

# Québec Survey on Physical Activity and Sports 2018-2019

English questionnaire – adult

October 2018



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## SECTION 1 – PHYSICAL ACTIVITY

### PHYSICAL ACTIVITY RELATED TO MEANS OF TRANSPORTATION

The following questions are about means of **active transportation**. Active transportation refers to any form of human-powered transportation like walking, bicycling, rollerblading, or others that can be used to get to places such as school, work, a store or a friend’s house.

Source : Inspirée de Institut de la statistique du Québec, *Enquête québécoise sur la santé des jeunes du secondaire* (EQSJS), 2016-2017, question HV2a\_1.

**Q1** In the **past 12 months**, did you use any of these means of **active transportation**?

**INSTRUCTION CATI / Ⓢ CAWI** : Other types of active transportation include skateboarding, using a non-motorized wheelchair, snowshoeing, skiing, or jogging. Also include walking or other means of active transportation used to get to the bus stop, the subway or train station.

- 1 Yes
- 2 No → Q6
- 8 Don't know → Q6
- 9 No response → Q6

Source : Inspirée de Institut de la statistique du Québec, *Enquête québécoise sur la santé des jeunes du secondaire* (EQSJS), 2016-2017, question HV2a\_1 et Institut de la statistique du Québec, *Enquête québécoise sur la santé de la population* (EQSP), 2014-2015, question APH\_1\_1.

**Q2** On average, how often did you use this or these means of transportation **during each season...**

**INSTRUCTION CATI** : Read the response choices. And repeat if necessary.

[For those responding between October and December 2018]		Once a week or more	Less than once a week	Not at all	DK	NR
<b>Q2a</b>	... currently, this fall, is it...?	1	2	3	8	9
<b>Q2b</b>	... last summer, was it...?	1	2	3	8	9
<b>Q2c</b>	... last spring?	1	2	3	8	9
<b>Q2d</b>	... last winter?	1	2	3	8	9

[For those responding between January and March 2019]		Once a week or more	Less than once a week	Not at all	DK	NR
<b>Q2d</b>	... currently, this winter, is it...?	1	2	3	8	9
<b>Q2a</b>	... last fall, was it...?	1	2	3	8	9
<b>Q2b</b>	... last summer?	1	2	3	8	9
<b>Q2c</b>	... last spring?	1	2	3	8	9

Source : Inspirée de Nolin, B. (2004), *Le questionnaire l'Actimètre : méthodologie d'analyse : critères, codification et algorithmes* (2e édition), question 1.1.

**Filtre 1.**

Si Q2a = 1 ou Q2b = 1 ou Q2c = 1 ou Q2d = 1 → Q3

Sinon → Q6

**Q3** During... [programmer ici les saisons nommées en Q2a, Q2b, Q2c ou Q2d; si les 4 saisons Q2abcd = 1, écrire « ces 4 saisons »], how many days a **week** on average did you use this or these means of active transportation?

- 1 1 day a week
- 2 2 days a week
- 3 3 days a week
- 4 4 days a week
- 5 5 days a week
- 6 6 days a week
- 7 7 days a week
- 8 Don't know
- 9 No response

Source : Inspirée de Nolin, B. (2004), *Le questionnaire l'Actimètre : méthodologie d'analyse : critères, codification et algorithmes* (2e édition), question 1.2.

**Q4** Thinking of the day(s) when you used this or these means of active transportation, how much time **per day** on average did you do so?

**INSTRUCTION CATI : Read the response choices.**

- 1 Less than 10 minutes a day
- 2 From 10 to 19 minutes a day
- 3 From 20 to 39 minutes a day
- 4 From 40 to 59 minutes a day
- 5 From 1 hour to 1 hour and 29 minutes a day
- 6 From 1 hour and 30 minutes to 1 hour and 59 minutes a day
- 7 2 hours or more a day
- 8 Don't know
- 9 No response

Source : Inspirée de Institut de la statistique du Québec, *Enquête québécoise sur la santé de la population* (EQSP), 2014-2015, question APH\_1\_4.

