

Detailed Tables

TIME SPENT PHYSICALLY MOVING PER DAY (IN HOURS)

Proportions/Means: Columns Tested (5% risk level) - A/B/C/D/E/F - G/H/I - J/K
Overlap formulae used. * small base

		REGION						AGE			GENDER	
	Total	BC	AB	SK/MN	ON	QC	ATL	18-34	35-54	55+	Male	Female
		A	B	C	D	E	F	G	H	I	J	K
Base: All respodents (HOURS)												
Unweighted Base	1057	132	100	100	387	238	100	337	422	281	493	564
Weighted Base	1000	132	97*	68*	379	247	77*	293	397	294	483	517
NONE	10 1%	0 -	0 -	0 -	2 1%	8 3% AD	0 -	3 1%	2 1%	5 2%	6 1%	4 1%
Less than 1 hour	72 7%	3 2%	1 1%	4 5%	16 4%	48 19% ABCDF	1 1%	17 6%	35 9%	19 7%	38 8%	33 6%
1-1.59	87 9%	6 5%	6 6%	3 5%	18 5%	48 19% ABCDF	5 7%	23 8%	33 8%	29 10%	36 8%	50 10%
2-2.59	89 9%	11 8%	8 8%	6 8%	29 8%	33 13% DF	3 3%	26 9%	35 9%	28 9%	47 10%	42 8%
3-3.59	80 8%	13 10%	9 10%	3 5%	36 9%	15 6%	3 4%	29 10%	25 6%	27 9%	48 10% K	32 6%
4-4.59	65 7%	7 6%	9 10% C	1 2%	27 7%	13 5%	7 9% C	18 6%	17 4%	29 10% H	38 8%	27 5%
5 to 10.59	441 44%	73 55% E	43 45% E	36 53% E	180 48% E	64 26% E	45 58% E	125 43% I	186 47% I	123 42% I	199 41% I	242 47% I
11 to 20.59	132 13%	17 12% E	20 20% E	11 16% E	60 16% E	11 4% E	14 18% E	45 15% I	56 14% I	26 9% I	62 13% I	69 13% I
(DK/NS)	25 2%	2 1%	1 1%	3 5% F	11 3% F	8 3% F	0 - F	7 2% F	7 2% F	8 3% F	8 2% F	17 3% F
Summary												
Mean	6.2	6.8 E	7.4 E	7.3 E	6.7 E	3.7 E	7.5 E	6.5 I	6.3 I	5.5 I	5.9 I	6.4 I
Std.Dev	4.3	3.9	4.4	4.6	4.2	3.8	3.8	4.5	4.4	4.0	4.3	4.3
Std.Err	0.1	0.3	0.4	0.5	0.2	0.2	0.4	0.2	0.2	0.2	0.2	0.2
Median	5.6	5.9	7.1	6.4	5.9	1.7	7.3	5.5	5.8	4.3	4.7	5.7

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TIME SPENT PHYSICALLY MOVING PER DAY (IN HOURS)

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D - E/F/G
Overlap formulae used.

		EDUCATION				INCOME		
	Total	<HS	HS	Post Sec	Univ Grad	<\$30K	\$30K-\$59K	\$60K+
		A	B	C	D	E	F	G
Base: All respodents (HOURS)								
Unweighted Base	1057	116	226	417	291	254	358	325
Weighted Base	1000	115	216	385	276	238	340	308
NONE	10 1%	1 1%	2 1%	3 1%	3 1%	3 1%	4 1%	1 0
Less than 1 hour	72 7%	6 5%	20 9%	22 6%	24 9%	24 10% G	26 8%	16 5%
1-1.59	87 9%	7 6%	15 7%	35 9%	29 10%	21 9%	27 8%	27 9%
2-2.59	89 9%	5 5%	17 8%	28 7%	38 14% AC	14 6%	31 9%	35 11% E
3-3.59	80 8%	7 6%	10 5%	33 9%	28 10% B	19 8%	23 7%	30 10%
4-4.59	65 7%	9 8%	20 9%	22 6%	13 5%	22 9%	21 6%	18 6%
5 to 10.59	441 44%	65 57% CD	101 47% D	174 45% D	101 37%	99 42%	161 47%	137 44%
11 to 20.59	132 13%	11 10%	24 11%	58 15%	35 13%	29 12%	43 13%	43 14%
(DK/NS)	25 2%	2 2%	7 3%	9 2%	6 2%	7 3% G	5 1%	2 1%
Summary								
Mean	6.2	6.5	6.1	6.5 D	5.6	5.9	6.2	6.3
Std.Dev	4.3	3.7	4.1	4.3	4.6	4.2	4.2	4.5
Std.Err	0.1	0.3	0.3	0.2	0.3	0.3	0.2	0.2
Median	5.6	6.3	5.4	5.8	4.0	5.1	5.6	5.2

