

LEISURE & CULTURE

SUMMARY OF INDICATORS

CIW National Report 2012	Vaughan Wellbeing Report	
<i>Time spent in social leisure activities</i> – Percentage of time spent on the previous day in social leisure activities		
<i>Time spent in arts and culture activities</i> – Percentage of time spent on the previous day in arts and culture activities		
<i>Time spent volunteering for culture and recreation organizations</i> – Average number of hours in past year volunteering for culture and recreation organizations		
<i>Average monthly participation in physical activity</i> – Average monthly frequency of participation in physical activity lasting over 15 minutes	<i>Physical activity during leisure-time, moderately active or active</i> – percentage of York Region population	
<i>Attendance at performing arts performances</i> – Average attendance per performance in past year at all performing arts performances	<i>Attendance at performing arts performances</i> – percentage of population reporting having attended live theatre and visited art galleries in the past year	
<i>Visitation to Canadian National Parks and National Historical Sites</i> – Average visitation per site in past year to all National Parks and National Historic Sites		
<i>Average nights away on vacation</i> – Average number of nights away per trip in the past year on vacation trips to destinations over 80 kilometres from home	<i>Average nights away on vacation</i> – Average number of nights away per trip in the past year on vacation trips to destinations over 80 kilometres from home, residents of York County	
<i>Household expenditures on culture</i>		

and recreation – Expenditures in past year on all aspects of culture and recreation as a percentage of total household expenditures		
--	--	--

- Comparable indicator available
- Similar indicator available
- No comparable indicator available

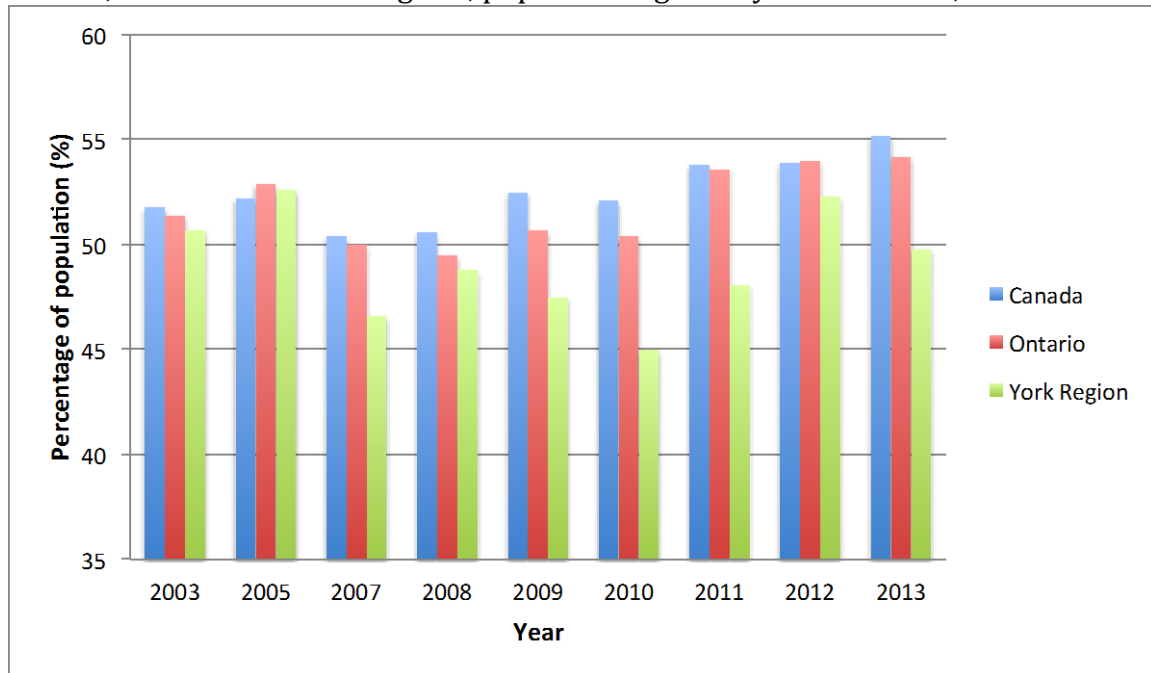
FINDINGS BY INDICATOR

PHYSICAL ACTIVITY DURING LEISURE TIME

Data from the Canadian Community Health Survey (Statistics Canada, 2014) indicated that between 2003 and 2013, the proportion of the York Region¹ population who were moderately active or active during leisure time was generally lower than the national and provincial averages. As illustrated in Figure 1, the most recent data indicated that only 49.8% of the York Region population reported being moderately active or active. This is compared to 54.2% in Ontario and 55.2% in Canada. Overall, the proportion of population reporting being moderately active or active for York Region declined from 2003 to 2013 while the national and provincial averages increased during this period. (Statistics Canada, 2014)

¹ Data reported for the York Regional Health Unit, which is comprised of the following cities and towns: Vaughan, Markham, Richmond Hill, Whitchurch-Stouffville, Aurora, Newmarket, King, East Gwillimbury, Georgina, and the Chippewas of Georgina Island First Nation (Indian reserve).

