

## **Albertans Becoming More Physically Active**

EDMONTON, AB, October 6, 2005—A recent study by the Alberta Centre for Active Living shows that the number of active Albertans has increased significantly over the last five years ([www.centre4activeliving.ca/Research/ResearchUpdate/2005/ActiveLivingJune.htm](http://www.centre4activeliving.ca/Research/ResearchUpdate/2005/ActiveLivingJune.htm)). Currently, about 60% of Albertans are active enough to receive health benefits. This figure compares with about 57% in 2002 and 54% in 2000.

This study was based on data collected in 2000, 2002, and 2005 for the Alberta surveys on physical activity. To see the 2005 survey on physical activity, visit [www.centre4activeliving.ca/](http://www.centre4activeliving.ca/).

The Alberta Centre for Active Living is a provincial non-profit research and education centre affiliated with the Faculty of Physical Education and Recreation at the University of Alberta. Through funding from the Alberta Sport, Recreation, Parks & Wildlife Foundation, the centre surveyed a representative sample of adults across the province in 2000, 2002, and 2005.

### ***Other Study Highlights***

- **Location in the province:**  
In 2005, there were no significant differences in leisure-time physical activity based on location in the province (i.e., Calgary, Edmonton, and the rest of Alberta). However, Edmonton has had the largest increase in the number of active Albertans over the past five years, followed by the rest of Alberta and Calgary.
- **Gender:**  
Women were 1.31 times as likely to be active in 2005 as in 2000 (60.1% of women were active in 2005). Men were 1.24 times as likely to be active in 2005 as in 2000 (60.4% of men were active in 2005).
- **Age:**  
The older the age group, the lower the physical activity levels both in 2000 and 2005. In 2005, 69.4% of people aged between 25 and 34 were active, while only 44.9% of people over 65 were active.
- **Education:**  
Differences due to education widened between 2000 and 2005. The 2000 survey showed almost no difference among groups due to education. In 2005, people with the higher two levels of education were about 1.5 times as likely to be active as those in the lowest level.  
In 2005, 61.8% of those with post-secondary were active compared with 49.6% of people who had not completed high school.
- **Income:**  
Both in 2000 and 2005, those with a higher level of income were significantly more likely to be active than those with the lowest income. In 2005, 66.9% of those with the highest income were active compared with 52.4% of those with the lowest income.

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