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TIME SPENT PHYSICALLY MOVING PER DAY (IN MINUTES)

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E/F - G/H/I - J/K
Overlap formulae used. * small base

		REGION						AGE			GENDER	
	Total	BC	AB	SK/MN	ON	QC	ATL	18-34	35-54	55+	Male	Female
		A	B	C	D	E	F	G	H	I	J	K
Base: All respondents (MINUTES)												
Unweighted Base	1057	132	100	100	387	238	100	337	422	281	493	564
	1000	132	97*	68*	379	247	77*	293	397	294	483	517
NONE	10 1%	0 -	0 -	0 -	2 1%	8 3% AD	0 -	3 1%	2 1%	5 2%	6 1%	4 1%
1 to 15	14 1%	1 1%	0 -	0 -	6 2%	7 3%	0 -	2 1%	7 2%	4 1%	9 2%	5 1%
16 to 30	43 4%	2 1%	0 -	4 5% BDF	6 2%	31 13% ABDF	0 -	10 3%	21 5%	11 4%	22 5%	20 4%
31 to 45	15 2%	0 -	1 1%	0 -	4 1%	10 4% AD	1 1%	5 2%	6 2%	4 1%	7 1%	8 2%
60 to 90	87 9%	6 5%	6 6%	3 5%	18 5%	48 19% ABCDF	5 7%	23 8%	33 8%	29 10%	36 8%	50 10%
91 to 150	89 9%	11 8%	8 8%	6 8%	29 8%	33 13% DF	3 3%	26 9%	35 9%	28 9%	47 10%	42 8%
151 to 180	77 8%	13 10%	9 10%	3 5%	34 9%	14 6%	3 4%	28 9%	23 6%	27 9%	47 10% K	30 6%
181 to 240	68 7%	7 6%	9 10% C	1 2%	29 8%	14 6%	7 9% C	19 7%	19 5%	29 10% H	40 8%	29 6%
241 to 360	148 15% E	25 19% E	12 12% E	14 20% E	65 17% E	18 7% E	14 18% E	40 14% E	60 15% G	45 15% G	74 15% J	73 14% J
361 to 480	157 16% E	24 18% E	17 18% E	13 19% E	60 16% E	26 10% E	17 22% E	31 11% HI	76 19% G	48 16% G	70 14% J	87 17% J
481 to 600	135 14% E	23 17% E	14 15% E	10 15% E	54 14% E	20 8% E	14 18% E	53 18% HI	50 13% G	30 10% G	54 11% J	81 16% J
601 to 780	66 7% E	7 5% E	10 11% E	3 4% E	34 9% E	3 1% E	9 11% E	24 8% HI	27 7% G	13 4% G	31 6% J	35 7% J
781 to 960	57 6% E	10 8% E	8 8% E	5 8% E	21 5% E	7 3% E	5 6% E	18 6% HI	26 7% G	11 4% G	26 5% J	30 6% J
961+	11 1% E	0 - E	2 2% E	2 3% AE	6 2% E	0 - E	1 1% E	5 2% HI	3 1% G	2 1% G	6 1% J	5 1% J

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TIME SPENT PHYSICALLY MOVING PER DAY (IN MINUTES)

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E/F - G/H/I - J/K
Overlap formulae used. * small base

		REGION						AGE			GENDER	
	Total	BC	AB	SK/MN	ON	QC	ATL	18-34	35-54	55+	Male	Female
		A	B	C	D	E	F	G	H	I	J	K
(DK/NS)	25 2%	2 1%	1 1%	3 5% F	11 3%	8 3%	0 -	7 2%	7 2%	8 3%	8 2%	17 3%
Summary												
Mean	369.4	408.8 E	441.3 E	436.9 E	404.4 E	220.0	451.6 E	391.8 I	378.8 I	329.0	354.7	383.4
Standard Deviation	259.3	236.4	261.9	277.4	252.1	226.5	229.1	270.0	261.8	239.6	258.4	259.5
Standard Error	8.1	20.7	26.3	28.5	13.0	14.9	22.9	14.9	12.9	14.5	11.7	11.1
Median	336.7	355.3	423.3	382.8	352.0	104.7	438.1	328.2	348.3	257.3	281.9	342.8

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TIME SPENT PHYSICALLY MOVING PER DAY (IN MINUTES)

Proportions/Means: Columns Tested (5% risk level) - A/B/C/D - E/F/G
Overlap formulae used.