Figure 1. Physical activity during leisure time, moderately active and active^{1,2}, Canada, Ontario and York Region³, population aged 12 years and over, 2003-2013.



Notes:

1. Level of physical activity determined based on survey responses to questions about the nature, frequency and duration of their participation in leisure-time physical activity.
2. Respondents are classified as active, moderately active or inactive based on an index of average daily physical activity over the past 3 months. For each leisure time physical activity engaged in by the respondent, an average daily energy expenditure is calculated by multiplying the number of times the activity was performed by the average duration of the activity by the energy cost (kilocalories per kilogram of body weight per hour) of the activity. The index is calculated as the sum of the average daily energy expenditures of all activities. Respondents are classified as follows: 3.0 kcal/kg/day or more = physically active; 1.5 to 2.9 kcal/kg/day = moderately active; less than 1.5 kcal/kg/day = inactive.
3. Data reported for the York Regional Health Unit, which is comprised of the following cities and towns: Vaughan, Markham, Richmond Hill, Whitchurch-Stouffville, Aurora, Newmarket, King, East Gwillimbury, Georgina, and the Chippewas of Georgina Island First Nation (Indian reserve).

Source: Statistics Canada. (2014). Table 105-0501 - Health indicator profile, annual estimates, by age group and sex, Canada, provinces, territories, health regions (2013 boundaries) and peer groups, occasional, CANSIM (database). Retrieved from: <http://www5.statcan.gc.ca/cansim/a26?lang=eng&retrLang=eng&id=1050501&paSer=&pattern=&stByVal=1&p1=1&p2=-1&tabMode=dataTable&csid=>

ATTENDANCE AT PERFORMING ARTS PERFORMANCES

Results of the household survey conducted for the 2008 City of Vaughan Active Together Master Plan² asked residents about their participation in cultural activities in the past 12 months. Half of the survey respondents reported having attended live theatre and 43% visited art galleries and museums. The survey also found that residents from Thornhill/Concord or those who have lived in Vaughan for more than 10 years were more likely to report attendance at live theatres. (City of Vaughan, 2008)

The same survey revealed that art galleries and theatres were ranked the lowest among leisure opportunities that Vaughan residents felt were important. Only 39% of respondents indicated that art galleries and theatres were important to their household as compared to 82% who reported indoor recreation facilities were important. (City of Vaughan, 2008)

Attendance at performing arts performances observed an overall decline over the period between 1994 and 2010 at both the provincial level and the national level (8.1% for Ontario and 10.7% for Canada) (Canadian Index of Wellbeing, 2014; Canadian Index of Wellbeing, 2012). Questions about attendance at performing arts and attitudes towards performing art facilities were removed from the household survey conducted for the 2013 City of Vaughan Active Together Master Plan. Thus, no time comparisons could be made about performing arts attendance in the Vaughan community.

AVERAGE NIGHTS AWAY ON VACATION

Figure 2 provides a summary of average nights away per vacation trip in the past year³ for Canadians, Ontarians, and residents of York County⁴ over the period from

² As part of the development of the 2008 City of Vaughan Active Together Master Plan, a household telephone survey of 385 randomly selected households was conducted between February 12 and March 2, 2007. The survey collected information from City of Vaughan residents aged 16 years and over on respondents' household participation in physical and recreational activities, and their attitudes toward various aspects of parks, recreation, and cultural activities as well as library needs.

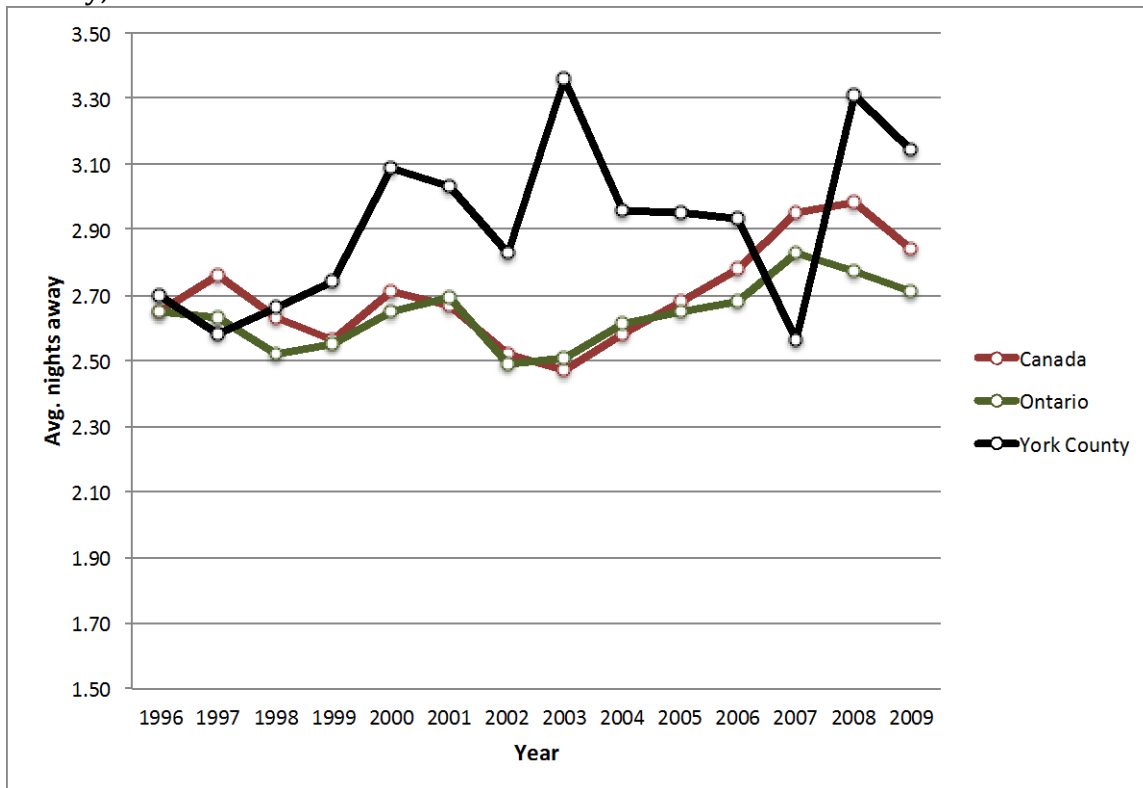
³ Data presented in this report on average nights away per vacation trip were based on custom tabulation of data from the Canada Travel Survey (1994-2004) and the Travel Survey of Residents in Canada (2006 to present) obtained via the national Canadian Index of Wellbeing team. No data were collected in 2005 due to modifications to the survey process and design. Both survey sources are similar and consistent enough that reasonable comparisons can be made on this indicator over time.

