



Kids CAN PLAY!

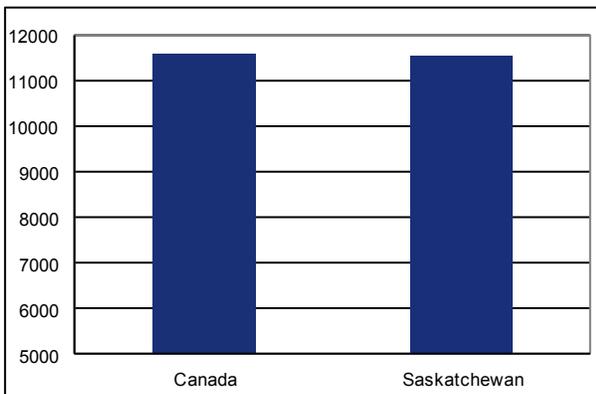
Encouraging children to be active at home, at school, and in their communities

Physical Activity Levels of Canadian Children and Youth in Saskatchewan

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 Saskatchewan take a similar number of steps as the national average, at roughly 11,500 steps.

FIGURE 1

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



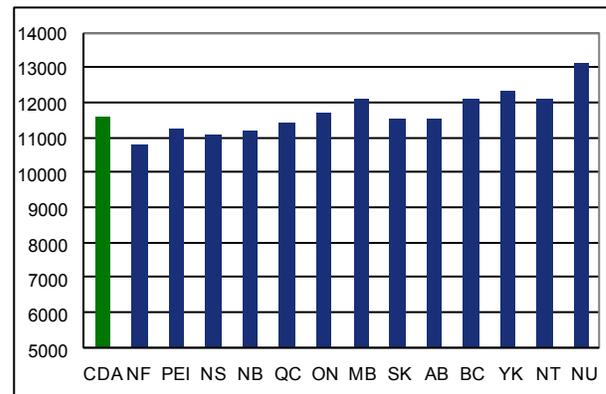
CANPLAY 2009/11, CFLRI

Province and Territory

Children and youth in Saskatchewan 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 Saskatchewan take more daily steps on average than girls do (almost 1,600 more steps), which is similar to the relationship found nationally. Daily steps decrease by increasing age group.

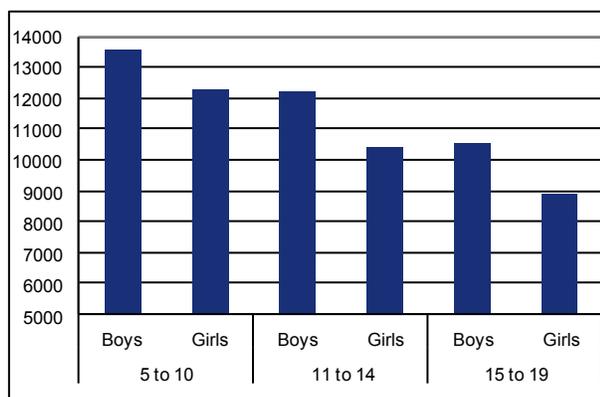


In Saskatchewan, this is particularly evident when comparing younger children to older teens. The age-related decrease in steps is a pattern that appears both nationally and at a provincial level. In Saskatchewan, only boys aged 11 to 14 years take significantly more steps than girls of the same age, however, the age-related decrease in steps generally appears for both boys and girls.

In Saskatchewan, 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 1,700 more steps). This relationship is similar to that found nationally.

FIGURE 3

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



CANPLAY 2009/11, CFLRI

Parent and household characteristics

In Saskatchewan, there is no significant association between children's daily steps and 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. In Saskatchewan, there is a relationship between children's daily steps and parent's education level. Children whose parents have a university education take more steps than those children whose parents have less than a high school education. In addition, children whose parents consider themselves *slightly more* active than their peers take

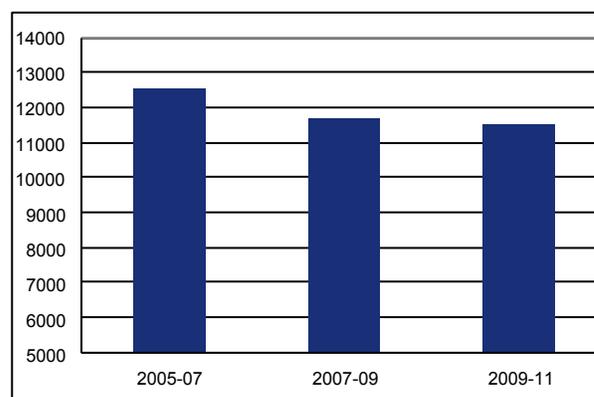
more steps on average than those who parents consider themselves *just as* active as their peers.

Trends in activity level over time

Compared to the first two years of the CANPLAY study (years 1 and 2), there has been a decrease in overall steps taken by children and youth residing in Saskatchewan (as illustrated in figure 4). This section looks at trends over time in this province.

FIGURE 4

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



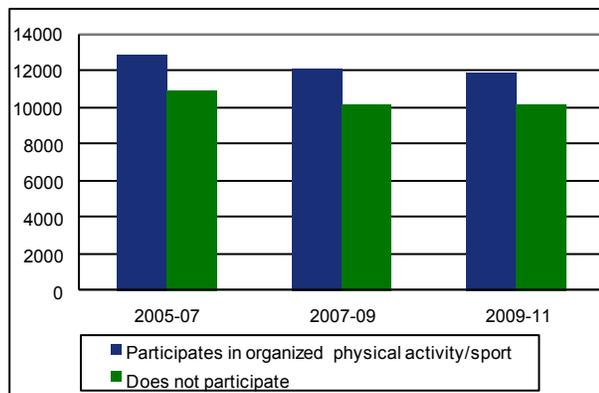
CANPLAY 2005/11, CFLRI

Child characteristics

In all years of the CANPLAY study in Saskatchewan, boys took more steps than girls (currently 1,600 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 vary over time. During the first couple of years of the CANPLAY study (years 1 and 2 combined), younger boys (aged 5 to 10) and older boys (aged 15 to 19) took significantly more steps than girls of the same ages, however, in later years of the study, significant gender differences only appeared among 11 to 14 year olds. 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 Saskatchewan.

FIGURE 5

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



CANPLAY 2005/11, CFLRI

Parent and household characteristics

A relationship between a child's daily steps and a parent's activity level in Saskatchewan existed during the first couple of years of the study (years 1 and 2 combined) and during year 5 and 6 combined. The lack of a relationship between a child's daily steps and parent's education level existed in Saskatchewan in earlier years of the study, however, children whose parents have a university education take more steps than those children whose parents have less than a high school education in years 5 and 6 combined.

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