

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

## QUICK STATS, ADULTS (AGED 18+ YEARS), CANADA, 2023 EDITION

INDICATOR GROUP	INDICATORS	MEASURES	NATIONAL ESTIMATE	DATA SOURCE (YEAR)
<b>24-Hour Movement</b>				
Individual	24-hour Movement Guidelines adherence	(NEW) Percentage (%) of adults who meet the Canadian 24-Hour Movement Guidelines	5.9%	CHMS (2014-2015)
	Physical activity recommendation adherence	*Percentage (%) of adults who meet physical activity recommendations by accumulating at least 150 minutes of moderate-to-vigorous physical activity each week	49.2%	CHMS (2018-2019)
	Sedentary behaviour recommendation adherence	(NEW) Percentage (%) of adults who meet daily sedentary behaviour recommendations for both total sedentary time and recreational screen time	19.1%	CHMS (2018-2019)
	Total sedentary time	(NEW) Percentage (%) of adults meeting daily total sedentary time recommendation	30.2%	CHMS (2018-2019)
	Recreational screen time	(NEW) Percentage (%) of adults meeting recreational screen time recommendations of 3 hours per day or less	60.8%	CHMS (2018-2019)
	Sleep recommendation adherence	(NEW) Percentage (%) of adults who report meeting sleep recommendations by obtaining adequate daily sleep: 7-9 hours for ages 18 to 64 years and 7-8 hours for ages 65 years and older	72.7%	CCHS RR (2020)
<b>Physical Activity</b>				
Individual	Total moderate-to-vigorous physical activity amount	Average number of minutes per day adults are engaged in moderate-to-vigorous physical activity	27.4 minutes	CHMS (2018-2019)
	Self-reported physical activity	In development		
	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	2.5 hours	CCHS (2021)
	Leisure time physical activity amount	Average number of hours per week adults report doing sports, fitness or recreational physical activities, organized or non-organized	2.0 hours	CCHS (2021)
	Sports participation amount	Percentage (%) of population who reported regularly participating in any sports during the past 12 months	26.7%	GSS (2016)
	Active travel amount	Percentage (%) of adults who report using active ways like walking or cycling to get to places	41.7%	CCHS (2021)
		Average number of hours per week adults report using active ways like walking or cycling to get to places	1.8 hours	CCHS (2021)
	Preference for physical activity	(NEW) Percentage (%) of adults who report preferring to be physically active rather than sedentary	89.0%	CCHS RR (2017)
	Enjoyment level	*Percentage (%) of adults who report that physical activity is generally pleasant	93.1%	CCHS RR (2017)
	Confidence level	*Percentage (%) of adults who report they are confident in their ability to engage in physical activity	92.0%	CCHS RR (2017)
	Physical literacy	In development		
	Physical health status	Percentage (%) of adults who report their health is "very good" or "excellent"	58.8%	CCHS (2021)
	Mental health status	Percentage (%) of adults who report their mental health is "very good" or "excellent"	58.9%	CCHS (2021)
	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 "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 or public swimming pools	87.4%	CCHS RR (2017)
	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	52.7%	CCHS RR (2017)
	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	(NEW) Percentage (%) of adults meeting daily total sedentary time recommendation	30.2%	CHMS (2018-2019)
		Average number of hours per day adults spend sedentary, excluding sleep time	9.6 hours	CHMS (2018-2019)
	Recreational screen time amount	(NEW) Percentage (%) of adults meeting recreational screen time recommendations of 3 hours per day or less	60.8%	CHMS (2018-2019)
		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	3.2 hours	CHMS (2018-2019)
	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	<sup>a</sup> Average number of hours adults report sleeping per night	8.0 hours	CCHS RR (2020)
	Awareness about sleep benefits	In development		
	Sleep quality – sleep continuity	<sup>a</sup> Percentage (%) of adults who report having trouble going to sleep or staying asleep “most of the time” or “all of the time”	19.1%	CCHS (2021)
		(NEW) Percentage (%) of adults who report having excellent or good quality sleep	62.0%	CCHS RR (2020)
	Sleep quality – sleep efficiency	In development		
	Sleep hygiene – sleep timing	(NEW) Percentage (%) of adults who report falling asleep between 8pm and 12am	66.6%	CCHS RR (2020)
	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	(NEW) Percentage (%) of adults who report having an electronic device in the bedroom while sleeping, even if turned off	65.4%	CCHS RR (2020)
		(NEW) Percentage (%) of adults who report using electronic devices within 30 minutes of falling asleep	66.4%	CCHS RR (2020)
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.

**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.
- “NEW” highlights indicators not previously reported upon and/or for which the measure or data source has changed.
- <sup>a</sup>Due to changes in survey methodology, the PASS 2023 estimates for this indicator should not be compared to those from previous PASS editions.

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