



# Kids CAN PLAY!

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

## Physical activity levels of children and youth in New Brunswick

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 count 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 reflect trends over time, where otherwise stated. Combining years 7 and 8 of data collection, the CANPLAY study showed that Canadian children, ages 5 to 19, took approximately 11,000 daily steps on average. Children and youth in New Brunswick took approximately the same number of daily steps as the national average, at roughly 10,800 steps.

### Canada and regions

Children and youth in New Brunswick took fewer steps than children and youth living in the Yukon in 2011-2014.

### Child characteristics

In 2011-2014, boys took more daily steps on average than girls did in New Brunswick, and this pattern was similar to the national pattern.

Nationally and provincially, daily steps decreased with increasing age. In New Brunswick, this gender difference was only significant among 5 to 14 year-olds. Nationally, this gender difference appeared for all age groups.

In New Brunswick, children who have participated in organized physical activity and sport took more daily steps on average than children who did not participate in these types of activities. This pattern was generally similar to that found nationally.

**FIGURE 1**

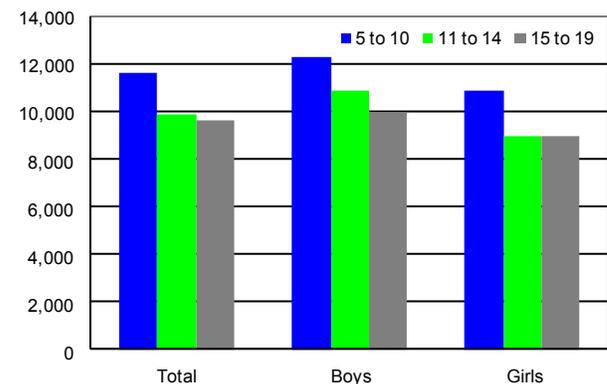
Average steps, Canada and regions



CANPLAY studies, 2011-2014, CFLRI

**FIGURE 2**

Average steps by age and gender of child, New Brunswick



CANPLAY studies, 2011-2014, CFLRI



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**Parent and household characteristics**

In New Brunswick, children whose parents have a university education took more steps than those with a college education, and this was similar to what was found nationally. Children from the highest income households took more daily steps on average than those from lower income households. This was similar to the national pattern, where there was a significant difference between children’s average daily steps and household income levels. There were no significant differences between a child’s average daily steps and perceived activity level of parents in New Brunswick. Nationally, 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**

Compared to the baseline year (2005-2007), there has been no change in average steps taken by children and youth living in New Brunswick from 2011-2014. This section looks at trends over time in this province.

**Child characteristics**

Generally, boys took more daily steps on average than girls did in New Brunswick over time (except in 2009-2011 where there was no difference by gender) and this was similar to the national pattern. The age-related decrease in steps appears for all study years, both provincially and nationally.

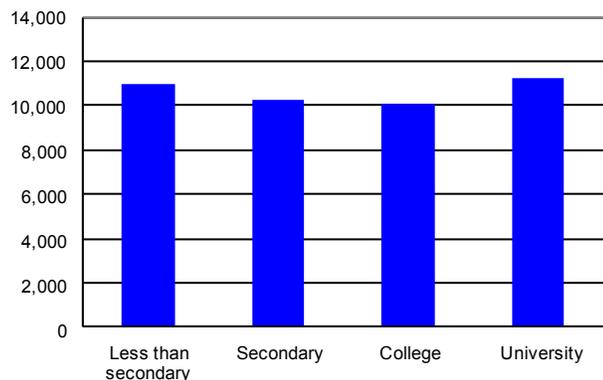
Moreover, the relationship between a child’s participation in organized sports and physical activity and a greater number of steps taken appears for each of the four data collection cycles in New Brunswick. This pattern is also consistent over time at the national level.

**Parent and household characteristics**

In New Brunswick, children of parents with a university education had generally taken more daily steps in all study years (except for in 2007-2009) compared with children whose parents had a lower level of education. A relationship between children’s average steps and household income appeared in most years in New Brunswick. Similarly, at the national level a pattern between children’s average daily steps and household income has existed although the nature of the relationship has varied over time.

**FIGURE 3**

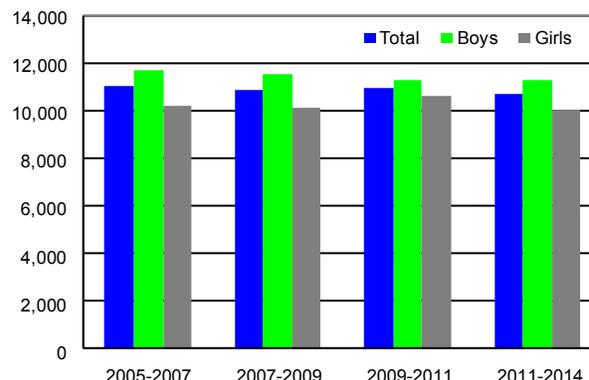
Average steps by parent’s education, New Brunswick



CANPLAY studies, 2011-2014, CFLRI

**FIGURE 4**

Trends in average steps over time by gender in New Brunswick



CANPLAY studies, 2005-2014, CFLRI

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