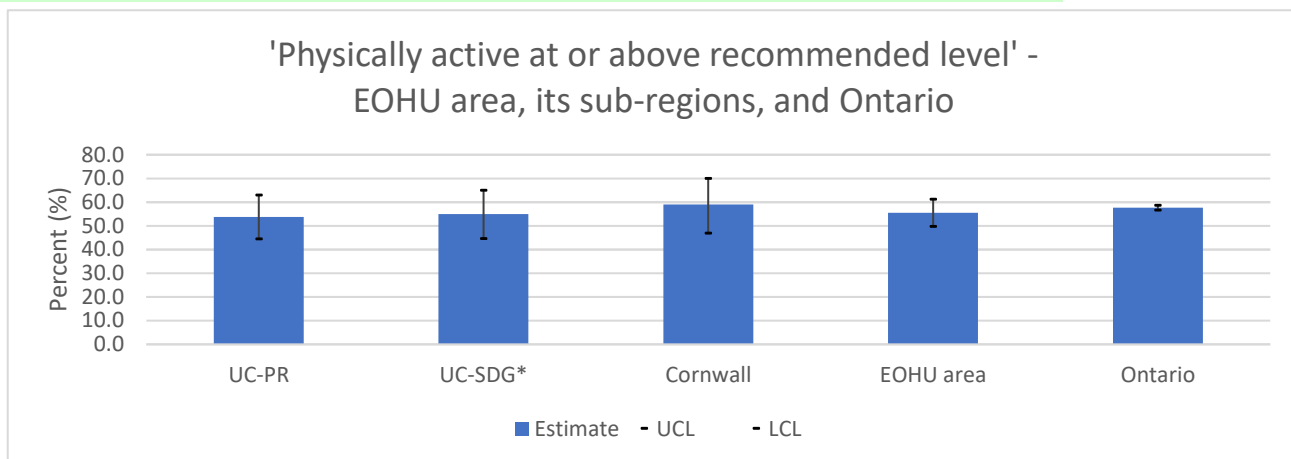


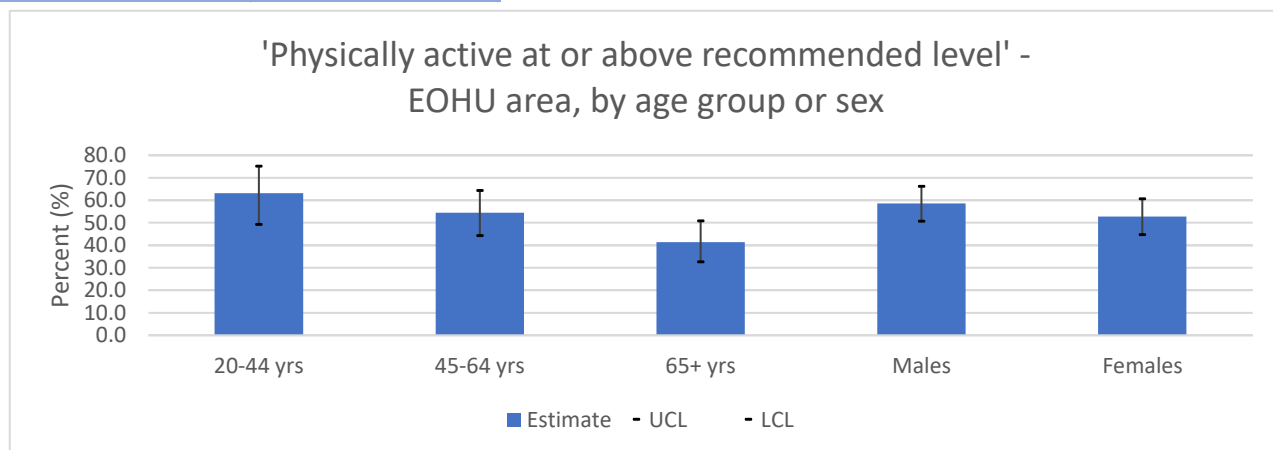
Adult (18+ years) Physical Activity

according to the Canadian Physical Activity Guidelines (CPAGs)



'Physically Active at or above recommended level' – EOHU area, its sub-regions, and Ontario

Percent (LCL, UCL)	Estimate
UC-PR	53.8 (44.4, 62.9)
UC-SDG*	55.0 (44.6, 65.0)
Cornwall	59.0 (46.9, 70.0)
EOHU area	55.5 (49.7, 61.1)
Ontario	57.6 (56.6, 58.6)



'Physically Active at or above recommended level' – EOHU area, by age group or sex

Percent (LCL, UCL)	Estimate
20-44 yrs	63.1 (49.2, 75.1)
45-64 yrs	54.5 (44.3, 64.3)
65+ yrs	41.4 (32.6, 50.8)
Males	58.6 (50.7, 66.1)
Females	52.7 (44.7, 60.6)

SOURCE: CANADIAN COMMUNITY HEALTH SURVEY [2015-16], STATISTICS CANADA, SHARE FILE,
ONTARIO MINISTRY OF HEALTH AND LONG-TERM CARE.