

HEALTHY RICHMOND 2012 FACT SHEET

PHYSICAL ACTIVITY



Prepared by the Public Health Surveillance Unit
Vancouver Coastal Health Authority
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KEY MESSAGES

PHYSICAL ACTIVITY & NEIGHBOURHOODS

- In Richmond, 32.5% of adults aged 18 years and older are meeting the current guideline for physical activity (at least 150 minutes of moderate to vigorous physical activity per week).
- Physical activity varies by neighbourhood; access to the coast appears to be associated with increased vigorous physical activity

PHYSICAL ACTIVITY & POPULATION DEMOGRAPHICS

- Those who are meeting the physical activity guideline are more likely to be male and under the age of 30 years.
- Physical activity appears to not be related to highest level of education attained. Students report the highest proportion of those meeting the physical activity guideline (40.2%) compared to other employment categories.

PHYSICAL ACTIVITY & IMMIGRATION

- Those who are born in Canada have a higher proportion who are meeting the physical activity guideline (39.6%) compared to those born outside of Canada (28.4%). For those born outside of Canada, length of time in Canada does not appear to have an effect on physical activity rates.

PHYSICAL ACTIVITY & HEALTH

- Among those who are meeting the physical activity guideline, 20.9% report being in excellent health, compared to 7.5% of those who do no physical activity.

HEALTHY RICHMOND 2012 FACT SHEET - PHYSICAL ACTIVITY BY NEIGHBOURHOOD

No physical activity
Prevalence \pm 95% CI

1 to 149 minutes
Prevalence \pm 95% CI

150+ minutes
Prevalence \pm 95% CI

Neighbourhood	No physical activity Prevalence \pm 95% CI	1 to 149 minutes Prevalence \pm 95% CI	150+ minutes Prevalence \pm 95% CI
Richmond	42.5 \pm 2.0%	25.0 \pm 1.7%	32.5 \pm 1.8%
Blundell	46.6 \pm 5.6%	21.3 \pm 4.6%	32.1 \pm 5.4%
Bridgeport	45.3 \pm 17.8%	26.6 \pm 15.1%	28.1 \pm 16.5%
Broadmoor	36.3 \pm 5.1%	25.9 \pm 4.9%	37.8 \pm 5.3%
City Centre	49.0 \pm 3.5%	21.9 \pm 2.9%	29.0 \pm 3.2%
East Cambie	42.9 \pm 9.8%	24.1 \pm 8.4%	32.9 \pm 10.0%
East Richmond/ FL	34.9 \pm 12.4%	30.1 \pm 12.0%	35.1 \pm 12.8%
Gilmore	--	--	--
Hamilton	--	--	--
Seafair	41.3 \pm 6.2%	26.5 \pm 5.8%	32.2 \pm 6.1%
Sea Island	--	--	--
Shellmont	41.0 \pm 8.7%	24.9 \pm 7.7%	34.1 \pm 8.5%
Steveston	34.7 \pm 4.7%	28.3 \pm 4.5%	37.0 \pm 5.2%
Thompson	44.1 \pm 6.7%	26.4 \pm 6.1%	29.4 \pm 6.0%
West Cambie	43.6 \pm 11.5%	29.4 \pm 10.6%	27.0 \pm 10.2%

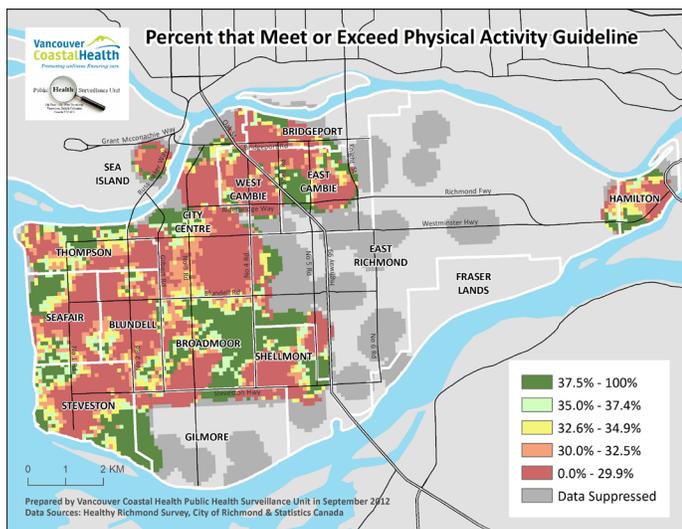


Figure 1. Percentage of respondents who meet or exceed physical activity guideline (150+ minutes per week)

