



# Kids CAN PLAY!

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

## Physical activity levels of children and youth in Saskatchewan

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 of collection (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 Saskatchewan took approximately the same number of daily steps as the national average, at roughly 11,300 steps.

### Canada and regions

Children and youth residing in Saskatchewan took more steps than children and youth living in Newfoundland and Labrador in 2011-2014. There were, otherwise, no significant differences between children and youth residing in Saskatchewan and other provinces and territories in Canada.

### Child characteristics

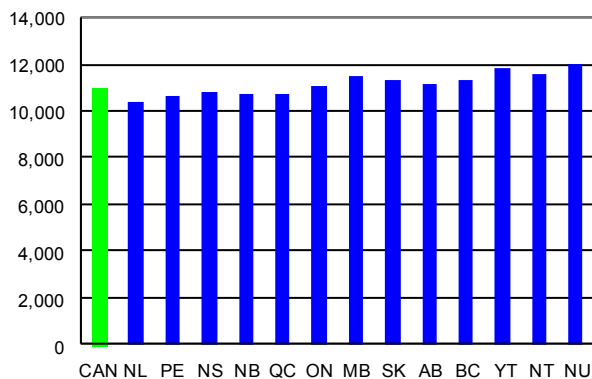
In 2011-2014, boys took a similar number of steps on average than girls did in Saskatchewan. This is different to the national pattern, where boys took on average more daily steps than girls in 2011-2014.

Nationally and provincially, daily steps decreased with increasing age. Contrary to the overall national pattern but similar to the overall provincial pattern, there were no gender differences within each of the age groups.

In Saskatchewan, there were no significant step differences between children and youth who participated in organized physical activity and sport and those who did not in 2011-2014. This pattern was contrary to what was found nationally, whereby children who have participated in organized physical activity and sport took more steps on average than those who did not.

**FIGURE 1**

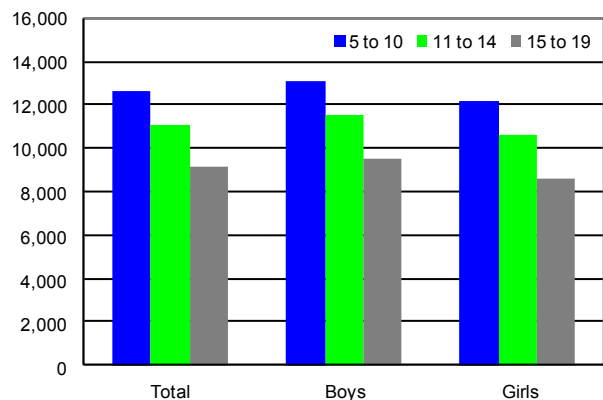
Average steps, Canada and regions



CANPLAY studies, 2011-2014, CFLRI

**FIGURE 2**

Average steps by age and gender of child, Saskatchewan



CANPLAY studies, 2011-2014, CFLRI



Kids CAN PLAY!

© 2014, Canadian Fitness & Lifestyle Research Institute

Physical activity levels of children and youth in Saskatchewan

**Parent and household characteristics**

In Saskatchewan, there were no differences in average daily steps with parental education and household income. There were no significant differences between a child’s average daily steps and perceived activity level of parents in Saskatchewan. Nationally, children whose parents had a university education took more steps than those with a college education; children living in the highest income households took more steps than those living in lower income households; and, 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 was a significant decrease in average number of steps taken by children and youth living in Saskatchewan in 2011-2014, however the number of steps have not significantly changed since 2007. This section looks at trends over time in this province.

**Child characteristics**

Generally, boys took more daily steps on average than girls did in Saskatchewan over time; however, this relationship was not significant in 2011-2014. The age-related decrease in steps

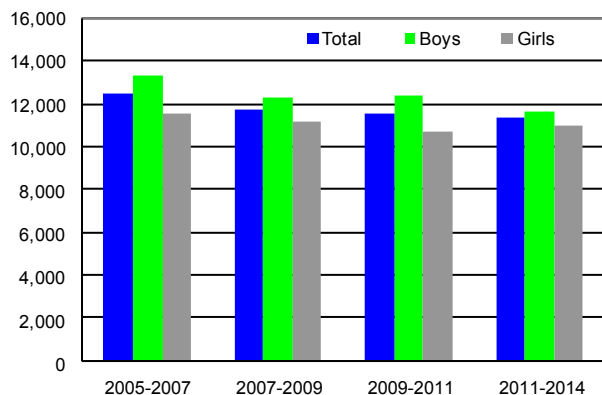
appeared for all study years, including the most recent years. In past years, there has been a relationship between a child’s participation in organized sport and physical activity and a greater number of steps taken, however, this relationship was not significant in 2011-2014 in Saskatchewan. Nationally, a relationship between a child’s average steps and participation in organized sport and physical activity appeared in every time period.

**Parent and household characteristics**

The relationship between average steps taken by children and parental education has generally not been significant in most study years in Saskatchewan (with the exception of 2009-2011), and this has persisted into 2011-2014. A relationship between children’s steps and parental education was evident nationally in all study years. Generally, there were no significant relationships between children’s average steps and household income in Saskatchewan over time, with the exception of 2007-2009 in which children from the highest income households took more steps than those from the lowest income households. Nationally, a relationship between a child’s average steps and household income has persisted over time. A relationship between parent’s activity level and a child’s average steps was only significant in Saskatchewan in 2005-2007 and 2009-2011. Nationally, the association between a child’s average daily steps and parental activity level has persisted over time.

**FIGURE 3**

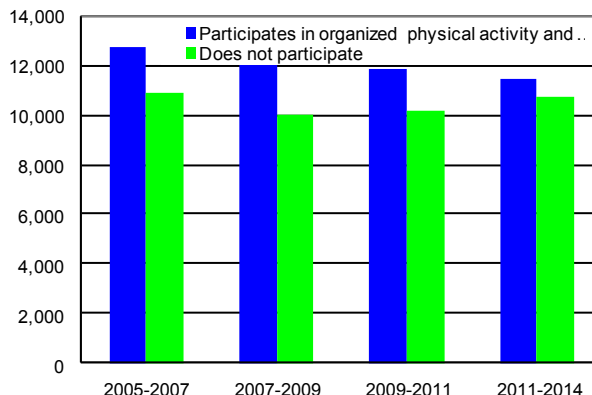
Trends in average steps over time by gender in Saskatchewan



CANPLAY studies, 2005-2014, CFLRI

**FIGURE 4**

Trends in average steps by participation in organized physical activity and sport, Saskatchewan



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/>



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.