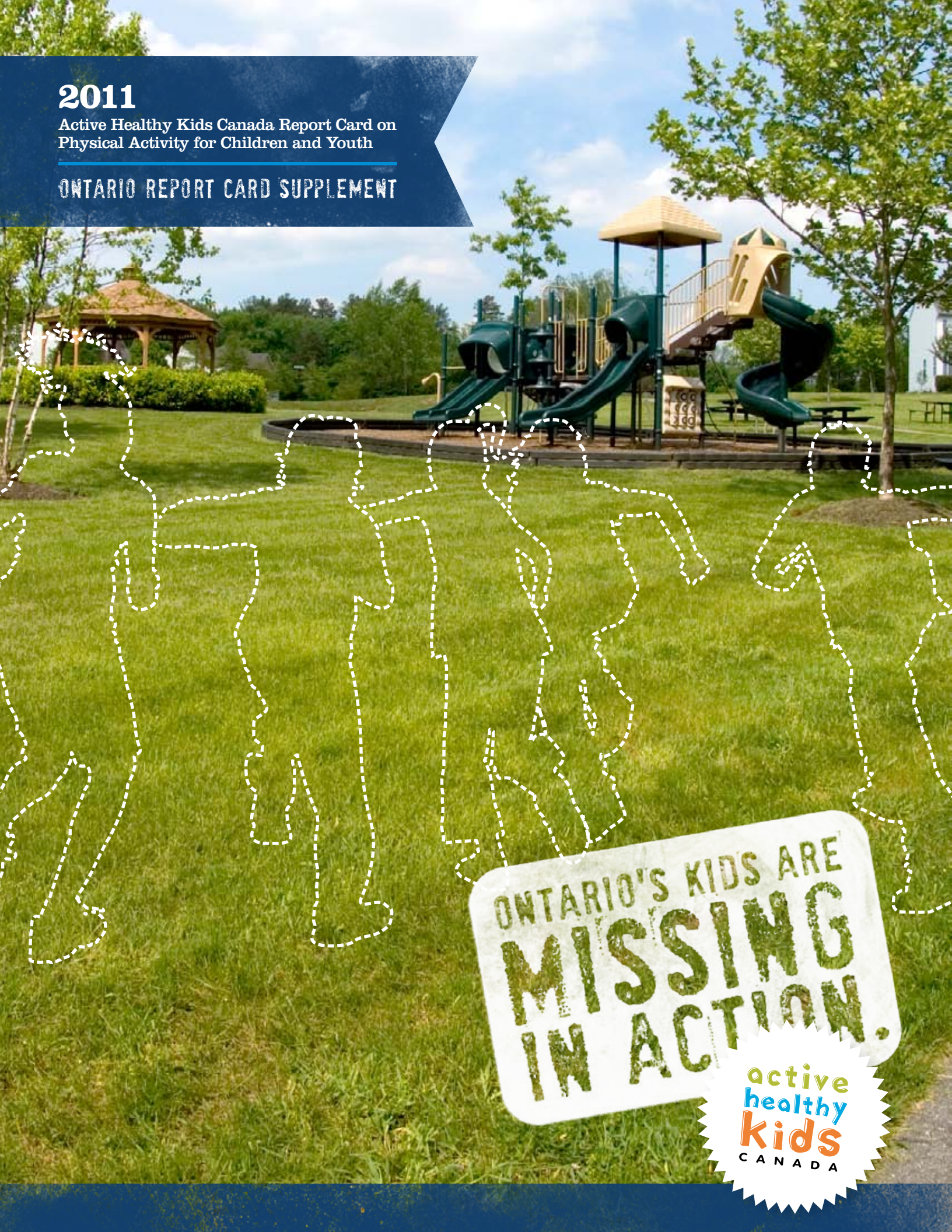


2011

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

ONTARIO REPORT CARD SUPPLEMENT



ONTARIO'S KIDS ARE
MISSING
IN ACTION.

active
healthy
kids
CANADA

Ontario can't be the Healthiest Province in Canada if our kids are

MISSING IN ACTION

Ontarians are concerned about the overall state of health and want their government to commit to make Ontario a healthier province. According to a recent Ipsos Reid poll, **9 in 10 Ontarians favour an increased investment in health promotion. 8 in 10 felt so strongly they indicated it would affect their vote in the recent provincial election.**²

The **Ontario Chronic Disease Prevention Alliance**, with its membership of over 30 organizations, has been urging the government to **make Ontario the healthiest province in Canada**. One in three Ontarians is affected by chronic disease. Between 1994 and 2005, rates of high blood pressure among Canadians skyrocketed by 77%, diabetes by 45% and obesity by 18% – affecting both younger and older Canadians. It is also estimated that 45% of males and 40% of females in Ontario are likely to develop cancer in their lifetime.³

These health issues are highly preventable. Unfortunately, when it comes to active living for health, many Ontario kids are missing in action.