		EDUCATION				INCOME		
	Total	<HS	HS	Post Sec	Univ Grad	<\$30K	\$30K-\$59K	\$60K+
		A	B	C	D	E	F	G
Base: All respondents (MINUTES)								
Unweighted Base	1057	116	226	417	291	254	358	325
	1000	115	216	385	276	238	340	308
NONE	10 1%	1 1%	2 1%	3 1%	3 1%	3 1%	4 1%	1 0
1 to 15	14 1%	2 2%	3 2%	1 0	7 3% C	3 1%	8 2%	2 1%
16 to 30	43 4%	4 3%	14 6%	14 4%	11 4%	15 6%	12 3%	10 3%
31 to 45	15 2%	0 -	3 1%	6 2%	6 2%	6 2%	6 2%	3 1%
60 to 90	87 9%	7 6%	15 7%	35 9%	29 10%	21 9%	27 8%	27 9%
91 to 150	89 9%	5 5%	17 8%	28 7%	38 14% AC	14 6%	31 9%	35 11% E
151 to 180	77 8%	7 6%	10 5%	32 8%	26 9% B	19 8%	22 6%	28 9%
181 to 240	68 7%	9 8%	20 9%	23 6%	15 6%	22 9%	22 6%	19 6%
241 to 360	148 15%	19 16%	32 15%	55 14%	41 15%	30 13%	49 14%	48 16%
361 to 480	157 16%	28 24% CD	36 17%	61 16%	32 12%	38 16%	61 18%	43 14%
481 to 600	135 14%	19 16%	33 15%	56 14%	28 10%	31 13%	51 15%	44 14%
601 to 780	66 7%	7 6%	11 5%	36 9% D	12 4%	19 8%	23 7%	19 6%
781 to 960	57 6%	5 4%	11 5%	20 5%	18 6%	10 4%	18 5%	19 6%

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TIME SPENT PHYSICALLY MOVING PER DAY (IN MINUTES)

Proportions/Means: Columns Tested (5% risk level) - A/B/C/D - E/F/G
Overlap formulae used.

		EDUCATION				INCOME		
	Total	<HS	HS	Post Sec	Univ Grad	<\$30K	\$30K-\$59K	\$60K+
		A	B	C	D	E	F	G
961+	11	0	2	4	5	1	2	8
	1%	-	1%	1%	2%	0	1%	2%
(DK/NS)	25	2	7	9	6	7	5	2
	2%	2%	3%	2%	2%	3%	1%	1%
Summary								
Mean	369.4	391.9	364.1	387.1 D	335.5	352.1	374.0	380.2
Standard Deviation	259.3	223.1	247.5	259.7	275.3	249.5	254.9	269.3
Standard Error	8.1	20.9	16.8	12.9	16.3	15.9	13.6	15.0
Median	336.7	377.9	322.2	346.2	242.1	303.8	334.1	310.8

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How difficult is it to incorporate physical activity into your day? Would you say it is ...

Proportions/Means: Columns Tested (5% risk level) - A/B/C/D/E/F - G/H/I - J/K
Overlap formulae used. * small base

		REGION						AGE			GENDER	
	Total	BC	AB	SK/MN	ON	QC	ATL	18-34	35-54	55+	Male	Female
		A	B	C	D	E	F	G	H	I	J	K
Base: All respondents												
Unweighted Base	1057	132	100	100	387	238	100	337	422	281	493	564
Weighted Base	1000	132	97*	68*	379	247	77*	293	397	294	483	517
Very easy	398 40%	62 47% E	38 39%	28 42% E	165 44% E	75 30%	29 38%	111 38%	146 37%	132 45% H	218 45% K	180 35%
Somewhat easy	371 37%	48 36%	36 37%	22 32%	136 36%	98 40%	31 40%	113 38%	149 37%	106 36%	164 34%	207 40% J
Difficult	208 21%	20 15%	20 21%	16 23%	71 19%	69 28% ADF	13 16%	65 22% I	93 23% I	46 16%	96 20%	112 22%
Impossible	21 2%	3 2%	3 3%	1 1%	7 2%	4 2%	4 5%	4 1%	9 2%	8 3%	3 1%	18 3% J
(DK/NS)	2 0	0 -	0 -	1 2% D	0 -	1 0	0 -	1 0	0 -	1 0	2 0	1 0
Summary												
Top2box (Very/Somewhat Easy)	769 77%	110 83% E	74 77%	50 74%	301 80% E	173 70%	61 78%	224 76%	295 74%	239 81% H	382 79%	387 75%
Low2box (Difficult/Impossible)	229 23%	22 17%	23 23%	16 24%	78 20%	73 30% AD	17 22%	69 24%	102 26% I	55 19%	99 21%	129 25%

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How difficult is it to incorporate physical activity into your day? Would you say it is ...

Proportions/Means: Columns Tested (5% risk level) - A/B/C/D - E/F/G
Overlap formulae used.

