

Physical Inactivity

Figure 9a: Percent¹ Physically Inactive, by Income², Males Aged 20-64 Years, Toronto, 2001, 2003 & 2005 Combined

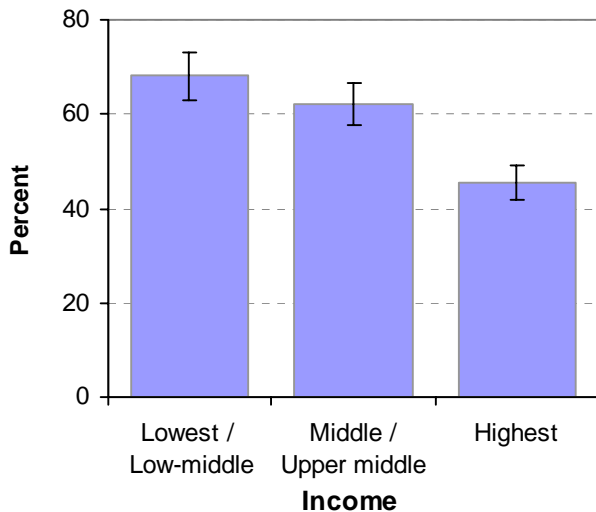
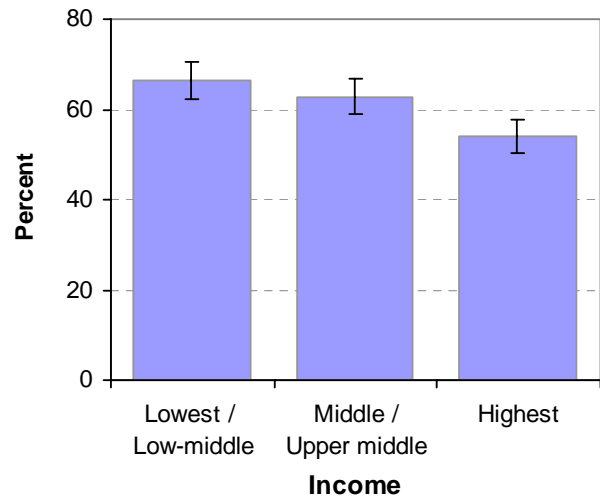


Figure 9b: Percent¹ Physically Inactive, by Income², Females Aged 20-64 Years, Toronto, 2001, 2003 & 2005 Combined



¹ Age standardized to the 1991 Canadian population.

² Income is the income adequacy measure used in the CCHS.

Error bars (I) denote 95% confidence intervals.

Source: Canadian Community Health Survey Cycles 1.1, 2.1 and 3.1 .

Physical inactivity is an important risk factor for many diseases. Physical activity helps to reduce stress, increases energy and contributes to attaining and maintaining a healthy weight. Among Toronto adults overall, 56% of males and 61% of females reported being physically inactive.

There was a gradient in those who reported being physically inactive for both Toronto males and females (age 20-64 years) by income category. Males aged 20 - 64 years in the lowest income category were the most likely to report being physically inactive (68%), while males in the highest income category reported the lowest level of physical inactivity (45%). Females in the lowest income category had a significantly higher rate of inactivity (66%) compared to those in the highest income category (54%).

The absolute difference for males between the lowest and highest income categories was 23 percentage points, and for females it was 12 percentage points. In relative terms, males in the lowest income category reported being physically inactive 1.5 times more than in the highest income category. Females in the lowest income category reported physical inactivity 1.2 times more than in the highest income category.

If everyone had the percent of physical inactivity as those in the highest income categories there would be 160,800 or 15% fewer adults aged 20-64 years stating they were physically inactive.

Excluding Toronto males in the highest income category, Toronto adults reported higher levels of physical inactivity compared to the rest of Ontario. Males and females in the lowest income category reported higher physical inactivity levels (46% and 29% respectively) than the rest of Ontario.