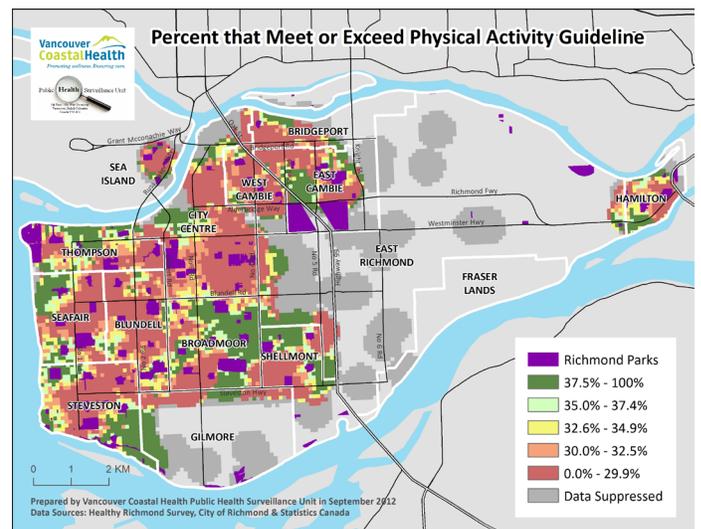


Figure 2. Percentage of respondents who meet or exceed physical activity guideline (150+ minutes per week) relative to Richmond park space

HEALTHY RICHMOND 2012 FACT SHEET - PHYSICAL ACTIVITY BY DEMOGRAPHICS

	No physical activity Prevalence ± 95% CI	1 to 149 minutes Prevalence ± 95% CI	150+ minutes Prevalence ± 95% CI
Richmond	42.5 ± 2.0%	25.0 ± 1.7%	32.5 ± 1.8%
Male	37.4 ± 2.9%	24.3 ± 2.8%	38.3 ± 3.0%
Female	47.0 ± 2.4%	25.8 ± 2.2%	27.2 ± 2.1%
18 to 29 years	29.1 ± 4.2%	29.7 ± 4.4%	41.2 ± 4.8%
30 to 39 years	40.1 ± 5.0%	31.9 ± 5.1%	28.0 ± 4.5%
40 to 49 years	46.6 ± 4.2%	26.0 ± 3.7%	27.5 ± 3.7%
50 to 59 years	46.7 ± 5.0%	22.1 ± 3.3%	32.3 ± 3.8%
60 to 69 years	45.1 ± 4.4%	18.6 ± 3.5%	36.4 ± 4.3%
70+ years	53.6 ± 5.7%	16.0 ± 4.3%	30.4 ± 5.1%
No high school grad	54.4 ± 9.1%	9.5 ± 5.8%	36.1 ± 9.0%
High school grad	42.6 ± 3.9%	25.2 ± 3.7%	32.3 ± 3.8%
Some post-secondary	41.0 ± 3.7%	25.4 ± 3.4%	33.6 ± 3.6%
Bachelor degree	43.0 ± 3.4%	26.8 ± 3.0%	30.2 ± 3.2%
Graduate degree	37.0 ± 5.2%	27.4 ± 4.8%	35.7 ± 5.1%
Full/part time employed	40.0 ± 2.5%	28.2 ± 2.4%	31.9 ± 2.4%
Unemployed	53.8 ± 7.6%	19.1 ± 6.0%	27.1 ± 7.1%
Caring for home/family	57.3 ± 7.5%	17.0 ± 5.5%	25.6 ± 6.7%
Retired	47.2 ± 4.2%	17.3 ± 3.2%	34.5 ± 4.0%
Student	30.0 ± 6.3%	29.7 ± 6.5%	40.2 ± 7.5%

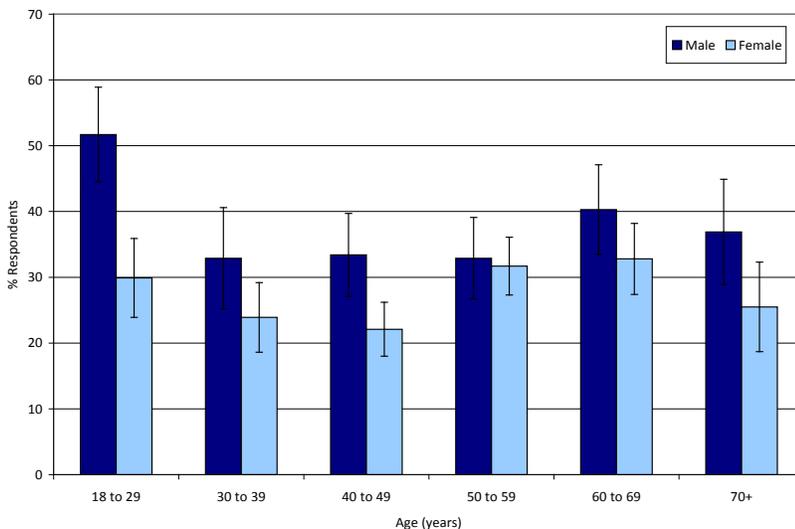


Figure 3. Percent of respondents meeting or exceeding the physical activity guideline (150+ minutes weekly) by age and sex.

Young adults meeting physical activity guideline (18 to 29 years): 41.2 ± 4.8%

Born in Canada: 49.3 ± 8.4%

Born outside of Canada: 36.2 ± 5.7%

Visible minority: 38.3 ± 5.5%

Not a visible minority: 53.5 ± 10.5%

Note: Physical activity guideline for adults of all ages is 150 minutes of moderate to vigorous physical activity per week.