		EDUCATION				INCOME		
	Total	<HS	HS	Post Sec	Univ Grad	<\$30K	\$30K-\$59K	\$60K+
		A	B	C	D	E	F	G
Base: All respondents								
Unweighted Base	1057	116	226	417	291	254	358	325
Weighted Base	1000	115	216	385	276	238	340	308
Very easy	398	50	81	171	93	102	131	112
	40%	43%	37%	44% D	34%	43%	39%	36%
Somewhat easy	371	38	85	134	113	84	119	128
	37%	33%	39%	35%	41%	35%	35%	42%
Difficult	208	24	47	71	65	46	84	64
	21%	21%	22%	18%	24%	19%	25%	21%
Impossible	21	3	4	9	4	5	6	4
	2%	3%	2%	2%	1%	2%	2%	1%
(DK/NS)	2	1	0	0	2	0	0	0
	0	0	-	-	1%	-	-	-
Summary								
Top2box (Very/Somewhat Easy)	769	88	165	305	205	187	250	240
	77%	76%	77%	79%	74%	78%	74%	78%
Low2box (Difficult/Impossible)	229	27	51	79	69	52	90	68
	23%	23%	23%	21%	25%	22%	26%	22%

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If you wanted to maintain a healthy body weight, how many STEPS do you think you would need to walk or take on a daily basis?

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E/F - G/H/I - J/K
Overlap formulae used. * small base

		REGION						AGE			GENDER	
	Total	BC	AB	SK/MN	ON	QC	ATL	18-34	35-54	55+	Male	Female
		A	B	C	D	E	F	G	H	I	J	K
Base: All respondents												
Unweighted Base	1057	132	100	100	387	238	100	337	422	281	493	564
Weighted Base	1000	132	97*	68*	379	247	77*	293	397	294	483	517
1 to 100	74 7%	5 4%	10 10%	4 6%	30 8%	17 7%	9 11% A	25 9%	35 9% I	14 5%	34 7%	40 8%
101 to 500	90 9%	15 11% E	11 11%	5 8%	41 11% E	13 5%	4 6%	42 14% HI	28 7%	20 7%	39 8%	50 10%
501 to 1000	135 13%	23 17%	12 12%	8 12%	45 12%	37 15%	10 13%	47 16% I	60 15% I	25 8%	69 14%	65 13%
1001 to 2500	126 13%	15 11%	14 15%	10 14%	44 12%	32 13%	12 15%	45 15%	45 11%	34 12%	76 16% K	50 10%
2501 to 5000	142 14%	19 14%	15 16%	7 11%	57 15%	30 12%	14 18%	46 16%	58 15%	36 12%	77 16%	66 13%
5001 to 10000	84 8%	11 8%	9 9%	9 13% E	38 10% E	10 4%	6 8%	22 8%	40 10%	21 7%	50 10% K	34 7%
10001 to 25000	46 5%	8 6%	4 4%	4 6%	17 4%	9 4%	3 4%	9 3%	19 5%	19 6%	21 4%	25 5%
25001 to 50000	36 4%	7 6%	3 3%	2 3%	14 4%	7 3%	3 3%	9 3%	18 5%	7 3%	18 4%	18 4%
(DK/NS)	267 27%	29 22%	20 21%	18 26%	92 24%	91 37% ABDF	17 22%	47 16%	94 24% G	118 40% GH	99 21%	168 32% J
Summary												
Mean	5728.8	6726.9	5208.0	6399.6	5781.7	5221.1	5183.6	4220.2	6297.3 G	6639.0 G	5765.8	5688.0
Standard Deviation	9733.1	10753.4	9611.1	9843.1	9643.7	9822.2	8264.5	7832.3	10496.7	10075.8	9820.2	9650.1
Standard Error	348.1	1054.5	1074.6	1144.2	562.4	796.7	935.8	466.4	583.2	777.4	494.7	489.9
Median	1898.3	1749.8	1884.0	1900.5	1929.3	1810.1	1877.5	1555.9	1922.7	2211.3	1925.3	1859.5

Detailed Tables

If you wanted to maintain a healthy body weight, how many STEPS do you think you would need to walk or take on a daily basis?

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D - E/F/G
Overlap formulae used.

