

# MANY CANADIANS FACE MOBILITY CHALLENGES



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## MANY CANADIANS FACE MOBILITY CHALLENGES

**Toronto, ONTARIO** – Many Canadians face mobility challenges, according to a recent national poll conducted by Ipsos-Reid on behalf of the **Canadian Physiotherapy Association**. Furthermore, most believe they are losing mobility as they get older.

*These are the findings of an Ipsos-Reid poll conducted for the Canadian Physiotherapy Association ([www.physiotherapy.ca](http://www.physiotherapy.ca)) between November 1<sup>st</sup> and November 14<sup>th</sup>, 2001. The poll is based on a randomly selected sample of 2,000 adult Canadians. With a sample of this size, the results are considered accurate to within  $\pm 2.2$  percentage points, 19 times out of 20, of what they would have been had the entire adult Canadian population been surveyed. The margin of error will be larger within regions and for other sub-groupings of the survey population. These data were statistically weighted to ensure the sample's regional and age/sex composition reflects that of the actual Canadian population according to the 1996 Census data.*

### MANY FACE MOBILITY CHALLENGES

When asked to rate their own physical ability to complete ten separate activities, significant numbers said they could only complete these activities “with some difficulty”, “with a lot of difficulty” or “not at all.” The remainder said they could complete these activities “easily”. Specifically:

- 67% of Canadians said they can only undertake vigorous activities (such as running, lifting heavy objects or participating in strenuous sports) with some difficulty (43%), a lot of difficulty (11%) or not at all (12%).
- 37% of Canadians said they can only climb several flights of stairs with some difficulty (27%), a lot of difficulty (6%) or not at all (4%).

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- 28% of Canadians said they can only bend, kneel or stoop with some difficulty (21%), a lot of difficulty (4%) or not at all (3%).
- 24% of Canadians said they can only walk more than a kilometre with some difficulty (15%), a lot of difficulty (4%) or not at all (5%).
- 16% of Canadians said they can only undertake moderate activities (such as moving a table, pushing a vacuum cleaner, bowling or playing golf) with some difficulty (10%), a lot of difficulty (3%) or not at all (3%).
- 16% of Canadians said they can only walk several blocks with some difficulty (10%), a lot of difficulty (3%) or not at all (3%).
- 16% of Canadians said they can only lift and carry groceries with some difficulty (12%), a lot of difficulty (2%) or not at all (2%).
- 12% of Canadians said they can only climb one flight of stairs with some difficulty (8%), a lot of difficulty (2%) or not at all (2%).
- 8% of Canadians said they can only walk one block with some difficulty (5%), a lot of difficulty (1%) or not at all (2%).
- 6% of Canadians said they can only bathe or dress themselves with some difficulty (4%), a lot of difficulty (0%) or not at all (2%).

In general, older Canadians and female Canadians report lower levels of physical mobility. There is little difference between the different regions of Canada, however.



## MOBILITY DECLINING OVER TIME

When asked to compare their current physical mobility to ten years ago, 54% of Canadians say their mobility is either *somewhat worse* (42%) or *much worse* (12%) than it was. (In the survey, “mobility” was defined as “your ability to use your body to move, undertake physical activities and complete various physical tasks.”)

Only 17% believe their mobility is either *somewhat better* (9%) or *much better* (8%) than it was were ten years ago. The remaining (28%) say their mobility is *about the same* as it was ten years ago.

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*For more information on this news release, please contact:*

*Martin Redfern  
Vice-President  
Public Affairs  
Ipsos-Reid  
(416) 324-2900*

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