**Q5** When you used this or these means of active transportation, your level of effort was **most of the time...**

**INSTRUCTION CATI : Read the response choices.**

- 1 very low, meaning that your breathing and heart rate **changed very little**
- 2 low, meaning that your breathing and heart rate **increased slightly**
- 3 moderate, meaning that your breathing and heart rate **were fairly rapid**
- 4 high, meaning that your breathing and heart rate **were very rapid**
- 8 Don't know
- 9 No response

Source : Institut de la statistique du Québec, *Enquête québécoise sur la santé de la population* (EQSP), 2014-2015, question APH\_1\_5.

**Q6** In the **next year**, do you intend to use any of these means of active transportation?

INSTRUCTION CATI : If needed, repeat the examples: like walking, bicycling, rollerblading, or others that can be used to get to places such as school, work, a store or a friend's house.

① CAWI : Like walking, bicycling, rollerblading, or others that can be used to get to places such as school, work, a store or a friend's house.

- 1 Definitely yes
- 2 Probably yes
- 3 Probably not
- 4 Definitely not
- 8 Don't know
- 9 No response

Source : Inspirée de Institut national de santé publique du Québec, Institut de la statistique du Québec et Kino-Québec, *Enquête québécoise sur l'activité physique et la santé* (EQAPS), 1998, question D-2.

## LEISURE TIME PHYSICAL ACTIVITY

The following questions are about your **leisure time** physical activities, both indoors and outdoors, such as sports, fitness, outdoor activities, dance, or simply taking a walk in your neighbourhood or in a park.

Si Q1 = 2, 8, 9 : [Pour les 18-24 ans : **If you are in high school or CEGEP, do not include** any activities that are part of your **mandatory** physical education classes. However, please **include** activities that are part of sport concentrations or Sport-études programs.]

Si Q1 = 1 : Do not include the **active transportation** you reported in the previous section [Pour les 18-24 ans : **and if you are in high school or CEGEP, do not include** any activities that are part of your **mandatory** physical education classes. However, please **include** activities that are part of sport concentrations or Sport-études programs.]

Source : Inspirée de Institut de la statistique du Québec, *Enquête québécoise sur la santé de la population* (EQSP), 2014-2015, question APH\_2\_1.

**Q7** In the **past 12 months**, did you engage in any physical activities **during your leisure time**?

- 1 Yes
- 2 No → Q16
- 8 Don't know → Q16
- 9 No response → Q16

Source : Inspirée de Institut de la statistique du Québec, *Enquête québécoise sur la santé des jeunes du secondaire* (EQSJS), 2016-2017, question HV2\_1 et Institut de la statistique du Québec, *Enquête québécoise sur la santé de la population* (EQSP), 2014-2015, question APH\_2\_1.

**Q8** On average, how often did you engage in these types of physical activity in your leisure time **during each season...**

INSTRUCTION CATI : Read the response choices. And repeat if necessary.

[For those responding between October and December 2018]		Once a week or more	Less than once a week	Not at all	DK	NR
<b>Q8a</b>	... currently, this fall, is it...?	1	2	3	8	9
<b>Q8b</b>	... last summer, was it...?	1	2	3	8	9
<b>Q8c</b>	... last spring?	1	2	3	8	9
<b>Q8d</b>	... last winter?	1	2	3	8	9

[For those responding between January and March 2019]		Once a week or more	Less than once a week	Not at all	DK	NR
<b>Q8d</b>	... currently, this winter, is it...?	1	2	3	8	9
<b>Q8a</b>	... last fall, was it...?	1	2	3	8	9
<b>Q8b</b>	... last summer?	1	2	3	8	9
<b>Q8c</b>	... last spring?	1	2	3	8	9

Source : Inspirée de Nolin, B. (2004), *Le questionnaire l'Actimètre : méthodologie d'analyse : critères, codification et algorithmes* (2e édition), question 2.1.

#### Filtre 2.

Si Q8a = 1 ou Q8b = 1 ou Q8c = 1 ou Q8d = 1 → Q9

Sinon → Q12

**Q9** During... [programmer ici les saisons nommées en Q8a, Q8b, Q8c ou Q8d; si les 4 saisons Q8abcd = 1, écrire « ces 4 saisons »], how many days **a week** on average did you engage in these types of physical activity?