Overlap formulae used:								
		EDUCATION				INCOME		
	Total	<HS	HS	Post Sec	Univ Grad	<\$30K	\$30K-\$59K	\$60K+
		A	B	C	D	E	F	G
Base: All respondents								
Unweighted Base	1057	116	226	417	291	254	358	325
Weighted Base	1000	115	216	385	276	238	340	308
1 to 100	74 7%	13 11% C	19 9%	20 5%	23 8%	28 12% G	24 7%	16 5%
101 to 500	90 9%	11 9%	20 9%	40 10% D	17 6%	27 11%	35 10%	21 7%
501 to 1000	135 13%	18 15%	27 12%	63 16% D	27 10%	38 16%	48 14%	37 12%
1001 to 2500	126 13%	12 10%	21 10%	57 15%	37 13%	23 10%	46 13%	46 15%
2501 to 5000	142 14%	12 11%	24 11%	54 14%	52 19% B	25 10%	45 13%	64 21% EF
5001 to 10000	84 8%	3 2%	14 6%	33 9% A	33 12% AB	12 5%	29 8%	33 11% E
10001 to 25000	46 5%	5 4%	9 4%	18 5%	15 5%	4 1%	20 6% E	20 7% E
25001 to 50000	36 4%	4 3%	12 6% D	15 4%	5 2%	9 4%	11 3%	11 4%
(DK/NS)	267 27%	38 33% C	71 33% C	86 22%	68 25%	73 30% G	82 24%	60 20%
Summary								
Mean	5728.8	4630.5	6566.6	5689.1	5422.4	4556.0	5625.0	6210.0
Standard Deviation	9733.1	9594.0	11077.6	9833.4	8131.2	10066.7	9263.9	9068.0
Standard Error	348.1	1079.4	895.6	543.8	548.2	750.3	560.7	559.2
Median	1898.3	930.2	1585.4	1874.1	2515.9	886.2	1851.8	2631.6

Detailed Tables

So if you need to take ... steps to maintain your weight, how many MORE steps do you think you would need to walk or take each day if you wanted to LOSE weight?

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E/F - G/H/I - J/K
Overlap formulae used. * small base

		REGION						AGE			GENDER	
	Total	BC	AB	SK/MN	ON	QC	ATL	18-34	35-54	55+	Male	Female
		A	B	C	D	E	F	G	H	I	J	K
Base: Mentioned a step count												
Unweighted Base	782	104	80	74	294	152	78	282	324	168	394	388
Weighted Base	733	103*	77*	50*	287	156	60*	246	303	176	384	349
1 to 100	81 11%	7 7%	8 10%	6 12%	32 11%	19 12%	9 15%	30 12%	33 11%	18 10%	32 8%	49 14% J
101 to 500	102 14%	13 13%	12 16%	3 7%	42 15%	25 16%	7 11%	39 16%	34 11%	27 15%	50 13%	52 15%
501 to 1000	99 14%	9 9%	12 16%	3 5%	44 15% C	26 17% C	5 9%	36 15%	39 13%	24 13%	50 13%	49 14%
1001 to 2500	126 17%	21 21%	13 17%	11 22% D	37 13%	31 20% D	13 21%	43 17%	59 20%	23 13%	69 18%	58 17%
2501 to 5000	122 17%	19 19%	13 17%	6 12%	50 18%	24 15%	9 15%	45 18%	46 15%	30 17%	74 19%	48 14%
5001 to 10000	83 11%	9 8%	8 10%	10 21% AE	34 12%	11 7%	11 19% AE	21 9%	36 12%	25 14%	45 12%	38 11%
10001 to 25000	48 7%	9 9% E	5 7%	4 7% E	23 8% E	3 2%	4 7% E	14 6%	25 8%	8 5%	28 7%	21 6%
25001 to 50000	36 5%	8 8%	4 6%	3 6%	14 5%	5 3%	2 3%	11 5%	15 5%	7 4%	15 4%	21 6%
(DK/NS)	35 5%	7 6% F	1 2%	4 8% F	11 4%	12 8% F	0 -	6 3%	15 5%	12 7% G	21 6%	13 4%
Summary												
Mean	5674.3	7047.2 E	5850.8	7220.1 E	5983.4 E	3825.8	5070.1	4884.4	6226.4	5273.7	5700.3	5646.2
Standard Deviation	9941.9	10679.8	11001.1	11558.4	10282.6	7904.5	8369.5	8845.5	10729.1	8772.9	9699.1	10212.5
Standard Error	363.8	1078.8	1237.7	1401.7	611.2	665.7	947.7	532.4	611.3	702.4	502.2	528.1
Median	1945.8	1941.8	1795.3	2462.4	1939.8	1319.8	1818.3	1551.0	1956.5	1845.0	1934.6	1914.1

Detailed Tables

So if you need to take ... steps to maintain your weight, how many MORE steps do you think you would need to walk or take each day if you wanted to LOSE weight?

