



2013

Alberta Recreation Survey



CONTEXT AND OBJECTIVES

The Alberta Recreation survey has been conducted in previous waves, including 1981, 1984, 1988, 1992, 1996, 2000, 2004 and 2008.

Context

- The *Public Opinion Survey on Recreation* was developed in 1981 to determine participation patterns of Albertans and the factors which influence their recreation activity choices.
- Every four years, Alberta Tourism, Parks and Recreation conducts the Alberta Recreation Survey. The 2013 survey was a collaborative effort between Alberta Tourism, Parks and Recreation and the Cities of Calgary, Edmonton, and Lethbridge.
- Findings from the survey are used to assess trends on a longitudinal basis, forecast future demand, and aid the recreation sector in targeting and marketing its services.

Objectives

- To collect current information related to recreation participation patterns of Albertans and the factors which influence their recreation activity choices.
- Provide information to support Tourism, Parks and Recreation as it implements the *Active Alberta* Policy to encourage Albertans to become more active.



RESEARCH METHODS

Data Collection

- Mail-out survey: mailed to 10,000 randomly selected Alberta households, including 3000 in Edmonton, 3000 in Calgary, 1000 in Lethbridge, and 3000 in the rest of Alberta. Respondents are also given the choice to complete the survey online, using a unique login ID.
- The data collection was conducted between October 29th, 2013 and January 17th, 2014. The data was collected using a three step-mail out process :
 1. Respondents were sent the survey, accompanied by a letter indicating the purpose of the survey, who uses the information, who is conducting the survey, how the household was selected, participation is voluntary, and time to complete the survey (October 29, 2013).
 2. A postcard reminder was sent to all respondents approximately two weeks after the initial survey was sent (November 12, 2013).
 3. The survey was mailed again to those households who had not yet responded two or three weeks after the postcard reminder (December 3, 2013).
- In appreciation for filling out the survey, respondents were given the opportunity to enter their name in a prize draw for one of ten gift cards valued at \$100.00.
- Out of 1,992 completed surveys:
 - 367 were completed online;
 - 1,625 were mailed back; and
 - Measures were taken to ensure that no respondent was able to complete the survey twice.



RESEARCH METHODS

Target Respondents

- A random sample of Alberta households, stratified by Edmonton, Calgary, Lethbridge, and rest of Alberta.
- Target respondent is the person in the household over 18 years of age who will celebrate their birthday next.

Analysis

- Three levels of analysis are used in this report to determine participation in leisure activities.
 - Respondent level: proportion of survey respondents participating in a certain activity;
 - Household level: proportion of households participating in a certain activity (at least one person in household participated); and
 - Total Participation: total number of people who participated in a certain activity.
 - For example, if in Household 1, 3 people participated in cycling; in Household 2, 2 people participated in cycling; and in Household 3, 4 people participated in cycling, the total participation figure for cycling would be 9.
- Percentages in this report are calculated on the base of all respondents (n=1992).
- It was not mandatory for respondents to answer any of the questions, which may result in a high proportion of 'missing' responses for certain questions. As such, throughout this report, sub-segment analysis should be interpreted with caution.
- The responses were random and voluntary in nature and there is a relatively higher proportion of older residents' opinions in the final sample. This skew should be taken into consideration while extrapolating the findings to the overall population.



RESEARCH METHODS

Statistical Reliability

- Based on the 1,992 sample size, the margin of error is ± 2.2 percentage points, 19 times out of 20.
 - For the sub-regions, the margins of error are as follows:
 - Edmonton (n=593): ± 4.0 percentage points, 19 times out of 20.
 - Calgary (n=646): ± 3.9 percentage points, 19 times out of 20.
 - Lethbridge (n=210): ± 6.8 percentage points, 19 times out of 20.
 - Other Alberta (n=543): ± 4.2 percentage points, 19 times out of 20.

Questionnaire

- The 2013 questionnaire was similar to the ones used in previous survey years. Questions were kept consistent to ensure comparability with previous results.
- The questionnaire was a combination of open and close ended questions.



KEY INSIGHTS



SUMMARY

Activity Participation

- **High levels of participation in leisure and recreational activities** (97.6% of Albertans, 98.7% of households). The most popular types of activities are **physical activities, outdoor activities, and creative/cultural activities**.

First Favourite Activity: Details

- Most popular activities are **walking** (12.9% first favourite), **golf** (8.7% first favourite), and **camping** (8.0% first favourite).
- The preferred location for participation is **parks or outdoor spaces** (58.3%).
- Top three motivations for participation include for **pleasure** (89.3%), **to relax** (85.9%) and **for physical health/exercise** (83.1%).

New Activities

- Over one-third (35.7%) would like to take part in a leisure or recreation activity they are not currently doing, especially **swimming** (3.5%), **gym/fitness** (3.0%) or **yoga** (2.8%).
- Being too **busy** (with work, family, other activities), various **costs** (admission/registration fees, renting/purchasing equipment/supplies), and **overcrowding** of facilities/recreational areas are key barriers to participation in new activities.



SUMMARY

Volunteering

- **Nearly two-in-five** (37.1%) Albertans have participated in volunteer work having to do with culture, recreation, sports or parks in the past 12 months. The most common volunteer position is **volunteer worker** (29.4%).
- On average, Albertans volunteer **6.6 hours per week**.

Benefits: Recreation and Parks

- **High majorities** (87.4% to 94.9%) of Albertans **agree** each benefit of recreation and parks mentioned is important.

Activities and Services (Municipal Parks)

- Over three-quarters of Albertans state **picnic areas** (88.0%), **playing fields** (78.1%), and **courts** (76.6%) **should be allowed** in municipal parks and recreation areas.
- While activities such as **snowmobiling** (22.5% agree) and **motorized off-road vehicles** (16.9% agree) garner relatively lower support.



POINTS FOR CONSIDERATION



KEY

Reach out to women, Albertans aged 35-44, and respondents with children in their household in order to build on their engagement with recreation, and address their barriers to participation.



WOMEN

Women are more likely to be physically active, active in volunteering, and view parks and recreation favourably. They are more likely to...

- *want to take part in a new leisure/recreation activity; to volunteer, and volunteer more frequently; and to rate the various mentioned benefits of parks and recreation as important.*



HAVE CHILDREN
AGE 35-44

Respondents with children, as well as those aged 35-44, are also more likely to be active in volunteering, and view parks and recreation favourably. They are more likely to...

- *Want to participate in a new activity; volunteer; and to rate the various mentioned benefits of parks and recreation as important.*



BARRIERS

*Address **cost barriers** (admission/registration fees, renting/purchasing equipment/supplies), and **educate Albertans about how they can fit leisure and recreation into their busy schedules** to encourage the participation of women, Albertans aged 18-44, and those with children in their household...These are the respondents most likely to participate in a new activity, yet mention these barriers as key reasons for not having started this new activity yet.*

2005	25%
2006	35%
2007	36%
2008	48%
2009	55%
2010	80%
2011	85%

2012 2013 2015

DETAILED ANALYSIS OF RESULTS





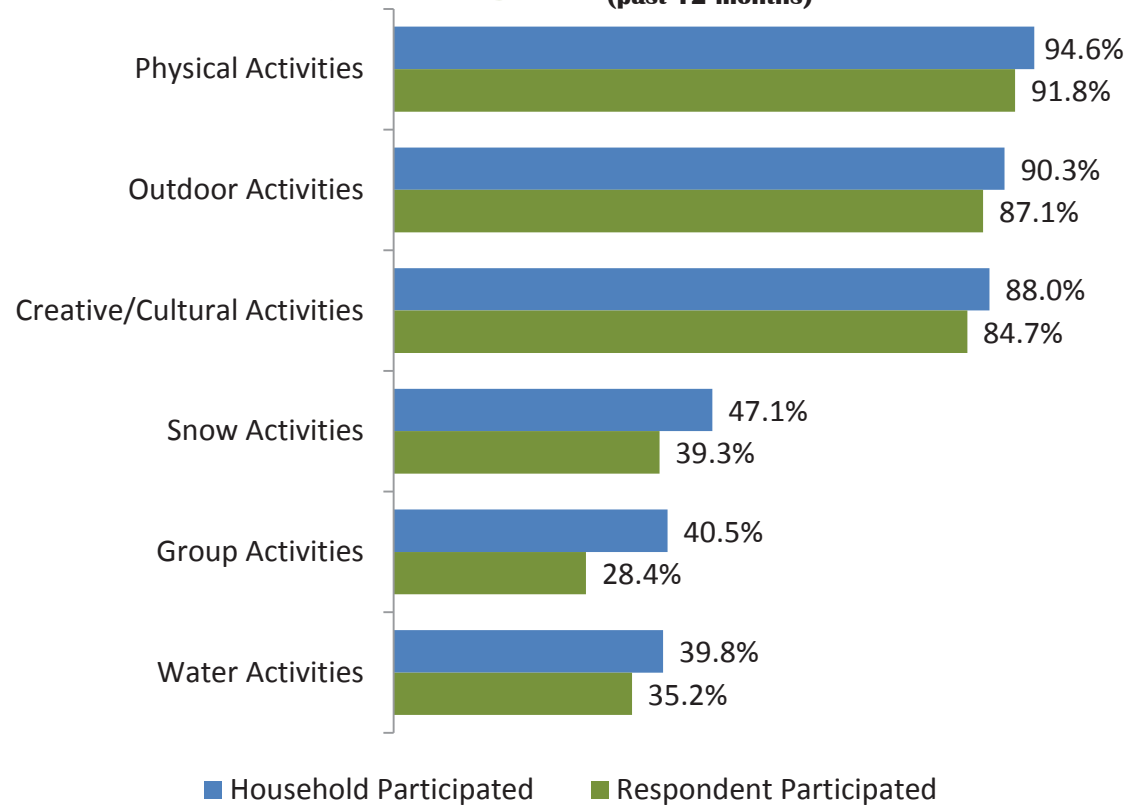
**PARTICIPATION IN
RECREATION / LEISURE
ACTIVITIES**



PARTICIPATION IN ACTIVITIES (PAST 12 MONTHS) HOUSEHOLDS VS. RESPONDENTS

98.7% of households have participated
in a leisure or recreation
activity (past 12 months)

97.6% of respondents have participated
in a leisure or recreation activity
(past 12 months)



