



# Kids CAN PLAY!

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

## Physical activity levels of children and youth in Prince Edward Island

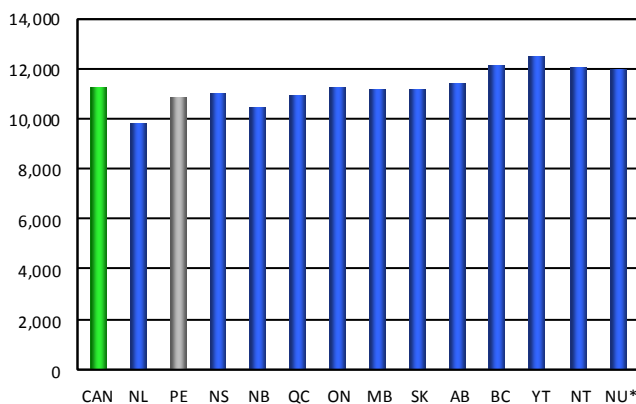
The Canadian Fitness and Lifestyle Research Institute's CANPLAY (Canadian Physical activity Levels Among Youth) study measures physical activity levels of children and youth using pedometers to count daily steps. The study has collected data between 2005 and 2016. Although most of the analyses in this bulletin focuses on combined data collected in years 9 and 10 (2014-2016), some analyses reflect trends over time, where otherwise stated.

### Canada and regions

Based on the latest data (years 2014 to 2016), the CANPLAY study shows that Canadian children (ages 5 to 19) take approximately 11,300 daily steps on average. Children and youth residing in Prince Edward Island take a statistically similar number of steps on average when compared to the national average, at just slightly under 11,000 steps. When compared to other regions in the country during this time period, children and youth residing in Prince Edward Island take fewer steps than children and youth living in British Columbia and the Yukon.

FIGURE 1

Average daily steps taken by children and youth by province and territory



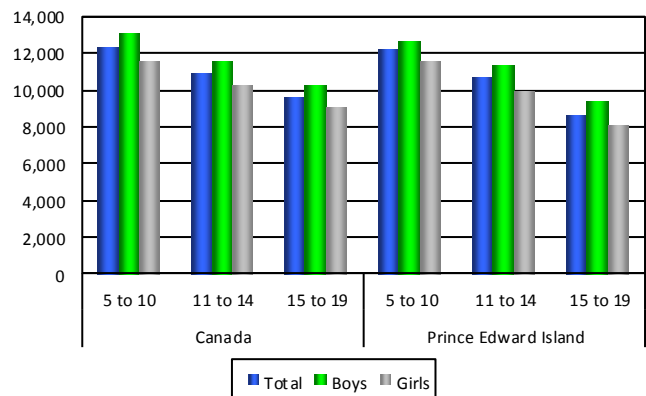
\*Based on 2011-2014 due to sample in 2014-2016  
CANPLAY study, 2014-2016, CFLRI

### Child and parent characteristics

Based on the latest data, boys take significantly more steps on average than girls in Canada. Similarly, boys take more steps than girls on average during this time period in Prince Edward Island as well. In Canada, average daily steps decrease with increasing age of the child, and this relationship is similar to the province.

FIGURE 2

Average daily steps taken by children and youth by child's age and gender, Canada and Prince Edward Island



CANPLAY study, 2014-2016, CFLRI

In Canada and in the province, children and youth who participate in organized physical activity and sport take more steps on average than those who do not. Although there are relationships between average steps taken daily and parent's activity level, education level and household income at a national level, these relationships are not significant in the province between 2014 and 2016.

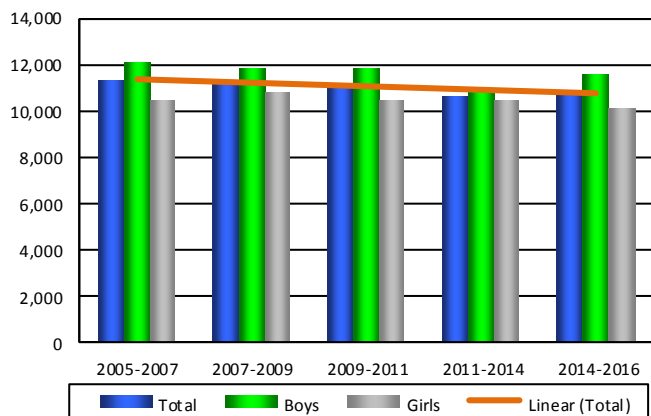


**Trends over time**

In Prince Edward Island, there have been no overall significant differences in the number of steps taken in 2014-2016 compared to the number of steps taken within each study period over the previous decade. Although no differences appear overall, there is a slight decrease in steps between 2014 and 2016 and the study years of 2007 to 2009, among 15 to 19 year olds only. This, however, is the only significant difference within a particular group, between study time periods.

**FIGURE 3**

Average daily steps taken by children and youth over time, Prince Edward Island



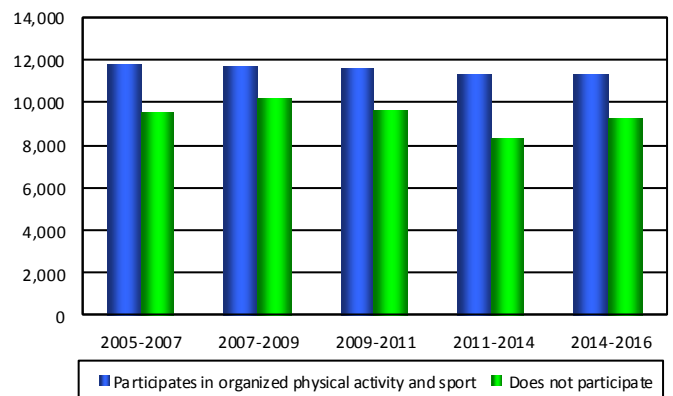
CANPLAY study, 2005-2016, CFLRI

In Canada, the relationship between steps taken and gender has persisted over time, and with the exception of one study time period, this same pattern has also persisted over time in Prince Edward Island as well. Similarly, the inverse relationship between decreasing steps with increasing age has persisted nationally and within the province over the decade. The association between steps and organized physical activity and sport, whereby those who participate in organized physical activity and sport take more steps on average than those who do not, have persisted over time both nationally and within the province.

Significant relationships between the average number of steps taken and parent’s activity level, education level, and household income level have been less consistent over time in Prince Edward Island.

**FIGURE 4**

Average daily steps taken by participation in organized physical activity and sport over time, Prince Edward Island



CANPLAY study, 2005-2016, CFLRI

**CANADIAN FITNESS & LIFESTYLE RESEARCH INSTITUTE**

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

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



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