

## 2.5 PHYSICAL ACTIVITY

Table 2.5.1

Frequency of recreational physical activity<sup>1</sup> according to sex and age, population 15 and over, Quebec, 1998

|                        | 3 times a week or more | 2 times a week | Once a week | 1 to 3 times a month | Never        |
|------------------------|------------------------|----------------|-------------|----------------------|--------------|
|                        | %                      |                |             |                      |              |
| Men                    |                        |                |             |                      |              |
| 15-24                  | 43.3                   | 15.3           | 13.0        | 18.4                 | 9.9          |
| 25-44                  | 21.4                   | 14.8           | 14.2        | 22.7                 | 27.0         |
| 45-64                  | 25.9                   | 13.2           | 9.2         | 14.6                 | 37.2         |
| 65 years +             | 32.8                   | 9.2            | 8.3         | 7.9                  | 41.8         |
| <b>Total</b>           | <b>27.9</b>            | <b>13.8</b>    | <b>11.8</b> | <b>17.8</b>          | <b>28.8</b>  |
| Women                  |                        |                |             |                      |              |
| 15-24                  | 25.8                   | 18.5           | 18.8        | 25.1                 | 11.8         |
| 25-44                  | 20.3                   | 14.5           | 13.9        | 26.1                 | 25.2         |
| 45-64                  | 28.1                   | 13.0           | 9.9         | 15.1                 | 33.9         |
| 65 years +             | 24.5                   | 7.9            | 9.4         | 9.1                  | 49.1         |
| <b>Total</b>           | <b>24.1</b>            | <b>13.7</b>    | <b>12.8</b> | <b>20.1</b>          | <b>29.2</b>  |
| Both sexes             |                        |                |             |                      |              |
| <b>Total</b>           | <b>26.0</b>            | <b>13.8</b>    | <b>12.3</b> | <b>19.0</b>          | <b>29.0</b>  |
| <b>Population '000</b> | <b>1,514</b>           | <b>798</b>     | <b>717</b>  | <b>1,102</b>         | <b>1,695</b> |

1. Recreational physical activity is 20 to 30 minutes per session over a three-month period.

Source: Institut de la statistique du Québec, *Enquête social et de santé 1998*.

**Table 2.5.2****Frequency of recreational physical activity<sup>1</sup>, population 15 and over, Quebec, 1992-1993, 1998**

|           | 3 times a week or more | 2 times a week | Once a week | 1 to 3 times a month | Never |
|-----------|------------------------|----------------|-------------|----------------------|-------|
|           | %                      |                |             |                      |       |
| 1992-1993 | 25.3                   | 13.1           | 14.8        | 20.5                 | 26.4  |
| 1998      | 26.0                   | 13.8           | 12.3        | 19.0                 | 29.0  |

1. Recreational physical activity is 20 to 30 minutes per session over a three-month period.

Source: Santé Québec, *Enquête social et de santé 1992-1993*.  
Institut de la statistique du Québec, *Enquête social et de santé 1998*.

**Table 2.5.3****Frequency of recreational physical activity<sup>1</sup> according to relative scolarity and income level, population 15 and over, Quebec, 1998**

|                           | 3 times a week or more | 2 times a week | Once a week | 1 to 3 times a month | Never |
|---------------------------|------------------------|----------------|-------------|----------------------|-------|
|                           | %                      |                |             |                      |       |
| <b>Relative scolarity</b> |                        |                |             |                      |       |
| Very low                  | 20.7                   | 11.0           | 8.9         | 17.3                 | 42.0  |
| Low                       | 24.3                   | 12.3           | 11.5        | 18.8                 | 33.2  |
| Average                   | 26.8                   | 14.6           | 12.2        | 18.7                 | 27.9  |
| High                      | 26.0                   | 14.3           | 14.2        | 20.5                 | 25.1  |
| Very High                 | 31.7                   | 16.8           | 15.0        | 19.4                 | 17.2  |
| <b>Income level</b>       |                        |                |             |                      |       |
| Very poor                 | 28.9                   | 9.9            | 8.8         | 15.3                 | 37.1  |
| Poor                      | 24.2                   | 11.1           | 10.8        | 18.5                 | 35.3  |
| Lower middle income       | 24.5                   | 12.9           | 12.4        | 19.0                 | 31.2  |
| Upper middle income       | 25.7                   | 14.9           | 13.1        | 19.3                 | 27.0  |
| High income               | 30.8                   | 17.2           | 13.0        | 20.5                 | 18.5  |