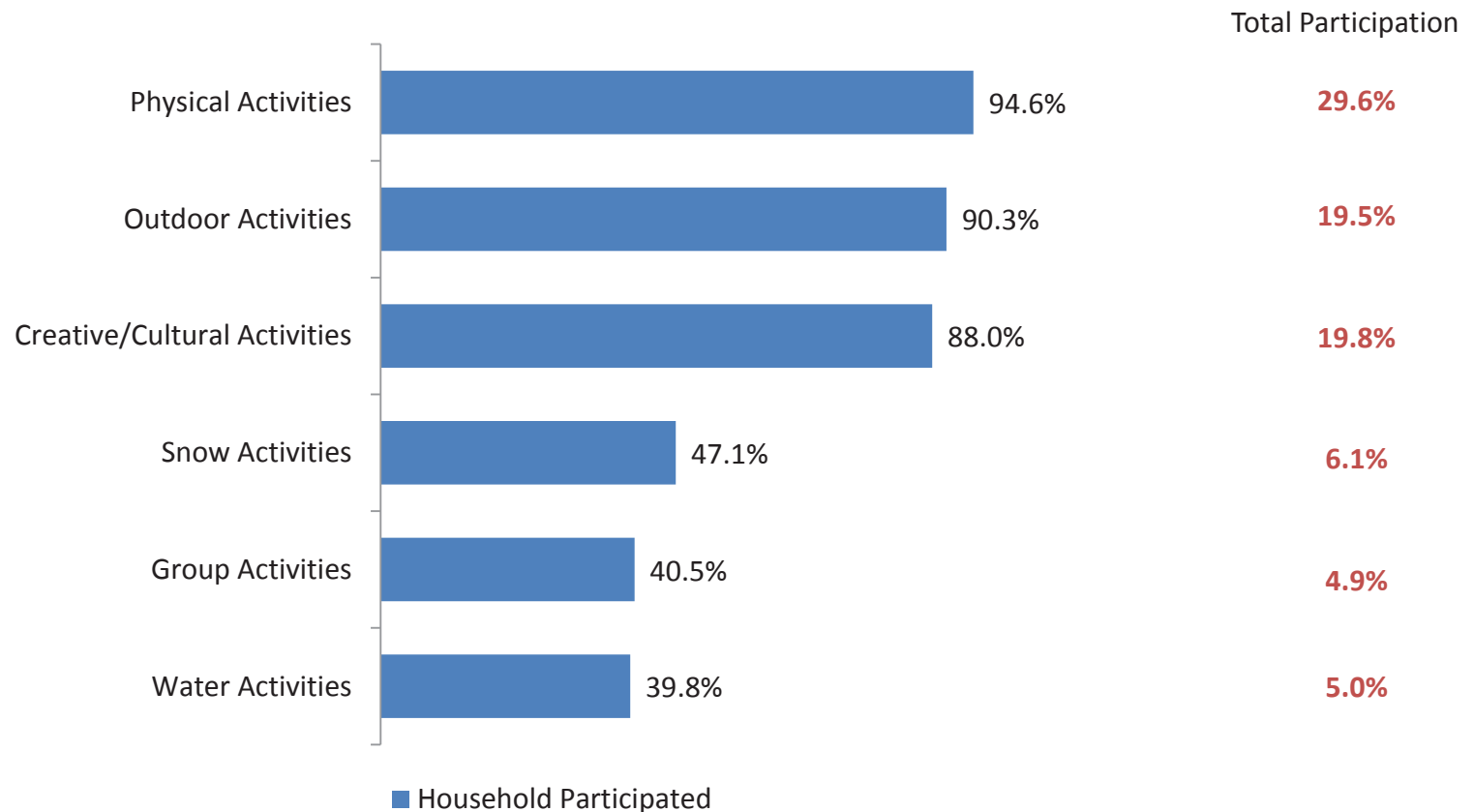
Base: Albertans (n=1,992)

Q1. Please indicate the number of people in your household who took part in each of the following leisure or recreational activities during the past 12 months. In the last column, please indicate whether you personally took part in that activity.



PARTICIPATION IN ACTIVITIES (PAST 12 MONTHS) HOUSEHOLDS VS. TOTAL PARTICIPATION

98.7% of households have participated
in a leisure or recreation
activity (past 12 months)



Base: Albertans (n=1,992)

Q1. Please indicate the number of people in your household who took part in each of the following leisure or recreational activities during the past 12 months. In the last column, please indicate whether you personally took part in that activity.



PARTICIPATION IN ACTIVITIES BY HOUSEHOLDS (PAST 12 MONTHS)

98.7% of households have participated
in a leisure or recreation activity
(past 12 months)

HIGHEST
PARTICIPATION

LOWEST
PARTICIPATION

Physical Activities

Outdoor Activities

Creative/Cultural
Activities

Snow Activities

Group Activities

Water Activities

TOP 5 ACTIVITIES (BY % OF HOUSEHOLDS PARTICIPATING)

Walking for pleasure	84.4%	Gardening	67.3%	Attending fair/festival/cultural event	69.0%	Downhill skiing	23.0%	Bowling/lawn bowling	14.7%	Motor boating	20.4%
Bicycling	50.7%	Day hiking	41.1%	Doing a craft or creative hobby	56.6%	Tobogganing/sledding	21.7%	Ice hockey	12.8%	Canoeing	13.5%
Aerobics/fitness	47.0%	Golf (other than driving range or mini golf)	39.7%	Visiting a museum/art gallery	51.8%	Cross-country skiing	14.8%	Soccer	12.4%	Kayaking	10.2%
Swimming/aquafitness (in pools)	41.1%	Overnight camping	34.0%	Attending live theatre (not movies)	50.6%	Snowshoeing	11.1%	Curling	10.1%	Water skiing	8.6%
Swimming (lakes, rivers, ponds)	36.3%	Fishing	26.3%	Taking part in the arts	27.7%	Snowboarding	10.3%	Basketball	8.7%	River rafting	6.3%

Base: Albertans (n=1,992)

Note: Multiple mentions allowed. For full list of activities, please see appendix.

Q1. Please indicate the number of people in your household who took part in each of the following leisure or recreational activities during the past 12 months. In the last column, please indicate whether you personally took part in that activity.



PARTICIPATION IN ACTIVITIES BY RESPONDENTS (PAST 12 MONTHS)

97.6% of respondents have participated
in a leisure or recreation activity
(past 12 months)

HIGHEST
PARTICIPATION

→ LOWEST
PARTICIPATION

Physical Activities

Outdoor Activities

Creative/Cultural
Activities

Snow Activities

Water Activities

Group Activities

TOP 5 ACTIVITIES (BY % OF RESPONDENTS PARTICIPATING)

Walking for pleasure	80.5%	Gardening	61.0%	Attending fair/ festival/ cultural event	65.1%	Downhill skiing	17.5%	Motor boating	18.2%	Bowling/ lawn bowling	12.1%
Bicycling	42.3%	Day hiking	37.8%	Visiting a museum/ art gallery	48.2%	Tobogganing/ sledding	16.0%	Canoeing	10.9%	Curling	7.7%
Aerobics/ fitness	38.1%	Golf (other than driving range or mini golf)	32.8%	Doing a craft or creative hobby	47.3%	Cross-country skiing	12.4%	Kayaking	8.1%	Ice hockey	5.9%
Swimming/ aquafitness (in pools)	31.9%	Overnight camping	30.8%	Attending live theatre (not movies)	46.5%	Snowshoeing	8.8%	Water skiing	5.4%	Soccer	5.1%
Swimming (in lakes, rivers, ponds)	31.3%	Fishing	20.0%	Taking part in the arts	21.0%	Snowmobiling	3.9%	River rafting	4.7%	Softball/ baseball	4.4%

Base: Albertans (n=1,992)

Note: Multiple mentions allowed. For full list of activities, please see appendix.

Q1. Please indicate the number of people in your household who took part in each of the following leisure or recreational activities during the past 12 months. In the last column, please indicate whether you personally took part in that activity.



PARTICIPATION IN ACTIVITIES BY TOTAL PARTICIPANTS (PAST 12 MONTHS)

HIGHEST PARTICIPATION -----> LOWEST PARTICIPATION

Physical Activities

Creative/Cultural
Activities

Outdoor Activities

Snow Activities

Water Activities

Group Activities

TOP 5 ACTIVITIES (BY TOTAL PARTICIPANTS PARTICIPATING)

Walking for pleasure	19.7%	Attending fair/festival/cultural event	26.0%	Gardening	19.8%	Tobogganing/sledding	30.4%	Motor boating	32.3%	Bowling/lawn bowling	21.9%
Bicycling	11.9%	Visiting museum/art gallery	18.1%	Day hiking	15.5%	Downhill skiing	27.4%	Canoeing	19.2%	Soccer	14.3%
Aerobics/fitness	9.9%	Attending live theatre (not movies)	16.6%	Overnight camping	14.6%	Cross-country skiing	15.4%	Kayaking	13.1%	Ice hockey	12.5%
Swimming (lakes, rivers, ponds)	9.7%	Doing a craft or creative hobby	16.4%	Golf (other than driving range or mini golf)	11.5%	Snowshoeing	10.2%	Water-skiing	11.8%	Basketball	10.3%
Swimming/aquafitness (in pools)	9.4%	Dancing	8.7%	Fishing	8.4%	Snowboarding	8.7%	River rafting	8.8%	Softball/baseball	10.0%

Base:n=1,992

Note: Multiple mentions allowed. **Sub-activities percentages represent proportion within the group**

Q1. Please indicate the number of people in your household who took part in each of the following leisure or recreational activities during the past 12 months. In the last column, please indicate whether you personally took part in that activity.



PARTICIPATION IN OTHER ACTIVITIES (PAST 12 MONTHS)

17

TOP 5 ACTIVITIES

HOUSEHOLD PARTICIPATION

TOTAL	84.4%
Attending a sports event as a spectator	56.8%
Playing video, computer or electronic games	51.2%
Picnicking (in the countryside)	31.4%
Picnicking (within a city)	30.0%
Attending non-credit educational courses	22.6%

RESPONDENT PARTICIPATION

TOTAL	79.9%
Attending a sports event as a spectator	52.2%
Playing video, computer or electronic games	37.2%
Picnicking (in the countryside)	30.1%
Picnicking (within a city)	27.7%
Attending non-credit educational courses	19.1%

Base:n=1,992

Note: Multiple mentions allowed.

Q1. Please indicate the number of people in your household who took part in each of the following leisure or recreational activities during the past 12 months. In the last column, please indicate whether you personally took part in that activity.



