

Family Influence

**The Role of the Family
in the Physical Activity,
Sedentary and Sleep
Behaviours of Children
and Youth**



2020

ParticipACTION
Report Card on
Physical Activity for
Children and Youth



PARTICIPACTION

The 2020 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 to 14 indicators. The Report Card has been replicated in over 50 countries, where it has served as a blueprint for collecting and sharing knowledge, as well as influencing policies and programs, about the physical activity of young people around the world.

The 2020 Report Card includes a Consensus Statement on the Role of the Family in the Physical Activity, Sedentary and Sleep Behaviours of Children and Youth, which is based on the research of a team of experts in movement behaviours, health policy and family advocacy. This Statement was written after multiple reviews, expert panel discussions and consultations with stakeholders. The findings are applicable to all Canadian kids, regardless of gender, cultural background or socio-economic status, and serve as a guide for families to support healthy movement behaviours of children and youth. 😊





About ParticipACTION

ParticipACTION is a national non-profit organization that helps Canadians sit less and move more.

Originally established in 1971, ParticipACTION works with its partners, which include sport, physical activity and recreation organizations as well as governments and corporate sponsors, to make physical activity a vital part of everyday life.



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The findings and recommendations contained within this report were developed in accordance with the best available evidence at the time of creation (pre COVID-19 pandemic). All Canadians should follow the guidance of their respective public health authorities for the appropriate measures to take while pursuing healthy movement behaviours.

Methodology, the Full Report and Knowledge Tools

Our interdisciplinary research team identifies and assesses Report Card indicators to determine grade assignments based on the best available data, research and key issue areas, all of which are included in the Full Report. Although no longer factoring into grade assignments, trends over time and disparities related to factors such as age, gender or household income are highlighted where applicable.

This is the Highlight Report. To download the Full Report, which includes background on our methodology and process, in-depth analyses, summaries of all key research, charts, figures and complete references, visit [ParticipACTION.com](https://www.participaction.com).

ParticipACTION's strategic partner, the Healthy Active Living and Obesity (HALO) Research Group at the Children's Hospital of Eastern Ontario (CHEO) Research Institute (HALO-CHEO), played a critical role in the research and development of the 2020 Report Card.

CHEO RESEARCH INSTITUTE
INSTITUT DE RECHERCHE

Healthy Active Living and Obesity Research Group
Recherche sur les saines habitudes de vie et l'obésité



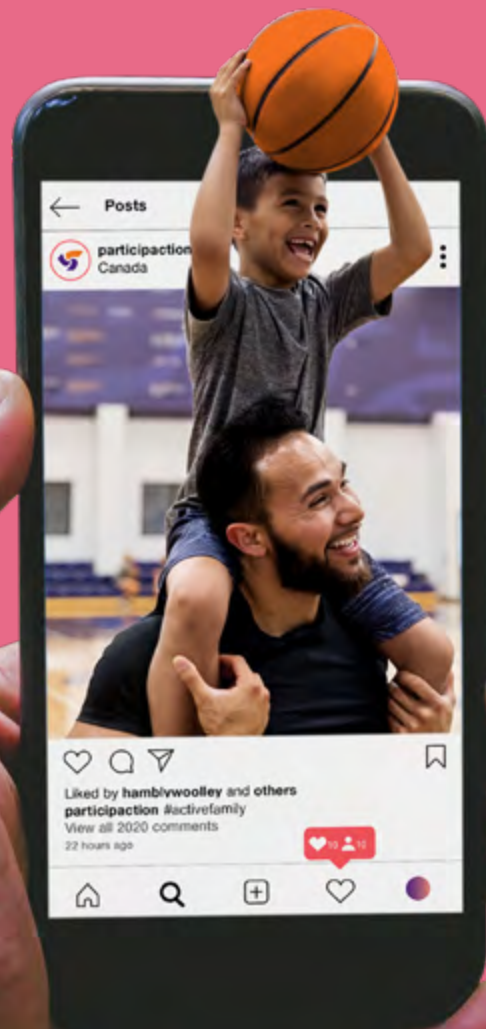


The Family Influence

We've known for decades about the benefits physical activity can have on kids, such as improving heart health, building strong bones and muscles, boosting self-esteem and maintaining healthy body weights. But with Canadian children's low activity levels and increasing sedentary behaviours, we should consider all angles of influence. This includes taking a closer look at how the family unit can support healthy movement behaviours (i.e., promoting sufficient physical activity, limiting sedentary behaviours and ensuring adequate sleep) in children and youth.