- 1 1 day a week
- 2 2 days a week
- 3 3 days a week
- 4 4 days a week
- 5 5 days a week
- 6 6 days a week
- 7 7 days a week
- 8 Don't know
- 9 No response

Source : Inspirée de Nolin, B. (2004), *Le questionnaire l'Actimètre : méthodologie d'analyse : critères, codification et algorithmes* (2e édition), question 2.2.

**Q10** Thinking of the day(s) when you engaged in these types of physical activity in your leisure time, how much time **per day** on average did you do so?

**INSTRUCTION CATI** : Read the response choices.

- 1 Less than 10 minutes a day
- 2 From 10 to 19 minutes a day
- 3 From 20 to 39 minutes a day
- 4 From 40 to 59 minutes a day
- 5 From 1 hour to 1 hour and 29 minutes a day
- 6 From 1 hour and 30 minutes to 1 hour and 59 minutes a day
- 7 2 hours or more a day
- 8 Don't know
- 9 No response

Source : Inspirée de Institut de la statistique du Québec, *Enquête québécoise sur la santé de la population* (EQSP), 2014-2015, question APH\_2\_4.

**Q11** When you engaged in these types of physical activity, your level of effort was **most of the time...**

**INSTRUCTION CATI** : Read the response choices.

- 1 very low, meaning that your breathing and heart rate **changed very little**
- 2 low, meaning that your breathing and heart rate **increased slightly**
- 3 moderate, meaning that your breathing and heart rate **were fairly rapid**
- 4 high, meaning that your breathing and heart rate **were very rapid**
- 8 Don't know
- 9 No response

Source : Institut de la statistique du Québec, *Enquête québécoise sur la santé de la population* (EQSP), 2014-2015, question APH\_2\_5.

**LEISURE TIME PHYSICAL ACTIVITY: FREQUENCY AND LOCATION**

**Filtre 3.**

Si Q7 = 1 → Q12

Sinon → Q16

In the **past 12 months**, when you engaged in these types of physical activity during your leisure time, how often did you do it...

**INSTRUCTION CATI** : Read the response choices.

		Often	Occasionally	Never	DK	NR
<b>Q12</b>	... <b>with</b> a coach or instructor, including video workouts?	1	2	3	8	9
<b>Q13</b>	... <b>without</b> a coach or instructor?	1	2	3	8	9

Source : Inspirée de *Enquête canadienne sur la santé des enfants et des jeunes* (ECSEJ), 2019, question OSC\_Q005.

[Message de validation si Q12 = 3 ET Q13 = 3 puisque Q7 = 1]

**Q14** In the **past 12 months**, when you engaged in these types of physical activity during your leisure time, how often did you do it using an **electronic device** that can **measure**, for example, number of steps, heart rate, pace or distance?

INSTRUCTION CATI : Read the response choices.

- 1 All of the time
- 2 Often
- 3 Occasionally
- 4 Never
- 8 Don't know
- 9 No response

Source : Nouvelle question.

**Q15** In the **past 12 months**, when you engaged in these types of physical activity during your leisure time, how often did you do it...

INSTRUCTION CATI : Read the response choices.

		Often	Occasionally	Never	DK	NR
<b>Q15a</b>	...at <b>home</b> or at someone else's home (either inside or outside the house)?	1	2	3	8	9
<b>Q15b</b>	...at an <b>indoor facility</b> : gym, pool, arena, studio, recreation centre, etc.?	1	2	3	8	9
<b>Q15c</b>	...at an <b>outdoor facility</b> : park, playground, pool, baseball, soccer or football field, outdoor skating rink, etc.?	1	2	3	8	9
<b>Q15d</b>	...on a walking or bicycle path or other type of path in an <b>urban setting</b> ?	1	2	3	8	9
<b>Q15e</b>	...on a <b>public street, alley or sidewalk</b> ?	1	2	3	8	9
<b>Q15f</b>	...in the forest, on a mountain, at a lake or river or other <b>natural setting</b> : ski centre, mountain bike centre, etc.?	1	2	3	8	9

Source : Nouvelle question.