FAVOURITE ACTIVITIES



FAVOURITE ACTIVITIES

19

	1 st Favourite Activity	2 nd Favourite	3 rd Favourite
Walking	12.9%	10.9%	8.8%
Golf	8.7%	4.5%	2.3%
Camping	8.0%	3.5%	3.8%
Bicycling	4.7%	5.0%	4.9%
Reading	3.6%	2.6%	2.9%
Hiking	3.3%	4.0%	2.6%
Fishing	3.0%	2.7%	1.7%
Gardening	2.9%	4.2%	4.0%
Swimming	2.8%	3.6%	3.0%
Jogging/running	2.4%	1.2%	1.3%
Fitness/gym	2.3%	2.5%	1.8%
Yoga	1.7%	1.5%	1.1%



More likely to be first favourite among:

- Edmontonians (vs. Calgary and Lethbridge residents)
- Females
- Albertans aged 45+ (vs. those 18-34)



More likely to be first favourite among:

- Males
- Albertans aged 45+ (vs. those 35-44)
- Those without children in their household



More likely to be first favourite among:

- Residents of Lethbridge or other areas of Alberta (vs. Edmonton and Calgary)
- Albertans aged 35-64 (vs. those 65+)
- Those with children in their household

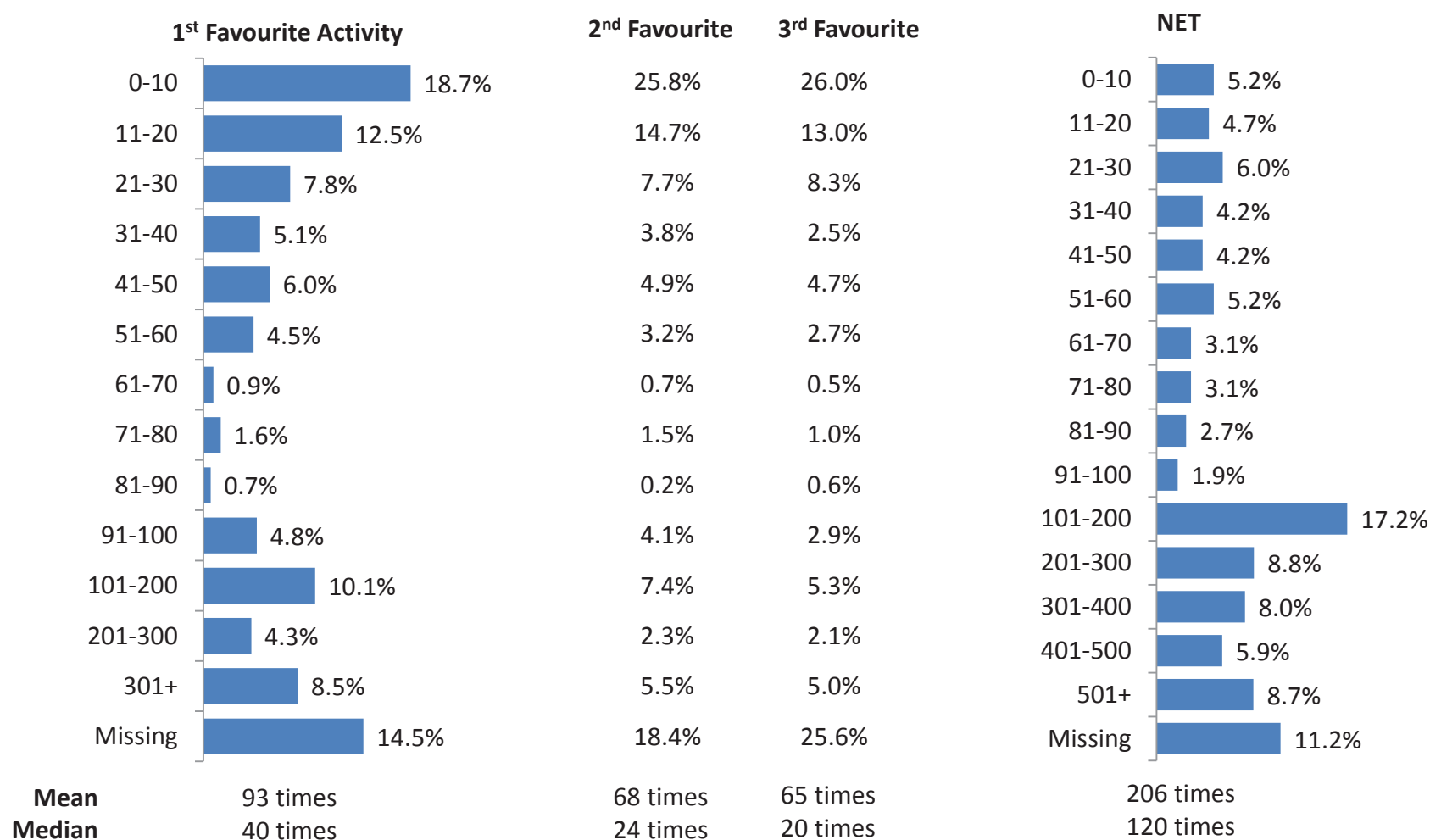
Base: Albertans (n=1,992)

Note: Mentions less than 1.5% of 1st favourite activity not included

Q2a. Please list your three (3) favourite leisure or recreational activities and indicate how many times you participated in each activity during the past 12 months.



FREQUENCY OF PARTICIPATION (# TIMES/YEAR) (FAVOURITE ACTIVITIES)



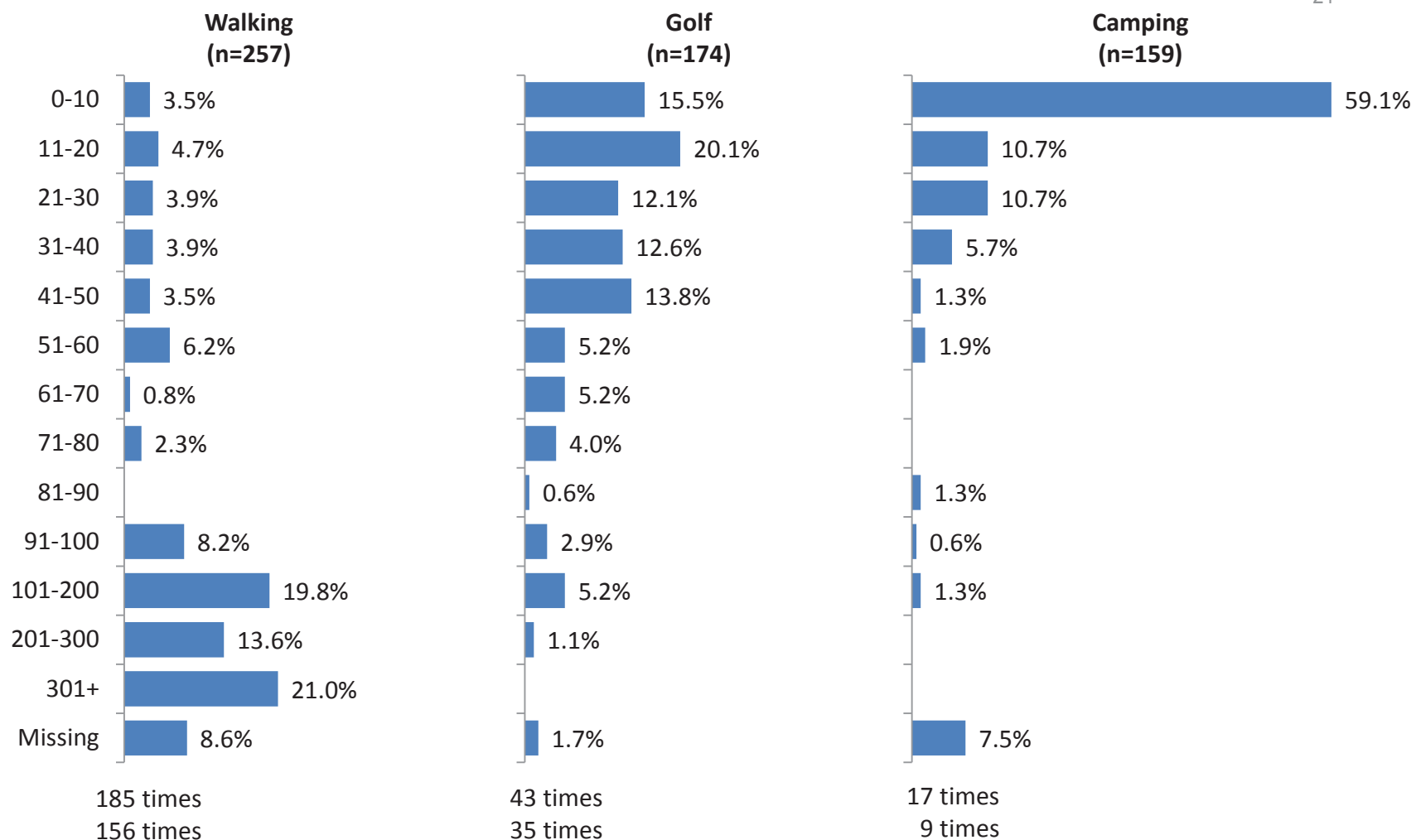
Base: Albertans (n=1,992)

Q2a. Please list your three (3) favourite leisure or recreational activities and indicate how many times you participated in each activity during the past 12 months.



