



Kids CAN PLAY!

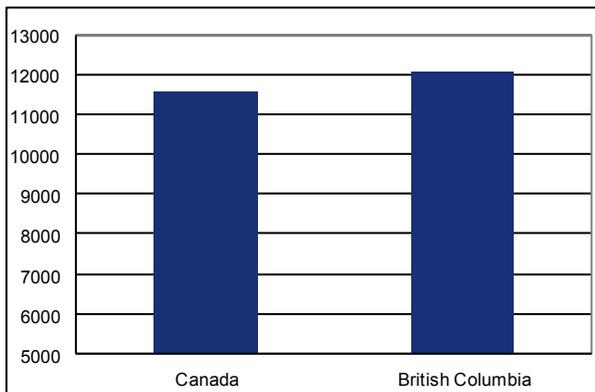
Encouraging children to be active at home, at school, and in their communities

Physical Activity Levels of Canadian Children and Youth in British Columbia

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 reflect trends over time, if 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 British Columbia take a similar number of steps as the national average, at roughly 12,100 steps.

FIGURE 1

Average daily steps of children and youth, Canada and British Columbia, 2009-2011



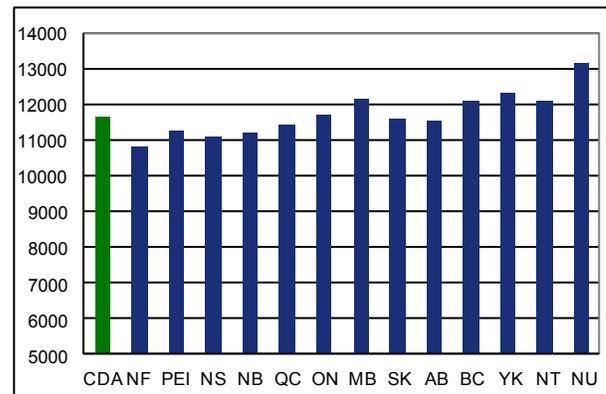
CANPLAY 2009/11, CFLRI

Province and Territory

Children and youth in British Columbia take more steps than children and youth living in Newfoundland and Labrador, Prince Edward Island, Nova Scotia, and New Brunswick, yet fewer steps than those in 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 British Columbia take more daily steps on average than girls do (almost roughly 1,400 more steps), which is similar to the relationship found nationally.

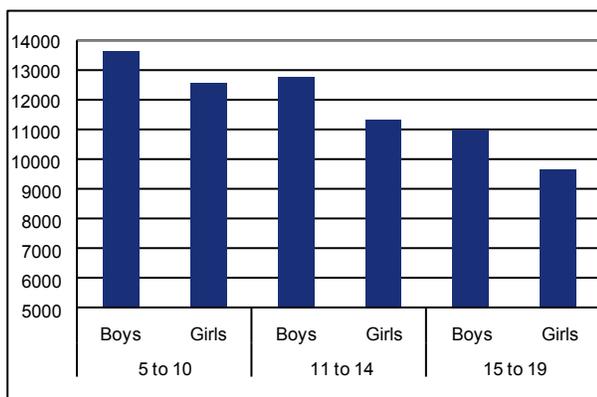


Daily steps decrease by age group, and this is a pattern that appears both nationally and at a provincial level. In British Columbia, there are no significant gender differences within each age category, however, the age-related decrease in steps generally appears for both boys and girls.

In British Columbia, children who participate in organized physical activities and sport take significantly more daily steps on average compared to children who do not participate in these types of activities (roughly 2,300 more steps). This relationship is similar to that found nationally.

FIGURE 3

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



CANPLAY 2009/11, CFLRI

Parent and household characteristics

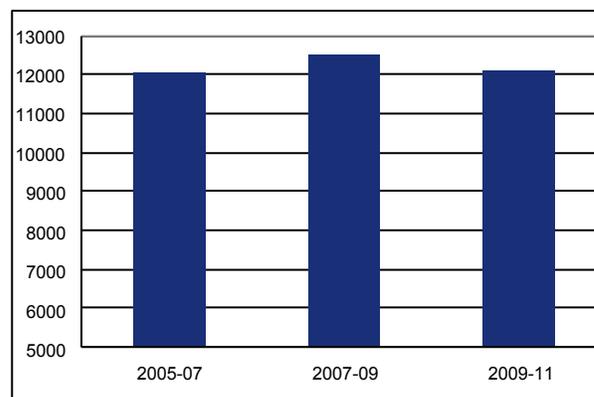
In British Columbia, children whose parents have high school education take more daily step than do children whose parents who have a college education. There are no significant associations between children's daily steps and parent's activity level or household income. This differs from the population as a whole, where nationally: children from the highest income household ($\geq \$100,000$ per year) take more daily steps on average than those from households with incomes between \$40,000 and \$59,999; and, children whose parents consider themselves substantially less active than their peers take fewer steps on average than those who parents consider themselves slightly more active than their peers.

Trends in activity level over time

There have been no significant changes over time in the number of steps taken by children and youth residing in British Columbia, and this is illustrated in Figure 4. This section looks at trends over time in this province.

FIGURE 4

Average daily steps of children and youth in British Columbia, trends, 2005-2011



CANPLAY 2005/11, CFLRI

Child characteristics

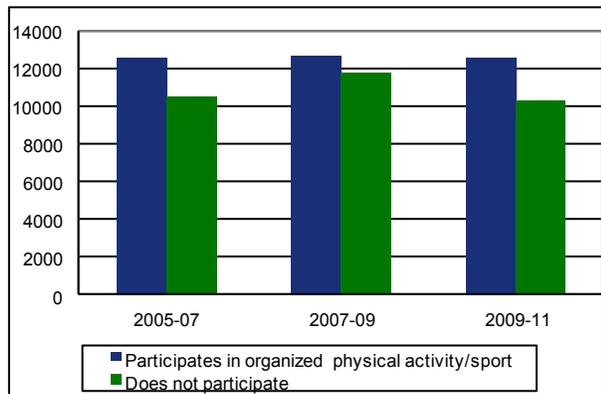
Although not significant in first couple of years of the CANPLAY study in British Columbia, in later years boys took more steps than girls (roughly 1,400 more steps). The age-related decrease in steps appears within all study years, and also appears for both boys and girls. With the exception of more daily steps being taken by boys than girls among those aged 5 to 10 in years 1 and 2 of the study, and those aged 11 to 14 years in years 3 and 4 of the study, there have been no gender differences within specific age groups over time. The relationship between steps and participation in organized sport and physical activity has persisted over time.

Parent and household characteristics

Although a relationship existed between a child's daily steps and household income in British Columbia in earlier years of the study (years 1 and 2 combined), such a relationship has not been evident in more recent years. Significant differences have been observed

FIGURE 5

Average daily steps of children and youth in British Columbia by child's participation in organized sport and physical activity, 2005-2011



CANPLAY 2005/11, CFLRI

between parent's education level and children's daily steps in the earlier (years 1 and 2) and later years (years 5 and 6) of the study, but these have varied and there is no clear pattern in the changes over time. The lack of a relationship between a child's daily steps and parent's activity level exists across all three years in British Columbia.

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