

ARE CANADIAN KIDS TOO TIRED TO MOVE?

2016
The ParticipACTION Report Card on
Physical Activity for Children and Youth



The new **Canadian 24-Hour Movement Guidelines** recommend that kids aged 5–17 years should achieve high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day.



5–13 year olds need 9–11 hours of sleep per night and 14–17 year olds need 8–10 hours of sleep per night.¹⁴ Consistent bed and wake-times are important for all age groups.



31% of school-aged kids and 26% of adolescents in Canada are sleep-deprived.¹⁷

Active transportation (e.g., walking or biking) and outdoor play increase exposure to sunlight, which helps regulate sleep patterns.¹⁸



Too little sleep can cause hyperactivity, impulsiveness and a short attention span.^{19,20}

9%

Only 9% of Canadian kids get the 60 minutes of heart-pumping physical activity they need each day.^{2012-13 CHMS}

The health benefits that come with heart-pumping physical activity are reduced if children have poor sleep habits or engage in excessive sedentary behaviour. And well-rested children are not healthy if they are not getting enough activity.¹¹



Kids who are tired out from running around sleep better, and those who have slept well have more energy to run around.^{26,27}

Physical activity helps kids fall asleep faster.²⁸



Overall Physical Activity

70% of children aged 3 to 4 meet the recommendation of 180 minutes of daily activity at any intensity. However, as the guidelines change to 60 minutes of moderate- to vigorous-intensity physical activity per day for those aged **5 to 17**, **only 9%** are meeting the guidelines.^{2012-13 CHMS}

| DAILY BEHAVIOURS | SETTINGS & SOURCES OF INFLUENCE | STRATEGIES & INVESTMENTS |
|--|--|--|
| B Organized Sport & Physical Activity Participation <ul style="list-style-type: none">According to parents, 77% of 5- to 19-year-olds participate in organized physical activities or sport.^{2014-15 CANPLAY}Less than 30% of 3- to 21-year-olds with severe developmental disabilities play team sports.⁵¹ | C+ Family & Peers <ul style="list-style-type: none">79% of parents financially support their kids' physical activity.^{2010-11 PAM}36% of parents with 5- to 17-year-olds report playing active games with their kids. Subsample of the 2014-15 PAM | B- Government <ul style="list-style-type: none">The majority of provinces and territories reported increased or maintained funding to sport and physical activity for children and youth.2015 federal government Ministerial Mandate letters call out priorities related to sport, recreation and physical activity for Ministers of Sport and Persons with a Disability, Infrastructure and Communities, and Environment and Climate Change.¹⁹¹⁻¹⁹⁴Since 2013, the Public Health Agency of Canada has leveraged over \$34 million in non-governmental funding through its Multi-sectoral Partnerships Approach to increase the impact of federal programs aimed at increasing physical activity and healthy behaviours.In 2015-16, Sport Canada invested \$16 million in sport participation for children and youth. |
| D+ Active Play <ul style="list-style-type: none">37% of 11- to 15-year-olds play outdoors for more than 2 hours each day.^{2013-14 HBSC}According to parents, 75% of 5- to 19-year-olds participate in unorganized physical activities or sports after school.^{2014-15 CANPLAY} | B School <ul style="list-style-type: none">Three quarters of schools in Canada report using a physical education (PE) specialist to teach PE in their school.^{2015 OPASS}Schools report many facilities on-site including gymnasiums (94%), playing fields (88%), areas with playground equipment (71%) and bicycle racks (80%).^{2015 OPASS} | A- Non-Government <ul style="list-style-type: none">The majority of NGOs and corporations report their level of investment to increase physical activity among children and youth has increased, or stayed the same.The Lawson Foundation's new Outdoor Play Strategy aims to increase children's opportunities for self-directed play outdoors and includes \$2.7 million in funding. |
| D Active Transportation <ul style="list-style-type: none">Only 25% of Canadian parents say their kids, aged 5 to 17, typically walk or wheel to and from school, while 58% say their kids are typically driven. Subsample of the 2014-15 PAMOf kids aged 11 to 15, 24% walk to school and 2% bike.^{2013-14 HBSC} | A- Community & Environment <ul style="list-style-type: none">Among municipalities with more than 1,000 residents, 35% have a physical activity and sport strategy, 56% consider physical activity a high priority and 81% have a shared use agreement with school boards for facilities.^{2015 Physical Activity Opportunities in Canadian Communities survey}Less than 20% of parents report that crime, safety or poorly maintained sidewalks are an issue in their neighbourhood. Subsample of the 2014-15 PAM | |
| D+ Physical Literacy <ul style="list-style-type: none">44% of 8- to 12-year-olds meet the minimum recommended level of physical literacy.^{2011-16 CAPL}At least one study shows kids who have good motor skills at age 6 are more active during their leisure time at age 26.^{2015 ParticipACTION Report Card} | B Sleep <ul style="list-style-type: none">79% of 5- to 13-year-olds get the recommended 9 to 11 hours of sleep per night, and 68% of 14- to 17-year-olds get the recommended 8 to 10 hours per night.^{2012-13 CHMS}33% of Canadian children aged 5 to 13 and 45% of youth aged 14 to 17 have trouble falling asleep or staying asleep at least some of the time.^{2012-13 CHMS}43% of 16- to 17-year-olds are not getting enough sleep on weekdays.¹⁷31% of school-aged kids and 26% of adolescents in Canada are sleep-deprived.¹⁷ | |
| F Sedentary Behaviours <ul style="list-style-type: none">15% of children aged 3 to 4 meet the guideline of less than 1 hour of screen time per day; 24% of those aged 5 to 11 and 24% of those aged 12 to 17 meet the guideline of no more than 2 hours of screen time per day.^{2012-13 CHMS}High school students in Canada spend an average of 8.2 hours in screen-based sedentary behaviour each day.^{2012-2013 COMPASS} | | |

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ABOUT THE REPORT CARD

The ParticipACTION Report Card on Physical Activity for Children and Youth is the most comprehensive assessment of child and youth physical activity in Canada. The Report Card synthesizes data from multiple sources, including the best available peer-reviewed research, to assign evidence-informed grades across 12 indicators. Over the years, the Report Card has been replicated in numerous cities, provinces and countries, where it has served as a blueprint for collecting and sharing knowledge about the physical activity of young people around the world.

This Report Card includes new **Canadian 24-Hour Movement Guidelines for Children and Youth: An Integration of Physical Activity, Sedentary Behaviour, and Sleep** – the first of their kind in the world – and, for the first time, assigns a Sleep grade.

This is the **Highlight Report**; to download the full 76-page report, please visit www.participACTION.com/reportcard



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