FREQUENCY OF PARTICIPATION (# TIMES/YEAR) (BY TOP 3 FAVOURITE ACTIVITIES)

21

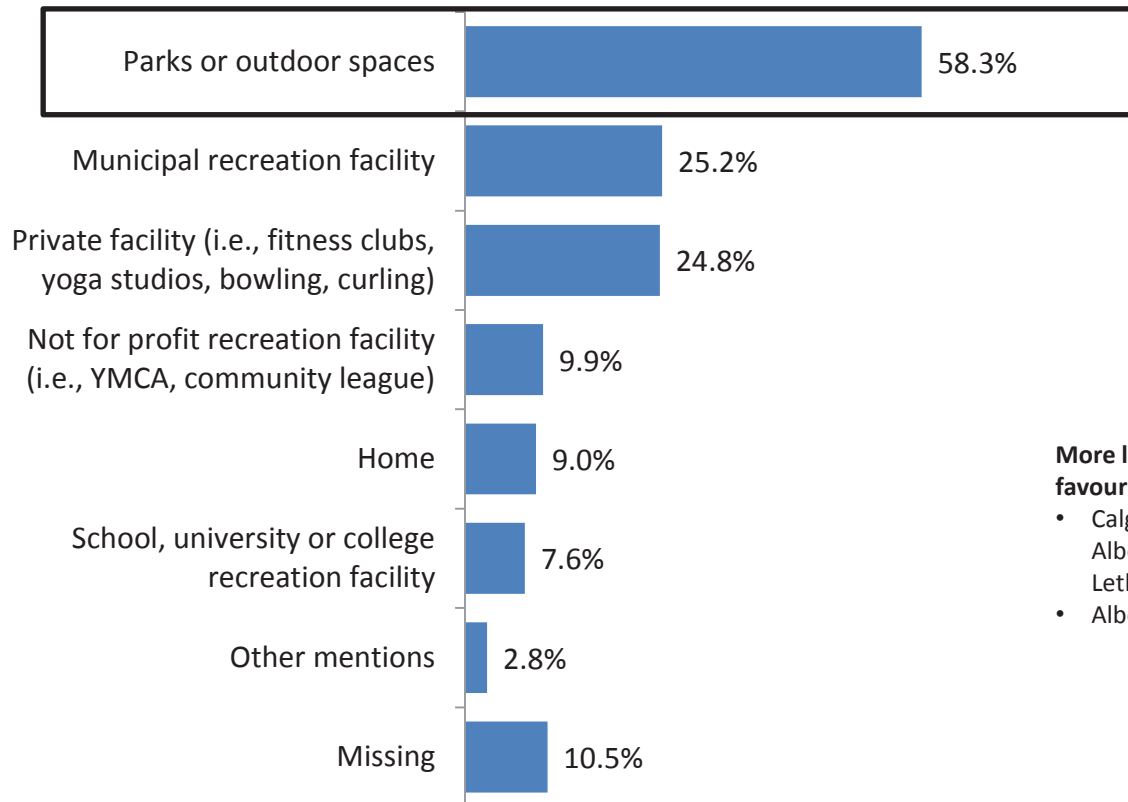


Q2a. Please list your three (3) favourite leisure or recreational activities and indicate how many times you participated in each activity during the past 12 months.



LOCATION FOR FIRST FAVOURITE ACTIVITY

22



More likely to prefer participating in first favourite activity in parks or outdoor spaces:

- Calgarians and residents of other areas of Alberta (vs. Edmontonians and residents of Lethbridge)
- Albertans aged 35-44 (vs. 34 or less and 45+)

Base: Albertans (n=1,992)

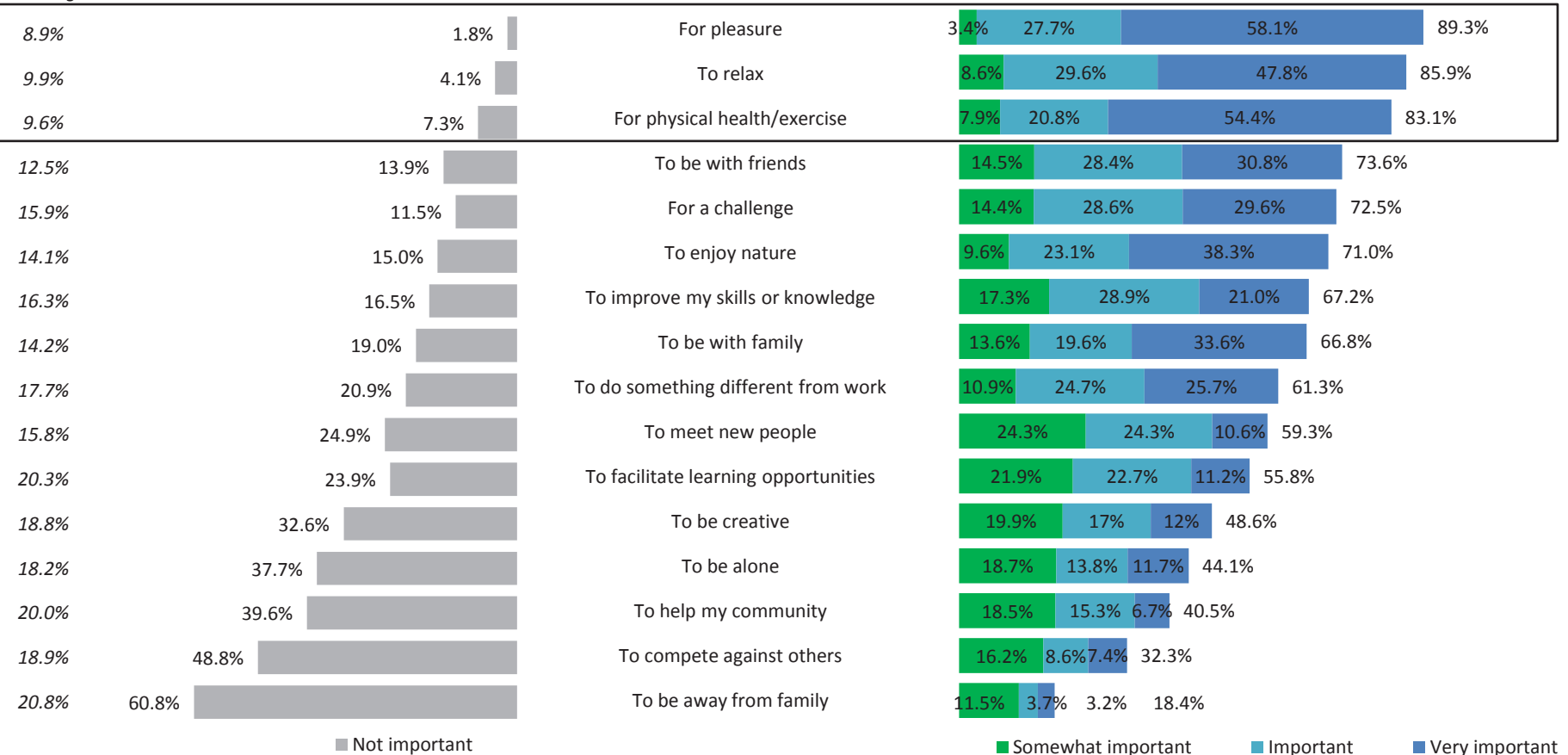
Note: Multiple mentions allowed. Mentions less than 2.5% not included.

Q2b. For the first favourite leisure activity that you listed, do you participate at...



MOTIVATIONS FOR PARTICIPATION (FIRST FAVOURITE ACTIVITY)

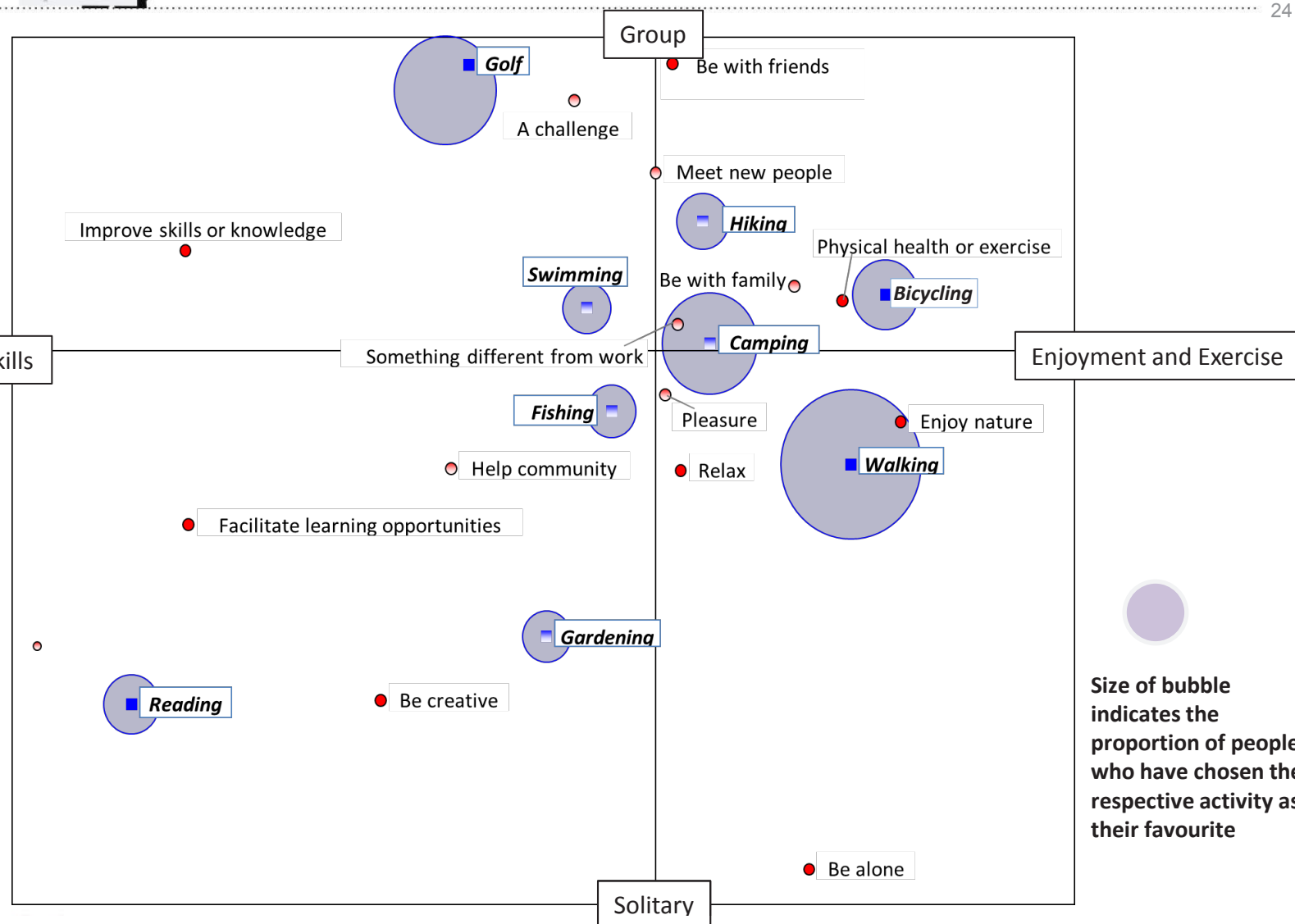
Missing



Base: Albertans (n=1,992)

Q2c. Based on the first favorite leisure activity you listed, how important are each of the following reasons to you?