There's no denying **families play a crucial role in shaping and influencing all areas of kids' lives** – including their physical activity, sedentary behaviour and sleep behaviours. Other sources of influence – such as childcare, school, healthcare, community and governments – are important in supporting families in this pursuit.

At the end of the day, we all want happy and healthy kids. However, with everyday lives seeming to be busier than ever, fitting in activity, getting enough sleep and keeping kids away from tempting screens can be tough! But the evidence shows that it's worth it to work toward achieving the 24-Hour Movement Guidelines for Children and Youth.



What needs to be done to get Canadian kids moving?

This year, Canadian children received a “**D+**” grade for Overall Physical Activity, “**D+**” for Sedentary Behaviour, “**B**” for Sleep, and “**F**” for overall 24-Hour Movement Behaviours. Considering these grades, it’s time to explore various ways to shift these trends in a more favourable direction. **What can we do as families to positively support healthy movement behaviours of our kids?**

Family support has been shown to be positively associated with children’s physical activity levels.²²² Furthermore, family-based interventions have been effective at improving physical activity levels in children and youth. **How we move as a family has a direct impact on our kids.** We need to use this knowledge to positively influence kids’ lives.



- ▶ Facilitate physical activity by encouraging, watching, role modelling, co-participating and attending physical activity events.^{222,226,229,236}
- ▶ Be active as a family and make it a priority – this encourages physical activity, social support, connectedness and attachment, which are all important for good mental health.³²⁵

Encouraging kids to sit less and move more doesn’t have to be a complicated or strenuous task. By prioritizing physical activity and incorporating it into daily routines, we can create a mindset where being active won’t have to be a choice for Canadian children and youth, it will become second nature.



Get

Moving

Be an active role model in kids' lives

The ever-changing, fast-paced world we live in looks a lot different than it did even 20 years ago. The same can be said for the Canadian family unit. Families are more diverse and are structured in all kinds of different ways. Although a lot has changed, one thing remains the same: **the family unit is one of the closest and most important sources of influence for the movement behaviours of children and youth.**

Our kids are influenced every day by a number of different messages and sources, including friends, teachers, coaches, social media, TV, and ad campaigns. A lot of that is out of our control. But it is important to remember that the habits and opportunities fostered within the family environment can also have a big impact on children's lives. This includes modelling healthy movement behaviours.

Recent findings show that **parents' physical activity is directly associated with that of their children's.**

- ▶ Each additional 20 minutes of moderate to vigorous physical activity by a parent is associated with an additional 5 minutes in their child's daily physical activity.³²⁴

The connection is clear: the more families move, the more children and youth move. We've heard all about children mirroring their parents' behaviours, and how important role modelling can be in helping young people develop key life skills. Regardless of what the family dynamic looks like, the **family members in kids' lives are direct role models for how young Canadians develop – especially when it comes to healthy movement behaviours.**





Put the screens away – get active instead

Family screen time is on the rise. In 2019, 52% of parents said they spend too much time on their mobile devices, up from 29% in 2016. Also, the proportion of children and youth who thought their parent(s) was/were addicted to their mobile devices and wished their parent(s) would get off their device increased from 28% in 2016 to 39% in 2019.³²⁶ At the same time, children's and youths' screen time is also on a sharp incline.

- ▶ By age 11, over half (53%) of children have their own smartphone, and this increases to 69% by age 12.¹³⁸
- ▶ One-third of youth keep their mobile devices in bed with them³²⁶ – and those with screens in their bedroom get less sleep.³²⁷

The correlation between an increase in children's use of mobile devices, and their parents' increasing use, is no coincidence. Almost all parents have mobile devices and they are using them more than ever before. And, not surprisingly, so are their children. **This can have a direct impact on how much time children spend being sedentary and can negatively impact their sleep.**

Modelling behaviour can go both ways. Kids do see how much we rely on our smartphones, tablets and computers – but our positive behaviour has an impact on them, too. Prioritizing physical activity can have direct positive impacts on developing children's movement behaviours. When we make physical activity a part of our daily routine as a family, it is naturally ingrained in the routines of our children and youth as well.