## SECTION 2 – OPINION, PERCEPTIONS AND VALUES REGARDING PHYSICAL ACTIVITY

### OPINION AND PERCEPTIONS

The following questions are about your **opinion** and **perceptions** of leisure time physical activities.

**Q16** In the **next year**, do you intend to do any physical activities in your leisure time?

**INSTRUCTION CATI** : Read the response choices.

- 1 Definitely yes
- 2 Probably yes
- 3 Probably not
- 4 Definitely not
- 8 Don't know
- 9 No response

Source : Inspirée de Institut national de santé publique du Québec, Institut de la statistique du Québec et Kino-Québec, *Enquête québécoise sur l'activité physique et la santé* (EQAPS), 1998, question D-2.

**Q17** What do you think is the percentage of **people your age** that do physical activities in their leisure time?

**INSTRUCTION CATI** : Read the response choices.

- 1 Less than 10%
- 2 10 to 29%
- 3 30 to 49%
- 4 50 to 69%
- 5 70 to 89%
- 6 90% or more
- 8 Don't know
- 9 No response

Source : Nouvelle question.

**Q18** Compared to **people your age**, would you say that you do **physical activities** in your leisure time...

- 1 a lot less frequently than the others
- 2 a bit less frequently than the others
- 3 the same as the others
- 4 a bit more frequently than the others
- 5 a lot more frequently than the others
- 8 Don't know
- 9 No response

Source : Inspirée de Institut de la statistique du Québec, *Étude longitudinale du développement des enfants du Québec* (ELDEQ), 2004, question HLT-Q5.

**Q19** For you, doing physical activities in your leisure time is...

- 1 very pleasant
- 2 rather pleasant
- 3 rather unpleasant
- 4 very unpleasant
- 8 Don't know
- 9 No response

Source : Inspirée de Institut national de santé publique du Québec, Institut de la statistique du Québec et Kino-Québec, *Enquête québécoise sur l'activité physique et la santé* (EQAPS), 1998, question D-3A-a1.

**Q20** For you, doing physical activities in your leisure time is...

- 1 very easy
- 2 rather easy
- 3 rather difficult
- 4 very difficult
- 8 Don't know
- 9 No response

Source : Inspirée de Institut national de santé publique du Québec, Institut de la statistique du Québec et Kino-Québec, *Enquête québécoise sur l'activité physique et la santé* (EQAPS), 1998, question D-3A-a3.

**Q21** For you, doing physical activities in your leisure time is...

- 1 very useful
- 2 rather useful
- 3 rather useless
- 4 very useless
- 8 Don't know
- 9 No response

Source : Inspirée de Institut national de santé publique du Québec, Institut de la statistique du Québec et Kino-Québec, *Enquête québécoise sur l'activité physique et la santé* (EQAPS), 1998, question D-3A-a2.

Please indicate to what extent you agree with the following statement:

**Q22** It is right for **people your age** to do physical activities in their leisure time.

**INSTRUCTION CATI** : Read the response choices.

- 1 Completely agree
- 2 Somewhat agree
- 3 Somewhat disagree
- 4 Completely disagree
- 8 Don't know
- 9 No response

Source : Inspirée de Institut national de santé publique du Québec, Institut de la statistique du Québec et Kino-Québec, *Enquête québécoise sur l'activité physique et la santé* (EQAPS), 1998, question D4.

**PERCEIVED BARRIERS**

**Q23** In general, would you say that you are able to overcome the obstacles that prevent you from doing physical activities in your leisure time?

INSTRUCTION CATI : Read the response choices.

- 1 Definitely yes
- 2 Probably yes
- 3 Probably not
- 4 Definitely not
- 8 Don't know
- 9 No response

Source : Inspirée de Ajzen, 2019, *TPB Questionnaire Construction: Constructing a Theory of Planned Behavior Questionnaire*, et Fishbein et Ajzen, 2010, *Predicting and changing behavior: The reasoned action approach*. New York: Psychology Press; question de type "Perceived behavioral control".

INSTRUCTION CATI : Please answer yes or no to the following questions.

