



# Kids CAN PLAY!

Encouraging children to be active at home, at school, and in their communities

## Physical activity levels of children and youth in Manitoba

The Canadian Fitness and Lifestyle Research Institute's CANPLAY study (Canadian Physical activity Levels Among Youth study) has been used to measure physical activity levels of children and youth using pedometers to measure daily steps. Although the majority of the analyses in this bulletin focus on combined data collected in years 7 and 8 (2011-2014), some analyses also reflects trends over time, where otherwise stated. Combining years 7 and 8 of data collection, the CANPLAY study shows that Canadian children, aged 5 to 19, took approximately 11,000 daily steps on average. Children and youth in Manitoba took approximately the same number of daily steps as the national average, at roughly 11,500 steps.

### Canada and regions

Children and youth in Manitoba took more daily steps than children and youth living in Newfoundland and Labrador and Quebec in 2011-2014.

### Child characteristics

In 2011-2014, boys took more daily steps than girls in Manitoba on average. This finding was similar to the national pattern. Provincially and nationally, daily steps were found to decrease with increasing age. In Manitoba, this was particularly evident when comparing younger children with teens. In Manitoba, gender differences are only significant among 5 to 10 year-olds.

In 2011-2014, there were no significant associations between children's daily steps and participation in organized physical activity and sport in Manitoba. This differed from the pattern nationally in which children who participated in organized physical activity and sport took more daily steps on average than children who did not participate in these types of activities.

**FIGURE 1**

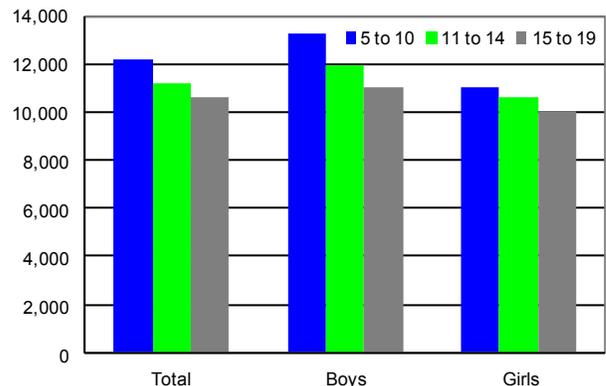
Average steps, Canada and regions



CANPLAY studies, 2011-2014, CFLRI

**FIGURE 2**

Average step by age and gender of child, Manitoba



CANPLAY studies, 2011-2014, CFLRI



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**Parent and household characteristics**

In Manitoba, there were no significant difference between children’s average daily steps and parents’ education or activity level, or with household income. These relationships differed from national findings. Nationally, children whose parents had a university education took more steps than those with a college education; children living in the highest income households took more steps than those living in lower income households; and, children whose parents said that they were substantially more active than other parents took more daily steps than children whose parents said that they were slightly less active than other parents.

**Trends in activity level over time**

There have been no significant changes over time in the number of steps taken by children and youth in Manitoba since 2005-2007. The following section looks at trends over time in the province.

**Child characteristics**

Consistently within the province over time, boys took more daily steps on average than girls, and this finding was similar to that found nationally. The age-related decrease in steps appeared for all study years both provincially and nationally.

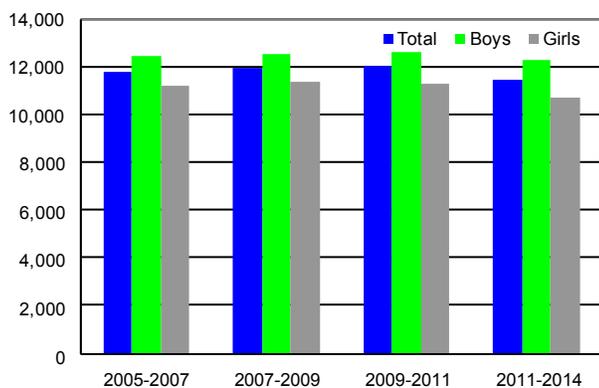
Unlike the earlier three study periods, there was no association between child’s daily steps and participation in organized physical activity and sport in 2011-2014 within the province. This differed from that found nationally which involved a significant difference in each time period.

**Parent and household characteristics**

In Manitoba, there has consistently been a lack of a relationship between children’s average daily steps and parents’ education levels over time. These patterns differed from those observed nationally in which an association between children’s average daily steps and parent’s education appeared in all time periods. In Manitoba, there has been no association between a child’s average daily steps and household income over the four time periods, which differs from national findings. The lack of association between child’s average daily steps and parental activity level occurred in most time periods in Manitoba, whereas nationally, a relationship has been more apparent.

**FIGURE 3**

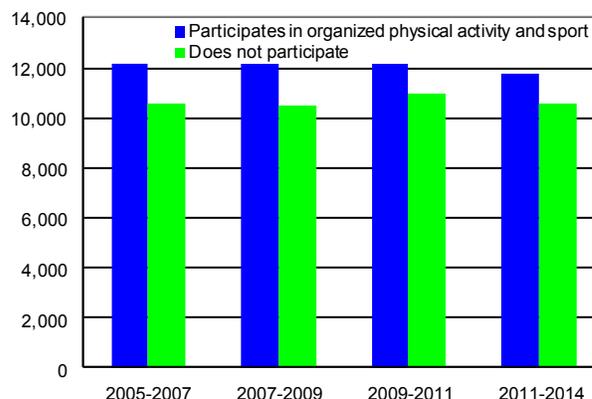
Trends in average steps over time by gender in Manitoba



CANPLAY studies, 2005-2014, CFLRI

**FIGURE 4**

Trends in average steps by participation in organized physical activity and sport, Manitoba



CANPLAY studies, 2005-2014, CFLRI

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