



Kids CAN PLAY!

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

Physical activity levels of children and youth in Newfoundland and Labrador

The Canadian Fitness and Lifestyle Research Institute's CANPLAY study (Canadian Physical activity Levels Among Youth study) measures 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 Newfoundland and Labrador took a similar number of steps as the national average, at roughly 10,400 steps.

Canada and regions

Children and youth in Newfoundland and Labrador took fewer steps than children and youth living in Manitoba, Saskatchewan, the Yukon and the Northwest Territories.

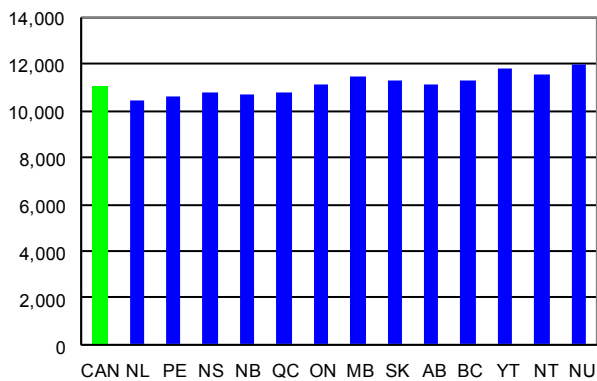
Child characteristics

In 2011-2014, boys and girls took a similar number of steps on average in Newfoundland and Labrador. This pattern differed to that found nationally, where boys took more daily steps than girls. Nationally and provincially, daily steps decreased by increasing age. In Newfoundland and Labrador, this was particularly evident when comparing younger children with older teens. In Newfoundland and Labrador, there were no gender differences by age group. This differed from the national pattern, where gender differences appeared by age.

In Newfoundland and Labrador, 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. This pattern is similar to that found nationally.

FIGURE 1

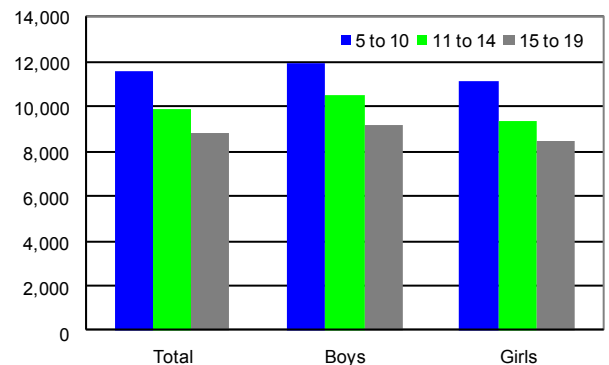
Average steps, Canada and regions



CANPLAY studies, 2011-2014, CFLRI

FIGURE 2

Average steps by age and gender of child, Newfoundland and Labrador



CANPLAY studies, 2011-2014, CFLRI



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Physical activity levels of children and youth
in Newfoundland and Labrador

Parent and household characteristics

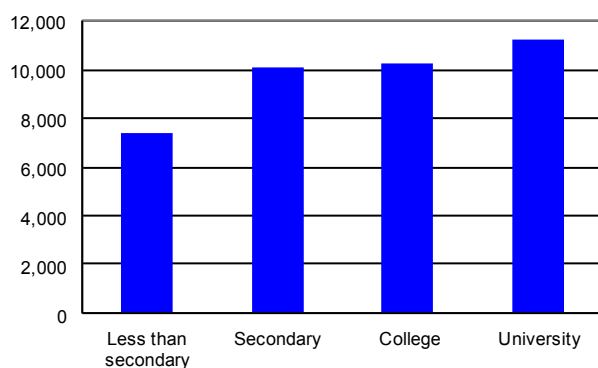
In Newfoundland and Labrador, children's average daily steps increase by parent's education and this was particularly evident when comparing children whose parents have university education with those whose parents have less than a secondary education. Children from lower income households (<\$40,000 per year) took fewer daily steps on average than those from the highest income households (≥\$100,000 per year). There were no significant differences between a child's average daily steps and the perceived activity level of parents. This differed from the national pattern where children whose parents said that they were substantially more active than other parents took more daily steps than children whose parents say 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 Newfoundland and Labrador since 2005-2007. This section looks at trends over time in this province.

FIGURE 3

Average steps by parent's education level, Newfoundland and Labrador



CANPLAY studies, 2011-2014, CFLRI

Child characteristics

In earlier years, boys in Newfoundland and Labrador took more steps than girls, but this was not the case in 2011-2014. This differed from the situation nationally, where boys have consistently taken more steps on average than girls since baseline (2005-2007). Provincially and nationally, the age-related decrease in steps appeared for all study years.

Moreover, the relationship between a child's participation in organized sport and physical activity and a greater number of steps taken has persisted in all four data collection cycles in Newfoundland and Labrador and nationally.

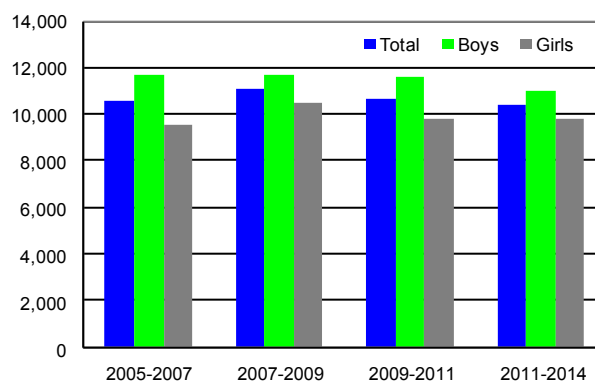
Parent and household characteristics

During the baseline year, there was a relationship between children's average steps taken and parents' perceived activity levels, however, this relationship has not been significant in later study periods.

Moreover, in earlier years (2005-2009), there were generally no apparent differences in children's steps and parents' education and household income, however, in 2011-2014, children of parents with a university education or living in the highest income households took more daily steps than those of parents with less than a secondary education or living in households with incomes of less than \$40,000 per year in Newfoundland and Labrador.

FIGURE 4

Trends in average steps by child's gender in Newfoundland and Labrador



CANPLAY studies, 2005-2014, CFLRI

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