Source: Institut de la statistique du Québec, *Enquête social et de santé 1998*.

**Table 2.5.4****Frequency of recreational physical activity by mother tongue**

|                               | N= | 18211         | 1029           | 1045         | 445        |
|-------------------------------|----|---------------|----------------|--------------|------------|
|                               |    | <b>French</b> | <b>English</b> | <b>Other</b> | <b>n/a</b> |
| <b>Never</b>                  |    | 27.65%        | 22.84%         | 31.20%       | 31.69%     |
| <b>1-3 times a month</b>      |    | 18.68%        | 17.40%         | 20.10%       | 15.96%     |
| <b>Once a week</b>            |    | 12.01%        | 10.40%         | 11.67%       | 10.79%     |
| <b>Twice a week</b>           |    | 13.75%        | 15.26%         | 9.57%        | 9.66%      |
| <b>3 times a week or more</b> |    | 25.53%        | 31.97%         | 25.17%       | 25.62%     |
| <b>Unknown</b>                |    | 2.38%         | 2.14%          | 2.30%        | 6.29%      |
|                               |    | 100.00%       | 100.00%        | 100.00%      | 100.00%    |

Source: Institut de la statistique du Québec, *Enquête sociale et de santé 1998*.

**Table 2.5.5****Intention to pursue recreational physical activity on a regular basis in the upcoming year, by mother tongue**

|                           | N= | 17788         | 1005           | 1017         | 411        |
|---------------------------|----|---------------|----------------|--------------|------------|
|                           |    | <b>French</b> | <b>English</b> | <b>Other</b> | <b>n/a</b> |
| <b>Definitely yes</b>     |    | 45.39%        | 45.87%         | 44.44%       | 42.58%     |
| <b>Probably yes</b>       |    | 31.06%        | 29.05%         | 31.86%       | 33.33%     |
| <b>Neither yes nor no</b> |    | 11.92%        | 12.24%         | 12.39%       | 12.65%     |
| <b>Probably not</b>       |    | 8.22%         | 8.86%          | 7.28%        | 6.33%      |
| <b>Definitely not</b>     |    | 3.40%         | 3.98%          | 4.03%        | 5.11%      |
|                           |    | 100.00%       | 100.00%        | 100.00%      | 100.00%    |

Source: Institut de la statistique du Québec, *Enquête sociale et de santé 1998*.

**Table 2.5.6****Type of physical activity in the workplace by mother tongue**

|                                 | N= | 18211         | 1029           | 1045         | 445        |
|---------------------------------|----|---------------|----------------|--------------|------------|
|                                 |    | <b>French</b> | <b>English</b> | <b>Other</b> | <b>n/a</b> |
| <b>Mostly seated</b>            |    | 20.77%        | 19.53%         | 23.35%       | 16.63%     |
| <b>Standing without lifting</b> |    | 46.57%        | 44.61%         | 47.37%       | 41.35%     |
| <b>Light lifting</b>            |    | 19.15%        | 23.32%         | 17.89%       | 15.06%     |
| <b>Heavy lifting</b>            |    | 9.18%         | 9.14%          | 5.45%        | 10.79%     |
| <b>Unknown</b>                  |    | 4.33%         | 3.40%          | 5.93%        | 16.18%     |
|                                 |    | 100.00%       | 100.00%        | 100.00%      | 100.00%    |

Source: Institut de la statistique du Québec, *Enquête sociale et de santé 1998*.