FAVOURITE ACTIVITIES BY REASONS MAP





NEW ACTIVITIES

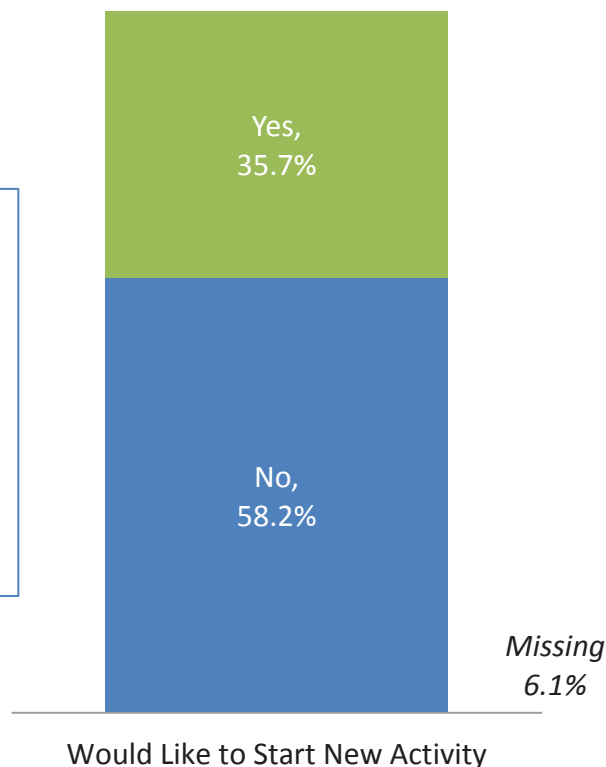


NEW ACTIVITIES

26

Albertans more likely to want to start a new activity include...

- Women
- Those aged 18-44 (vs. 45+)
- Those with children in their household



64.4% of respondents did not indicate a specific new activity they would most like to start.

Among those that did, the top activities mentioned were:

- Swimming (3.5%)
- Gym/fitness (3.0%)
- Yoga (2.8%)
- Cross-country Skiing (1.6%)
- Canoeing/Kayaking (1.6%)

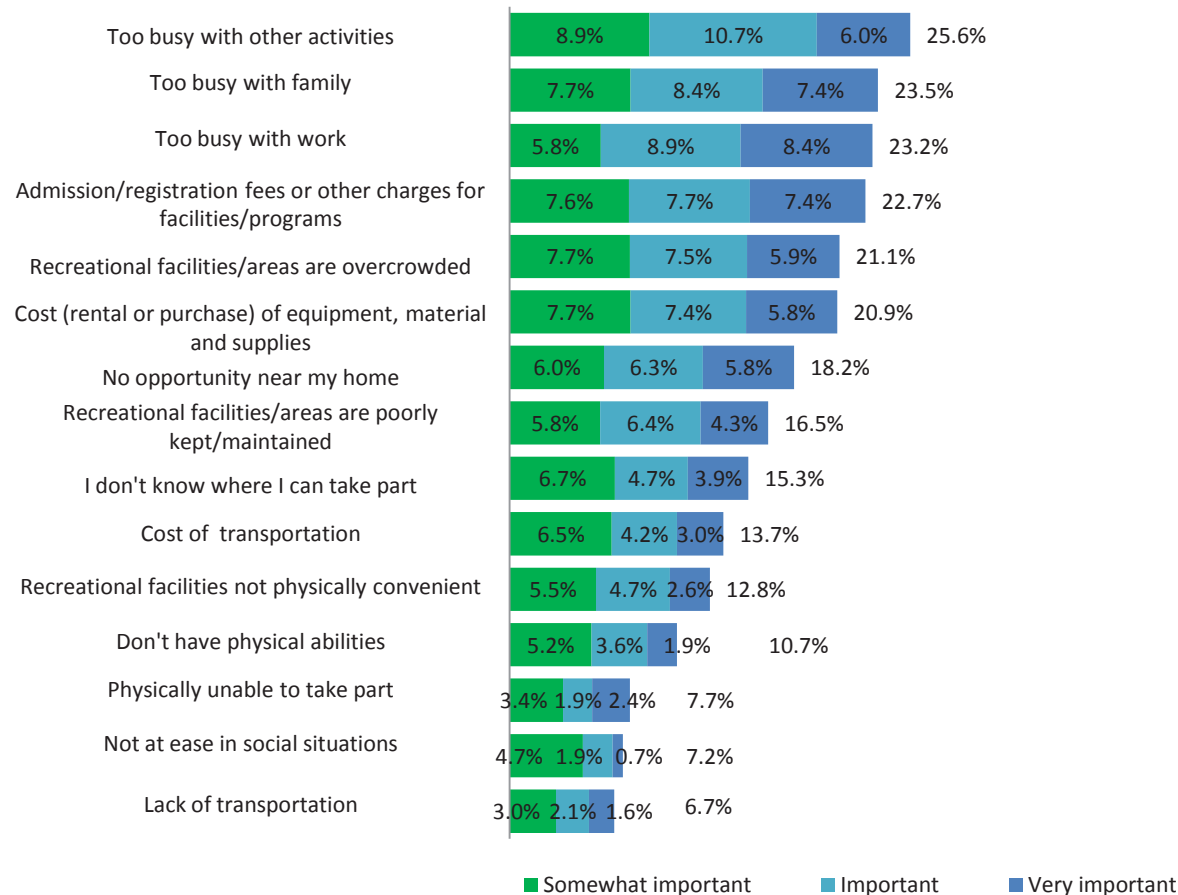
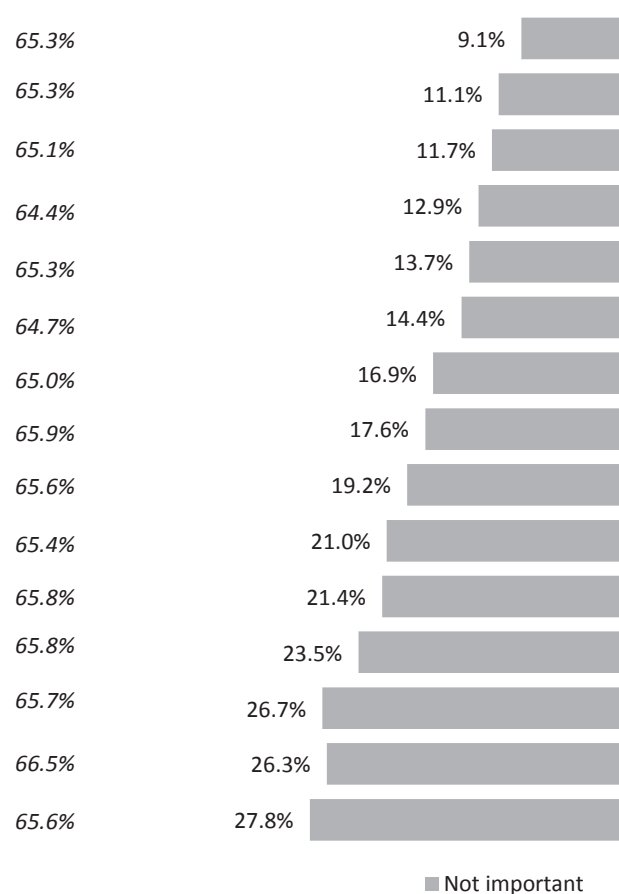
Base: Albertans (n=1,992)

*Mentions less than 0.5% not included

Q3a. Is there any leisure or recreation activity that you do not take part in now, but you would like to start doing regularly? Q3b. Please specify which leisure activity you would most like to start.

BARRIERS TO PARTICIPATING IN NEW ACTIVITY

Missing



Base: Albertans (n=1,992)

Q3c. Based on the activity you listed in question 3(b), how important are each of the following reasons for not starting this activity?



BARRIERS TO PARTICIPATING IN NEW ACTIVITY

Albertans more likely to want to start a new activity include...

- Women
- Those aged 18-44 (vs. 45+)
- Those with children in their household

Top barriers[^] to participation among these groups include... BEING TOO BUSY, AND COST.



WOMEN

- Admission/registration fees or other charges for facilities or programs
- Too busy with work
- Too busy with family
- Too busy with other activities
- Cost (rental/purchase) of equipment, material, and supplies
- Facilities or areas are overcrowded
- No opportunity near my home

AGE 18-44

- Too busy with work
- Too busy with family
- Admission/registration fees or other charges for facilities or programs
- Too busy with other activities
- Cost (rental/purchase) of equipment, material, and supplies
- No opportunity near my home
- Facilities or areas are overcrowded
- Facilities or areas are poorly kept or maintained



HAVE CHILDREN

- Too busy with family
- Too busy with work
- Too busy with other activities
- Admission/registration fees or other charges for facilities or programs
- Cost (rental/purchase) of equipment, material, and supplies
- No opportunity near my home
- Facilities or areas are overcrowded
- Facilities or areas are poorly kept or maintained

Base: Albertans (n=1,992)

[^]Those who stated barriers were important/very important (3,4 ratings)

Q3c. Based on the activity you listed in question 3(b), how important are each of the following reasons for not starting this activity?



VOLUNTEERISM

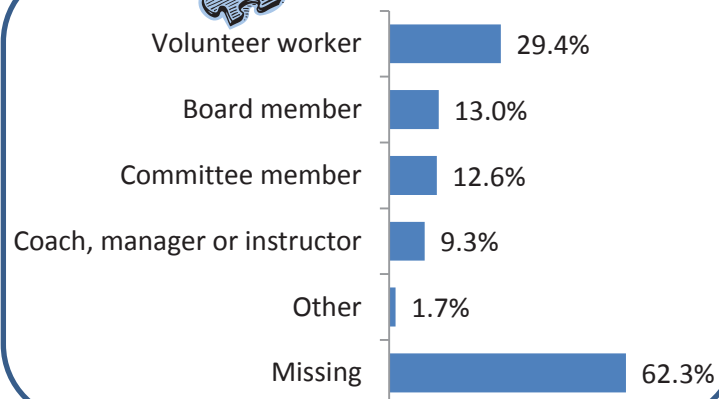


VOLUNTEERISM

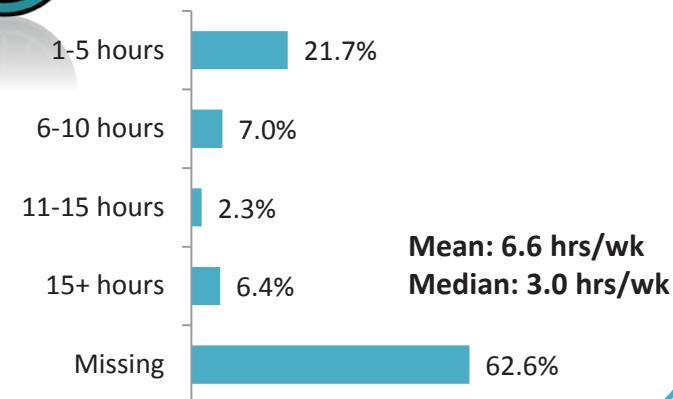
37.1% of Albertans have participated in volunteer work connected with culture, recreation, sports or parks in the past 12 months



Position*



Average Hours Volunteered per Week (past 12 months)



Albertans more likely to have volunteered include:

- Residents of other areas of Alberta (excluding Edmonton, Calgary, Lethbridge)
- Women
- Albertans aged 35-44
- Those with children in their household

In addition to being more likely to volunteer, on average, women also volunteer more frequently.