Reclaim family time as active time

We know kids are sitting more and moving less, and there is something we can do about it. Canadian families have the power to help their children and youth in getting active to live their best lives possible. Canadian families can be active role models and provide the kind of positive encouragement our kids need. **Start by identifying as an active family.**

Incorporating physical activity into daily routines doesn't have to be complicated, and it's a great way to build strong social bonds, get hearts pumping and have fun together. **It's time to take back family time and reclaim it as active time.**





Another great thing about physical activity is that it doesn't have to cost anything. Physical activity really is for everyone. It's for families of all backgrounds and dynamics.

To help families prioritize getting active, check out the following recommendations from *The Role of the Family in the Physical Activity, Sedentary and Sleep Behaviours of Children and Youth – A Consensus Statement*:

- ▶ Be an active role model:
 - ✦ Incorporate physical activity into daily routines, limit sedentary behaviours and look for opportunities to be active as a family when possible. Engaging in healthy movement behaviours together also helps keep families connected while building strong social bonds.

#Active

#Family

- ▶ Use active transportation to get to destinations as a family:
 - ✦ Whether you walk, wheel, rollerblade, skateboard or jog, there's a form of active transportation for everyone. Try leaving the car at home once or twice a week – not only will you save money on gas and reduce harmful emissions, but you will also be spending more quality time as a family getting active.
- ▶ Create a family media plan that includes:
 - ✦ Setting limits around screen viewing
 - ✦ Prioritizing screen-free family time and consider the use of “device baskets” (bins for storing personal mobile devices)
 - ✦ Removing screens from children's bedrooms
 - ✦ Having screen-free family meals
- ▶ Encourage more outdoor time:
 - ✦ Spending some time outdoors each week as a family is an easy and effective way to limit screen time and naturally boost moods, and it can also decrease sedentary behaviour and improve sleep quality.

The bottom line: **family is a key source of influence on kids' healthy movement.** It's time to make physical activity a family priority and lead by example – not only for the next generation, but for our own as well. If being active is second nature for us as adults, it will, in turn, become second nature for our children, too. It all starts with the family.

Consensus Statement

On the Role of the Family in the Physical Activity, Sedentary and Sleep Behaviours of Children and Youth



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Families can support children and youth in achieving healthy physical activity, sedentary and sleep behaviours by encouraging, facilitating, modelling, setting expectations and engaging in healthy movement behaviours with them. Other sources of influence are important (e.g., child care, school, health care, community, governments) and can support families in these pursuits.





Background

Healthy physical activity, sedentary and sleep behaviours in childhood and adolescence are essential for healthy growth and development,¹⁻⁹ and this fact led to the development of the Canadian 24-Hour Movement Guidelines.^{10,11} Unfortunately, few Canadian children and youth are meeting these guidelines.¹²⁻¹⁴ There has been a dramatic decline in Canadian children's fitness over the past 35 years,¹⁵⁻¹⁸ which has negatively affected their health.¹⁹⁻²³ The United Nations Convention on the Rights of the Child protects a child's right to rest and play in recreational and leisure activities appropriate to their age.²⁴ These rights are reinforced in the Canadian Children's Charter.²⁵

Unfortunately, Canadians have not been successful in honouring these commitments. The 2020 ParticipACTION Report Card on Physical Activity for Children and Youth gives Canada a grade of "D+" for Overall Physical Activity, "D+" for Sedentary Behaviour, "B" for Sleep, and "F" for 24-Hour Movement Behaviours.²⁶ A recent UNICEF Canada report supports these findings, highlighting that only 21% of children aged 5-11 years engage in at least 1.5 hours per day of active play and unstructured physical activities.²⁷ Additional findings from Statistics Canada indicate that youth aged 12-17 years accumulate 4 hours per day of screen time outside of school.²⁸

Movement behaviours are affected by the family, home, school, community, government and environment.²⁹⁻³³ The family (e.g., parents, guardians, siblings) is typically the closest and most important influence, and its impact has received considerable research attention.³⁴⁻³⁶ This Consensus Statement was developed by synthesizing and interpreting the research evidence, integrating expert input, and incorporating stakeholder and end-user feedback to provide guidance for families, and those who influence them.

Families vary in structure, function, roles and interactions among members. Families are constantly changing, creating both challenges and opportunities to promote healthy movement behaviours.



