

Table III-6: Leisure-Time Physically Active or Moderately Active for Vital Signs by CMA and Health Regions, Per cent, 2003 and 2005

	2003	2005
Canada	50.4	51.0
New Brunswick	44.3	45.6
Saint John (CMA)	43.5	n.a
Saint John (N.B. Health Region 2)	42.9	47.3
Fredericton (N.B. Region 3)		
Quebec	47.0	47.8
Montreal (CMA)	46.0	n.a
Montreal Health Region	45.9	47.8
Laval Health Region	44.1	45.4
Monteregie Health Region	44.8	47.7
Ontario	50.0	51.3
Ottawa- Gatineau (CMA)	54.3	n.a
City of Ottawa Health Unit	55.1	56.4
Sudbury (CMA)	52.5	n.a
Sudbury and District Health Unit	52.2	56.2
Toronto (CMA)	46.1	n.a
City of Toronto Health Unit	44.1	47.0
York Regional Health Unit	49.1	50.9
Halton Regional Health Unit	58.6	53.7
Peel Regional Health Unit	45.5	48.4
Guelph (Wellington -Dufferin-Guelph Health Unit)	54.2	53.1
Kitchener (CMA)	52.0	n.a
Waterloo Health Unit	52.3	51.7
Saskatchewan	49.6	49.2
Saskatoon (CMA)	54.3	n.a
Saskatoon Regional Health Unit	50.7	48.6
Alberta	54.0	53.5
Calgary (CMA)	56.8	n.a
Calgary Health Region	57.3	56.6
Lethbridge (Chinook Regional Health Authority)	51.3	55.8
Medicine Hat (Palliser Regional Health Unit)	53.6	43.3
Red Deer (David Thompson Regional Health Authority)	52.5	52.8
British Columbia	58.1	57.7
Vancouver (CMA)	57.1	n.a
Vancouver Health Service Delivery Area	56.0	55.0
Fraser East Health Service Delivery Area	56.8	53.2
Fraser North Health Service Delivery Area	56.0	56.6
Fraser South Health Service Delivery Area	57.8	53.6
Richmond Health Service Delivery Area	54.7	53.4
Victoria (CMA)	58.9	n.a
Victoria (South Vancouver Island Service Delivery Area)	59.3	66.1

Note: Population aged 12 and over reporting level of physical activity, based on their responses to questions about the frequency, duration and intensity of their participation in leisure-time physical activity. Respondents are classified as active, moderately active or inactive based on an index of average daily physical activity over the past 3 months. For each leisure time physical activity engaged in by the respondent, an average daily energy expenditure is calculated by multiplying the number of times the activity was performed by the average duration of the activity by the energy cost (kilocalories per kilogram of body weight per hour) of the activity. The index is calculated as the sum of the average daily energy expenditures of all activities. Respondents are classified as follows: 3.0 kcal/kg/day or more = physically active; 1.5 to 2.9 kcal/kg/day = moderately active; less than 1.5 kcal/kg/day = inactive.

Source: Canadian Community Health Survey (CCHS 2.1 and 3.1). Cansim table 105-0400. Cansim series for Health Region: v41129835, v41141355, v41142635, v41143275, v41146475, v41150315, v41154795, v41166955, v41179755, v41185515, v41187435, v41188075, v41189355, v41189995, v41197675, v41201515, v41205355, v41205995, v41206635, v41207275, v41207915, v41211755, v41217515, v41218795, v41216875, v41172075, v41214931, v41215595, v41216235, v41181035, v41156715. For CMAs: v30194140, v30211900, v30215452, v30222556, v30233212, v30243868, v30258076, v30261628, v30268732, v30272284