**Q24** In general, do the following reasons **prevent** you from doing physical activities in your leisure time?

		Yes	No	DK	NR
Q24a	Lack of interest	1	2	8	9
Q24b	Fatigue or lack of energy	1	2	8	9
Q24c	Being too embarrassed or shy	1	2	8	9
Q24d	Cost too high	1	2	8	9
Q24e	No partner to do physical activities with	1	2	8	9
Q24f	Health problems, injuries, or physical limitations	1	2	8	9
Q24g	Fear of getting injured	1	2	8	9
Q24h	Not in good enough shape	1	2	8	9
Q24i	Lack of access to suitable activities or places for you to do physical activities	1	2	8	9
Q24j	Lack of leisure time	1	2	8	9
Q24k	.				
Q24l	.				

Source : Inspirée de Institut de la statistique du Québec, *Enquête québécoise sur les activités physiques, sportives et de loisir (EQAPSL)*, 2005, question Q35.

**MOTIVATIONS AND PERCEIVED BENEFITS**

**Q25** Do the following reasons **motivate you** [si Q7 = 1] / **Could** the following reasons **motivate you** [si Q7 = 2,8,9] to do physical activities in your leisure time?

INSTRUCTION CATI : : If the respondent's answer is "Never", the "No" answer can be selected.

		Yes	No	DK	NR
Q25a	Having fun	1	2	8	9
Q25b	Relaxing or taking your mind off things or relieving stress	1	2	8	9
Q25c	Improving or maintaining your physical appearance	1	2	8	9
Q25d	Improving or maintaining your health or physical condition	1	2	8	9
Q25e	Pressure or encouragement from those around you	1	2	8	9
Q25f	Meeting new people	1	2	8	9
Q25g	Experiencing a thrill	1	2	8	9
Q25h	Being in contact with nature	1	2	8	9
Q25i	Spending time as a family or with friends	1	2	8	9
Q25j	Personal achievement, performance or competition	1	2	8	9

Source : Inspirée de Institut de la statistique du Québec, *Enquête québécoise sur les activités physiques, sportives et de loisir (EQAPSL)*, 2005, question Q31A.

Please indicate to what extent you agree with the following statements:

**Q26** **The people who are most important to you** think you should do physical activities.

INSTRUCTION CATI : Read the response choices.

- 1 Completely agree
- 2 Somewhat agree
- 3 Somewhat disagree
- 4 Completely disagree
- 8 Don't know
- 9 No response

Source : Inspirée de Ajzen, 2019, *TPB Questionnaire Construction: Constructing a Theory of Planned Behavior Questionnaire*, et Fishbein et Ajzen, 2010, *Predicting and changing behavior: The reasoned action approach*. New York: Psychology Press; question de type "Subjective Norm".

**Q27** Doing physical activity is one of your **principles** or **values**.

INSTRUCTION CATI : Read the response choices as needed.

- 1 Completely agree
- 2 Somewhat agree
- 3 Somewhat disagree
- 4 Completely disagree
- 8 Don't know
- 9 No response

Source : Inspirée de *Enquête sur la santé dans les collectivités canadiennes (ESCC) réponse rapide* Juillet - Décembre 2017 - Obstacles à l'activité physique, 2017, question BPA\_Q045.

**Q28** You generally **prefer sedentary activities** rather than physical activities. Sedentary activities are for example watching television, playing video games or on a computer, reading, or doing activities on a tablet or phone.

**INSTRUCTION CATI** : Read the response choices as needed.

- 1 Completely agree
- 2 Somewhat agree
- 3 Somewhat disagree
- 4 Completely disagree
- 8 Don't know
- 9 No response

Source : Inspirée de *Enquête sur la santé dans les collectivités canadiennes (ESCC) réponse rapide* Juillet - Décembre 2017 - Obstacles à l'activité physique, 2017, question BPA\_Q005.

**Q29** .

## SECTION 3 : ACCESS TO FACILITIES AND SERVICES

### INDOOR FACILITIES

The following section is about **indoor** physical activity **facilities** located **in your municipality** such as recreational centres, **indoor** sports fields or swimming pools, arenas, and private or public fitness centres.