Process

The process to develop this Consensus Statement included completing six comprehensive literature reviews, establishing a national multidisciplinary Expert Panel, gathering custom data analyses from Statistics Canada's Canadian Health Measures Survey (CHMS), integrating related research identified by Expert Panel members, conducting a stakeholder consultation process, achieving Expert Panel consensus and releasing the Consensus Statement in conjunction with the 2020 ParticipACTION Report Card.³⁷

Summary of Supporting Evidence

This Consensus Statement applies to all families and is relevant for children and youth aged 0-17 years, including all genders/sexes, ethnicities and family socio-economic statuses. Families vary in structure, function, roles and interactions among members, and are constantly changing,^{38,39} creating both challenges and opportunities for the promotion of healthy movement behaviours.

Overall Movement Behaviours

- ▶ Less than 1 in 5 children and youth in Canada meet national guidelines for physical activity, sedentary and sleep behaviours.^{5,12,14,40}
- ▶ Positive parenting practices and attitudes, perceived control, perceived low risk of harm in activities, and intentions to provide support are critical; parents who make specific plans (how, when, where) are more likely to follow through and support their child's healthy movement behaviours.^{36,41-48}
- ▶ As children age, their families provide less support for movement behaviours; however, parental support remains extremely important in supporting these behaviours in youth.^{49,50}



Physical Activity

- ▶ Parents' physical activity is associated with that of their children, with each additional 20 minutes of parental moderate-to-vigorous physical activity associated with an extra 5 minutes for their child;⁵¹ this finding is supported by other research.^{35,52} Parental fitness characteristics are also related to those of their children.⁵³
- ▶ Family social support is positively associated with children's physical activity levels.⁵⁴
- ▶ There are generally no differences in the physical activity behaviours of children and youth according to the number of siblings in the household, or single- versus two-parent households.⁵³
- ▶ Family-based interventions are generally effective at improving physical activity, while evidence about the efficacy of screen-time interventions to increase physical activity is less conclusive.⁵⁵⁻⁵⁹ Providing families with educational materials about reducing screen time, without providing additional intervention components, may not be effective in changing child and youth physical activity behaviours. Current evidence supports using interventions that focus on self-regulatory approaches (e.g., planning, setting goals) and involve the whole family.⁵⁷
- ▶ Two-thirds of parents said that monitoring their children's media use was more important than respecting their privacy;⁶¹ however, only 14% of youth with a phone or tablet said their parents tracked their device time.⁶²
- ▶ Parents overwhelmingly have positive attitudes about the role of technology in their children's education and development of important skills.⁶¹
- ▶ Children spend less time engaged in screen-based behaviours if they live in households with screen time restrictions.⁶³⁻⁶⁵
- ▶ Higher parenting stress and lower household income are associated with a higher amount of daily screen time in infants and toddlers aged 7-18 months.⁶⁶
- ▶ By age 11, the majority (53%) of children have their own smartphone, and this increases to 69% by age 12.⁶²
- ▶ Children aged 9-12 years from higher-income homes accumulate an hour and 50 minutes less screen time per day than those from lower-income households.⁶²

Sedentary Behaviours

- ▶ The number of parents who reported that they spend too much time on their own mobile devices increased from 29% in 2016 to 52% in 2019.⁶⁰
- ▶ The proportion of children and youth who thought their parent(s) were addicted to their mobile devices and wished their parent(s) would get off their device increased from 28% in 2016 to 39% in 2019.⁶⁰
- ▶ 78% of parents believed they were good media and technology role models for their children,⁶¹ even though the parents reported having high levels of screen viewing.

Sleep

- ▶ Good sleep hygiene is associated with positive sleep outcomes, such as longer sleep duration and better quality of sleep. Good sleep hygiene includes regular bedtimes, consistent bedtime routines (e.g., bathing, brushing teeth, reading) and screen-free bedrooms.⁷⁰⁻⁷³
- ▶ One-third of youth keep their mobile devices in bed with them.⁶⁰
- ▶ Having screens in bedrooms is consistently linked with less sleep.⁶⁷⁻⁶⁹

Conceptual Model

The Expert Panel developed the conceptual model below. It builds on earlier models that examined family systems in the context of child health behaviour change, and also incorporates new

evidence.⁷⁴⁻⁷⁶ The model illustrates the complexity of the family's role in influencing integrated movement behaviours, and provides a guide for future research and interventions.





Recommendations

Families may find it challenging to support children and youth in achieving the 24-Hour Movement Guidelines. A list of recommendations for how families, and those who influence them, can improve the physical activity, sedentary and sleep behaviours of children and youth is provided below. These recommendations are based on the evidence reviewed for the Consensus Statement, and the expertise of the Expert Panel members.