While slightly higher than the national average, the grades of **“D”** for **physical activity levels** and **active play and leisure** are not going to be sufficient to prevent a looming healthcare crisis. A corresponding **“D”** for **physical education** is also troublesome. An **“F”** grade related to the fact that children and youth spend nearly 2/3 of their waking day in **sedentary time** indicates there is notable opportunity for less sitting and more moving each day for Ontario's kids.

While there have been some good strides made with respect to policy and strategy development,

More effective support for on-the-ground initiatives is needed to facilitate physical activity participation among children and youth in Ontario.

In particular, **there is a need to support strategies that target young people who are not engaged in the typical delivery systems for physical activity, sport and recreation in the province.**

Disparities in gender, socioeconomic status, and age are evident in many indicators. Generally, girls, those with lower family income and parent education levels, and adolescents are less active. There also needs to be consideration of ability level and disability with respect to programming. Those who are considered less competent are often excluded from traditional activities and children and youth with disabilities face many barriers in accessing both specialized and integrated physical activity opportunities. This is often the experience of children who are identified as overweight as well.

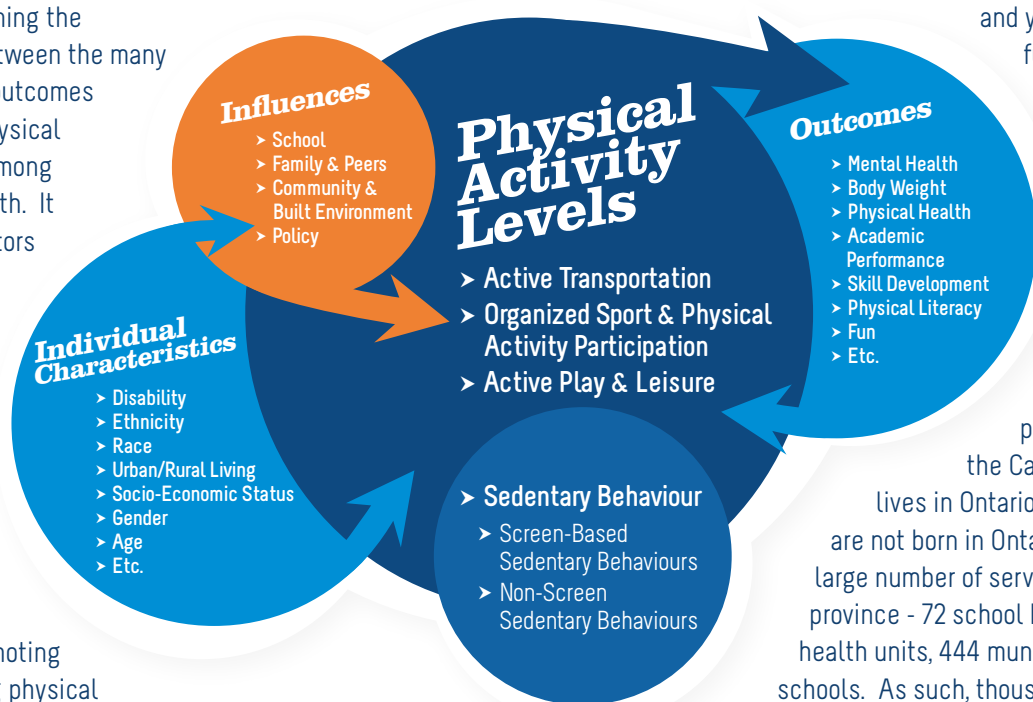
It is clear that key leaders in the public and private sector need to act now, work together and take leadership to **make Ontario the healthiest province in Canada. Increased support for Ontario children and youth to be active, healthy kids is needed to meet this goal.**

9 IN 10 ONTARIANS FAVOUR AN INCREASED INVESTMENT IN HEALTH PROMOTION.



EACH YEAR, THE ACTIVE HEALTHY KIDS CANADA REPORT CARD OFFERS THE MOST COMPREHENSIVE NATIONAL ASSESSMENT OF CHILD AND YOUTH PHYSICAL ACTIVITY IN CANADA.

