



Kids CAN PLAY!

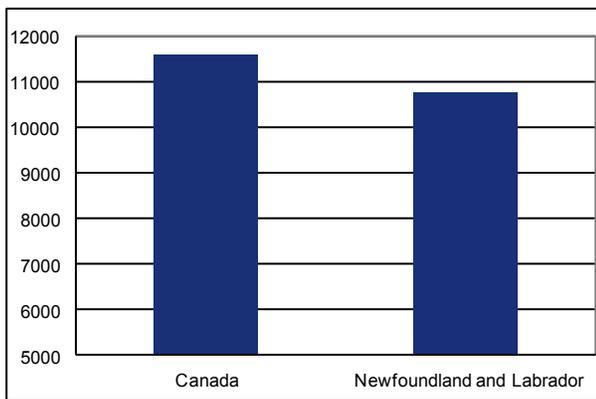
Encouraging children to be active at home, at school, and in their communities

Physical Activity Levels of Canadian Children and Youth in Newfoundland and Labrador

The Canadian Fitness and Lifestyle Research Institute’s CANPLAY study (Canadian Physical activity Levels Among Youth study) has measured physical activity levels of children and youth using pedometers to measure daily steps. Although the majority of the analyses in this bulletin focus on combined data collected in years five and six of collection (2009-2011), some analyses also reflects trends over time, when otherwise stated. Combining years 5 and 6 of data collection, the CANPLAY study shows that Canadian children, aged 5 to 19, take approximately 11,600 daily steps on average. Children and youth in Newfoundland and Labrador take significantly fewer steps than the national average, at roughly 10,800 steps.

FIGURE 1

Average daily steps of children and youth, Canada and Newfoundland and Labrador, 2009-2011



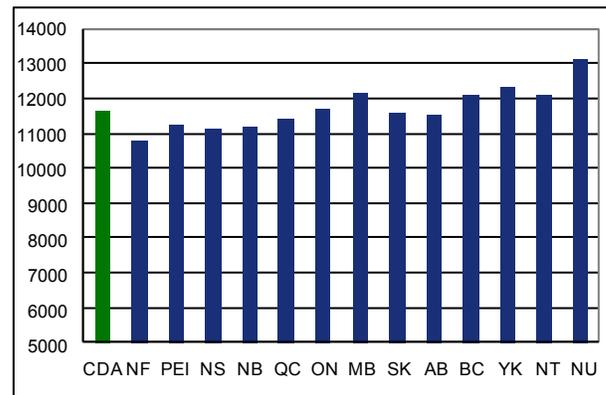
CANPLAY 2009/11, CFLRI

Province and Territory

Children and youth in Newfoundland and Labrador take fewer steps than children and youth living in Ontario, Manitoba, British Columbia, Yukon, Northwest Territories, and Nunavut (however, it should be noted that data in Nunavut was collected using a different methodology).

FIGURE 2

Average daily steps of children and youth by province/territory, 2009-2011



CANPLAY 2009/11, CFLRI

Child characteristics

Boys in Newfoundland and Labrador take more daily steps on average than girls do, and this is pattern is similar to that found nationally.

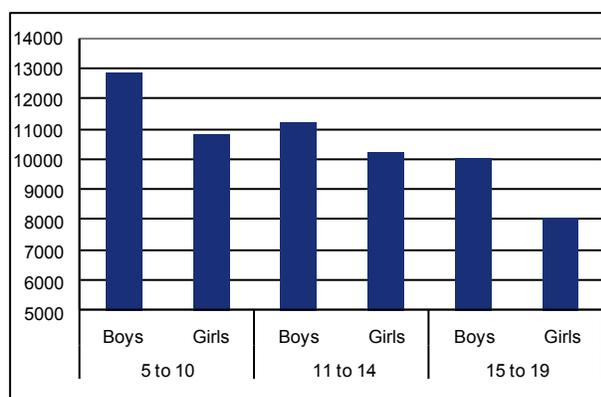


Daily steps decrease by age group. In Newfoundland and Labrador, this is particularly evident when comparing younger children with older teens. The age-related decrease in steps is a pattern that appears both nationally and at a provincial level. In Newfoundland and Labrador, gender differences are significant among the youngest children (5 to 10 year olds) and oldest youth (15 to 19 years) and the age-related decrease in steps generally appears for both boys and girls.