Base: Albertans (n=1,992)

*Mentions less than 1.5% not included

Q4a. Have you done volunteer work connected with culture, recreation, sports or parks in the past 12 months? Q4b. What job(s) did you do as a volunteer? Q4c. How many hours in an average week did you spend doing volunteer work during the past 12 months?



PARKS AND RECREATION

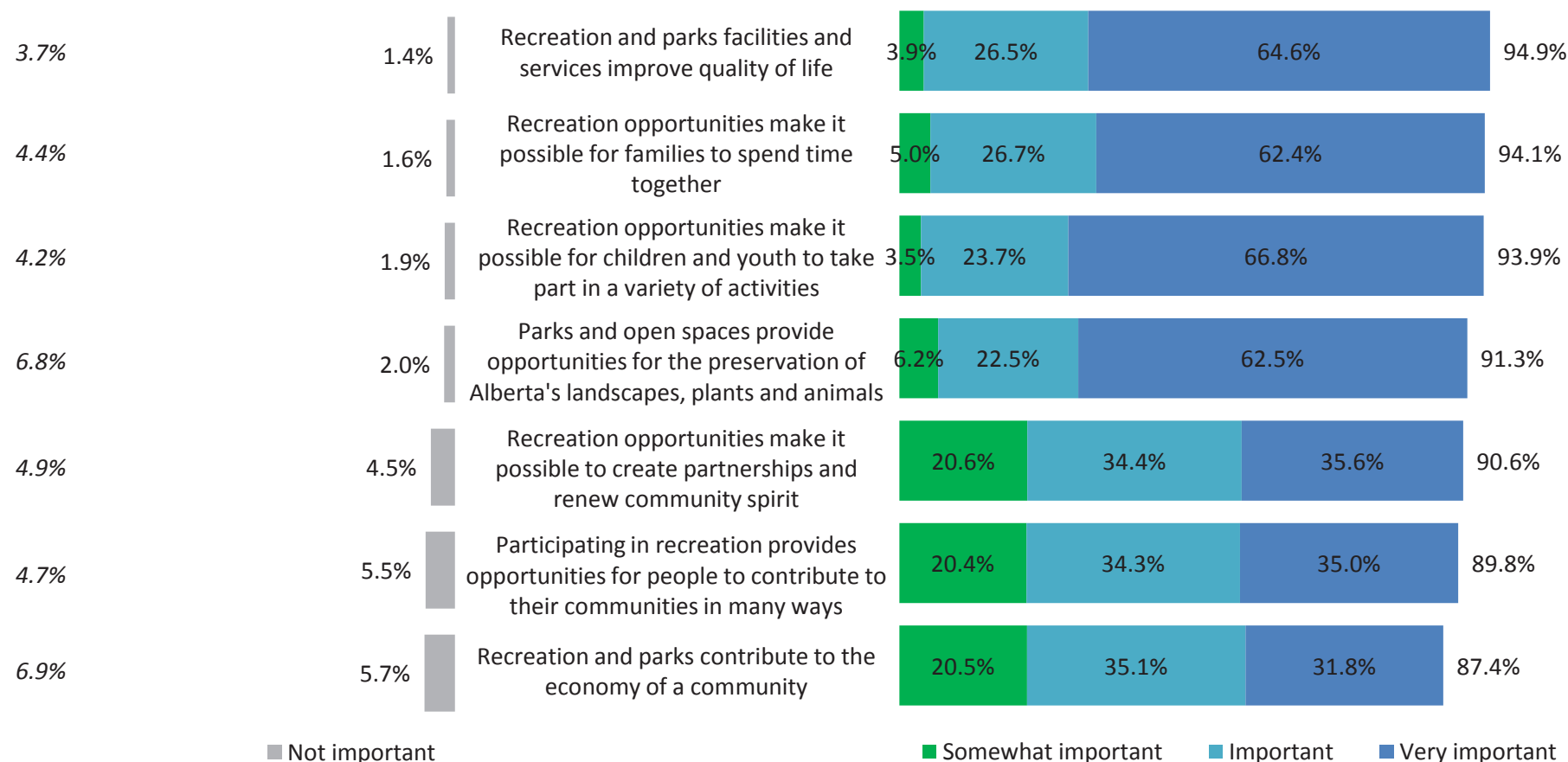


RECREATION AND PARKS

32

Missing

Overall, they agree with the various benefits of recreation and parks.



Generally, women, Albertans aged 35-64, and those with children in their household are more likely to agree that all the benefits mentioned are important or very important (3,4 ratings).

Base: Albertans (n=1,992)

Q5. For each benefit, please rate how important you think they are.

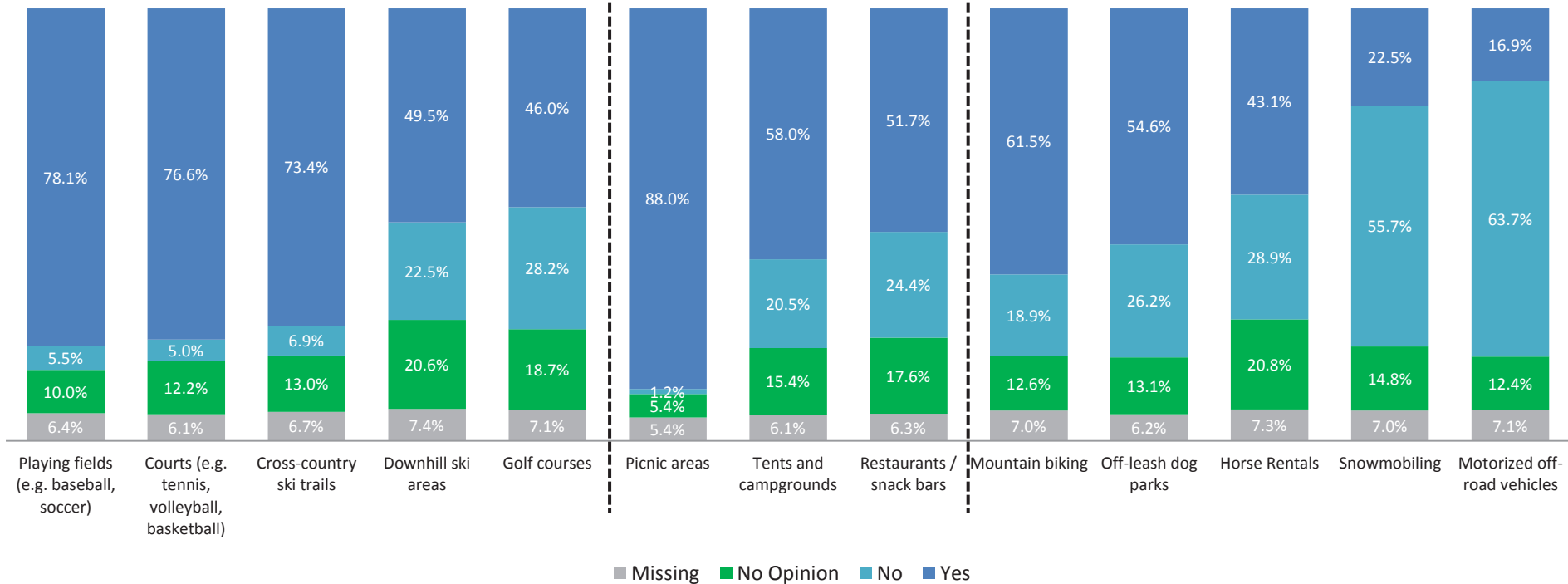


ACTIVITIES AND SERVICES (MUNICIPAL PARKS)

Sport and Recreation Facilities

Service Facilities

Outdoor Activities



Generally, Albertans 64 years of age and younger, and those with children in their household, are more likely to agree that all of the mentioned activities or services should be allowed in municipal parks and recreation areas.

Base: Albertans (n=1,992)

Q6. In your opinion, should the following activities or services be allowed in municipal parks and recreation areas?



ADDITIONAL COMMENTS

"Recreation is important and essential to add balance to a busy life. Necessary to maintain and improve the available areas, and to concentrate on activities which do not destroy the environment, be it the physical (appearance), ambience (noise level), and availability of space for quiet enjoyment of surroundings."

"Since the provincial parks were privatized the quality of the parks has deteriorated."

	Albertans (n=1,992)
Love Alberta nature parks	1.8%
Preserve parks and natural resources = trees/water/wildlife	1.5%
More and better campgrounds needed	1.4%
Need to maintain parks properly	1.4%
Restrict ATV / Off-road vehicles in parks	1.3%
Activities are too expensive	1.1%
No longer participate much in activities due to age / illness	0.9%
Parks and rec should be government-provided, not private	0.8%
Increased accessibility needed (wheelchair access, time of day, location of facilities, etc.)	0.8%
General healthy mind and body is the result of recreation	0.7%
Camping fees are too expensive	0.7%
More parks needed	0.6%
More areas for quads, dirt bikes, ski-doo's	0.6%
Hire more parks security to make it safer from vandals, drunks	0.6%
More washroom facilities in parks, tourist areas, etc.	0.6%
Need more indoor opportunities	0.6%
More / better swimming facilities needed	0.6%
No commercial development in or adjacent to parks	0.6%
More funding for fitness facilities	0.5%
Need more senior programs / activities	0.5%
Other	4.5%

"Love our beautiful parks in Edmonton and all of Alberta."

