



Kids CAN PLAY!

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

Physical activity levels of children and youth in Nunavut

Since 2005, the Canadian Fitness and Lifestyle Research Institute's CANPLAY study (*Canadian Physical activity Levels Among Youth study*) has been used to measure the physical activity levels of children and youth, by using pedometers to measure daily steps. Trend information is provided at the national and provincial/territorial level using 2005-2007 as the baseline. This bulletin reflects data collected in year 7 and 8 (2011-2014), and also compares this data to those collected in previous years. The CANPLAY study shows that Canadian children, aged 5 to 19, took approximately 11,000 daily steps on average in 2011-2014.

Canada and regions

Generally, physical activity levels of children and youth did not differ significantly by province and territory compared to the national average, with the exception of children and youth living in the Yukon who took more daily steps on average than Canadian children overall.

Child characteristics (national)

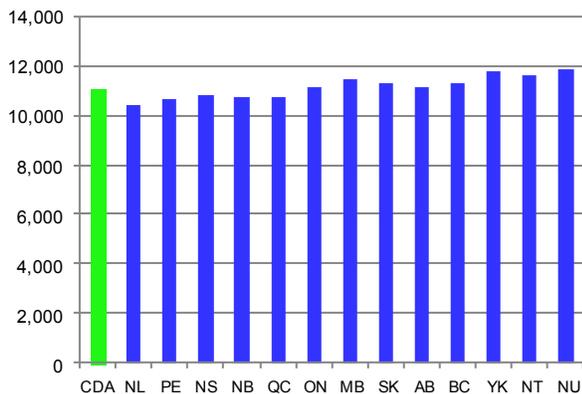
In 2011-2014, boys and young children in Canada (aged 5 to 10) took more daily steps on average than girls and older children (aged 11 to 19). Average steps decreased with increasing age. This gender difference appeared for all age groups, and the age-related decrease in steps appeared for both boys and girls.

National trends in activity level over time

In 2011-2014 (year 7 and 8 of data collection), children and youth aged 5 to 19 took roughly approximately 11,000 steps per day on average. Using CANPLAY data collected during 2005-2007 (Year 1 and 2) as a baseline, there has been a significant decrease in the overall average steps of children and youth in Canada in 2011-2014. Mean steps over the first three time periods have roughly averaged between 11,500 and 11,700 steps per day. For the first time, data from 2011-2014 shows a significant decline. This decline in average steps in the combined years of 2011-2014

FIGURE 1

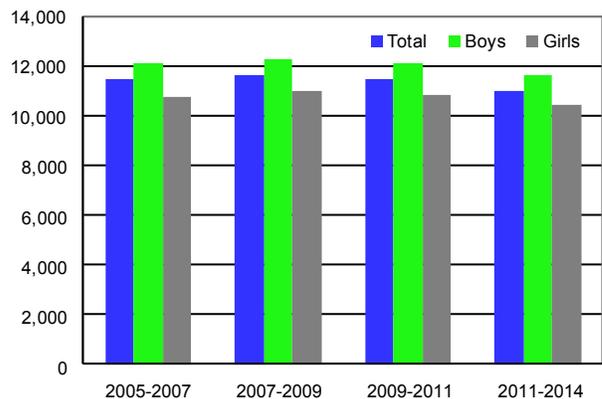
Average steps, Canada and regions



CANPLAY studies, 2011-2014, CFLRI

FIGURE 2

Trends in average steps over time by gender in Canada



CANPLAY studies, 2005-2014, CFLRI



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appears for both boys and girls, and for various age groups compared to earlier years (except for 11 to 19 year olds who took a similar number of daily steps in 2009-2011).

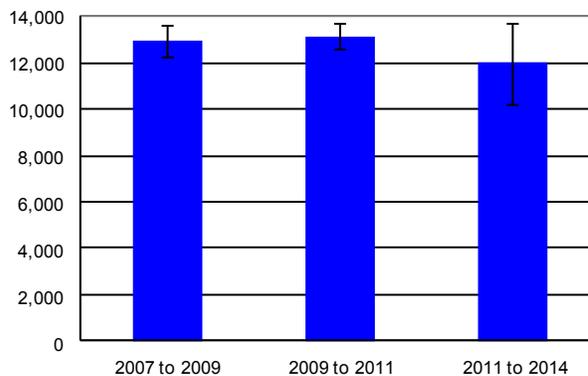
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The average number of steps taken per day by children and youth living in Nunavut during 2011-2014 is roughly 12,000. It is important to note that the methodology to collect data in Nunavut is different from the national and north CANPLAY collection methods, whereby children were recruited through the school system in Nunavut.

Trends in activity level over time in Nunavut

The average number of steps taken by children and youth living in Nunavut has not varied significantly over time. Gender differences have varied over time among children and youth living in Nunavut. During 2009 to 2011, boys took more steps than girls in the territory whereas the differences were not significant during earlier periods (2007 to 2009). Generally speaking, there has been little significant variation by age within the territory.

FIGURE 3
Trends in average steps overtime, in Nunavut



CANPLAY studies, 2007-2014, CFLRI



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Production of this bulletin has been made possible through a financial contribution from the Public Health Agency of Canada and the Interprovincial Sport and Recreation Council. The views expressed herein do not necessarily represent the views of these agencies.