

Sedentary Behaviour by Sub-group

Highlights

- Sedentary behaviour (screen time) is lowest among those in highest income (55.4%) (Table 1).
- To learn more about the data, click [here](#).

Table 1: Individuals Sedentary More than 2 Hours Daily During Leisure Time, by Sub-group, Saskatoon Health Region, 2011/2012

	Number Reporting Greater Than Two Hours Per Day Sedentary	Percent Reporting Greater Than Two Hours Per Day Sedentary	Lower CI	Upper CI
Total Saskatoon Health Region	166,974	63.0	58.5	67.5
Sex				
Male	83,780	63.7	57.5	70.0
Female	83,193	62.3	56.0	68.5
Age Group (Years)				
12-19	21,212	66.6	55.0	78.3
20-44	78,311	66.5	59.7	73.3
45-64	45,133	56.6	48.2	64.9
65+	22,318	62.6	55.4	69.7
Household Income Level				
Lowest income quintile	33,982	64.3	55.3	73.2
Second lowest income quintile	39,174	73.1	63.7	82.4
Middle income quintile	34,851	65.4	56.0	74.9
Second highest income quintile	30,381	56.5	47.4	65.5
Highest income quintile	28,585	55.4	47.1	63.6
Socio-economic status by deprivation index				
Most Deprived Areas	31,757	68.1	58.9	77.2
Second Most Deprived Areas	26,032	63.9	50.3	77.4
Middle Areas	28,489	68.1	53.4	82.7
Second Least Deprived Areas	16,403	49.0	38.1	59.9
Least Deprived Areas	30,371	62.3	51.8	72.9
Education Level				
Less than high school	28,923	64.9	54.7	75.1
High school graduate	36,107	67.6	57.9	77.4
Some post-secondary	9,880	63.7	46.5	80.9
Post-secondary graduate	89,036	60.6	55.2	65.9

Table 1 (continued): Individuals Sedentary More than 2 Hours Daily During Leisure Time, by Sub-group, Saskatoon Health Region, 2011/2012

	Number Reporting Greater Than Two Hours Per Day Sedentary	Percent Reporting Greater Than Two Hours Per Day Sedentary	Lower CI	Upper CI
Ethnicity				
White	137,609	63.1	58.2	68.0
Visible Minority	27,531	65.7	54.7	76.7
Immigrant status				
Recent immigrant	11,884	72.1	52.3	91.9
Long term immigrant	7,688	72.9	58.3	87.4
Non-immigrant	146,856	62.2	57.5	66.9
Geography				
Rural Saskatoon Health Region	29,585	61.3	54.3	68.3
Urban Saskatoon city	137,388	63.4	58.1	68.6
Geography by Rural Planning Zones				
Humboldt and Area	8,627	73.7	63.8	83.5
Rosthern and Area	4,167	62.7	46.5	78.8
Watrous and Area	5,206	66.9	50.7	83.1
Saskatoon Area	11,585	52.4	39.0	65.7

* Use estimate with caution, high sampling variability.

NR=not reportable due to low sample size.

All estimates are 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 research and analysis are based on data from Statistics Canada and the opinions expressed do not represent the views of Statistics Canada.