



# Kids CAN PLAY!

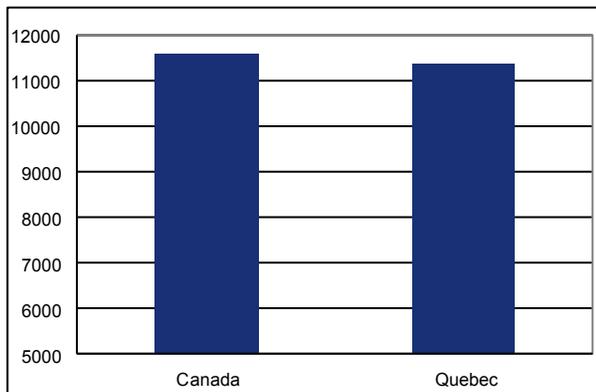
Encouraging children to be active at home, at school, and in their communities

## Physical Activity Levels of Canadian Children and Youth in Quebec

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 Quebec take a similar number of steps as the national average, at roughly 11,400 steps.

**FIGURE 1**

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



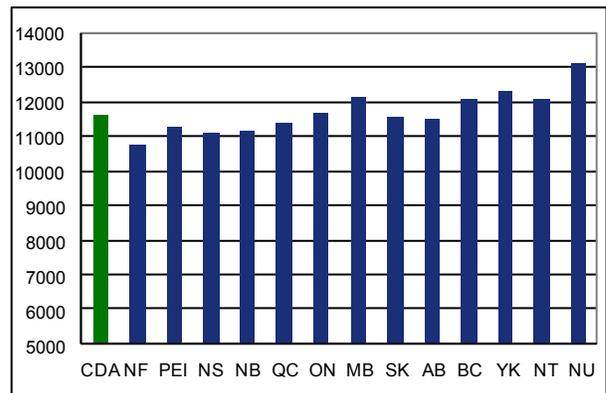
CANPLAY 2009/11, CFLRI

### Province and Territory

Children and youth in Quebec take roughly the same number of steps as children living elsewhere in Canada, with the exception that they take fewer steps than children and youth living 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 Quebec take more daily steps on average than girls do, which is a similar relationship to that found nationally. Daily steps decrease by age group. In Quebec, this is particularly evident when comparing younger children to older teens.

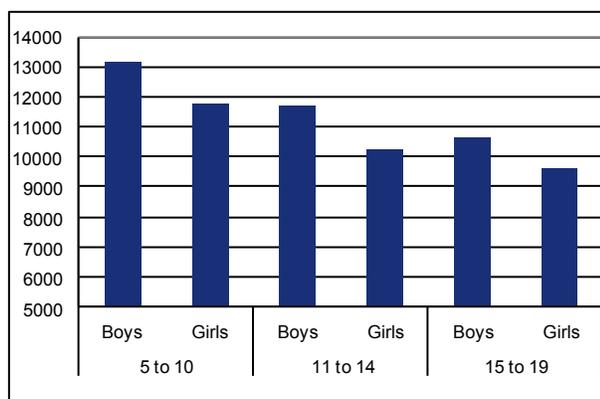


The age-related decrease in steps is a pattern that appears both nationally and at a provincial level. In Quebec, only younger boys (aged 5 to 10 years) take significantly more steps than girls of the same age, however, the age-related decrease in steps appears for both boys and girls.

In Quebec, children who participate in organized physical activities and sport take an equivalent number of daily steps on average compared to children who do not participate in these types of activities. This relationship is contrary to that found nationally whereby children who participate in organized activities take more steps than those who do not.

**FIGURE 3**

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



CANPLAY 2009/11, CFLRI

### Parent and household characteristics

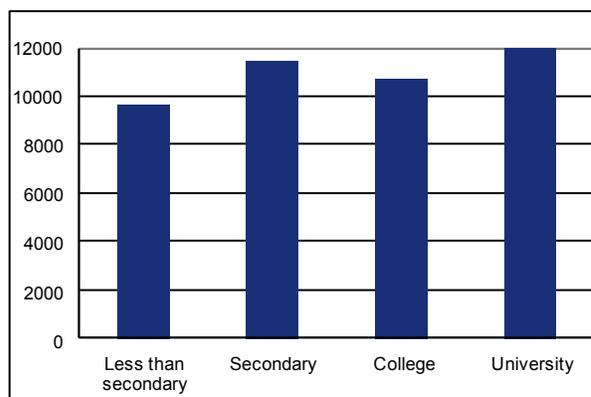
Although there are no differences between daily steps taken by children and youth living in Quebec and household income, children whose parents have a university education take more steps on average compared to those with less than a high school education. The number of daily steps taken by a child is not significantly associated with parent's activity level in Quebec.

### 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**

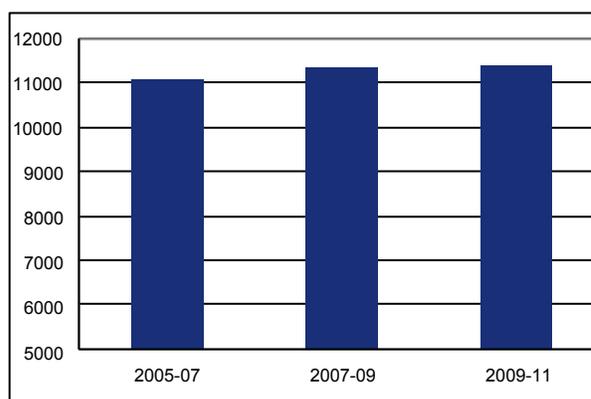
Average daily steps of children and youth in Quebec by parent's education level, 2009-2011



CANPLAY 2009/11, CFLRI

**FIGURE 5**

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



CANPLAY 2005/11, CFLRI

Quebec. This is illustrated in Figure 5. This section looks at trends over time in this province.

### Child characteristics

In all years of the CANPLAY study in Quebec, boys took more steps than girls (currently 1,300 more steps). The age-related decrease in steps appears within all study years, and also appears for both boys and girls. The gender differences within specific age groups no longer exist in years 5 and 6. In fact, in the most recent years (years 5 and 6 combined), there are only significant gender differences in steps among the youngest children (5 to 10 year olds).

Moreover, the relationship between a child's participation in organized sport and physical activity and a greater number of steps taken that appeared in earlier years for children and youth living in Quebec no longer is significant in years 5 and 6 combined.

#### Parent and household characteristics

Although there is no association in Quebec between a child's average daily steps and parent's education level in the first two years of the study (years 1 and 2 combined), in more recent years' children whose parents have a university education take more steps compared to those with less than a high school education. There continues to be no relationship between a child's steps and parent's activity level or household income in Quebec.

#### CANADIAN FITNESS & LIFESTYLE RESEARCH INSTITUTE

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

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



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