

## PHYSICAL ACTIVITY, SEDENTARY BEHAVIOUR AND SLEEP (PASS) INDICATORS

*QUICK STATS, ADULTS (AGED 18+ YEARS), CANADA, 2020 EDITION*

INDICATOR GROUP	INDICATORS	MEASURES	NATIONAL ESTIMATE	DATA SOURCE (YEAR)	
<b>Physical Activity</b>					
Individual	Physical activity guideline adherence	Percentage (%) of adults who meet physical activity guidelines by accumulating at least 150 minutes of moderate-to-vigorous physical activity each week, in bouts of 10 minutes or more	16.4%	CHMS (2016-2017)	
	Total moderate-to-vigorous physical activity amount	Average number of minutes per day adults are engaged in moderate-to-vigorous physical activity	26.0 minutes	CHMS (2016-2017)	
	Occupational physical activity and active chores amount	Average number of hours per week adults report doing physical activities while at work, in or around their home or while volunteering	2.6 hours	CCHS (2018)	
	Leisure time physical activity amount	Average number of hours per week adults report doing sports, fitness or recreational physical activities, organized or non-organized, that lasted a minimum of 10 continuous minutes	1.7 hours	CCHS (2018)	
	Sports participation amount	Percentage (%) of population who reported regularly participating in any sports during the past 12 months	26.3%	GSS (2010)	
	Active travel amount	Percentage (%) of adults who report walking or cycling to work or school	21.8%	CCHS (2014)	
		Average number of hours per week adults report using active ways like walking or cycling to get to places	1.7 hours	CCHS (2018)	
	Intention level	Percentage (%) of adults who, when thinking about the next six months, intend to be physically active	73.9%	PAM (2014-2015)	
	Enjoyment level	Percentage (%) of adults who report that physical activity is generally pleasant	87.0%	PAM (2014-2015)	
	Confidence level	Percentage (%) of adults who report they are confident that they could regularly do a total of 30 minutes or more of moderate physical activity three or four times a week	67.0%	PAM (2014-2015)	
	Physical literacy	In development			
	Physical health status	Percentage (%) of adults who report their health is "very good" or "excellent"	59.8%	CCHS (2018)	
	Mental health status	Percentage (%) of adults who report their mental health is "very good" or "excellent"	68.2%	CCHS (2018)	
Family/social environment	Level of peer and spousal support	In development			
	Community norms	In development			
	Presence and type of barriers for physical activity	In development			
Built/society environment	Community walkability	In development			
	Presence of parks and recreation facilities	Percentage (%) of adults that "somewhat agree" or "strongly agree" that their neighbourhood has several free or low cost recreation facilities, such as parks, walking trails, bike paths, recreation centers, playgrounds, public swimming pools, etc.	78.1%	CCHS RR (2011)	
	Presence of active transport infrastructure	Percentage (%) of adults who report their community has infrastructure that supports walking or biking (well-maintained side walks or designated bike areas for biking)	78.2%	CCHS RR (2011)	
	Shower access at work	Percentage (%) of adults who report having access to showers or change rooms at or near work	45.6%	CCHS (2007-2008)	
	Community spending on sports and recreation programs	In development			
	Community spending on active transportation plans	In development			
<b>Sedentary Behaviour</b>					
Individual	Total sedentary time amount	Average number of hours per day adults spend sedentary, excluding sleep time	9.5 hours	CHMS (2016-2017)	
	Recreational screen time amount	Average number of hours per day adults report watching television, DVDs, or videos or spending time on a computer, tablet, or other hand-held electronic device e.g. watching videos, playing computer/video games, emailing or surfing the Internet	3.6 hours	CHMS (2014-2015)	
	Workplace sedentary time amount	In development			
	Non-active travel amount	In development			
	Awareness level	In development			

Family/social environment	Presence and type of barrier for reducing sedentary behaviour	In development		
	Work sedentary behaviour norms	In development		
Built/society environment	Supportive work policies	In development		
<b>Sleep</b>				
Individual	Nighttime sleep amount	Average number of hours adults report sleeping in a 24-hour period	7.2 hours	CHMS (2014-2015)
	Awareness about sleep benefits	In development		
	Sleep quality – sleep continuity	Percentage (%) of adults who report having trouble going to sleep or staying asleep "most of the time" or "all of the time"	24.9%	CHMS (2014-2015)
	Sleep quality – sleep efficiency	In development		
	Sleep hygiene – sleep timing	In development		
	Sleep hygiene – stress	In development		
	Sleep hygiene – physical activity	In development		
	Sleep hygiene – caffeinated beverage consumption	In development		
Family/social environment	Sleep routines	In development		
Built/society environment	Presence and type of barriers for sleep	In development		
	Electronic media in the bedroom	In development		
	Nocturnal environment noise	In development		

**Abbreviations:** CCHS, Canadian Community Health Survey; CCHS RR, Canadian Community Health Survey Rapid Response; CHMS, Canadian Health Measures Survey; GSS, General Social Survey; PAM, Physical Activity Monitor.

**Notes:**

- **“In development”** refers to measures where their data source is currently not available or that more research is needed to identify a promising measure and data source.

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**Suggested citation (adults):** Center for Surveillance and Applied Research, Public Health Agency of Canada. Physical Activity, Sedentary Behaviour and Sleep (PASS) Indicators, Quick Stats, Adults (18+ years), 2020 Edition. Public Health Infobase. Ottawa (ON): Public Health Agency of Canada, 2020.