The Report Card consolidates the most current literature examining the relationships between the many influences and outcomes connected to physical activity levels among children and youth. It assesses indicators within sources of influence – family and peers, school, community and the built environment, and policy – regarding their effectiveness in facilitating, promoting and encouraging physical activity. Disparities that may exist in relation to income, ability level, region, age, gender, etc. are considered and affect the final grade.



Many characteristics of Canada's children and youth differ as a function of where they live and physical activity is no exception. This is particularly true for Ontario, a large and diverse province both in geography and in population - 40% of the Canadian population lives in Ontario and 28% of Ontarians are not born in Ontario.¹ There are a large number of service providers in the province - 72 school boards, 36 public health units, 444 municipalities, 5,000 schools. As such, thousands of stakeholders share responsibility in providing opportunities for physical activity for Ontario's children and youth.

THE ONTARIO REPORT CARD SUPPLEMENT

To take a more focused look at the issues in this province, Active Healthy Kids Canada has worked with Ontario stakeholders to produce the first ever Ontario Supplement to the national Report Card on Physical Activity for Children and Youth.

The Ontario Report Card Supplement gives letter grades on 12 different indicators. These indicators play an important role in drawing attention to specific areas where we need to improve the grade, and together they reveal the overall status of physical activity among children and youth in Ontario. Grades from the 2011 National Report Card are presented alongside the Ontario grades in order to give a sense of how Ontario children and youth fare in comparison to their peers from across Canada. Differences between national and provincial grades are derived by examination of the most current available national and Ontario-based data and information.



CANADA



ONTARIO



Physical Activity

F

D-

C

B-

F

D

D

C

F

F

PHYSICAL ACTIVITY LEVELS

32% of Ontario children and youth take at least 13,500 steps per day - a rough approximation of the new Canadian Physical Activity Guidelines - which recommend at least 60 minutes of moderate-to-vigorous physical activity every day.⁵

ORGANIZED SPORT AND PHYSICAL ACTIVITY PARTICIPATION

- 75% OF ONTARIO PARENTS SAID THEIR 5-17 YEAR-OLDS PARTICIPATED IN SPORT IN THE LAST 12 MONTHS AND 32% SAID THEIR KIDS PLAY ORGANIZED SPORT OR PHYSICAL ACTIVITY DURING THE AFTER-SCHOOL PERIOD.⁶

ACTIVE PLAY AND LEISURE

- 65% OF ONTARIO PARENTS SAID THEIR 5-17 YEAR-OLDS PLAY IN UNORGANIZED PHYSICAL ACTIVITY OR SPORT AND 67% SAID THEIR CHILDREN AND YOUTH PLAY OUTDOORS DURING THE AFTER-SCHOOL PERIOD.⁶

ACTIVE TRANSPORTATION

- WALKING TO (49%) AND FROM (58%) SCHOOL APPEARS TO BE THE MOST COMMON MODE OF TRANSPORTATION FOR CHILDREN AND YOUTH IN ONTARIO.⁷
- 22% OF GRADES 7-12 STUDENTS IN ONTARIO SAID THEY USE ACTIVE MODES OF TRANSPORTATION TO SCHOOL IN THE MORNING; 32% REPORTED USING ACTIVE MODES OF TRANSPORTATION TO GET HOME FROM SCHOOL IN THE AFTERNOON.⁸

SEDENTARY BEHAVIOUR

- 6-19 YEAR-OLDS IN CANADA SPEND AN AVERAGE OF 8.6 HOURS PER DAY, OR 62% OF THEIR WAKING HOURS, IN SEDENTARY PURSUITS.⁹

School

C-

D

PHYSICAL EDUCATION

- 84% OF PARENTS CONSIDER PHYSICAL EDUCATION TO BE VERY IMPORTANT FOR THEIR ELEMENTARY SCHOOL CHILD, BUT ONLY 44% ARE VERY SATISFIED WITH THE QUALITY OF THEIR CHILD'S PHYSICAL EDUCATION CLASS.¹⁰
- WHILE THE MINISTRY OF EDUCATION IN ONTARIO DEVELOPED A DAILY PHYSICAL ACTIVITY POLICY FOR SCHOOLS IN 2005 AND RELEASED A NEW HEALTH AND PHYSICAL EDUCATION CURRICULUM POLICY IN 2010, THERE IS A NEED TO MORE EFFECTIVELY EVALUATE THESE INITIATIVES AND SUPPORT THEIR IMPLEMENTATION. FOR EXAMPLE, ONLY 43% OF ONTARIO'S ELEMENTARY SCHOOLS HAVE A SPECIALIST HEALTH AND PHYSICAL EDUCATION TEACHER.¹¹
- UNLIKE STRIDES MADE IN OTHER PROVINCES SUCH AS MANITOBA, ONTARIO STILL ONLY REQUIRES ONE MANDATORY H&PE CREDIT AT SECONDARY SCHOOL.