⁴ Vaughan accounts for an estimated 25 to 30% of the total population of the York county. The county estimate is, thus, used to be a proxy estimate for the Vaughan community. As of 2010, county level breakdowns were replaced by breakdowns by "tourism region" in the Travel Survey of Residents in

1996 to 2009. The data are reported for vacation trips to destinations over 80 km from home. Overall, the average nights away on vacation reported at all three levels (i.e., national, provincial and York Country) showed an increase between 1996 and 2009. The highest increase was observed among York county residents (16%) compared to Canada (7%) and Ontario (2%). (Canada Travel Survey, 1996-2004; Travel Survey of Residents of Canada, 2006-2009)

With the exception of an anomaly in 2007 where the average dropped overall, York residents generally reported more nights away on average than others in Ontario and across Canada. In 2009, York County showed an average of 3.14 nights away per vacation trip, which was slightly higher than the national average of 2.84 and even a little higher still than the provincial average of 2.72. These observations could partially be explained by the fact that York County residents also reported taking, on average, slightly fewer trips in most years, meaning that even though they took fewer vacations, they tended to be slightly longer in duration. (Canada Travel Survey, 1996-2004; Travel Survey of Residents of Canada, 2006-2009)

Figure 2. Average nights away per trip in the past year, Canada, Ontario and York County, 1996-2009.



Note: Indicator for 2005 is estimated (no data were collected).

Canada that significantly altered the relative portion of the Vaughan community covered by the survey. Data from 2010 and beyond are, therefore, not reported.

Source: *Canada Travel Survey*. (1996 to 2004). [Custom cross-tabulation of data]; *Travel Survey of Residents of Canada*. (2006 to 2009). [Custom cross-tabulation of data].

OBSERVATIONS

The proportion of the York Region population that is physically active during leisure time is low compared to provincial and national averages and is declining. Declining rates of physical activity may be a contributor to the higher diabetes prevalence reported for the York Region, as shown in the Healthy Populations report.

Close to half of the Vaughan population reported attendance at performing art performances. However, Vaughan residents rated art galleries and theatres as a leisure activity of low importance. The average number of nights York County residents spent away on vacation is generally higher than the averages reported for Ontario and Canada. In addition, York County residents are taking longer vacations, as evident by the increase in the number over nights away on vacation over time.

REFERENCES

1. Statistics Canada. (2014). Table 105-0501 - Health indicator profile, annual estimates, by age group and sex, Canada, provinces, territories, health regions (2013 boundaries) and peer groups, occasional, CANSIM (database). Retrieved from:
<http://www5.statcan.gc.ca/cansim/a26?lang=eng&retrLang=eng&id=1050501&paSer=&pattern=&stByVal=1&p1=1&p2=-1&tabMode=dataTable&csid=>
2. City of Vaughan. (2008). "Active Together" Master Plan for Parks, Recreation, Culture and Libraries. Retrieved from:
<https://www.vaughan.ca/services/recreation/General%20Documents/Master%20Plan/2008%20Active%20Together%20Master%20Plan.pdf>
3. Canadian Index of Wellbeing. (2014). *How are Ontarians Really Doing? A Provincial Report on Ontario Wellbeing*. Waterloo, ON: Canadian Index of Wellbeing and University of Waterloo.
4. Canadian Index of Wellbeing. (2012). *How are Canadians Really Doing? The 2012 CIW Report*. Waterloo, ON: Canadian Index of Wellbeing and University of Waterloo.