

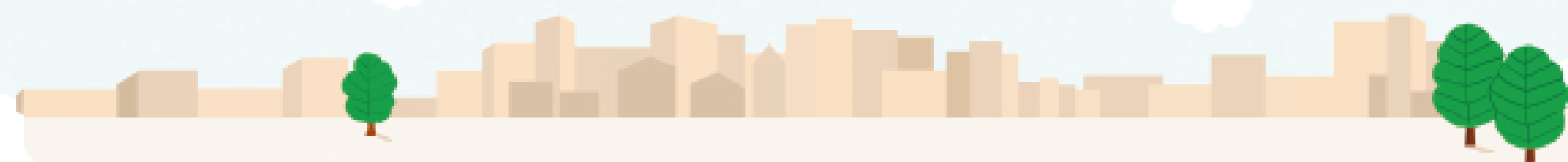
# IS CANADA IN THE RUNNING?

How Canada Stacks Up Against 14 Other Countries on Physical Activity for Children and Youth

10TH ANNIVERSARY EDITION

2014

Active Healthy Kids Canada  
Report Card on Physical Activity for Children and Youth



## Introduction

Active Healthy Kids Canada (AHKC; [www.activehealthykids.ca](http://www.activehealthykids.ca)) is a national charitable organization established in 1994 that works to 'power the movement to get kids moving'. The Report Card is AHKC's primary knowledge translation tool to inspire Canadians to engage all children and youth in physical activity. The Report Card consolidates current research into a format that can be easily accessed by various knowledge users (e.g., media, practitioners, governments), and provides the most comprehensive assessment of the physical activity of children and youth in Canada.

## 10 Year Anniversary

The Report Card was first released in 2005 to sound the alarm about the physical inactivity crisis in Canada. In 2014 AHKC proudly presents the 10<sup>th</sup> anniversary of the AHKC Report Card on Physical Activity for Children and Youth.

## Methods

The Report Card was developed by AHKC in collaboration with HALO, ParticipACTION, and the Research Work Group. Grades were assigned by consensus among the experts who make up the Research Work Group. The grade assignment process consisted of examining the current data and literature for each indicator against a benchmark or optimal scenario.

National and objectively measured data factored most heavily into grade assignments. Grades were primarily informed by major nationally representative surveys including: 2007-11 CHMS, Statistics Canada; 2011-12 CANPLAY, CFLRI; 2010-11 PAM, CFLRI; 2011 OPASS, CFLRI; 2009-10 HBSC. Trends over time and the presence of disparities (e.g., race, gender, SES) were considered where such information was relevant and available.

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## Key Results

The majority of Canadian children and youth are not meeting the Canadian Physical Activity and Sedentary Behaviour Guidelines for their age groups (Overall Physical Activity Levels, D-; Sedentary Behaviours, F). Engagement in physical activities (Organized Sport Participation, C+; Active Play, INCOMPLETE; Active Transportation, D) is low, despite relatively strong infrastructure (School, C+; and Community and the Built Environment, B+). Most Canadian jurisdictions have made physical activity a public health priority, and incremental advances in the support of physical activity opportunities in Canada over the past decade are promising (Government Strategies and Investments, C; Non-Government Strategies and Investments, A-).

Indicator	Grade
Overall Physical Activity	D-
Organized Sport Participation	C+
Active Play	INC
Active Transportation	D
Sedentary Behaviours	F
Family & Peers	C
School	C+
Community & the Built Environment	B+
Government Strategies & Investment	C
Non-Government Strategies & Investment	A-

## Conclusions

Despite good availability of policies, programs, and infrastructure, physical activity is low and sedentary behaviour is high among Canadian children and youth. To increase daily physical activity levels for all kids, we must encourage the accumulation of physical activity throughout a child's day, and consider a mix of opportunities (e.g., sport, active play, active transportation). In some cases, we may need to step back and do less. Developed societies such as Canada must acknowledge that children need room to move.



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