B

B-

SPORT AND PHYSICAL ACTIVITY OPPORTUNITIES AT SCHOOL

- 81% OF ONTARIO ELEMENTARY SCHOOLS REPORTED HAVING AN INTRAMURAL PROGRAM WHILE 87% REPORTED HAVING AN INTER-SCHOOL SPORTS PROGRAM.¹²
- 66% OF ONTARIO SECONDARY SCHOOLS REPORTED HAVING AN INTRAMURAL PROGRAM AND 97% REPORTED HAVING AN INTER-SCHOOL SPORTS PROGRAM.¹³
- THE 'MINUS' SIGN ON THE INDICATOR REFLECTS THE INABILITY TO ASSESS THE DURATION AND TIME SPENT IN THESE PROGRAMS AND WHETHER OR NOT THE SAME SMALL GROUPS OF ACTIVE CHILDREN ARE ACCESSING THE PROGRAMS.

Family

D+

C

FAMILY PHYSICAL ACTIVITY

- 64% OF ONTARIO PARENTS TAKE THEIR CHILDREN PLACES TO BE PHYSICALLY ACTIVE OFTEN OR VERY OFTEN.⁹
- ONLY 15% OF CANADIAN ADULTS MEET THE CANADIAN PHYSICAL ACTIVITY GUIDELINES, SUGGESTING THAT MANY PARENTS ARE NOT ACTING AS GOOD ACTIVE LIVING ROLE MODELS FOR THEIR CHILDREN.⁹

Community & the Built Environment

A-

A-

PROXIMITY AND AVAILABILITY

- 94% OF ONTARIO PARENTS SAID PUBLIC FACILITIES AND PROGRAMS, AND PARKS OR OUTDOOR SPACES, FOR PHYSICAL ACTIVITY AND SPORT ARE AVAILABLE LOCALLY.⁶
- 75% OF ONTARIO PARENTS SAID A PARK OR PLAYGROUND IS LESS THAN A KILOMETRE FROM THEIR HOUSE.⁶

C

C

USAGE OF FACILITIES, PROGRAMS, PARKS AND PLAYGROUNDS

- 59% OF ONTARIO PARENTS SAID THEIR CHILDREN USE PUBLIC FACILITIES AND PROGRAMS AT LEAST SOMETIMES, IF NOT OFTEN OR VERY OFTEN.⁶
- 69% OF ONTARIO PARENTS SAID THEIR CHILDREN USE PARKS AND OUTDOOR SPACES AT LEAST SOMETIMES.⁶

Policy

B+

B

PROVINCIAL GOVERNMENT STRATEGIES

- THERE ARE A NUMBER OF STRATEGIES THAT EXIST TO ENCOURAGE PHYSICAL ACTIVITY: EARLY LEARNING CURRICULUM AND BEFORE/AFTER SCHOOL PROGRAM FOR EARLY LEARNING; HEALTH AND PHYSICAL EDUCATION CURRICULUM; DAILY PHYSICAL ACTIVITY POLICY; ONTARIO PUBLIC HEALTH STANDARDS; COMMUNITY USE OF SCHOOLS; AFTER-SCHOOL INITIATIVE FOR GRADES 1-12. INVESTMENTS AND EVALUATION STRATEGIES FOR EACH VARY.

C-

C

PROVINCIAL GOVERNMENT INVESTMENTS

- WHILE THE STRATEGIES ABOVE, AS WELL AS RECENT INFRASTRUCTURE INVESTMENTS INDICATE SOME PRIORITY FOR HEALTHY ACTIVE LIVING, AT PRESENT BC AND QC ARE THE ONLY PROVINCES WITH WELL-RESOURCED PUBLIC HEALTH AGENCIES. THE PROVINCES ARE SPENDING BETWEEN 3 AND 8 TIMES MORE ON PROGRAMS THAN ONTARIO.⁴

¹ Ontario Trillium Foundation. Diversity in Ontario: A community profile. Toronto, Ontario: Ontario Trillium Foundation. <http://tinyurl.com/6xjwg4e>

² OGDPA "Healthiest Province" Survey. Ipsos Reid, February 2011. Conducted online January 24 - February 1, 2011.

