



Kids CAN PLAY!

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

Physical activity levels of children and youth in Quebec

The Canadian Fitness and Lifestyle Research Institute's CANPLAY study (Canadian Physical activity Levels Among Youth study) has measured 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 Quebec took approximately the same number of daily steps as the national average, at roughly 10,800 steps.

Canada and regions

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

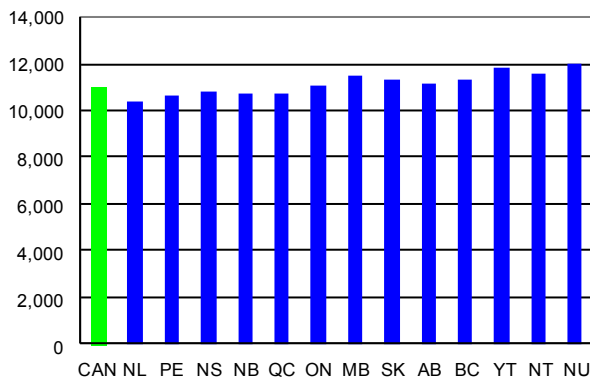
Child characteristics

In 2011-2014, boys took more daily steps on average than girls did in Quebec, and this pattern was similar to the national findings. Nationally and provincially, daily steps decreased with increasing age. In Quebec, gender differences were only significant among 5 to 14 year-olds.

In Quebec, 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 was similar to that found nationally.

FIGURE 1

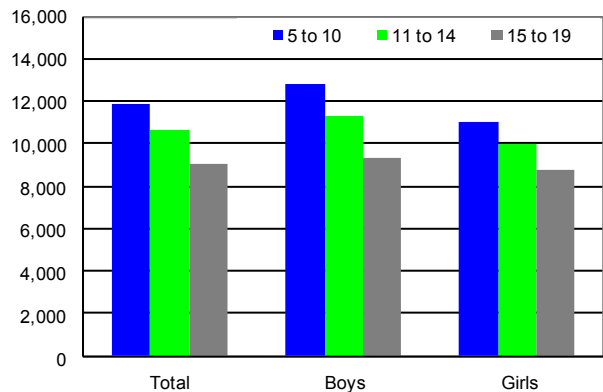
Average steps, Canada and regions



CANPLAY studies, 2011-2014, CFLRI

FIGURE 2

Average steps by age and gender of child, Quebec



CANPLAY studies, 2011-2014, CFLRI



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Physical activity levels of children and youth in Quebec

Parent and household characteristics

In Quebec, there were no significant differences between a child’s average daily steps and household income in 2011-2014. There were also no differences between a child’s average daily steps and parent’s education or perceived activity level of parents living in Quebec. These patterns differ from those found nationally.

Nationally, children whose parents had a university education took more steps than those whose parents had a college education, and, children living in the highest income households took more steps than those living in lower income households. 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

Children in Quebec took fewer daily steps on average in 2011-2014 than they did in 2007-2009. This section looks at trends over time in this province.

Child characteristics

As in earlier years, boys took more daily steps on average than girls did in Quebec in 2011-2014, and this was similar to the national pattern. The age-related decrease in steps appeared for all study years, both nationally and in Quebec.

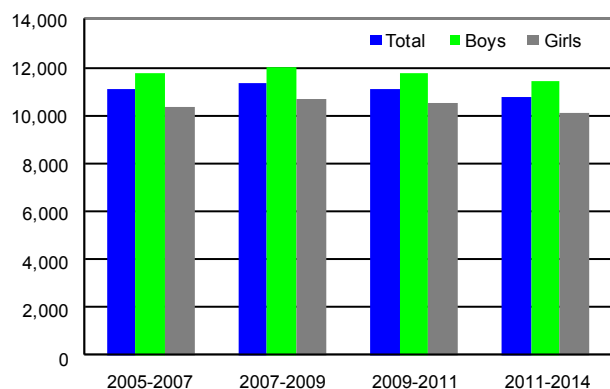
Moreover, the relationship between a child’s participation in organized sport and physical activity and a greater number of steps taken generally persisted in most of the data collection cycles in Quebec. This was significant in all study years in the national findings.

Parent and household characteristics

Unlike earlier years, there was no difference between a child’s average daily steps and parent’s education in Quebec during the 2011-2014 collection period. The lack of association between child’s average daily steps and household income and activity level of the parent has generally persisted over time in Quebec. This differs from the national findings over time.

FIGURE 3

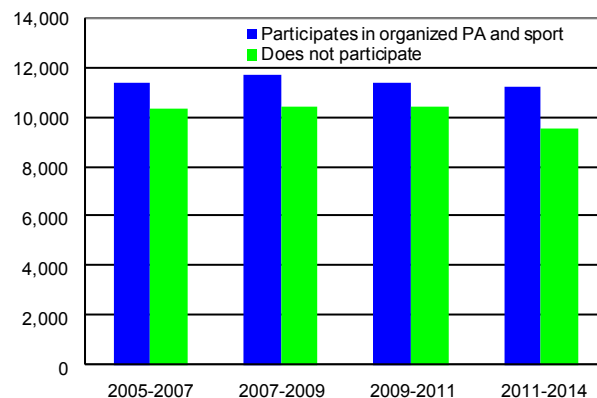
Trends in average steps over time by gender in Quebec



CANPLAY studies, 2005-2014, CFLRI

FIGURE 4

Average steps by child’s participation in organized physical activity and sport, Quebec



CANPLAY studies, 2005-2014, CFLRI

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