



Quebec's Social and Health Survey Information: Baseline Data Report 2008 (Section 2.5)

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2.5 Physical Activity

- 52% of survey respondents reported engaging in recreational physical activity on a weekly basis.
- Male respondents were more likely than women to engage in recreational physical activity with males aged 15-24 being the most active group.
- The differences in the rates of activity between young men and women in the 15-24 age group are substantial. While 43.3% of men in this age group engage in recreational activity 3 times a week or more, only 25.8% of women do so.
- Low levels of scolarity and income tend to be associated with lower rates of physical activity and a greater likelihood to never engage in such activity.
- French-speaking survey respondents were more likely than English-speakers to report never engaging in recreational physical activity. English-speaking respondents were more likely to report activity 3 times a week or more.
- Anglophone and Francophone respondents were about equally likely to declare that they intended to pursue recreational physical activity on a regular basis in the upcoming year.

Table 2.5.1 – Frequency of recreational physical activity¹ 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
	Total	27.9	13.8	11.8	17.8	28.8
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
	Total	24.1	13.7	12.8	20.1	29.2
Both sexes						
	Total	26.0	13.8	12.3	19.0	29.0
Population '000		1,514	798	717	1,102	1,695

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

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

- 52% of survey respondents reported engaging in recreational physical activity on a weekly basis while 48% reported 1 to 3 times a month or never.
- Men were somewhat more likely than women to engage in recreational physical activity on a weekly basis and less likely to report only monthly physical activity or never. Men aged 15-24 reported the highest frequency of physical recreational activity when compared with men of other ages and women.
- The difference in rates of physical activity between young men and women 15-24 years of age is substantial. The greatest frequency of physical activity among the women was reported by the 45-64 years age group.
- For both sexes, those respondents 65 years and over were the most likely to report never engaging in physical recreational activity.

Table 2.5.2 – Frequency of recreational physical activity,¹ 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

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

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

- There was little change in the rates of physical activity among survey respondents when 1992-1993 and 1998 are compared.



Table 2.5.3 – Frequency of recreational physical activity¹ 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
	%				
Relative scolarity					
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
Income level					
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*.

- Low levels of scolarity tend to be associated with lower rates of physical activity and a greater likelihood to never engage in physical recreational activity. Low income levels tend to be associated with an increased likelihood to report never engaging in physical activity.

Table 2.5.4 – Frequency of recreational physical activity by mother tongue

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

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

- English-speaking survey respondents are less likely (17% in relative terms) than French-speakers to report never engaging in recreational physical activity and more likely to report activity 3 times a week or more.

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
	French	English	Other	n/a
Definitely yes	45.39%	45.87%	44.44%	42.58%
Probably yes	31.06%	29.05%	31.86%	33.33%
Neither yes nor no	11.92%	12.24%	12.39%	12.65%
Probably not	8.22%	8.86%	7.28%	6.33%
Definitely not	3.40%	3.98%	4.03%	5.11%
	100.00%	100.00%	100.00%	100.00%

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

- Together, a greater proportion of respondents declared they did intend to pursue recreational physical activity on a regular basis in the upcoming year compared to those who declared having no intention to do so.
- Anglophone and Francophone survey respondents were about equally likely to declare that they intended to pursue recreational physical activity on a regular basis in the upcoming year.
- More Anglophones than Francophones declared having no intention to pursue recreational physical activity on a regular basis in the upcoming year.

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

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

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

- There was little difference observed between Anglophone and Francophone survey respondents in the type of physical activity engaged in at the workplace.