Proportions/Means: Columns Tested (5% risk level) - A/B/C/D - E/F/G
Overlap formulae used. * small base

		EDUCATION				INCOME		
	Total	<HS	HS	Post Sec	Univ Grad	<\$30K	\$30K-\$59K	\$60K+
		A	B	C	D	E	F	G
Base: Mentioned a step count								
Unweighted Base	782	79	153	327	220	180	273	263
Weighted Base	733	77*	145	299	208	166	258	248
1 to 100	81 11%	13 16% C	22 15% C	25 8%	22 11%	26 16%	25 10%	26 10%
101 to 500	102 14%	10 13%	18 13%	46 15%	27 13%	37 22% FG	32 12%	24 10%
501 to 1000	99 14%	16 21% BD	16 11%	48 16% D	18 9%	27 16%	39 15%	28 11%
1001 to 2500	126 17%	12 16%	21 15%	59 20%	33 16%	19 12%	48 19%	48 19% E
2501 to 5000	122 17%	7 9%	22 15%	41 14%	52 25% ABC	21 13%	39 15%	50 20%
5001 to 10000	83 11%	9 11%	18 12%	33 11%	23 11%	15 9%	31 12%	30 12%
10001 to 25000	48 7%	1 1%	14 10% A	19 6%	14 7%	8 5%	16 6%	21 8%
25001 to 50000	36 5%	3 3%	6 4%	18 6%	9 4%	4 3%	16 6%	11 4%
(DK/NS)	35 5%	7 9% C	7 5%	10 3%	9 4%	8 5%	12 5%	11 5%
Summary								
Mean	5674.3	3833.2	5779.9	6000.6	5532.1	3964.5	6277.4 E	5744.7 E
Standard Deviation	9941.9	8296.4	9352.3	10877.3	8967.8	7890.8	11075.7	8980.8
Standard Error	363.8	977.7	774.0	611.9	617.4	603.4	685.6	565.7
Median	1945.8	928.9	1777.2	1928.4	2315.6	899.1	1704.0	2208.2

Detailed Tables

And approximately how many steps do you think you typically walk or take in an average day?

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E/F - G/H/I - J/K
Overlap formulae used. * small base

		REGION						AGE			GENDER	
	Total	BC	AB	SK/MN	ON	QC	ATL	18-34	35-54	55+	Male	Female
		A	B	C	D	E	F	G	H	I	J	K
Base: All respondents												
Unweighted Base	1057	132	100	100	387	238	100	337	422	281	493	564
Weighted Base	1000	132	97*	68*	379	247	77*	293	397	294	483	517
1 to 100	52 5%	5 4%	6 6%	3 4%	25 7%	11 4%	2 3%	20 7% I	24 6%	9 3%	19 4%	33 6%
101 to 500	97 10%	12 9%	7 7%	4 6%	40 10%	26 10%	8 11%	37 12%	33 8%	27 9%	47 10%	50 10%
501 to 1000	135 13%	16 12%	23 24% ACDF	6 9%	42 11%	38 15%	9 12%	44 15%	59 15%	32 11%	72 15%	63 12%
1001 to 2500	134 13%	22 17% E	11 11%	12 18% E	53 14%	23 9%	14 18% E	46 16%	50 13%	36 12%	84 17% K	51 10%
2501 to 5000	137 14%	20 15%	15 16%	12 17%	51 14%	26 10%	12 16%	40 14%	62 16%	33 11%	69 14%	68 13%
5001 to 10000	85 8%	6 5%	10 10%	9 13% AE	35 9%	15 6%	10 14% AE	26 9%	36 9%	24 8%	47 10%	38 7%
10001 to 25000	52 5%	6 5%	4 4%	5 8%	24 6%	8 3%	5 6%	15 5%	21 5%	16 5%	27 6%	25 5%
25001 to 50000	45 4%	10 8% C	3 3%	1 1%	19 5%	9 4%	3 3%	20 7% I	20 5% I	3 1%	23 5%	21 4%
(DK/NS)	263 26%	33 25%	17 18%	16 24%	91 24%	92 37% ABCDF	15 19%	47 16%	92 23% G	115 39% GH	95 20%	169 33% J
Summary												
Mean	5994.3	7257.8	4865.1	5228.4	6351.2	5429.4	5811.2	6229.1	6262.5	4972.6	6054.7	5926.8
Standard Deviation	10244.9	12545.2	8523.1	6352.6	10689.9	10178.9	8840.2	11177.7	10613.6	7403.9	10374.9	10112.2
Standard Error	364.7	1248.3	929.9	728.7	622.4	825.6	982.2	662.1	588.7	564.5	518.7	512.7
Median	1925.1	1897.5	1397.7	2614.8	1939.2	1326.0	2100.1	1825.4	1969.7	1806.6	1930.1	1894.4

Detailed Tables

And approximately how many steps do you think you typically walk or take in an average day?

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D - E/F/G
Overlap formulae used.