In Newfoundland and Labrador, children who participate in organized physical activities and sport take on average 2,100 more daily steps than children who do not participate in these types of activities. This general pattern is similar to that found nationally.

FIGURE 3

Average daily steps of children and youth in Newfoundland and Labrador by age and sex of child, 2009-2011



CANPLAY 2009/11, CFLRI

Parent and household characteristics

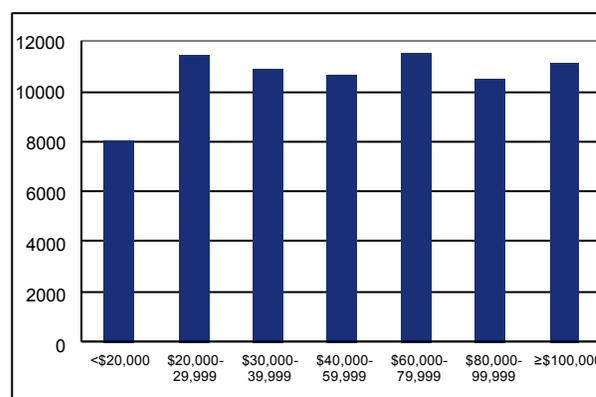
In Newfoundland and Labrador, there are no significant differences between a child's average daily steps and the education level or perceived activity level of parents, however, there are differences with household income. Children from the lowest income household (\leq \$20,000 per year) take fewer daily steps on average than those from higher income households (\geq \$40,000 per year).

Trends in activity level over time

There have been no significant changes over time in the number of steps taken by children and youth in

FIGURE 4

Average daily steps of children and youth in Newfoundland and Labrador by household income, 2009-2011

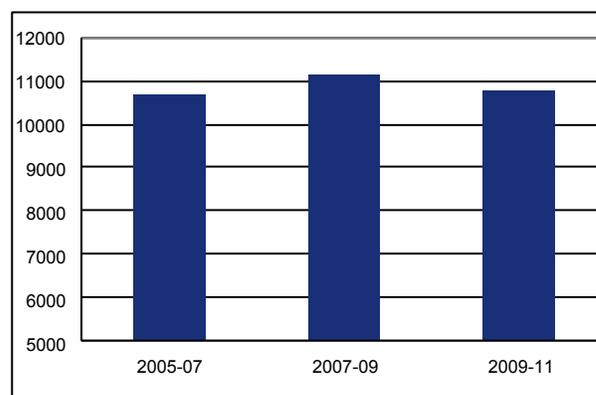


CANPLAY 2009/11, CFLRI

Newfoundland and Labrador, and this is illustrated in Figure 5. This section looks at trends over time in this province.

FIGURE 5

Average daily steps of children and youth in Newfoundland and Labrador, trends, 2005-2011



CANPLAY 2005/11, CFLRI

Child characteristics

In years 1 and 2 as well as years 5 and 6, boys in Newfoundland and Labrador take more steps than girls (approximately 2,000 and 1,800 more steps, respectively). The age-related decrease in steps also appears for all study years (currently a difference of 2,900 steps between the youngest children and the oldest youth).

Moreover, the relationship between a child's participation in organized sport and physical activity and a greater number of steps taken appears for each of the three data collection cycles in Newfoundland and Labrador.

Parent and household characteristics

Although there is no association in Newfoundland and Labrador between a child's average daily steps and parent's education level or activity level, there is a relationship with household income. In earlier years, there were no differences in children's steps and household income, however, in years 5 and 6 combined, children and youth in Newfoundland and Labrador that are in the lowest incomes households (\leq \$20,000 per year) take fewer steps than those with incomes of \$40,000 or more per year.

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