

PHYSICAL ACTIVITY, SEDENTARY BEHAVIOUR AND SLEEP (PASS) INDICATORS QUICK STATS, ADULTS (AGED 18+), CANADA, 2017 EDITION

INDICATOR GROUP	INDICATOR(S)	MEASURE(S)	LATEST DATA	DATA SOURCE (YEAR)	
PHYSICAL ACTIVITY					
Individual	Physical activity guideline adherence	% of adults aged 18 to 79 years 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	17.5%	CHMS (2014–2015)	
	Total moderate-to-vigorous physical activity amount	Average number of minutes per day adults aged 18 to 79 years are engaged in moderate-to-vigorous physical activity	24.1 minutes	CHMS (2014–2015)	
	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	2.9 hours	CCHS (2015)	
	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	1.8 hours	CCHS (2015)	
	Sports participation amount	% of population aged 15 or older who reported regularly participating in any sports during the past 12 months	26.0%	GSS (2010)	
	Active travel amount	% 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 (2015)	
	Intention level	% of adults who, when thinking about the next six months, intend to be physically active	73.9%	PAM (2014–2015)	
	Enjoyment level	% of adults who report that physical activity is generally pleasant	87.0%	PAM (2014–2015)	
	Confidence level	% 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	% of adults who report their health is “very good” or “excellent”	61.1%	CCHS (2015)	
	Mental health status	% of adults who report their mental health is “very good” or “excellent”	72.1%	CCHS (2015)	
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	% of adults who “somewhat agree” or “strongly agree” that their neighbourhood has several free or low cost recreation facilities, such as parks, walking trails, bike paths, recreation centres, playgrounds, public swimming pools, etc.	78.1%	CCHS RR (2011)	
	Presence of active transport infrastructure	% of adults who report their community has infrastructure that supports walking or biking (well-maintained sidewalks or designated areas for biking)	78.2%	CCHS RR (2011)	
	Shower access at work	% of adults aged 18 to 75 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			
SEDENTARY BEHAVIOUR					
Individual	Total sedentary time amount	Average number of hours per day spent sedentary, excluding sleep time, population aged 18 to 79 years	9.6 hours	CHMS (2014–2015)	
	Recreational screen time amount	Average number of hours per week adults aged 18 to 79 years report spending on a computer or tablet, e.g. watching videos, playing computer games, emailing or surfing the Internet	25.0 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 barriers for reducing sedentary behaviour	In development			
	Work sedentary behaviour norms	In development			
Built/society environment	Supportive work policies	In development			

INDICATOR GROUP	INDICATOR(S)	MEASURE(S)	LATEST DATA	DATA SOURCE (YEAR)
SLEEP				
Individual	Nighttime sleep amount	Average number of hours adults aged 18 to 79 years report sleeping in a 24-hour period	7.2 hours	CHMS (2014–2015)
	Awareness about sleep benefits	In development		
	Sleep quality—sleep continuity	% of adults aged 18 to 79 years 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.

Note: “In development” refers to measures that are under development either because a data source is currently not available or because more research has to be done to identify a promising measure and data source.

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