		EDUCATION				INCOME		
	Total	<HS	HS	Post Sec	Univ Grad	<\$30K	\$30K-\$59K	\$60K+
		A	B	C	D	E	F	G
Base: All respondents								
Unweighted Base	1057	116	226	417	291	254	358	325
Weighted Base	1000	115	216	385	276	238	340	308
1 to 100	52 5%	6 5%	8 4%	17 4%	21 8%	18 8% G	17 5%	11 3%
101 to 500	97 10%	11 10%	27 12%	39 10%	20 7%	33 14% G	39 11% G	20 7%
501 to 1000	135 13%	13 12%	31 14%	61 16%	29 11%	37 16%	55 16%	35 11%
1001 to 2500	134 13%	13 12%	26 12%	55 14%	39 14%	28 12%	42 12%	51 16%
2501 to 5000	137 14%	11 10%	19 9%	58 15% B	49 18% AB	17 7%	50 15% E	62 20% E
5001 to 10000	85 8%	3 3%	13 6%	35 9% A	31 11% AB	11 5%	27 8%	35 11% E
10001 to 25000	52 5%	6 5%	10 4%	20 5%	17 6%	9 4%	19 6%	21 7%
25001 to 50000	45 4%	4 3%	14 6% D	19 5%	8 3%	7 3%	18 5%	13 4%
(DK/NS)	263 26%	47 41% CD	68 32% CD	80 21%	62 22%	78 33% FG	72 21%	61 20%
Summary								
Mean	5994.3	5636.6	6380.5	6024.8	5589.0	4612.9	6117.8	6313.9
Standard Deviation	10244.9	11008.1	10904.0	10472.1	8780.0	9638.2	10566.8	9638.7
Standard Error	364.7	1306.4	873.0	573.9	582.7	730.7	624.8	594.3
Median	1925.1	1599.9	1795.0	1922.5	2386.0	942.5	1768.9	2707.6

Detailed Tables

Are you personally currently trying to ...

Proportions/Means: Columns Tested (5% risk level) - A/B/C/D/E/F - G/H/I - J/K
Overlap formulae used. * small base

		REGION						AGE			GENDER	
	Total	BC	AB	SK/MN	ON	QC	ATL	18-34	35-54	55+	Male	Female
		A	B	C	D	E	F	G	H	I	J	K
Base: All respondents												
Unweighted Base	1057	132	100	100	387	238	100	337	422	281	493	564
Weighted Base	1000	132	97*	68*	379	247	77*	293	397	294	483	517
Lose weight	294 29%	42 32%	32 33%	18 27%	108 29%	69 28%	24 31%	71 24%	130 33% G	88 30%	131 27%	162 31%
Maintain your weight	635 64%	80 60%	61 63%	42 62%	242 64%	162 66%	49 63%	193 66%	242 61%	190 65%	314 65%	321 62%
Gain weight	50 5%	7 6%	4 4%	5 8%	18 5%	11 5%	3 4%	24 8% HI	17 4%	9 3%	27 6%	23 4%
(DK/NS)	21 2%	3 2%	0 -	2 3%	10 3%	4 2%	2 2%	5 2%	8 2%	7 2%	10 2%	11 2%

Are you personally currently trying to ...

Proportions/Means: Columns Tested (5% risk level) - A/B/C/D - E/F/G
Overlap formulae used.

		EDUCATION				INCOME		
	Total	<HS	HS	Post Sec	Univ Grad	<\$30K	\$30K-\$59K	\$60K+
		A	B	C	D	E	F	G
Base: All respondents								
Unweighted Base	1057	116	226	417	291	254	358	325
Weighted Base	1000	115	216	385	276	238	340	308
Lose weight	294 29%	41 35% D	67 31%	114 30%	68 25%	72 30%	100 29%	86 28%
Maintain your weight	635 64%	66 58%	133 61%	245 64%	186 67%	146 61%	215 63%	206 67%
Gain weight	50 5%	5 5%	13 6%	20 5%	12 4%	14 6%	21 6% G	9 3%
(DK/NS)	21 2%	2 2%	3 2%	6 1%	10 3%	7 3%	4 1%	8 2%

Detailed Tables

And are you trying to lose ...

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E/F - G/H/I - J/K
Overlap formulae used. * small base; ** very small base (under 30) ineligible for sig testing

Overlap formulae used: small base, very small base (under 50) ineligible for sig testing												
	REGION							AGE			GENDER	
	Total	BC	AB	SK/MN	ON	QC	ATL	18-34	35-54	55+	Male	Female
		A	B	C	D	E	F	G	H	I	J	K
Base: Currently trying to lose weight												
Unweighted Base	310	42	30	27	111	68	32	83	139	82	130	180
Weighted Base	294	42*	32**	18**	108	69*	24*	71*	130	88*	131	162
Fewer than 10 pounds (4.5 kilograms)	62 21%	7 16%	5 15%	4 23%	20 19%	20 29%	6 25%	22 31% I	26 20%	13 15%	25 19%	37 23%
Between 10 and 20 pounds (4.5kg to 9kg)	110 38%	18 44%	9 30%	6 34%	46 42%	24 34%	7 29%	22 31%	44 34%	42 48% GH	56 43%	55 34%
More than 20 pounds (9kg)	120 41%	17 40%	17 55%	8 44%	43 39%	24 34%	11 46%	26 37%	58 45%	32 37%	50 38%	69 43%
(DK/NS)	2 1%	0 -	0 -	0 -	0 -	2 3%	0 -	1 1%	1 1%	0 -	0 -	2 1%

And are you trying to lose ...