"Our parks are an extremely important part of our landscape and have incredible value to us as Albertans. The preservation of them is absolutely critical. Dollars spent to maintain and preserve and allow for Albertans to engage in recreation and leisure activities are very important!"

Mentions less than 0.5% not included. Note: 81.2% of those surveyed did not provide other comments.
Italics denote verbatim responses

Please use the space below to provide any additional comments you may have about parks, recreation or leisure. Please do not include your name, address, or any other personal information.



PROFILE OF RESPONDENTS



PROFILE OF RESPONDENTS

	Albertans (n=1,992)
Gender	
Male	52.0%
Female	44.9%
Missing	3.1%
Age	
18-25	1.1%
26-35	4.4%
36-45	11.0%
46-55	22.4%
56-65	28.2%
66-75	17.3%
76+	9.8%
Missing	5.8%
Tenure in Alberta	
3 to 5 years	0.5%
6 to 10 years	4.1%
11 or more years	90.7%
Missing	4.4%

	Albertans (n=1,992)
Household Makeup*	
Couple with no children	34.1%
Couple with children	33.5%
Single person	15.9%
Single parent family	2.1%
Two or more unrelated single adults	1.2%
Two or more related adults	7.6%
Other	0.3%
Missing	4.9%
Children in Household	
Households with children	23.2%
Households without children/missing	76.8%

*Note: Mentions less than 1.0% not included

What is your gender? What year were you born? How long have you lived in Alberta? Which of the following best describes your household?
How many members of your household are in the following age groups (remember to include yourself)?



PROFILE OF RESPONDENTS

	Albertans (n=1,992)
Education	
Elementary, Junior or Senior High School	20.9%
Technical or vocational program	17.1%
College	18.9%
University	39.0%
Other	0.3%
Missing	3.9%
People in Household Receiving Income (past year)	
0	1.5%
1	23.3%
2	49.3%
3	10.1%
4+	7.1%
Missing	8.6%
Household Income	
less than \$10,000	1.5%
\$10,000 to \$30,000	7.4%
\$30,001 to \$50,000	11.1%
\$50,001 to \$70,000	10.9%
\$70,001 to \$90,000	10.3%
\$90,001 to \$110,000	9.8%
\$110,001 to \$130,000	7.1%
\$130,001 or more	25.4%
Missing	16.6%

*Note: Mentions less than 0.5% not included

**Multiple mentions allowed

	Albertans (n=1,992)
Ancestry**	
Aboriginal/First Nations/Métis/Inuit	2.2%
Arab/West Asian (e.g., Armenian, Egyptian, Iranian, Lebanese, Moroccan)	0.6%
Black (e.g., African, Haitian, Jamaican, Somali)	0.5%
Chinese	2.8%
Filipino	0.8%
Japanese	0.9%
Latin American	0.6%
South Asian (e.g., East Indian, Pakistani, Punjabi, Sri Lankan)	1.4%
White	87.0%
Canadian	2.3%
Missing	3.9%
Have Health Problem	
Yes	24.0%
No	73.9%
Missing	2.1%

What is the highest level of education YOU have completed? How many people from your household received an income during the PAST 12 MONTHS? Approximately, what is the TOTAL AMOUNT OF INCOME that you and members of your household received during the PAST 12 months? In order to determine whether you and others participate in similar leisure, recreation and parks activities, are you... Do you have any health problems or conditions that affects your ability to perform daily physical activities?



APPENDIX



PARTICIPATION IN ACTIVITIES BY HOUSEHOLDS (PAST 12 MONTHS) COMPLETE LIST

	Albertans (n=1,992)
PHYSICAL ACTIVITIES	94.6%
Aerobics/fitness	47.0%
Badminton	8.5%
Bicycling	50.7%
Figure skating	3.8%
Gymnastics	6.0%
Ice skating (not hockey)	22.4%
In-line skating	5.9%
Jogging/running	31.8%
Martial arts (eg, judo, karate)	5.3%
Racquetball	1.9%
Skateboarding	6.7%
Squash	3.6%
Swimming (eg, in lakes, rivers, ponds)	36.3%
Swimming/aquafitness (in pools)	41.1%
Table tennis	6.7%
Tennis	9.2%
Track and field	5.7%
Walking for pleasure	84.4%
Wall climbing	7.7%
Weight training	35.0%
Yoga/pilates	29.3%
<i>Other Physical Activities</i>	<i>12.1%</i>
Lacrosse	0.1%
Ball hockey	0.3%
Walking for health/exercise	0.2%
Walking the dog	0.2%
Stair climbing	0.2%

	Albertans (n=1,992)
Push ups	0.1%
Surfing	0.1%
Playing pool/darts	0.1%
Wrestling	0.1%
Snorkeling/scuba diving	0.2%
Pedal scooter	0.2%
Paintball	0.1%
Trampoline	0.1%
Basketball	0.4%
Curling	0.5%
Cross country skiing	0.8%
Dance	1.2%
Golf	0.9%
Hiking	1.1%
Hockey (unspecified)	0.6%
Soccer	1.2%
Tai chi	0.6%
Zumba	0.6%
Pickle ball	0.3%
Downhill skiing	0.5%
Skiing (unspecified)	0.4%
Bowling	0.2%
Baseball/softball	0.2%
Canoeing	0.2%
Kayaking	0.3%
Volleyball	0.6%
Walking (unspecified)	0.4%
Paddleboarding	0.1%

Q1. Please indicate the number of people in your household who took part in each of the following leisure or recreational activities during the past 12 months. In the last column, please indicate whether you personally took part in that activity.



PARTICIPATION IN ACTIVITIES BY HOUSEHOLDS (PAST 12 MONTHS) COMPLETE LIST

	Albertans (n=1,992)
Fishing	0.3%
Ice hockey	0.2%
Snowboarding	0.2%
Snowshoeing	0.5%
Horseback riding	0.2%
Motorcycling	0.1%
Boating	0.2%
Rugby	0.1%
Waterskiing	0.2%
Other mentions	2.3%
OUTDOOR ACTIVITIES	90.3%
Archery	4.4%
ATV/off-road vehicles	14.0%
Birdwatching	20.3%
BMX racing	1.4%
Day hiking	41.1%
Fishing	26.3%
Gardening	67.3%
Golf (other than driving range or mini golf)	39.7%
Horseback riding/trail riding	8.7%
Hunting	8.3%
Moto-cross	1.2%
Motorized trail biking (eg, dirt biking)	3.5%
Mountain biking (off-road)	12.3%
Mountain climbing	5.7%
Orienteering	2.1%
Overnight backpacking	5.4%
Overnight camping	34.0%

	Albertans (n=1,992)
Shooting (trap/skeet/target)	7.6%
<i>Other Outdoor Activities</i>	3.9%
Overnight camping	0.2%
Motorcycling	0.4%
Repelling/zip lines	0.1%
Walking the dog	0.1%
Geo-caching	0.1%
Training horses	0.1%
Going to a playground/park	0.1%
Hang gliding	0.1%
Snowshoeing	0.1%
Astronomy	0.2%
Canoeing	0.3%
Bicycling	0.2%
Skiing	0.2%
Kayaking	0.1%
Lawn bowling	0.1%
Taking a drive	0.2%
Rv'ing	0.2%
Sailing	0.1%
Walking	0.3%
Car racing	0.2%
Paddleboarding	0.2%
Other mentions	1.1%
GROUP ACTIVITIES	40.5%
Basketball	8.7%
Bowling/lawn bowling	14.7%
Curling	10.1%

Q1. Please indicate the number of people in your household who took part in each of the following leisure or recreational activities during the past 12 months. In the last column, please indicate whether you personally took part in that activity.



PARTICIPATION IN ACTIVITIES BY HOUSEHOLDS (PAST 12 MONTHS) COMPLETE LIST

	Albertans (n=1,992)
Football	4.4%
Ice hockey	12.8%
Ringette	1.1%
Rugby	1.7%
Soccer	12.4%
Softball/baseball	8.3%
Volleyball	8.0%
<i>Other Group Activities</i>	3.2%
Lacrosse	0.4%
Ball hockey	0.1%
Surfing	0.1%
Ultimate frisbee	0.1%
Cricket	0.1%
Wrestling	0.1%
Dart league	0.1%
Water polo	0.1%
Synchronized swimming	0.1%
Dodge ball	0.4%
Shuffleboard	0.1%
Australian football	0.1%
Horseshoes	0.1%
Floor hockey	0.2%
Pickleball	0.3%
Tennis	0.2%
Golf	0.1%
Hiking	0.1%
Skiing	0.2%
Race walking	0.1%

	Albertans (n=1,992)
Bocce	0.1%
Other	1.1%
SNOW ACTIVITIES	47.1%
Cross-country skiing	14.8%
Downhill skiing	23.0%
Snowboarding	10.3%
Snowshoeing	11.1%
Snowmobiling	5.0%
Tobogganing/sledding	21.7%
<i>Other Snow Activities</i>	2.7%
Winter walking	0.5%
Ice fishing	0.4%
Ice skating	0.1%
Shoveling snow	1.1%
Ice climbing	0.1%
Building snow houses	0.1%
Hiking	0.1%
Other	0.5%
WATER ACTIVITIES	39.8%
Canoeing	13.5%
Kayaking	10.2%
Motor boating	20.4%
River rafting	6.3%
Sailing	4.5%
Sailboarding/windsurfing	1.3%
Water skiing	8.6%
<i>Other Water activities</i>	4.7%
Snorkeling	0.7%

Q1. Please indicate the number of people in your household who took part in each of the following leisure or recreational activities during the past 12 months. In the last column, please indicate whether you personally took part in that activity.