**Q30** In your municipality, are there any indoor facilities to do physical activity?

**INSTRUCTION CATI** : If the participant has recently moved from one municipality to another, do not document the previous municipality, or both municipalities. These questions are about the municipality confirmed at the beginning of the questionnaire.

**INSTRUCTION CAWI** : If you have recently moved from one municipality to another, do not answer for the previous municipality, or both municipalities. These questions are about the municipality confirmed at the beginning of the questionnaire.

- 1 Yes → Q30a
- 2 No → Q34
- 3 You don't know [CATI] / I don't know [CAWI] → Q34
- 9 No response → Q34

Source : Nouvelle question.

Please indicate to what extent you agree with the following statements.

These **indoor** facilities...

INSTRUCTION CATI : Read the response choices. And repeat if necessary.

		Completely agree	Somewhat agree	Somewhat disagree	Completely disagree	DK	NR
Q30a	... are easily accessible, for example, with nearby parking spaces or public transportation.	1	2	3	4	5	9
Q30b	... are many and diverse.	1	2	3	4	5	9
Q30c	... are reasonably priced (inexpensive).	1	2	3	4	5	9
Q30d	... are open at convenient times.	1	2	3	4	5	9
Q30e	... are located within a convenient distance.	1	2	3	4	5	9
Q30f	...are accessible through a simple registration procedure.	1	2	3	4	5	9
Q30g	... offer a wide variety of classes or activities.	1	2	3	4	5	9
Q30h	... offer activities supervised by qualified personnel.	1	2	3	4	5	9

Source : Nouvelle question.

**Q31** In the **past 12 months**, did you use any of these **indoor** facilities located in your municipality?

INSTRUCTION CATI : Read the response choices.

- 1 Yes → Q32
- 2 No → Q33
- 8 Don't know → Q33
- 9 No response → Q33

Source : Nouvelle question.

**Q32** Would you say that the **indoor** facilities you used were...

INSTRUCTION CATI : Read the response choices. And repeat if necessary.

		Never	Rarely	Sometimes	Often	Always	DK	NR
Q32a	... well-maintained and clean?	1	2	3	4	5	8	9
Q32b	... in good working order?	1	2	3	4	5	8	9
Q32c	... safe?	1	2	3	4	5	8	9
Q32d	... too crowded (too many people)?	1	2	3	4	5	8	9

Source : Nouvelle question.

**Q33** In the **next year**, do you intend to use any of these **indoor** facilities located in your municipality to **do physical activities**?

INSTRUCTION CATI : Read the response choices.

- 1 Definitely yes
- 2 Probably yes
- 3 Probably not
- 4 Definitely not
- 8 Don't know
- 9 No response

Source : Nouvelle question.

## **OUTDOOR FACILITIES**

The following section is about **outdoor** physical activity facilities located **in your municipality** such as parks, walking or ski trails, bicycle paths, playgrounds, outdoor swimming pools and skating rinks.

**Q34** In your municipality, are there any outdoor facilities to do physical activity?

INSTRUCTION CATI : If the participant has recently moved from one municipality to another, do not document the previous municipality, or both municipalities. These questions are about the municipality confirmed at the beginning of the questionnaire.

INSTRUCTION CAWI : If you have recently moved from one municipality to another, do not answer for the previous municipality, or both municipalities. These questions are about the municipality confirmed at the beginning of the questionnaire.

- 1 Yes → Q34a
- 2 No → Q38
- 3 **You don't know** [CATI] / **I don't know** [CAWI] → Q38
- 9 No response → Q38

Source : Nouvelle question.



Please indicate to what extent you agree with the following statements.  
 These **outdoor** facilities are...

Instruction CATI : Read the response choices. And repeat if necessary.

		Completely agree	Somewhat agree	Somewhat disagree	Completely disagree	DK	NR
Q34a	... easily accessible, for example, with nearby parking spaces or public transportation.	1	2	3	4	5	9
Q34b	... many and diverse.	1	2	3	4	5	9
Q34c	... reasonably priced (inexpensive).	1	2	3	4	5	9
Q34d	... open at convenient times.	1	2	3	4	5	9
Q34e	... located within a convenient distance.	1	2	3	4	5	9

Source : Nouvelle question.