Including
parents, elders,
grandparents,
siblings, legal
guardians

Family

Overall Movement Behaviours

- ▶ Know, understand and strive to adhere to the 24-Hour Movement Guidelines.^{10,11}
- ▶ Establish an environment that supports healthy movement, and create routines and expectations for meeting the 24-Hour Movement Guidelines.^{10,11}
- ▶ Recognize that engaging in recommended healthy movement behaviours reinforces family cohesiveness.
- ▶ Be a good role model by being physically active, limiting your own sedentary behaviour and screen time, and practising healthy sleep habits.
- ▶ Help children self-regulate their behaviours by setting expectations and making sure to involve them in deciding how they can meet the 24-Hour Movement Guidelines.^{10,11}
- ▶ Encourage more outdoor time to increase physical activity, decrease sedentary behaviour and improve sleep.⁷⁷

Physical Activity

- ▶ Facilitate physical activity by encouraging, watching, role modelling and attending physical activity events, and by co-participation.^{52,54,78-91}
- ▶ Be active as a family – this encourages physical activity, social support, connectedness and attachment, which are all important for good mental health.⁹²
- ▶ Promote and support opportunities for physical activity, active outdoor play and sport at home and school, and in the community.²⁶
- ▶ Incorporate more opportunities for active transportation – walk, bike, wheel, skateboard, scooter or take transit to school, stores, parks and activities.⁹³
- ▶ Allow your children to play and roam unsupervised, while ensuring that their range is safe.⁹⁴
- ▶ Join with other families in enabling physical activity opportunities.



Sedentary Behaviours

- ▶ Create a family media plan that includes:
 - * Setting limits around screen viewing consistent with established guidelines^{10,11,63,64,69,95-108}
 - * Prioritizing screen-free family time^{97,109,110}
 - * Prioritizing device-free time at home and using “device baskets” (bins for personal mobile devices) as an aid
 - * Removing screens from children’s bedrooms^{68,69,97,109-118}
 - * Having screen-free family meals^{97,104,109,110,116,119-121}
- ▶ Avoid using screen time as a reward.
- ▶ Be present and engaged when screens are used, and co-view when possible.^{10,11,95-97,99,109,110}
- ▶ Break up children’s prolonged sitting with movement whenever possible – at home and during travel.^{10,11,95-97,99}

Sleep

- ▶ Create and adhere to a consistent bedtime routine (e.g., bathing, brushing teeth, reading).^{10,11,95-97,99,122-124}
- ▶ Schedule and encourage a regular bedtime that allows for sufficient sleep.^{10,11,95,100,125,126}
- ▶ Support screen-free bedrooms for all family members.^{97,104,110,122,127-134}
- ▶ Discourage screen viewing in the hour before bedtime.^{96,109,110}
- ▶ Provide children with a comfortable and quiet sleeping environment.^{122,124-126}

Educators & School Administrators

- ▶ Support families' pursuit of healthy movement behaviours for their children and youth by:
 - ★ Knowing and understanding the 24-Hour Movement Guidelines^{10,11}
 - ★ Embracing opportunities to incorporate healthy and inclusive movement messages, practices and policies into daily school routines and lessons by:
 - Respecting daily physical activity (DPA) policies
 - Ensuring all children have access to daily recess breaks that encourage physical activity
 - Reducing excessive safety restrictions on physical activity on school grounds (e.g., tag, tree climbing)
 - Minimizing long periods of sedentary behaviour and interrupting any long periods with active breaks
 - Scheduling classes to encourage changes in posture
 - Providing options for standing desks in classrooms and libraries¹³⁵
 - Creating a culture that moderates the use of screens in schools
 - Integrating sleep health messages into the school curriculum
 - Supporting children and youth in self-regulating their habitual movement behaviours
 - Modelling healthy movement behaviours and discussing the importance of healthy, habitual movement behaviours
 - Assigning healthy movement behaviour homework – more physical activity, less sedentary behaviour and screen time, and a good night's sleep

- ▶ Ensuring that before- and after-school programming incorporates healthy and inclusive movement messages, practices and policies.





