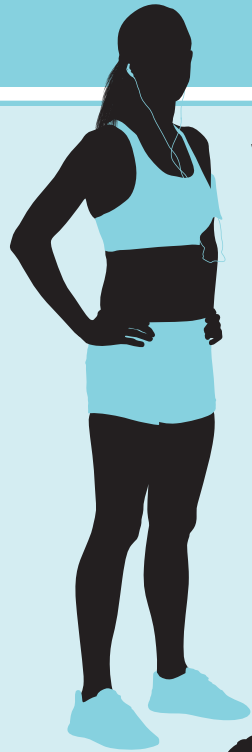


PHYSICAL INACTIVITY IN ONTARIO



Workplace and School Wellness

LET'S INCREASE THESE NUMBERS

- 59%** 5-17 year olds have a place to walk, jog, bicycle or rollerblade at or near their place of work or study
- 40%** 15-75 year olds have access to playing fields or open spaces for ball games or other sports at or near their place of work or study
- 46%** 15-75 year olds have access to a gym or physical fitness facilities at or near their place of work or study
- 36%** 15-75 year olds have access to organized fitness classes at or near their place of work or study
- 28%** 15-75 year olds have access to organized recreational sports teams at or near their place of work or study

Sedentary Behaviour



Physical Activity

LET'S INCREASE THESE NUMBERS

- 53%** 12+ year olds are 'moderately' or 'very' physically active.
- ~50%** 20+ year olds are physically 'active' or 'moderately active' during their leisure time
- 53%** are 'moderately active' or 'active'
- 23%** walk to and from work or school
- 5%** bike to and from work or school

LET'S DECREASE THESE NUMBERS

- 63%** 12+ year olds spend more than 14 hours per week watching television or using computers during leisure time
- 8.5** hours per week spent on a computer, including playing games or using the Internet
- 12.3** hours per week spent watching TV in the past three months
- 6.2** hours per week spent reading, not counting at work or school in the past three months



For more information and full references, see: www.ocdpa.ca
Data is for adult population 18+ years unless otherwise noted.

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