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D - E/F/G
Overlap formulae used. * small base

Overlap formulae used: Small base		EDUCATION				INCOME		
	Total	<HS	HS	Post Sec	Univ Grad	<\$30K	\$30K-\$59K	\$60K+
		A	B	C	D	E	F	G
Base: Currently trying to lose weight								
Unweighted Base	310	41	69	125	72	78	106	89
Weighted Base	294	41*	67*	114	68*	72*	100	86*
Fewer than 10 pounds (4.5 kilograms)	62 21%	7 18%	20 29% C	18 16%	17 24%	17 23%	17 17%	20 23%
Between 10 and 20 pounds (4.5kg to 9kg)	110 38%	16 40%	22 33%	40 35%	31 45%	25 35%	37 37%	35 40%
More than 20 pounds (9kg)	120 41%	17 42%	25 37%	55 48% D	21 30%	30 42%	46 46%	31 36%
(DK/NS)	2 1%	0 -	1 1%	1 1%	0 -	0 -	0 -	0 -

Detailed Tables

Have you heard of a pedometer or step counter?

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E/F - G/H/I - J/K
Overlap formulae used. * small base

		REGION						AGE			GENDER	
	Total	BC	AB	SK/MN	ON	QC	ATL	18-34	35-54	55+	Male	Female
		A	B	C	D	E	F	G	H	I	J	K
Base: All respondents												
Unweighted Base	1057	132	100	100	387	238	100	337	422	281	493	564
Weighted Base	1000	132	97*	68*	379	247	77*	293	397	294	483	517
Yes	556 56%	86 65% E	59 61% E	51 76% BDEF	219 58% E	94 38% E	45 59% E	129 44% G	236 59% G	181 62% G	265 55% J	291 56% K
No	443 44%	45 34%	37 39% C	16 24%	160 42% C	153 62% ABCD	32 41% C	164 56% HI	160 40%	113 38%	217 45% J	226 44% K
(DK/NS)	1 0	1 1%	0 -	0 -	0 -	0 -	0 -	0 -	1 0	0 -	1 0	0 -

Have you heard of a pedometer or step counter?

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D - E/F/G
Overlap formulae used.

		EDUCATION				INCOME		
	Total	<HS	HS	Post Sec	Univ Grad	<\$30K	\$30K-\$59K	\$60K+
		A	B	C	D	E	F	G
Base: All respondents								
Unweighted Base	1057	116	226	417	291	254	358	325
Weighted Base	1000	115	216	385	276	238	340	308
Yes	556 56%	41 36%	98 45%	233 61% AB	179 65% AB	106 44%	189 56% E	195 63% EF
No	443 44%	73 64% CD	119 55% CD	151 39%	97 35%	132 56% FG	150 44%	113 37%
(DK/NS)	1 0	0 -	0 -	0 -	1 0	0 -	1 0	0 -

Detailed Tables

Do you currently own a pedometer or step counter?

Proportions/Means: Columns Tested (5% risk level) - A/B/C/D/E/F - G/H/I - J/K
Overlap formulae used. * small base

		REGION						AGE			GENDER	
	Total	BC	AB	SK/MN	ON	QC	ATL	18-34	35-54	55+	Male	Female
		A	B	C	D	E	F	G	H	I	J	K
Base: Have heard of a pedometer												
Unweighted Base	599	90	59	76	224	90	60	154	259	175	270	329
Weighted Base	556	86*	59*	51*	219	94*	45*	129	236	181	265	291
Yes	77	14	9	6	36	2	10	12	32	30	34	42
	14%	16% E	15% E	12% E	17% E	2%	21% E	9%	13%	17%	13%	15%
No	479	73	51	45	183	92	36	117	204	150	231	248
	86%	84%	85%	88%	83%	98% ABCDF	79%	91%	87%	83%	87%	85%

Do you currently own a pedometer or step counter?

Proportions/Means: Columns Tested (5% risk level) - A/B/C/D - E/F/G
Overlap formulae used. * small base

		EDUCATION				INCOME		
	Total	<HS	HS	Post Sec	Univ Grad	<\$30K	\$30K-\$59K	\$60K+
		A	B	C	D	E	F	G
Base: Have heard of a pedometer								
Unweighted Base	599	41	103	261	190	114	206	208
Weighted Base	556	41*	98*	233	179	106	189	195
Yes	77	3	18	25	29	10	27	27
	14%	7%	18%	11%	16%	10%	14%	14%
No	479	38	80	208	150	96	162	168
	86%	93%	82%	89%	84%	90%	86%	86%