

## KEY PHYSICAL ACTIVITY STATS AMONG EQUITY-DENIED ADULTS

“Equity-denied groups” are groups of people who, because of systemic discrimination, face barriers that prevent them from having the same access to resources and opportunities available to other members of society, and that are needed to achieve fair outcomes. This document shares recent key stats that reflect the current state of physical activity levels among equity-denied groups living in Canada, including Black, racialized, Indigenous, 2SLGBTQIA+ and low-income communities, persons with disabilities, newcomers to Canada, women and older adults.

### Total daily steps:

- According to [Statistics Canada's Canadian Health Measures Survey \(Cycle 6; 2018 and 2019\)](#), 53% of men take at least 7,500 steps per day compared to 46% of women.

### Light physical activity (LPA):

Light physical activity requires using low levels of energy. Examples include walking for leisure, standing work and light housework.

- [Statistics Canada's CHMS \(Cycle 6; 2018 and 2019\)](#) revealed that:
  - In general, the percentage of adults who get at least three hours of LPA per day does not vary significantly by age, gender, having a chronic condition or ethnicity.
    - 58% of adults 18 to 64 years of age
    - 43% of adults 65 to 79 years of age
  - 58% of men and 53% of women get at least three hours of LPA per day.
  - 71% of adults who identify as Indigenous and 55% of non-Indigenous adults report at least three hours of LPA per day.
  - 59% of adults who identify as a visible minority and 53% of those who do not get at least three hours of LPA per day.

### Moderate- to vigorous-intensity physical activity (MVPA):

MVPA is physical activity that's intense enough to raise your heart rate and body temperature. With MVPA, you can talk but can't sing. Examples include brisk walking, running, swimming, cycling and tennis.

- According to [Statistics Canada's CHMS \(Cycle 6; 2018 and 2019\)](#):
  - 52% of men and 46% of women get at least 150 minutes of MVPA per week.
  - 56% of adults who identify as a visible minority get at least 150 minutes of MVPA per week.

### **Sport participation:**

Sport participation refers to taking part in a subset of physical activity that's structured and goal-oriented and can be competitive and/or contest-based.

- A greater percentage of men than women participate in sport.
- The CFLRI's [2019-2021 Physical Activity Monitor](#) showed that sport participation is greater among adults living in higher income households.

### **Capability:**

Capability is a person's physical or mental ability to engage in a given activity. It includes having the physical strength or stamina, the skills and the belief in oneself to perform the behaviour.

- According to the CFLRI's [Impact of COVID-19 on Physical Activity Survey](#), a higher percentage of adults living in the highest income households agree to some degree that they have the ability to be active or that they could successfully participate compared to those living in lower income households.
- A higher percentage of adults aged 25 to 64 agree to some extent that they can successfully participate in sport or be active compared to older adults (65 years and older), according to the CFLRI's [2020 Sport Monitor](#).

### **Opportunity:**

Opportunity refers to outside social and physical factors, like the environment, that facilitate or prevent a behaviour.

- According to the [2021 ParticipACTION Report Card on Physical Activity for Adults](#), women identified lacking the physical opportunity to participate in physical activity as a barrier; experiencing pain, not having enough time, having other children and working prevented them from being active.

### **Motivation:**

Motivation refers to all the brain processes that energize, direct and guide behaviour. It's not just goals and decision-making; it includes habits and emotional responses, too.

- A higher percentage of men than women agree that they feel positively about participating in sport or being active.
- According to the CFLRI's [2020 Sport Monitor](#), the percentage of adults who agree about their intention to be active or feel positively about participating in sport or being active generally was higher among higher educated adults and those who live in higher income households.

- Of all age groups, older adults (65 years and older) are the least likely to intend to participate in physical activity or sport in the next 12 months, according to the [2021 ParticipACTION Report Card on Physical Activity for Adults](#).

### **Programming:**

Programming refers to the level of organization, variety, range of abilities, frequency and target populations of structured physical activity.

- Results from the CFLRI's [2020-2021 Sport Organizations Survey](#) showed that 44% of sport organizations provide programming that supports specific targeted populations (e.g., youth, women and girls, persons with disabilities, Indigenous populations).

### **Facilities and infrastructure:**

Facilities and infrastructure include a wide variety of developed spaces and places that foster physical activity. These include paths, parks, green-spaces, trails, recreation and sport fields and facilities, gardens, playgrounds and dedicated bike lanes.

- [Research](#) suggests that access to parks and recreational facilities is linked to increased physical activity levels among older adults.
- [Studies](#) have shown that safe, walkable and aesthetically pleasing neighbourhoods with access to specific destinations and services can give older adults the opportunity to participate in physical activity and positively impact their physical activity participation.