



Kids CAN PLAY!

ENCOURAGING CHILDREN TO BE ACTIVE AT HOME, AT SCHOOL, AND IN THEIR COMMUNITIES

Physical activity levels of Canadian children and youth

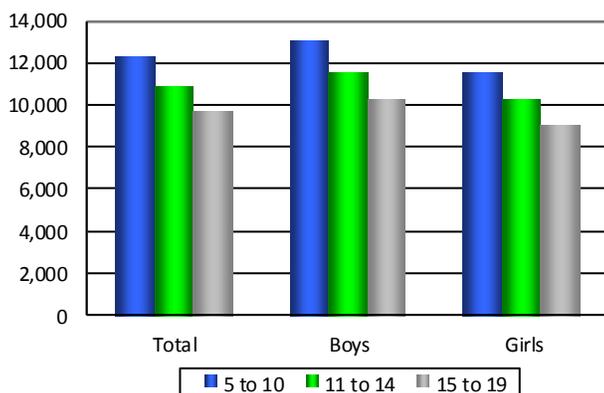
The Canadian Fitness and Lifestyle Research Institute has studied the physical activity levels of children and youth through a study called CANPLAY (the Canadian Physical Activity Levels Among Youth Study). CANPLAY uses pedometers to measure daily steps. This bulletin generally represents data collected during the two year time period from 2014-2016, unless identified as trend information representing data collected in the study during the years 2005 to 2016.

Canada and regions

Data from this study indicates that Canadian children, aged 5 to 19, took approximately 11,300 daily steps on average during 2014-2016. Regionally, children and youth living in the Atlantic take slightly fewer steps than the national average, and those living in the North take slightly more steps. More specifically, children and youth living in Newfoundland and Labrador and in New Brunswick take slightly fewer steps than the national average, whereas children living in British Columbia and the Yukon take slightly more steps during this time period.

FIGURE 1

Average daily steps taken by children and youth by child's age and gender



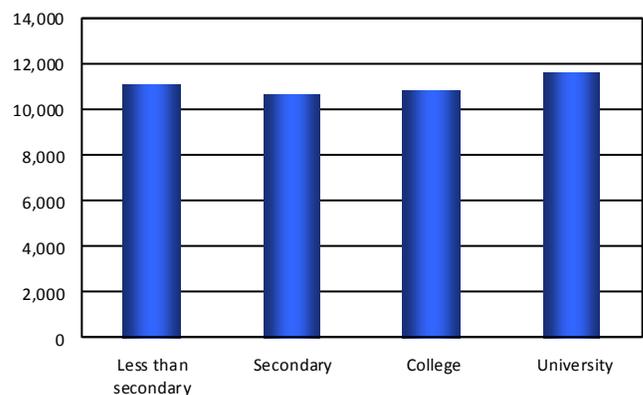
CANPLAY study, 2014-2016, CFLRI

Child characteristics

Boys take more steps on average than girls. Average daily steps decrease with increasing age of the child. The gender difference is statistically significant at each age group and generally speaking the age-related decline appears for both boys and girls. Children who participate in organized physical activity and sport take almost 2,300 more daily steps on average than those who do not participate in these activities.

FIGURE 2

Average daily steps taken by children and youth by parent's education level



CANPLAY study, 2014-2016, CFLRI

Parent and household characteristics

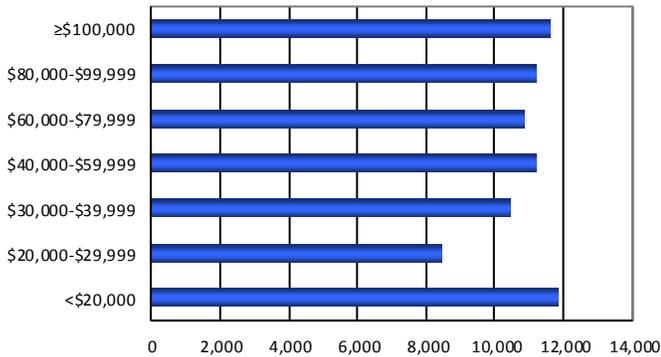
Children and youth whose parents are just as active or substantially more active than peers the same age and sex take more steps on average than those whose parents consider themselves less active. Children and youth whose parents have a university education take more steps on average than those whose parents have a secondary or college education. There is a slight difference in the average steps taken with household income.



Children living in some lower income households (ranging from \$20,000 to \$29,999 per year) take fewer steps than those living in households with incomes of \$40,000 or greater.

FIGURE 3

Average daily steps taken by children and youth by household income



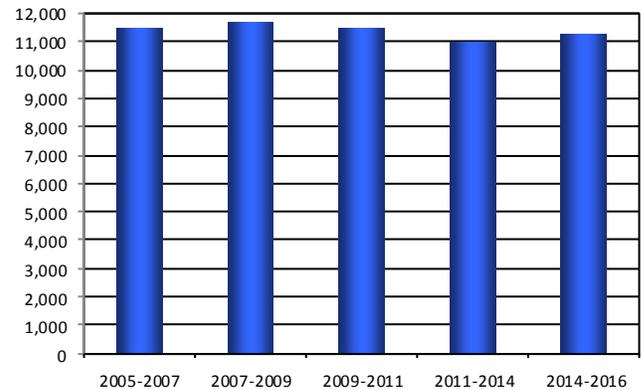
CANPLAY study, 2014-2016, CFLRI

Trends over time

As described in the previous section, children and youth between the ages of 5 and 19 take roughly 11,300 steps daily on average. In general terms, this average has stayed relatively stable since the start of the study, with the exception that the average in 2014 to 2016 (year 9 and 10 of the study) is slightly lower than the number of steps reported during the period of 2007 to 2009 (year 3 and year 4). In addition, the steps reported in the period from 2011 to 2014 (year 7 and year 8) were slightly lower than previous years.

FIGURE 4

Average daily steps taken by children and youth, trends over time



CANPLAY study, 2014-2016, CFLRI

Several patterns related to physical activity of children and youth have remained consistent over time, including:

- boys taking more steps than girls on average
- decreases in average steps with increasing age
- participation in organized physical activity and sport yielding a higher number of daily steps
- differences in daily steps with respect to household income.

In addition, the relationships between daily steps and parent's education level and parent's activity level are also somewhat similar to those found in earlier years of the study.

CANADIAN FITNESS & LIFESTYLE RESEARCH INSTITUTE

201-185 Somerset Street West • Ottawa, ON K2P 0J2 • (613) 233-5528 • info@cflri.ca

<http://www.cflri.ca/>



Production of this bulletin has been made possible through a financial contribution from Sport Canada and the Interprovincial Sport and Recreation Council. The views expressed herein do not necessarily represent the views of these agencies.