these places to be active.

FIGURE 5
Usage of specifically designed places to be active by education level



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Region Compared to the national average, a slightly lower percentage of residents living in the Yukon or Northwest Territories report that they *never* use these specifically designed places in their community to be active. A higher percentage of adults living in Yukon, yet a lower percentage of adults living in Nova Scotia indicate that they *frequently* use these places in their community when compared to the average.

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