Academics & Researchers

- ▶ Help inform families' pursuit of healthy movement behaviours for their children and youth by:
 - * Addressing evidence gaps in understanding family influence on healthy movement behaviours
 - * Examining family-based interventions that use various behaviour modification techniques to address healthy physical activity, sedentary and sleep behaviours concurrently
 - * Studying the external factors that mediate families' ability to adhere to the 24-Hour Movement Guidelines
 - * Advocating for evidence-informed policies and practices related to the role of the family in healthy physical activity, sedentary and sleep behaviours
 - * Engaging in knowledge translation efforts targeting families, the media, educators and policymakers

Health Care Practitioners

- ▶ Support families' pursuit of healthy movement behaviours for their children and youth by:
 - * Promoting the 24-Hour Movement Guidelines^{10,11} and recommendations from the Canadian Paediatric Society's Position Statement on Digital Media Use^{109,110} during routine visits
 - * Asking about the family's movement behaviours and emphasizing a whole family approach to improving these behaviours
 - * Recommending that family members encourage, facilitate, model, set expectations, and participate in efforts that allow their children to achieve healthy movement behaviours
 - * Becoming familiar with resources that enable families to support healthy movement behaviours
 - * Advocating for preventive health-care tools such as the Rourke Baby Record and Greig Record to include an assessment of the family's role in physical activity, sedentary and sleep behaviours^{109,110,136,137}

Allied professionals and community programming staff

- ▶ Support families' pursuit of healthy movement behaviours for their children and youth by:
 - * Integrating key messages from the 24-Hour Movement Guidelines^{10,11} into community-based programming
 - * Modifying programs for parents by integrating healthy movement recommendations
 - * Incorporating planning activities (e.g., developing sleep routines, screen time planning, physical activity scheduling) in family interventions/service provision
 - * Encouraging and facilitating standing, stretching and quiet movement while clients are waiting or during events

Employers

- ▶ Support families' pursuit of healthy movement behaviours for their children and youth by:
 - * Ensuring healthy 24-hour movement behaviours are part of a child and family health component in workplace wellness initiatives
 - * Allowing flexibility in work hours to enable parents to promote and practise healthy family movement behaviours



Federal,
provincial,
territorial,
municipal as
appropriate

Governments

- ▶ Support families' pursuit of healthy movement behaviours for their children and youth by:
 - * Developing, implementing and evaluating strategies for healthy movement behaviours that draw from the guiding strategy "A Common Vision for Increasing Physical Activity and Reducing Sedentary Living in Canada: Let's Get Moving"¹³⁸
 - * Providing sustained resources and developing policies for the promotion and implementation of the 24-Hour Movement Guidelines in the context of the family¹³⁹
 - * Promoting healthy 24-hour movement behaviours by increasing access to schools, recreation centres and other public spaces outside of school hours
 - * Supporting families' participation in sport and recreation activities¹⁴⁰
 - * Requiring manufacturers of digital screen devices to disclose on product labels the potential harms associated with excessive use
 - * Investing in no-charge active play spaces (especially outdoors) for families with children of all ages
 - * Providing infrastructure and social marketing to support families in adopting active transport practices
 - * Updating educational curricula to better incorporate healthy physical activity, sedentary and sleep behaviours with a family-focused lens and through a whole-school approach
 - * Supporting neighbourhood associations, recreation centres and schools in developing programs to encourage family physical activity
 - * Reviewing and amending bylaws as needed to allow, promote and encourage outdoor play opportunities (e.g., climbing trees, playing street hockey and pick-up ball games, building tree forts, tobogganing)
 - * Providing transit options that reach beaches, hiking trails, parks and other areas that promote healthy movement behaviours
 - * Developing child protection policies that promote independent movement opportunities suited to the capacity of the child and their environment



Expert Panel Members & Affiliations

Dr. Catherine S. Birken, SickKids Research Institute and the Department of Pediatrics, University of Toronto, Toronto, ON

Dr. Jean-Philippe Chaput, Healthy Active Living and Obesity Research Group, Children's Hospital of Eastern Ontario Research Institute, Ottawa, ON

Dr. Guy Faulkner, School of Kinesiology, University of British Columbia, Vancouver, BC

Dr. Michelle D. Guerrero, Healthy Active Living and Obesity Research Group, Children's Hospital of Eastern Ontario Research Institute, Ottawa, ON [member of Steering Committee]

Dr. Ian Janssen, School of Kinesiology and Health Studies, and Department of Public Health Sciences, Queen's University, Kingston, ON