Q35 In the **past 12 months**, did you use any of these **outdoor** facilities located in your municipality?

- 1 Yes → Q36
- 2 No → Q37
- 8 Don't know → Q37
- 9 No response → Q37

Source : Nouvelle question.

Q36 Would you say that the **outdoor** facilities you used were...

INSTRUCTION CATI : Read the response choices. And repeat if necessary.

		Never	Rarely	Sometimes	Often	Always	DK	NR
Q36a	... well-maintained and clean?	1	2	3	4	5	8	9
Q36b	... in good working order?	1	2	3	4	5	8	9
Q36c	... safe?	1	2	3	4	5	8	9
Q36d	... too crowded (too many people)?	1	2	3	4	5	8	9

Source : Nouvelle question.

Q37 In the **next year**, do you intend to use any of these **outdoor** facilities located in your municipality **to do physical activities?**

INSTRUCTION CATI : Read the response choices.

- 1 Definitely yes
- 2 Probably yes
- 3 Probably not
- 4 Definitely not
- 8 Don't know
- 9 No response

Source : Nouvelle question.

## SECTION 4 : RESPONDENT'S PROFILE

**Version CATI** : We are now coming to the last section of the questionnaire. Your answers will be used solely for statistical purposes.

**Version CAWI** : Here is the last section of the questionnaire. Your answers will be used solely for statistical purposes.

**Q38** In general, would you say your health is...?

**INSTRUCTION CATI** : Read all the response choices.

- 1 Excellent
- 2 Very good
- 3 Good
- 4 Fair
- 5 Poor
- 8 Don't know
- 9 No response

Source : *Enquête sur la santé dans les collectivités canadiennes* (ESCC), 2015-2016, question GEN\_Q005.

### Filtre 4.

Si AGE < 25 → Q39

Sinon → Q40

**Q39** In the past 12 months, were you enrolled in a **sport concentrations** or **Sport-études** program in an educational institution?

**INSTRUCTION CATI / CAWI** : **Sports-études programs** aim at helping athlete's student pursue both their academic and athletic goals by allowing them to train during regular school hours. Sports-études programs are recognized by the Ministère de l'Éducation et de l'Enseignement supérieur.

Several educational institutions offer sports programs to their students. In these programs, which are often called **sports concentrations programs**, students benefit from additional class periods devoted to sports during school hours.

These two programs must not be confused with **extracurricular sports activities** that take place outside school hours, either in the morning, at lunchtime, after school, or on the weekend.

- 1 Yes
- 2 No
- 3 Not registered in an educational institution**
- 8 Don't know
- 9 No response

Source : Nouvelle question.

**Q40** Were you born in Canada?

- 1 Yes → Q42
- 2 No → Q41
- 8 Don't know → Q42
- 9 No response → Q42

Source : Inspirée de Institut de la statistique du Québec, *Enquête québécoise sur la santé de la population* (EQSP), 2014-2015, question SD1\_1.

**Q41** How many years have you lived in Canada?

**INSTRUCTION CATI** : Read the response choices.

- 1 Less than 5 years
- 2 5 to 10 years
- 3 More than 10 years
- 8 Don't know
- 9 No response

Source : Inspirée de Institut de la statistique du Québec, *Enquête québécoise sur la santé de la population* (EQSP), 2014-2015, question SD1\_4.

**Q42** What language do you speak most often at home?

**INSTRUCTION CATI** : If the respondent speaks two languages equally often, check them both.

**INSTRUCTION CAWI** : If you speak two languages equally often, check them both.

- 1 French
- 2 English
- 3 Other
- 8 Don't know
- 9 No response

Source : Inspirée de Institut de la statistique du Québec, *Enquête québécoise sur la santé de la population* (EQSP), 2014-2015, question SD1\_5.

**Q43** Which type of situation best describes the current composition of your home (household)?

**INSTRUCTION CATI** : Help the respondent by telling him/her to take all household members into account.

**INSTRUCTION CAWI** : Take all household members into account.

- 1 Person living alone → Q45
- 2 Couple without children living at home → Q45
- 3 Couple with a child or children living at home
- 4 Single-parent family: children of any age
- 5 Other
- 8 Don't know → Q45
- 9 No response → Q45

Source : Inspirée de Institut de la statistique du Québec, *Enquête québécoise sur la santé de la population* (EQSP), 2014-2015, question SD2\_2.

