

2.5 PHYSICAL ACTIVITY

Table 2.5.1

Frequency of recreational physical activity¹ according to sex and age, population 15 and over, Quebec, 1998

	3 times a week or more	2 times a week	Once a week	1 to 3 times a month	Never
	%				
Men					
15-24	43.3	15.3	13.0	18.4	9.9
25-44	21.4	14.8	14.2	22.7	27.0
45-64	25.9	13.2	9.2	14.6	37.2
65 years +	32.8	9.2	8.3	7.9	41.8
Total	27.9	13.8	11.8	17.8	28.8
Women					
15-24	25.8	18.5	18.8	25.1	11.8
25-44	20.3	14.5	13.9	26.1	25.2
45-64	28.1	13.0	9.9	15.1	33.9
65 years +	24.5	7.9	9.4	9.1	49.1
Total	24.1	13.7	12.8	20.1	29.2
Both sexes					
Total	26.0	13.8	12.3	19.0	29.0
Population '000	1,514	798	717	1,102	1,695

1. Recreational physical activity is 20 to 30 minutes per session over a three-month period.

Source: Institut de la statistique du Québec, *Enquête social et de santé 1998*.

Table 2.5.2**Frequency of recreational physical activity¹, population 15 and over, Quebec, 1992-1993, 1998**

	3 times a week or more	2 times a week	Once a week	1 to 3 times a month	Never
	%				
1992-1993	25.3	13.1	14.8	20.5	26.4
1998	26.0	13.8	12.3	19.0	29.0

1. Recreational physical activity is 20 to 30 minutes per session over a three-month period.

Source: Santé Québec, *Enquête social et de santé 1992-1993*.
Institut de la statistique du Québec, *Enquête social et de santé 1998*.

Table 2.5.3**Frequency of recreational physical activity¹ according to relative scolarity and income level, population 15 and over, Quebec, 1998**

	3 times a week or more	2 times a week	Once a week	1 to 3 times a month	Never
	%				
Relative scolarity					
Very low	20.7	11.0	8.9	17.3	42.0
Low	24.3	12.3	11.5	18.8	33.2
Average	26.8	14.6	12.2	18.7	27.9
High	26.0	14.3	14.2	20.5	25.1
Very High	31.7	16.8	15.0	19.4	17.2
Income level					
Very poor	28.9	9.9	8.8	15.3	37.1
Poor	24.2	11.1	10.8	18.5	35.3
Lower middle income	24.5	12.9	12.4	19.0	31.2
Upper middle income	25.7	14.9	13.1	19.3	27.0
High income	30.8	17.2	13.0	20.5	18.5

Source: Institut de la statistique du Québec, *Enquête social et de santé 1998*.

Table 2.5.4**Frequency of recreational physical activity by mother tongue**

	N=	18211	1029	1045	445
		French	English	Other	n/a
Never		27.65%	22.84%	31.20%	31.69%
1-3 times a month		18.68%	17.40%	20.10%	15.96%
Once a week		12.01%	10.40%	11.67%	10.79%
Twice a week		13.75%	15.26%	9.57%	9.66%
3 times a week or more		25.53%	31.97%	25.17%	25.62%
Unknown		2.38%	2.14%	2.30%	6.29%
		100.00%	100.00%	100.00%	100.00%

Source: Institut de la statistique du Québec, *Enquête sociale et de santé 1998*.

Table 2.5.5**Intention to pursue recreational physical activity on a regular basis in the upcoming year, by mother tongue**

	N=	17788	1005	1017	411
		French	English	Other	n/a
Definitely yes		45.39%	45.87%	44.44%	42.58%
Probably yes		31.06%	29.05%	31.86%	33.33%
Neither yes nor no		11.92%	12.24%	12.39%	12.65%
Probably not		8.22%	8.86%	7.28%	6.33%
Definitely not		3.40%	3.98%	4.03%	5.11%
		100.00%	100.00%	100.00%	100.00%

Source: Institut de la statistique du Québec, *Enquête sociale et de santé 1998*.

Table 2.5.6**Type of physical activity in the workplace by mother tongue**

	N=	18211	1029	1045	445
		French	English	Other	n/a
Mostly seated		20.77%	19.53%	23.35%	16.63%
Standing without lifting		46.57%	44.61%	47.37%	41.35%
Light lifting		19.15%	23.32%	17.89%	15.06%
Heavy lifting		9.18%	9.14%	5.45%	10.79%
Unknown		4.33%	3.40%	5.93%	16.18%
		100.00%	100.00%	100.00%	100.00%

Source: Institut de la statistique du Québec, *Enquête sociale et de santé 1998*.