

# Sedentary Behaviour

## Why Is This Important?

Sedentary behaviours are activities that need little physical activity, including watching television and using computers. Sedentariness increases the risk of chronic illnesses like diabetes, cardiovascular disease and some cancers. Sedentariness is linked to [obesity](#) and to lower rates of [physical activity](#) and [vegetable and fruit consumption](#).

Sedentariness is also associated with poor [self-rated health](#) and [self-rated mental health](#) in adults and adolescents. Children living in low income household are more likely to be sedentary.

## What Is Being Done?

[Canadian Society for Exercise Physiology](#)'s sedentary behaviour guidelines.

[Participation](#)'s Make Room for Play campaign.

[in Motion](#) programming in Saskatoon and area.

## What More Can Be Done?

[What is Health Equity?](#) A Primer for the Health Care System

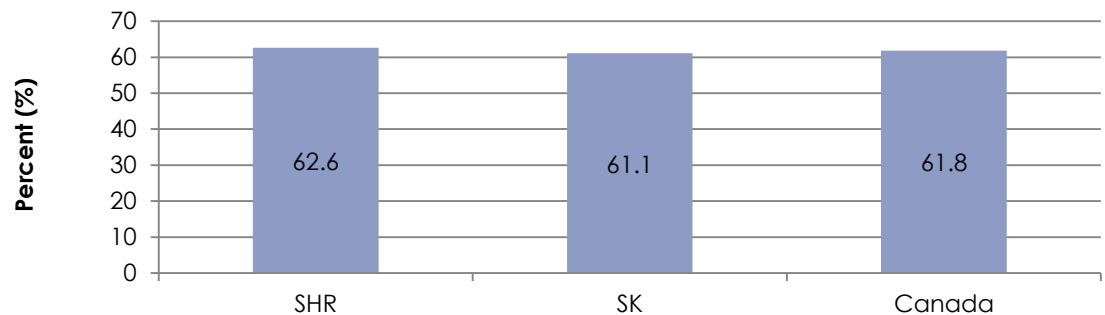
Chief Medical Health Officer's [Call to Action](#)

## Highlights

### The majority of the Region's residents are sedentary.

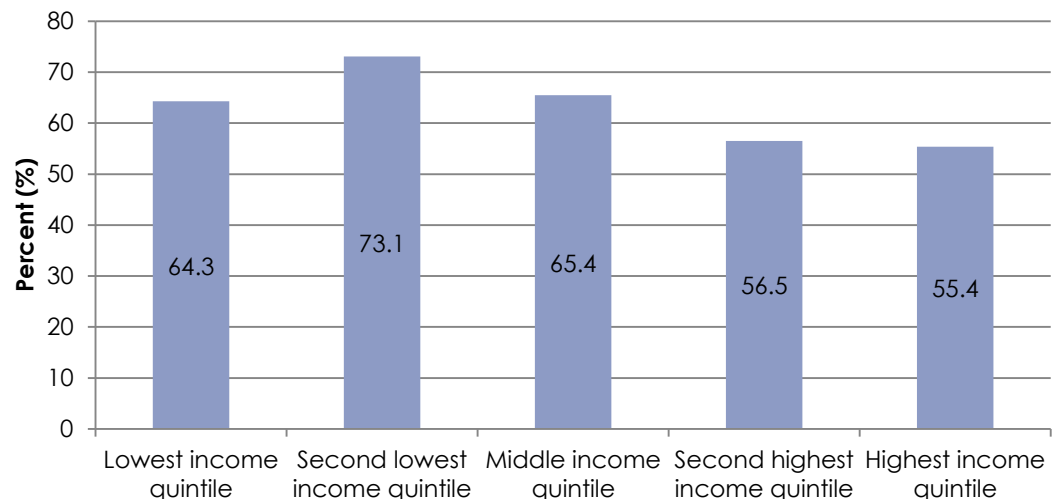
- Over 60% of people in Saskatoon Health Region (62.6%) were sedentary (screen time) more than two hours per day in their leisure time in 2011/12 (Figure 1). This is about the same as Saskatchewan and Canada and means that more than 160,000 people are sedentary.
- People living in households in the highest income quintile were less likely to be sedentary (55.4%) compared to people living in other household income quintiles (Figure 2).
- Sedentary behaviour is common across [sub-groups](#), but lowest in high income households.

Figure 1: Individuals Sedentary More than 2 Hours Daily During Leisure Time in Saskatoon Health Region, Saskatchewan, and Canada, 2011/12



Source: [Statistics Canada](#)

Figure 2: Percent of Individuals Sedentary More than 2 Hours Daily During Leisure Time by Income Quintile, Saskatoon Health Region, 2011/12



Source: [Statistics Canada](#). 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 research and analysis are based on data from Statistics Canada and the opinions expressed do not represent the views of Statistics Canada.