



# Kids CAN PLAY!

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

## Physical activity levels of children and youth in Prince Edward Island

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 also 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 Prince Edward Island took approximately the same number of daily steps as the national average, at roughly 10,600 steps.

### Canada and regions

Children and youth in Prince Edward Island took fewer steps than children and youth living in the Yukon in 2011-2014.

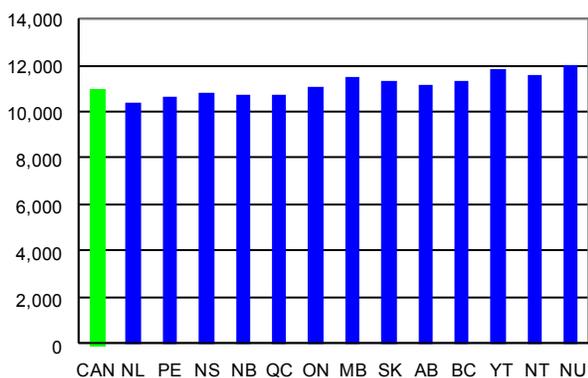
### Child characteristics

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

In Prince Edward Island, 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**

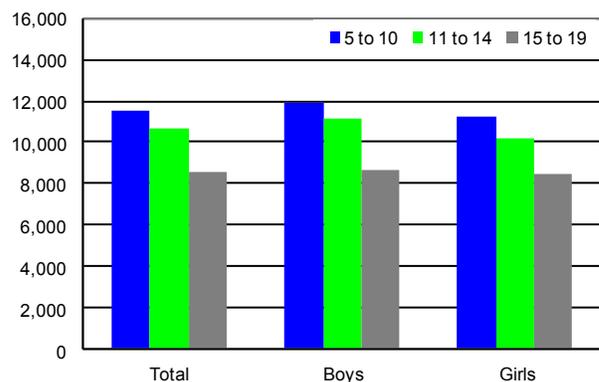
Average steps, Canada and regions



CANPLAY studies, 2011-2014, CFLRI

**FIGURE 2**

Average steps by age and gender of child, Prince Edward Island



CANPLAY studies, 2011-2014, CFLRI



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**Parent and household characteristics**

In Prince Edward Island, there were no significant differences between children’s average daily steps and parents’ education. This differs from the national findings, where children whose parents who had a university education took more steps than those with a college education. In Prince Edward Island, children and youth whose parents were slightly or substantially more active took more steps than parents who were just as active or slightly less active. This finding is somewhat similar to the national findings where children whose parents said that they were substantially more active than other parents took more daily steps than children whose parents said that they are slightly less active than other parents.

In Prince Edward Island, children’s average daily steps varied by household income. Children living in households with household incomes of \$40,000-\$59,999 per year took fewer daily steps on average than those from the highest income households (≥\$100,000 per year). This is somewhat similar to the national findings where children from the highest income households took more steps on average than children from lower income households.

**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 Prince Edward Island since 2005 -2007. This section looks at trends over time in this province.

**Child characteristics**

In earlier years, boys in Prince Edward Island 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 in all study years.

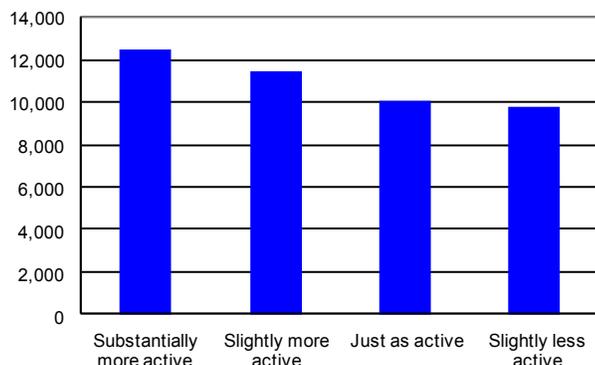
Moreover, the relationship between a child’s participation in organized sport and physical activity and a greater number of steps taken has appeared for each of the four data collection cycles in Prince Edward Island and at the national level.

**Parent and household characteristics**

There has generally been a lack of a significant relationship in Prince Edward Island between a child’s average daily steps and parental education. This differs from national findings. In Prince Edward Island, average steps have differed over time with household income. In 2005-2007, children living in Prince Edward Island in households with incomes of at least \$60,000 per year took more daily steps on average than those in the lowest income households (<\$20,000 per year). An association between a child’s average daily steps and activity level of parent has generally appeared in most study years.

**FIGURE 3**

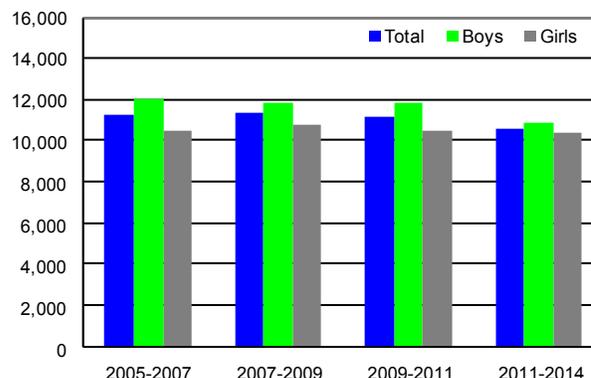
Average steps by parent’s activity level, Prince Edward Island



CANPLAY studies, 2005-2014, CFLRI

**FIGURE 4**

Trends in average steps over time by gender in Prince Edward Island



CANPLAY studies, 2005-2014, CFLRI

**CANADIAN FITNESS & LIFESTYLE RESEARCH INSTITUTE**

201-185 Somerset Street West • Ottawa, ON K2P 0J2 • (613) 233-5528 • info@cflri.ca  
<http://www.cflri.ca/>



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