³ Cancer Care Ontario. Ontario Cancer Plan 2011-2015. <http://www.cancercare.on.ca/cms/one.aspx?portal=1377&pageId=8630>

⁴ Make Ontario the Healthiest Province in Canada - A statement to Ontario Political Party Leaders, Ontario Chronic Disease Prevention Alliance

⁵ 2009-2010 CANPLAY Study, Canadian Fitness and Lifestyle Research Institute

⁶ 2010 Physical Activity Monitor, Canadian Fitness and Lifestyle Research Institute

⁷ 2008-09 Family Intervention Survey

⁸ 2009 Ontario Student Drug Use and Health Survey, Centre for Addiction and Mental Health

⁹ 2007-09 Canadian Health Measures Survey, Statistics Canada

¹⁰ Ipsos Reid (2010). Parents consider school health and physical education classes important, seek improvements to current offering. Toronto, Ontario: Ipsos Reid.

¹¹ People for Education (2011). Annual Report on Ontario's Publicly Funded Schools in Ontario. Toronto, Ontario: People for Education.

¹² Faulkner GE, Dwyer JJM, Irving H, Allison KR, Adlaf EM, Goodman J (2008). Specialist or nonspecialist physical education teachers in Ontario elementary schools: Examining differences in opportunities for physical activity. The Alberta Journal of Educational Research. 54(4):407-419.

¹³ Dwyer JJM, Allison KR, LeMoine KN, Adlaf EM, Goodman J, Faulkner GE, Lysy DC (2006). A provincial study of opportunities for school-based physical activity in secondary schools. J Adolesc Health. 39:80-86.



The detailed, or long form version, of this Report Card Supplement includes background on our methodology and processes, in-depth analysis, summaries of key research, charts and figures and complete references.

Visit www.activehealthykids.ca/ontario to download the long and short versions of the Ontario Report Card Supplement and access other materials that will help you further understand and share the findings with others.

Active Healthy Kids Canada relies on its strategic partners, who play a critical role in the research, content development and communication of the Ontario Report Card Supplement:



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WHAT ARE SOME OF THE SOLUTIONS?

Canada's Ministers of Health and Health Promotion/Healthy Living recently declared that the promotion of health and the prevention of disease, disability and injury are a priority and necessary to the sustainability of the health system. Current investment in health promotion only comprises 0.35% of the Ontario budget. The Ontario government invests only \$7.40 per person per year in health behaviour strategies, as compared to British Columbia's \$21.00 per person per year, and Quebec's \$16.80 per person per year. At the current level of investment, spending on healthcare would take up 80% of the province's program budget by 2030, up from 46% of the current spending on healthcare.⁴

In order for Ontario kids to meet Canada's Physical Activity Guidelines of at least 60 minutes of moderate-to-vigorous physical activity each day as a fundamental "step" toward Ontario becoming the healthiest province in Canada we need to:

- **BUILD ON ASSETS** Sustained, comprehensive approaches are critical to long-term success. Implementing the Canadian Ministers of Health declaration and framework for action to address childhood obesity and supporting the implementation of the new Health and Physical Education curriculum within the context of the Healthy Schools Framework are key first steps. There are many strategies and policies in place that need less analysis and more action on implementation!
- **BOOST INVESTMENT** Government needs to commit to increase Ontario's overall investment in health promotion to match British Columbia's and to ensure ongoing investment in its early childhood, education and after-school strategies that currently promote physical activity. This needs to be enhanced with resources from other sectors as well.
- **TARGETED APPROACHES** All stakeholders, government and non-government, need to commit efforts to target our most inactive populations as part of the overall population-based physical activity promotion efforts. We need to reach out to those who feel they cannot engage in our current structures, systems and programs, and work with them directly to design initiatives that meet their needs and support them with active, healthy living. To reach diverse populations and those who are less engaged, we need to engage children and youth in the solutions!
- **ASSESS PROGRESS** All stakeholders need to commit to the development, implementation and sharing of quantitative and qualitative evaluation regarding policy, program, investments and awareness campaigns for physical activity, as well as overall surveillance of physical activity levels for Ontario children and youth. Ongoing gathering and sharing of knowledge is critical to ensuring physical activity promotion efforts are being sustained and improved over time. If you can't measure it, you can't manage it.

*Comprehensive solutions ... but concentrated efforts.
Doing this for kids makes it better for all of us!*