PARTICIPATION IN ACTIVITIES BY HOUSEHOLDS (PAST 12 MONTHS) COMPLETE LIST

	Albertans (n=1,992)
Wakeboard	0.4%
Paddle boat	0.3%
Rowing	0.2%
Dragon boating	0.1%
Tubing	0.7%
Scuba diving	0.4%
Swimming/ocean swim	0.6%
Fishing boat	0.3%
Surfing	0.5%
Belly boat	0.1%
Water slide/water park	0.1%
Rafting/floating in lake	0.1%
Paddleboarding	0.8%
Kneeboarding	0.2%
Other	0.7%
CREATIVE / CULTURAL ACTIVITIES	88.0%
Attending a fair/festival/cultural event	69.0%
Attending live theatre (not movies)	50.6%
Dancing (eg, social, folk, ballet, jazz)	24.6%
Doing a craft or creative hobby (eg, photography, woodwork, sewing)	56.6%
Doing other hobbies (eg, genealogy)	18.2%
Taking part in the arts (eg, drama, music, drawing, writing)	27.7%
Visiting a museum, art gallery	51.8%
<i>Other Creative Activities</i>	3.4%
Reading	0.7%
Concerts/live music	0.8%

	Albertans (n=1,992)
Visiting rural areas	0.1%
Visiting a space and science centre	0.2%
Renovating homes	0.1%
Cooking	0.2%
Playing an instrument/singing	0.2%
Going to a church	0.1%
Travel/bus day trips	0.2%
Fly tying	0.1%
Rodeos	0.1%
Rebuilding old cars	0.1%
Playing bridge	0.2%
Other	0.9%
OTHER ACTIVITIES	84.4%
Attending a sports event as a spectator	56.8%
Attending non-credit educational courses	22.6%
Picnicking (within a city)	30.0%
Picnicking (in the countryside)	31.4%
Playing bingo, casinos	19.2%
Playing video, computer or electronic games	51.2%
<i>Other Activities</i>	3.4%
Playing video, computer	0.1%
Group motorcycling	0.1%
Horse racing	0.1%
Board/card games	0.8%
Internet	0.1%
Going to conferences/speeches	0.1%
Society/club meetings	0.1%
Reading	0.6%

Q1. Please indicate the number of people in your household who took part in each of the following leisure or recreational activities during the past 12 months. In the last column, please indicate whether you personally took part in that activity.



PARTICIPATION IN ACTIVITIES BY HOUSEHOLDS (PAST 12 MONTHS) COMPLETE LIST

	Albertans (n=1,992)
Volunteer	0.3%
Concerts	0.1%
Cooking	0.1%
Going for dinner/food/wine tasting	0.2%
Travel	0.1%
Playing an instrument	0.1%
Going to church	0.1%
Going to movies	0.1%
Puzzles	0.1%
Watching TV	0.1%
Gardening	0.1%
Garage/yard sales	0.1%
Other	0.6%
No activity	1.3%

Q1. Please indicate the number of people in your household who took part in each of the following leisure or recreational activities during the past 12 months. In the last column, please indicate whether you personally took part in that activity.



PARTICIPATION IN ACTIVITIES BY RESPONDENTS (PAST 12 MONTHS) COMPLETE LIST

	Albertans (n=1,992)
PHYSICAL ACTIVITIES	91.8%
Aerobics/fitness	38.1%
Badminton	4.8%
Bicycling	42.3%
Figure skating	2.1%
Gymnastics	1.5%
Ice skating (not hockey)	17.0%
In-line skating	3.5%
Jogging/running	23.6%
Martial arts (eg, Judo, Karate)	2.7%
Racquetball	1.1%
Skateboarding	1.2%
Squash	2.2%
Swimming (eg, in lakes, rivers, ponds)	31.3%
Swimming/aquafitness (in pools)	31.9%
Table tennis	4.9%
Tennis	6.2%
Track and field	0.9%
Walking for pleasure	80.5%
Wall climbing	3.5%
Weight training	25.8%
Yoga/pilates	19.2%
Other Physical Activities	8.7%
OUTDOOR ACTIVITIES	87.1%
Archery	2.4%
ATV/off-road vehicles	10.9%
Birdwatching	18.6%
BMX racing	0.8%

	Albertans (n=1,992)
Day hiking	37.8%
Fishing	20.0%
Gardening	61.0%
Golf (other than driving range or mini golf)	32.8%
Horseback riding/trail riding	6.0%
Hunting	5.4%
Moto-cross	0.7%
Motorized trail biking (eg, dirt biking)	1.8%
Mountain biking (off-road)	9.7%
Mountain climbing	4.7%
Orienteering	1.2%
Overnight backpacking	4.1%
Overnight camping	30.8%
Shooting (trap/skeet/target)	5.8%
Other Outdoor Activities	3.4%
GROUP ACTIVITIES	28.4%
Basketball	3.4%
Bowling/lawn bowling	12.1%
Curling	7.7%
Football	1.6%
Ice hockey	5.9%
Ringette	0.4%
Rugby	0.1%
Soccer	5.1%
Softball/baseball	4.4%
Volleyball	3.5%
Other Group Activities	2.0%

Q1. Please indicate the number of people in your household who took part in each of the following leisure or recreational activities during the past 12 months. In the last column, please indicate whether you personally took part in that activity.



PARTICIPATION IN ACTIVITIES BY RESPONDENTS (PAST 12 MONTHS) COMPLETE LIST

	Albertans (n=1,992)
SNOW ACTIVITIES	39.3%
Cross-country skiing	12.4%
Downhill skiing	17.5%
Snowboarding	3.6%
Snowshoeing	8.8%
Snowmobiling	3.9%
Tobogganing/sledding	16.0%
Other Snow Activities	2.4%
WATER ACTIVITIES	35.2%
Canoeing	10.9%
Kayaking	8.1%
Motor boating	18.2%
River rafting	4.7%
Sailing	3.8%
Sailboarding/windsurfing	0.9%
Water skiing	5.4%
Other Water Activities	4.0%
CREATIVE / CULTURAL ACTIVITIES	84.7%
Attending a fair/festival/cultural event	65.1%
Attending live theatre (not movies)	46.5%
Dancing (eg, social, folk, ballet, jazz)	19.0%
Doing a craft or creative hobby (eg, photography, woodwork, sewing)	47.3%
Doing other hobbies (eg, genealogy)	15.4%
Taking part in the arts (eg, drama, music, drawing, writing)	21.0%
Visiting a museum, art gallery	48.2%
Other Creative Activities	2.9%

	Albertans (n=1,992)
OTHER ACTIVITIES	79.9%
Attending a sports event as a spectator	52.2%
Attending non-credit educational courses	19.1%
Picnicking (within a city)	27.7%
Picnicking (in the countryside)	30.1%
Playing bingo, casinos	16.0%
Playing video, computer or electronic games	37.2%
Other Activities	3.3%

Q1. Please indicate the number of people in your household who took part in each of the following leisure or recreational activities during the past 12 months. In the last column, please indicate whether you personally took part in that activity.



PARTICIPATION IN ACTIVITIES BY TOTAL PARTICIPATION (PAST 12 MONTHS) COMPLETE LIST

	Albertans (n=1,992)		Albertans (n=1,992)
PHYSICAL ACTIVITIES	29.6%	Day hiking	15.5%
Aerobics/fitness	9.9%	Fishing	8.4%
Badminton	1.7%	Gardening	19.8%
Bicycling	11.9%	Golf (other than driving range or mini golf)	11.5%
Figure skating	0.7%	Horseback riding/trail riding	2.8%
Gymnastics	1.0%	Hunting	1.9%
Ice skating (not hockey)	5.4%	Moto-cross	0.3%
In-line skating	1.1%	Motorized trail biking (eg, dirt biking)	0.9%
Jogging/running	6.5%	Mountain biking (off-road)	3.8%
Martial arts (eg, Judo, Karate)	0.9%	Mountain climbing	1.8%
Racquetball	0.3%	Orienteering	0.6%
Skateboarding	1.1%	Overnight backpacking	1.9%
Squash	0.6%	Overnight camping	14.6%
Swimming (eg, in lakes, rivers, ponds)	9.7%	Shooting (trap/skeet/target)	2.1%
Swimming/aquafitness (in pools)	9.4%	Other Outdoor activities	1.4%
Table tennis	1.7%	GROUP ACTIVITIES	4.9%
Tennis	2.0%	Basketball	10.3%
Track and field	1.1%	Bowling/lawn bowling	21.9%
Walking for pleasure	19.7%	Curling	9.0%
Wall climbing	1.4%	Football	4.5%
Weight training	6.1%	Ice hockey	12.5%
Yoga/pilates	4.6%	Ringette	1.0%
Other Physical activities	3.1%	Rugby	1.5%
OUTDOOR ACTIVITIES	19.5%	Soccer	14.3%
Archery	1.2%	Softball/baseball	10.0%
ATV/off-road vehicles	4.9%	Volleyball	8.8%
Birdwatching	6.2%	Other Group activities	6.3%
BMX racing	0.4%		

The activity groups percentages are based on total respondents, while the sub-activities percentages represent proportion within the group.

For example, 29.6% of total respondents engaged in PHYSICAL ACTIVITIES, while 9.9% of those engaged in physical activities were engaged in aerobics / fitness activities.

Q1. Please indicate the number of people in your household who took part in each of the following leisure or recreational activities during the past 12 months. In the last column, please indicate whether you personally took part in that activity.



PARTICIPATION IN ACTIVITIES BY TOTAL PARTICIPATION (PAST 12 MONTHS) COMPLETE LIST

	Albertans (n=1,992)
SNOW ACTIVITIES	6.1%
Cross-country skiing	15.4%
Downhill skiing	27.4%
Snowboarding	8.7%
Snowshoeing	10.2%
Snowmobiling	5.5%
Tobogganing/sledding	30.4%
Other Snow activities	2.4%
WATER ACTIVITIES	5.0%
Canoeing	19.2%
Kayaking	13.1%
Motor boating	32.3%
River rafting	8.8%
Sailing	5.9%
Sailboarding/windsurfing	1.5%
Water skiing	11.8%
Other Water activities	7.5%
CREATIVE / CULTURAL ACTIVITIES	19.8%
Attending a fair/festival/cultural event	26.0%
Attending live theatre (not movies)	16.6%
Dancing (eg, social, folk, ballet, jazz)	8.7%
Doing a craft or creative hobby (eg, photography, woodwork, sewing)	16.4%
Doing other hobbies (eg, genealogy)	5.0%
Taking part in the arts (eg, drama, music, drawing, writing)	8.3%
Visiting a museum, art gallery	18.1%
Other Creative activities	1.0%

	Albertans (n=1,992)
OTHER ACTIVITIES	15.1%
Attending a sports event as a spectator	27.3%
Attending non-credit educational courses	7.2%
Picnicking (within a city)	17.0%
Picnicking (in the countryside)	17.1%
Playing bingo, casinos	6.9%
Playing video, computer or electronic games	22.8%
Other Activities	1.7%

Q1. Please indicate the number of people in your household who took part in each of the following leisure or recreational activities during the past 12 months. In the last column, please indicate whether you personally took part in that activity.