**Q44** In which of the following age groups are the children living in your home (household)?

INSTRUCTION CATI : Read the response choices. Check ALL the answers that apply.

INSTRUCTION CAWI : Check ALL the answers that apply.

[Si Q43 = 3,4, afficher les choix de réponse suivants :]

- 1 5 years or younger
- 2 6 to 11 years
- 3 12 to 17 years
- 4 18 years or older
- 8 Don't know
- 9 No response

[Si Q43 = 5, afficher les choix de réponse suivants :]

- 1 No children
- 2 5 years or younger
- 3 6 to 11 years
- 4 12 to 17 years
- 5 18 years or older
- 8 Don't know
- 9 No response

Source : Nouvelle question.

**Q45** What is the highest level of education you have completed?

INSTRUCTION CATI : Read the response choices as needed.

If the respondent's degree, certificate or diploma seems to have been obtained in another country, ask what would be its equivalent in the Québec education system.

INSTRUCTION CAWI : If you hold a degree or diploma from another country, choose its equivalent in the Québec education system.

- 1 Elementary school or less
- 2 Partial high school
- 3 High school diploma
- 4 Trade school or vocational school diploma or certificate
- 5 Business college diploma
- 6 CEGEP diploma
- 7 University degree or diploma
- 98 Don't know
- 99 No response

Source : Inspirée de Institut de la statistique du Québec, *Enquête québécoise sur l'expérience de soins des usagers des groupes de médecine de famille* (GMF), 2017, question Q54.

**Q46** In the **past 12 months**, what was your main occupation?

**INSTRUCTION CATI** : Read the response choices.

- 1 Working full-time
- 2 Working part-time (less than 30 hours a week)
- 3 Student → Q48
- 4 Retired → Q48
- 5 Keeping house → Q48
- 6 On maternity or paternity leave → Q48
- 7 Receiving employment insurance → Q48
- 8 Receiving social assistance → Q48
- 9 Other → Q48
- 98 Don't know → Q48
- 99 No response → Q48

Source : Inspirée Institut de la statistique du Québec, *Enquête québécoise sur la santé de la population* (EQSP), 2014-2015, question SD3\_2 et Institut de la statistique du Québec, *Enquête québécoise sur l'expérience de soins* (EQES), 2010-2011, question Q126.

**Q47** Thinking back over the **past 12 months**, which of the following statements best describes your physical activity level at work?

**INSTRUCTION CATI** : 1) Read the response choices. 2) If the respondent hesitates between two choices, ask which one applies most often.

**INSTRUCTION CAWI** : If you hesitate between two choices, select the one that applies most often.

- 1 Usually sitting during the day, without walking very much
- 2 Often standing or walking during the day, without lifting objects
- 3 Usually lifting or carrying light loads, or often climbing stairs or hills
- 4 Doing heavy work or carrying very heavy loads
- 8 Don't know
- 9 No response

Source : *Enquête sur la santé dans les collectivités canadiennes* (ESCC), 2005, question PAC\_Q6. Adaptée par l'ISQ.

**Q48** Would you say that you are better off, the same, or worse off financially compared to people your age?

**INSTRUCTION CATI** : Read the response choices.

- 1 Better off
- 2 The same
- 3 Worse off
- 8 Don't know
- 9 No response

Source : Inspirée de Institut de la statistique du Québec, *Enquête québécoise sur la santé des jeunes du secondaire* (EQSJS), 2016-2017, question SD13\_5.

**MERCI CATI** : This ends the interview. On behalf of Statistique Québec, we would like to thank you for your cooperation and for the time you have devoted to our survey. Your responses will contribute to improve the physical activity and sport services offered in Québec.

**MERCI CAWI** : This ends the questionnaire. Statistique Québec thanks you for your cooperation and for the time you have devoted to this survey. Your responses will contribute to improve the physical activity and sport services offered in Québec.

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