Dr. Sheri Madigan, Department of Psychology, Faculty of Arts, University of Calgary, Calgary, AB

Dr. Louise C. Masse, BC Children's Hospital Research Institute / School of Population and Public Health, Faculty of Medicine, University of British Columbia, Vancouver, BC

Dr. Tara-Leigh McHugh, Faculty of Kinesiology, Sport and Recreation, University of Alberta, Edmonton, AB

Dr. Ryan E. Rhodes, Behavioural Medicine Laboratory, School of Exercise Science, Physical and Health Education, University of Victoria, Victoria, BC [member of Steering Committee]

Dr. Jacob Shelley, Faculty of Law & School of Health Studies, Faculty of Health Sciences, Western University, London, ON

Nora Spinks, The Vanier Institute of the Family, Ottawa, ON

Kelly Stone, Families Canada, Ottawa, ON

Dr. Katherine A. Tamminen, Faculty of Kinesiology and Physical Education, University of Toronto, Toronto, ON

Dr. Jennifer R. Tomasone, School of Kinesiology and Health Studies, Queen's University, Kingston, ON

Dr. Mark S. Tremblay, Healthy Active Living and Obesity Research Group, Children's Hospital of Eastern Ontario Research Institute, Ottawa, ON [Scientific Chair and member of Steering Committee]

Dr. Leigh M. Vanderloo, ParticipACTION, Toronto, ON [member of Steering Committee]

Helen Ward, Kids First Parents Association of Canada, Burnaby, BC

Dr. Frank Welsh, Canadian Public Health Association, Ottawa, ON



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Overall Physical Activity



Canadian kids aren't active enough.

- ▶ 39% of 5- to 17-year-olds in Canada meet the physical activity recommendation within the Canadian 24-Hour Movement Guidelines for Children and Youth (2016-17 CHMS, Statistics Canada).^{Custom analysis}
- ▶ 41% of 5- to 19-year-olds take at least 12,000 steps daily on average, which approximates the physical activity recommendation within the Canadian 24-Hour Movement Guidelines for Children and Youth (2014-2016 CANPLAY, CFLRI).⁴⁶

Daily Behaviours

Active Play



- ▶ 21% of 5- to 11-year-olds in Canada spend several hours (greater than 1.5 hours) a day in unorganized physical activity, according to their parents (2016-17 CHMS, Statistics Canada).^{Custom analysis}
- ▶ Children and youth in grades 6 to 10 in Canada report playing outdoors for 15 minutes per day, on average (2018 HBSC, PHAC).^{Custom analysis}

Active Transportation



- ▶ Based on parent- and self-report data in 5- to 19-year-olds in Canada, 21% typically use active modes of transportation (e.g., walk, bike), 63% use inactive modes (e.g., car, bus) and 16% use a combination of active and inactive modes of transportation to travel to and from school (2014-16 CANPLAY, CFLRI).^{Custom analysis}

Organized Sport



- ▶ According to parents, 77% of 5- to 19-year-olds participate in organized physical activities or sports (2014-16 CANPLAY, CFLRI).¹⁰⁹
- ▶ 66% of students in grades 6 to 10 currently participate in individual and/or team sports, based on self-report data (2018 HBSC, PHAC).^{Custom analysis}

Physical Education



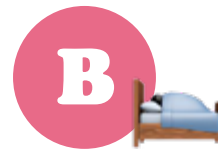
- ▶ 37% of 5- to 11-year-olds in Canada receive at least 150 minutes of physical activity per week during class time at school, according to their parents (2016-17 CHMS, Statistics Canada).^{Custom analysis}
- ▶ 36% of 12- to 17-year-olds in Canada report getting at least 150 minutes of physical activity per week during class time and free time at school (2016-17 CHMS, Statistics Canada).^{Custom analysis}

Sedentary Behaviours



- ▶ There is considerable variability by dataset and age group in the proportion of children and youth in Canada who meet the screen time recommendation made by the Canadian 24-Hour Movement Guidelines for Children and Youth:
 - * 76% of 5- to 11-year-olds (2016-17 CHMS, Statistics Canada).^{Custom analysis}
 - * 28% of 12- to 17-year-olds (2016-17 CHMS, Statistics Canada).^{Custom analysis}
 - * 25% of students in grades 6 to 10 (2018 HBSC, PHAC).^{Custom analysis}
 - * 54% of 8- to 12-year-olds (2014-17 CAPL, HALO).^{Custom analysis}
 - * 6% of students in grades 9 to 12 in British Columbia, Alberta, Nunavut, Ontario and Quebec (2016-17 COMPASS, University of Waterloo).^{Custom analysis}

