



Kids CAN PLAY!

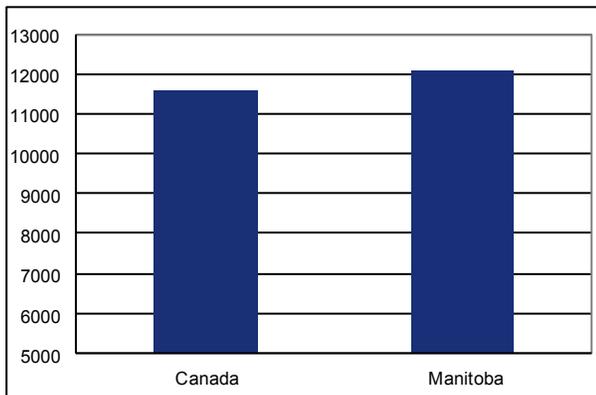
Encouraging children to be active at home, at school, and in their communities

Physical Activity Levels of Canadian Children and Youth in Manitoba

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, 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 Manitoba 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 Manitoba, 2009-2011



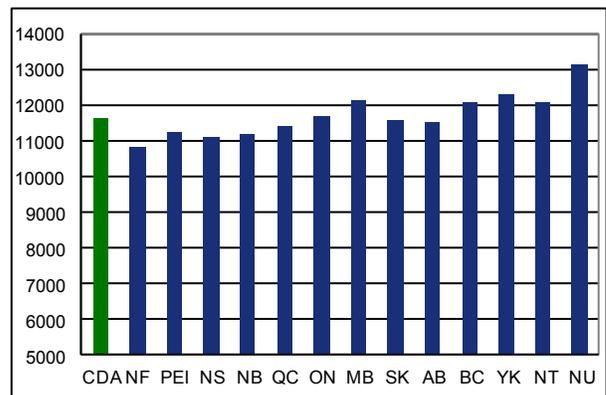
CANPLAY 2009/11, CFLRI

Province and Territory

Children and youth in Manitoba take more steps than children and youth living in Newfoundland and Labrador, Prince Edward Island, Nova Scotia, and New Brunswick

FIGURE 2

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



CANPLAY 2009/11, CFLRI

Child characteristics

Boys in Manitoba take more daily steps on average than girls do (roughly 1,300 more steps), which is similar to the relationship found nationally. Daily steps decrease by age group. In Manitoba, this is particularly evident when comparing younger children to older teens.

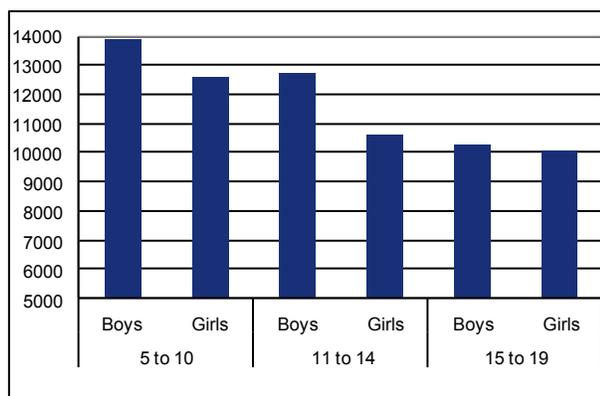


The age-related decrease in steps is a pattern that appears both nationally and at a provincial level. In Manitoba, only boys aged 11 to 14 years take significantly more steps than girls of the same age, however, the age-related decrease in steps appears for both boys and girls.

In Manitoba, 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 1,400 more steps). This relationship is similar to that found nationally.

FIGURE 3

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



CANPLAY 2009/11, CFLRI

Parent and household characteristics

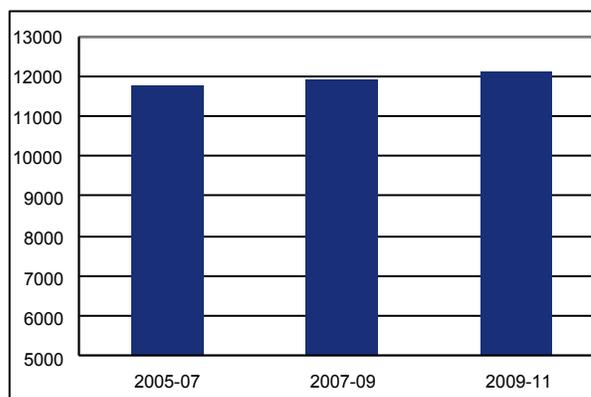
In Manitoba, there are no significant associations between children's daily steps and parent's education level, activity level, or household income. This differs from the population as a whole, where nationally: children whose parents have a university education take slightly more steps than those with a college education; 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 in Manitoba, 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 Manitoba, trends, 2005-2011



CANPLAY 2005/11, CFLRI

Child characteristics

In all years of the CANPLAY study in Manitoba, boys took more steps than girls (between 1,100 and 1,400 more steps). The age-related decrease in steps appears within all study years, and also appears for both boys and girls. The significant gender differences in steps within specific age groups vary over time. For example: in years 5 and 6, boys aged 11 to 14 years take significantly more steps than girls; in years 3 and 4 combined, there are no gender differences within specific age categories; and, in years 1 and 2 combined, boys younger than 15 years take more steps than girls. Moreover, the relationship between a child's participation in organized sport and physical activity and a greater number of steps appears within all study years in Manitoba.

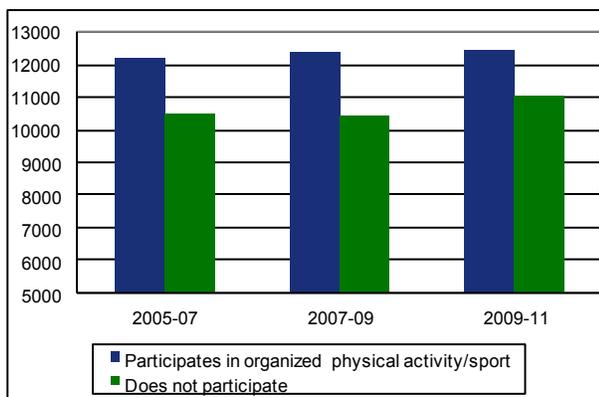
Parent and household characteristics

The lack of a relationship between a child's daily steps and a parent's education level or household income has persisted over time in Manitoba. In the first two data collection cycles of the study, a relationship existed

between a child’s daily steps and parent’s activity level in Manitoba, however, this relationship has not been evident in later study years.

FIGURE 5

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



CANPLAY 2005/11, CFLRI

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