

## Leisure-Time Physical Activity – Statistics in Haldimand and Norfolk

- ❖ 41.3 % of the Haldimand and Norfolk residents, age 12 years and older, were inactive during their leisure time compared to 46.3% of Ontario residents (2013-2014).
- ❖ 32.9% of the Haldimand and Norfolk residents, age 12 years and older, were active during their leisure time compared to 29.3% of Ontario residents (2013-2014).

### Proportion of Population Aged 12 Years and Older, by Leisure-time Physical Activity Behaviour, Haldimand and Norfolk and Ontario, 2009-2010, 2011-2012, and 2013-2014

Physical Activity (Crude Rate)						
	2009-2010		2011-2012		2013-2014	
	Haldimand-Norfolk (% , CI)	Ontario (% , CI)	Haldimand-Norfolk (% , CI)	Ontario (% , CI)	Haldimand-Norfolk (% , CI)	Ontario (% , CI)
<b>Rate of being active during leisure time</b>	26.4 (22.1-30.6)	27.2 (26.5-27.9)	27.3 (23.1-31.6)	29.3 (28.5-30.2)	32.9 (27.2-38.6)	29.3 (28.5-30.2)
<b>Rate of being moderately active during leisure time</b>	23.1 (18.7-27.4)	23.6 (22.9-24.4)	25.3 (20.6-29.9)	24.8 (24.0-25.6)	25.8 (21.1-30.4)	24.4 (23.6-25.1)
<b>Rate of being active or moderately active during leisure time</b>	49.4 (44.8-54.1)	50.8 (50.0-51.7)	52.6 (47.1-58.0)	54.1 (53.2-55.0)	58.7 (53.6-63.7)	53.7 (52.7-54.6)
<b>Rate of being inactive during leisure time</b>	50.6 (45.9-55.2)	49.2 (48.3-50.0)	47.4 (42.0-52.9)	45.9 (45.0-46.8)	41.3 (36.3-46.4)	46.3 (45.4-47.3)

**Source:** Public Health Ontario. Snapshots: Haldimand Norfolk Health Unit: Self-Reported Leisure-Time: Physical Activity Behaviour, Crude Rate, (both sexes combined), 2009/10-2013/14. Toronto, ON: Ontario Agency for Health Protection and Promotion; 2016 Nov 30 [cited 2017 Sept 28]. Available from: <http://www.publichealthontario.ca/en/DataAndAnalytics/Snapshots/Pages/Health-Behaviours---Physical-Activity.aspx>

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