HEALTHY RICHMOND 2012 FACT SHEET - PHYSICAL ACTIVITY AND IMMIGRATION

	No physical activity Prevalence ± 95% CI	1 to 149 minutes Prevalence ± 95% CI	150+ minutes Prevalence ± 95% CI
Richmond	42.5 ± 2.0%	25.0 ± 1.7%	32.5 ± 1.8%
Born in Canada	31.3 ± 3.0%	29.2 ± 3.1%	39.6 ± 3.3%
Born outside Canada	48.9 ± 2.4%	22.7 ± 2.0%	28.4 ± 2.2%
Non visible minority	31.8 ± 2.9%	27.7 ± 2.8%	40.5 ± 3.2%
Visible minority	47.8 ± 2.4%	23.7 ± 2.2%	28.5 ± 2.3%
<i>Chinese ethnicity*</i>	51.0 ± 2.9%	22.5 ± 2.4%	26.4 ± 2.6%

Note: Chinese ethnicity identified as priority for analysis

Those meeting the physical activity guideline among Chinese ethnicity:

Age	Sex	Time in Canada
18 to 29 years: 35.9 ± 6.5%	Male: 32.1 ± 4.2%	Immigrated 0 to 4 years ago: 22.1 ± 6.8%
30 to 39 years: 19.2 ± 5.7%	Female: 20.6 ± 3.0%	Immigrated 5 to 9 years ago: 22.3 ± 7.5%
40 to 49 years: 21.1 ± 5.2%		Immigrated 10 to 14 years ago: 25.9 ± 6.6%
50 to 59 years: 24.0 ± 5.4%	Born in Canada: 42.8 ± 10.9%	Immigrated 15 to 19 years ago: 23.8 ± 4.7%
60 to 69 years: 32.2 ± 6.6%	Born outside Canada: 24.5 ± 2.5%	Immigrated 20 to 24 years ago: 27.6 ± 7.6%
70 + years: 26.2 ± 8.6%		Immigrated 25+ years ago: 25.1 ± 6.0%

HEALTHY RICHMOND 2012 FACT SHEET - PHYSICAL ACTIVITY & HEALTH

	No physical activity Prevalence ± 95% CI	1 to 149 minutes Prevalence ± 95% CI	150+ minutes Prevalence ± 95% CI
Health status			
Excellent	7.5 ± 1.5%	12.1 ± 2.4%	20.9 ± 2.8%
Very Good	23.9 ± 2.5%	33.4 ± 3.9%	35.1 ± 3.2%
Good	41.9 ± 2.8%	39.1 ± 3.9%	30.2 ± 3.3%
Fair	20.9 ± 2.3%	14.0 ± 2.8%	12.2 ± 2.1%
Poor	5.9 ± 1.3%	1.6 ± 1.0%	1.6 ± 0.8%
Sense of belonging			
Very strong	24.7 ± 2.5%	26.3 ± 3.5%	26.5 ± 3.0%
Somewhat strong	47.5 ± 3.0%	51.7 ± 4.0%	53.0 ± 3.4%
Somewhat weak	18.0 ± 2.2%	16.8 ± 3.0%	16.7 ± 2.6%
Very weak	9.8 ± 1.8%	5.2 ± 1.8%	3.8 ± 1.3%

HEALTHY RICHMOND 2012 FACT SHEET - APPENDIX I

BACKGROUND:

Vancouver Coastal Health Public Health, in partnership with the City of Richmond, conducted a health and wellness survey for the residents of Richmond, British Columbia to determine their general health and well-being and to support the evaluation of the Richmond Community Wellness Strategy. (<http://www.richmond.ca/services/socialplan/wellness.htm>)

FAST FACTS:

- The survey was conducted from Friday, February 24, 2012 to Sunday, March 4, 2012.
- The survey was offered online and was supplemented by field surveyors.
- Field surveyors offered the survey in English, Cantonese and Mandarin. The online version of the survey was offered in English only.
- Field surveyors were stationed at 25 locations throughout Richmond.
- Responses were weighted by age, sex and neighbourhood, post-collection.

TABLE A1: Demographic characteristics of Healthy Richmond sample

	Number of respondents	Weighted percent (%)
Total Respondents	3639	100
Age		
18 to 19	94	3.4
20 to 29	481	16.8
30 to 39	473	16.4
40 to 49	699	22.0
50 to 59	775	20.3
60 to 69	574	10.6
70 to 79	285	6.8
80+	103	3.7
Sex		
Male	1344	47.4
Female	2142	52.6
Neighbourhood		
Blundell	356	10.1
Bridgeport	55	1.5
Broadmoor	444	13.1
City Centre	920	23.6
East Cambie	142	5.7
East Richmond/Fraser Lands	85	2.0
Gilmore	20	0.2
Hamilton	71	2.4
Sea Island	17	0.3
Seafair	293	9.3
Shellmont	161	5.5
Steveston	516	13.9
Thompson	259	8.8
West Cambie	105	3.8