

Québec Survey on Physical Activity and Sports 2018-2019

English questionnaire – youth

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
Q2a	... currently, this fall, is it...?	1	2	3	8	9
Q2b	... last summer, was it...?	1	2	3	8	9
Q2c	... last spring?	1	2	3	8	9
Q2d	... 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
Q2d	... currently, this winter, is it...?	1	2	3	8	9
Q2a	... last fall, was it...?	1	2	3	8	9
Q2b	... last summer?	1	2	3	8	9
Q2c	... 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.)

Ⓞ 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 or playing in your neighbourhood or at a park.

Si Q1 = 2, 8, 9 : **Do not include** any activities that are part of your **mandatory** physical education classes at school. However, please **include** extracurricular activities and 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 and activities that are part of your **mandatory** physical education classes at school. However, please **include** extracurricular activities and 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 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
Q8a	... currently, this fall, is it...?	1	2	3	8	9
Q8b	... last summer, was it...?	1	2	3	8	9
Q8c	... last spring?	1	2	3	8	9
Q8d	... 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
Q8d	... currently, this winter, is it...?	1	2	3	8	9
Q8a	... last fall, was it...?	1	2	3	8	9
Q8b	... last summer?	1	2	3	8	9
Q8c	... 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
Q12	... with a coach or instructor, including video workouts?	1	2	3	8	9
Q13	... without 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
Q15a	...at home or at someone else's home (either inside or outside the house)?	1	2	3	8	9
Q15b	...at an indoor facility : gym, pool, arena, studio, recreation centre, etc.?	1	2	3	8	9
Q15c	...at an outdoor facility : park, playground, pool, baseball, soccer or football field, outdoor skating rink, etc.?	1	2	3	8	9
Q15d	...on a walking or bicycle path, or other type of path in an urban setting ?	1	2	3	8	9
Q15e	...on a public street, alley or sidewalk?	1	2	3	8	9
Q15f	...in the forest, on a mountain, at a lake or river or other natural setting : 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 **young 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 **young 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 **young 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 friends 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	--	1	2	8	9
Q24k	You don't have enough leisure time	1	2	8	9
Q24l	Your parents or the adults responsible for you don't have time	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 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	Being in better shape	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 activities 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.

PARENTAL SUPPORT FOR PHYSICAL ACTIVITY

Q29 In the **past 12 months**, how often did your parents or the adults responsible for you do the following actions?

		Often	Occasionally	Never	DK	NR
Q29a	Encourage you to be active	1	2	3	8	9
Q29b	Do physical activities with you	1	2	3	8	9
Q29c	Watch you do physical activities	1	2	3	8	9
Q29d	Do physical activities without you	1	2	3	8	9
Q29e	Tell you that doing physical activities is good for you	1	2	3	8	9
Q29f	Take you to a place where you can do physical activities	1	2	3	8	9
Q29g	Volunteer in regards to one of your physical activities	1	2	3	8	9
Q29h	Provide you with equipment to do physical activities (e.g.: bike, balls, etc.)	1	2	3	8	9

Source : Inspirée de Lambert, M., et autres. *Étude Québec Adipose and Lifestyle Investigation in Youth (QUALITY)*, 2005, questionnaire pour les enfants - visite 1, question QE19.

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 document 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.

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

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.

For the next five questions, we will talk about you home (household) at [\[NO CIVIQUE, RUE\]](#).

Q43 Which type of situation best describes the current composition of your home?

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 Couple with a child or children living at home
- 2 Single-parent family
- 3 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, including yourself?

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

INSTRUCTION CAWI : Check ALL the answers that apply.

- 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

Source : Nouvelle question.

Q45 What is the highest level of education completed by the parent(s) or adult(s) responsible for you in your home?

INSTRUCTION CATI : Read the response choices as needed.

If the 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 the degree or diploma is 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 the main occupation of the parent(s) or adult(s) responsible for you in your home?

INSTRUCTION CATI : Read the response choices.

[Si Q43 = 1,3,8,9, afficher les choix de réponse suivants :]

- 1 They were both employed, either full-time or part-time
- 2 Only one of them was employed, either full-time or part-time
- 3 Neither of them was employed
- 8 Don't know
- 9 No response

[Si Q43 = 2, afficher les choix de réponse suivants :]

- 1 Was employed, either full-time or part-time
- 2 Was unemployed
- 8 Don't know
- 9 No response

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 .

Q48 Would you say that you and your family are better off, the same, or worse off financially compared to most families?

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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