

Physical Activity by Sub-group

Highlights

- Physical activity levels are highest among those in the youngest age group 12 to 19 years (66.7%), those in the highest income quintile (70.6%), and post-secondary graduates (57.7%) (Table 1).
- To learn more about the data, click [here](#).

Table 1: Individuals “Moderately Active” or “Physically active” During Leisure Time, by Sub-group, Saskatoon Health Region, 2008 to 2012

	Number moderately or physically active	Percent moderately or physically active	Lower CI	Upper CI
Total Saskatoon Health Region	139,599	54.0	50.8	57.2
Sex				
Male	73,990	57.9	53.4	62.4
Female	65,609	50.2	46.5	54.0
Age Group (Years)				
12-19	21,618	66.7	59.7	73.7
20-44	66,982	59.7	54.8	64.6
45-64	36,086	46.1	41.6	50.7
65+	14,913	41.9	37.2	46.5
Household Income Level				
Lowest income quintile	20,162	41.8	36.4	47.2
Second lowest income quintile	25,174	52.4	46.3	58.5
Middle income quintile	27,160	57.5	50.7	64.4
Second highest income quintile	26,551	55.2	49.4	61.1
Highest income quintile	31,588	70.6	64.5	76.7
Socio-economic status by deprivation index				
Most deprived areas	17,772	50.7	42.2	59.1
Second most deprived areas	14,968	48.7	40.7	56.6
Middle areas	19,329	55.5	49.1	61.9
Second least deprived areas	18,090	56.8	49.4	64.3
Least deprived areas	33,479	65.8	58.5	73.2
Education Level				
Less than high school	21,511	47.9	42.4	53.5
High school graduate	22,748	47.8	42.0	53.6
Some post-secondary	15,428	58.8	50.7	66.8
Post-secondary graduate	79,145	57.7	53.6	61.8

Table 1 (continued): Individuals “Moderately Active” or “Physically Active” During Leisure Time, by Sub-group, Saskatoon Health Region, 2008 to 2012

	Number moderately or physically active	Percent moderately or physically active	Lower CI	Upper CI
Ethnicity				
White	117,850	54.0	50.7	57.2
Visible Minority	20,323	54.3	47.5	61.1
Immigrant status				
Recent immigrant	8,400	58.0	44.4	71.5
Long term immigrant	5,844	47.6	36.6	58.5
Non-immigrant	124,861	54.2	51.0	57.4
Geography				
Rural Saskatoon Health Region	25,507	48.3	43.1	53.4
Urban Saskatoon city	114,091	55.5	51.9	59.1
Geography by Rural Planning Zones				
Humboldt and Area	4,460	41.0	30.1	51.9
Rosthern and Area	4,727	42.8	30.9	54.8
Watrous and Area	4,043	46.3	34.8	57.9
Saskatoon Area	12,278	55.3	46.7	64.0

* Use estimate with caution, high sampling variability.

NR=not reportable due to low sample size.

Estimates have been weighted to the Saskatoon Health Region population.

This study was conducted, in part, with data provided by the Saskatchewan Ministry of Health to the Health Quality Council. The interpretations and conclusions herein do not necessarily represent those of the Saskatchewan Ministry of Health or Government of Saskatchewan. The analyses are based on data from Statistics Canada and the opinions expressed do not represent the views of Statistics Canada.