Sleep



- ▶ Approximately 70% of children and youth in Canada meet the sleep duration recommendation within the Canadian 24-Hour Movement Guidelines for Children and Youth:
 - * 74% of 5- to 17-year-olds (2014-15 CHMS, Statistics Canada).^{Custom analysis}
 - * 65% of students in grades 6 to 10 (2018 HBSC, PHAC).^{Custom analysis}

24-Hour Movement Behaviours



- ▶ Less than a fifth of children and youth in Canada meet all three recommendations within the Canadian 24-Hour Movement Guidelines for Children and Youth:
 - * 15% of 5- to 17-year-olds (2014-15 CHMS, Statistics Canada).^{Custom analysis}
 - * 10% of students in grades 6 to 10 (2018 HBSC, PHAC).^{Custom analysis}

Individual Characteristics

Physical Literacy



- ▶ 36% of 8- to 12-year-olds in Canada assessed by the CAPL meet or exceed the minimum level recommended for physical literacy (2014-17 CAPL, HALO).¹⁷⁶

Physical Fitness



- ▶ 9- to 12-year-olds in Canada are at the 28th percentile, on average, for cardiorespiratory fitness (shuttle run in 20-metre laps) based on age- and sex-specific international normative data (2014-17 CAPL, HALO).²⁰²

Spaces & Places

Household



- ▶ 16% of 18- to 39-year-olds and 17% of 40- to 59-year-olds in Canada meet the Canadian Physical Activity Guidelines for Adults, which recommend at least 150 minutes per week of moderate- to vigorous-intensity physical activity (MVPA).²²¹ Compared to non-parents, less parents are meeting national Physical Activity Guidelines for Adults (23% versus 31%; 2016-17 CHMS Statistics Canada).^{Custom analysis}
- ▶ Among a representative sample of Canadian parents, 44% and 23% reported providing support for children's and youths' light physical activity and MVPA, respectively.²²²
- ▶ 92% of students in grades 9 to 12 in British Columbia, Alberta, Nunavut, Ontario and Quebec report having parents/step-parents/guardians who support them in being physically active (2016-17 COMPASS, University of Waterloo).^{Custom analysis}

Community & Environment



- ▶ Among municipalities in Canada with at least 1,000 residents, as many as one-third have policies that relate to physical activity (2015 SPAOCC, CFLRI):
 - * 35% have formal strategies for physical activity and sport opportunities.²⁵⁹
 - * 22% have a formal plan regarding active transportation.²⁶⁰
- ▶ Between one-quarter and one-third have a policy requiring safe pedestrian and bicycle routes when:
 - * developing new areas in their community (38%)²⁵⁸
 - * reconstructing roads in their community (34%)²⁵⁸
 - * retrofitting existing communities (25%)²⁵⁸
- ▶ 24% have a formal transportation master plan.²⁶⁰

School



- ▶ 48% of school administrators in Canada report having a fully implemented policy to provide daily physical education to all students (2015 OPASS, CFLRI).²³⁷
- ▶ 46% of school administrators in Canada report having a fully implemented policy to provide mandated daily physical activity to all students (2015 OPASS, CFLRI).²³⁷



Strategies & Investments

Government



- ▶ The 2018 federal budget highlighted the government's commitment to improving the country's physical activity levels by pledging to invest \$5 million per year for five consecutive years (totalling \$25 million) to ParticipACTION.²⁸⁵
- ▶ The 2018 federal budget also announced \$30 million over three years to support data, research and innovative practices to promote women's and girls' participation in sport, and \$47.5 million over five years as well as \$9.5 million per year ongoing to expand the use of sport for social development in more than 300 Indigenous communities.²⁸⁵
- ▶ Almost 70% of federal, provincial and territorial governments reported that funds invested in physical activity programming for children and youth has remained the same over the past two fiscal years (2019 ParticipACTION).^{Custom analysis}
- ▶ Over 90% of federal, provincial and territorial governments reported modifying or adapting their respective physical activity policies and programs to better align with Canada's national strategy on physical activity: the Common Vision to Increase Physical Activity and Reduce Sedentary Living in Canada: Let's Get Moving! (2019 ParticipACTION).^{Custom analysis}

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