

2022 Canadian Report Card on Physical Activity for Children and Youth

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Background

- The Canadian Report Card synthesized data from multiple sources, to assign evidence-informed grades across 14 indicators
- Grades assigned based on data collected during the COVID-19 pandemic
- The Canadian Report Card has been replicated in over 70 cities, provinces, and countries
- 2022 marks the 15th Canadian Report Card
- Completed in harmonization with the Active Healthy Kids Global Alliance Global Matrix process

DAILY BEHAVIOURS

Overall Physical Activity **D**
28% engaged in ≥ 60 minutes of moderate-to-vigorous physical per day. This grade is a **decrease** from the D+ in 2020.

Active Play **D-**
25% had >2 hours per day of active play. This grade is an **increase** from the F in 2020.

Active Transportation **C-**
41% typically used active transportation. This grade is an **increase** from the D- in 2020.

Organized Sport **C+**
57% participated in organized sport programs. This grade is a **decrease** from the B in 2020.

Physical Education **INC**
No large-scale or nationally representative data were available to assign a COVID-19-specific grade.

Sedentary Behaviours **F**
18% engaged in < 2 hours pf recreational screen use per day. This grade is a **decrease** from the D+ in 2020.

Sleep **B**
Consensus among the Research Committee was reached for a B grade. This grade did not change from 2020.

24-Hour Movement Behaviours **E**
5% met all 24-hour movement behaviour recommendations. This grade did not change from 2020.

INDIVIDUAL CHARACTERISTICS

Physical Literacy **INC**
No large-scale or nationally representative data were Available to assign a Canadian COVID-19-specific grade.



Physical Fitness **INC**
No large-scale or nationally representative data were Available to assign a Canadian COVID-19-specific grade.

SPACES & PLACES

Household **C**
53% of parents met the benchmark for facilitating physical activity and sport opportunities for their children. This grade did not change from 2020.

School **B-**
64% of schools met the benchmarks pertaining to policies, human resources, facilities, partnerships, and other programming. This grade did not change from 2020.

Community & Environment **B**
70% of communities met the benchmarks pertaining to policies, Facilities and infrastructure, partnerships, human resources and programming. This grade is a **decrease** from the B+ in 2020.

STRATEGIES & INVESTMENTS



Government **B-**
Consensus among the Report Card Research Committee was reached for a B- grade using the available evidence (e.g., federal and provincial budgets). This grade did not change from 2020.



Conclusions

- During COVID-19, grades indicate that physical activity decreased, sedentary behaviours increased, and fewer opportunities existed for sport and community-/facility-based activities.
- Active Play and Active Transportation increased.
- Efforts are needed to improve physical activity for children and youth during and post-pandemic.



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