



Kids CAN PLAY!

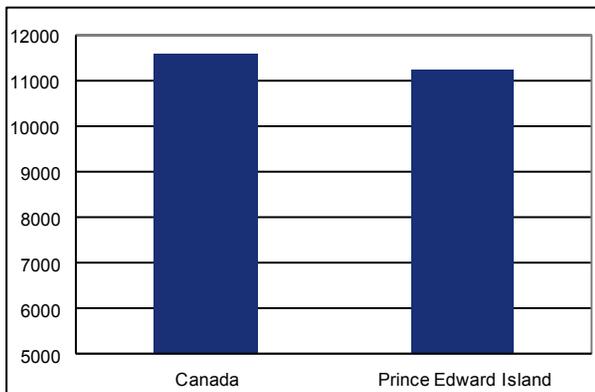
Encouraging children to be active at home, at school, and in their communities

Physical Activity Levels of Canadian Children and Youth in Prince Edward Island

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 Prince Edward Island take a similar number of steps as the national average, at roughly 11,200 steps.

FIGURE 1

Average daily steps of children and youth, Canada and Prince Edward Island, 2009-2011



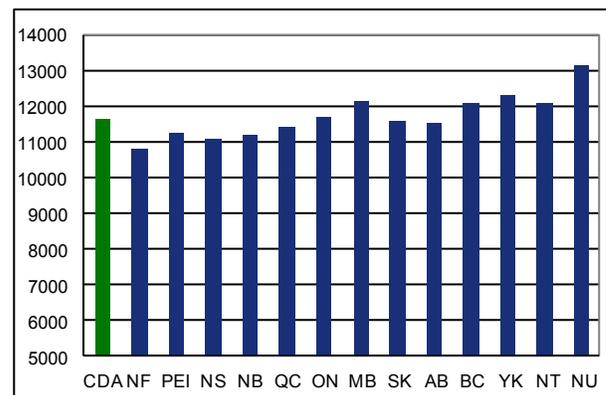
CANPLAY 2009/11, CFLRI

Province and Territory

Children and youth in Prince Edward Island take fewer steps than children and youth living in Manitoba, British Columbia, 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 Prince Edward Island take more daily steps on average than girls do, and this pattern is similar to that found nationally. Daily steps decrease by age group. The age-related decrease in steps is a pattern that appears both nationally and at a provincial level.

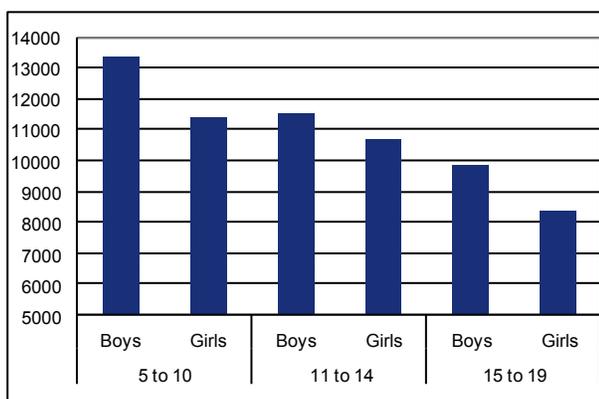


In Prince Edward Island, these gender differences are significant only among the youngest children (5 to 10 year olds) and the age-related decrease in steps generally appears for both boys and girls.

In Prince Edward Island, children who participate in organized physical activities and sport take on average 2,000 more daily steps than children who do not participate in these types of activities. This pattern is generally similar to that found nationally.

FIGURE 3

Average daily steps of children and youth in Prince Edward Island by age and sex of child, 2009-2011



CANPLAY 2009/11, CFLRI

Parent and household characteristics

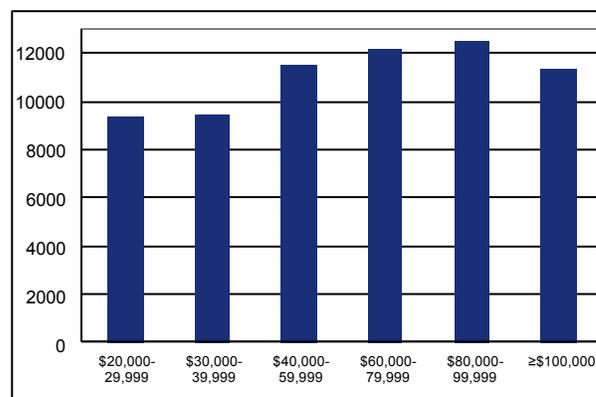
In Prince Edward Island, there are no significant differences between a child’s average daily steps and parent’s education level, however, there are differences with parent’s activity level and household income. Children whose parents consider themselves to be slightly more active than their peers take more daily steps on average compared to those who consider themselves slightly less active. Children from the lower income household (<\$40,000 per year) take fewer daily steps on average than those from higher income households (\$60,000 to \$99,999 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 Prince Edward Island, and this is illustrated in Figure 5. This section looks at trends over time in this province.

FIGURE 4

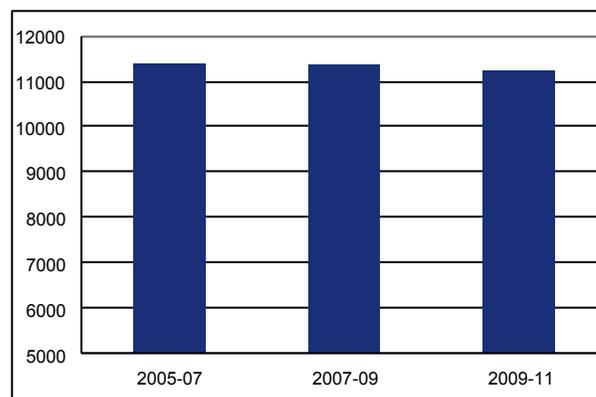
Average daily steps of children and youth in Prince Edward Island by household income, 2009-2011



CANPLAY 2009/11, CFLRI

FIGURE 5

Average daily steps of children and youth in Prince Edward Island, trends, 2005-2011



CANPLAY 2005/11, CFLRI

Child characteristics

In all years of the CANPLAY study, boys in Prince Edward Island take more steps than girls (currently, 1,400 more steps). The age-related decrease in steps generally appears for all study years. The age- and sex-relationships that appears in years 5 and 6 also appeared in years 1 and 2.

Moreover, the relationship between a child’s participation in organized sport and physical activity and a greater number of steps taken appears within each of the three data collection periods in Prince Edward Island.

Parent and household characteristics

Although there is no association in Prince Edward Island between a child's average daily steps and parent's education level in years 5 or 6 combined and also years 1 and 2 combined, in years 3 and 4, children whose parents have a university education take more steps than those with a college university. Although no relationship appeared between steps taken and household income in earlier years, there is a relationship with household income in years 5 and 6. During years 5 and 6, children from higher income households (\$60,000 to \$99,999) take more steps than those from lower income households (\leq \$40,000). In years 1 and 2 combined, children whose parents consider themselves substantially more active take more steps than those whose parents consider themselves slightly less active. Although no significant relationships with parent activity level appears in years 3 and year 4 combined, a similar relationship does appear in years 5 and 6, whereby children with parents that consider themselves slightly more active take more steps than parents who consider themselves slightly less active.

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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