



Kids CAN PLAY!

ENCOURAGING CHILDREN TO BE ACTIVE AT HOME, AT SCHOOL, AND IN THEIR COMMUNITIES

Physical activity levels of children and youth in British Columbia

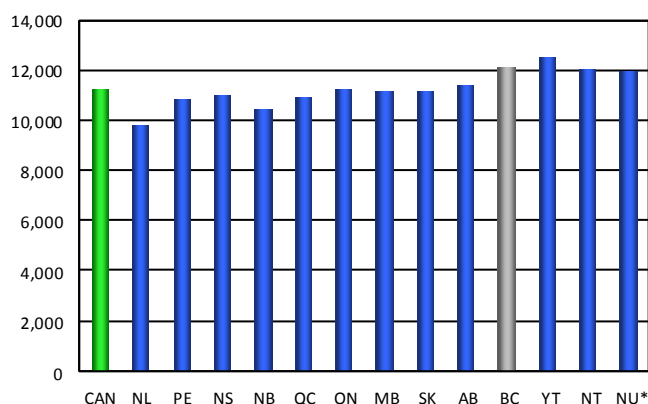
The Canadian Fitness and Lifestyle Research Institute's CANPLAY (Canadian Physical activity Levels Among Youth) study measures physical activity levels of children and youth using pedometers to count daily steps. The study has collected data between 2005 and 2016. Although most of the analyses in this bulletin focuses on combined data collected in years 9 and 10 (2014-2016), some analyses reflect trends over time, where otherwise stated.

Canada and regions

Based on the latest data (years 2014 to 2016), the CANPLAY study shows that Canadian children (ages 5 to 19) take approximately 11,300 daily steps on average. Children and youth residing in British Columbia take a higher number of steps when compared to the national average, at roughly 12,100 steps. When compared to other regions in the country during this time period, children and youth residing in British Columbia take more steps than children and youth living in the Atlantic provinces, Quebec, Ontario, and Manitoba.

FIGURE 1

Average daily steps taken by children and youth by province and territory



*Based on 2011-2014 due to sample size in 2014-2016

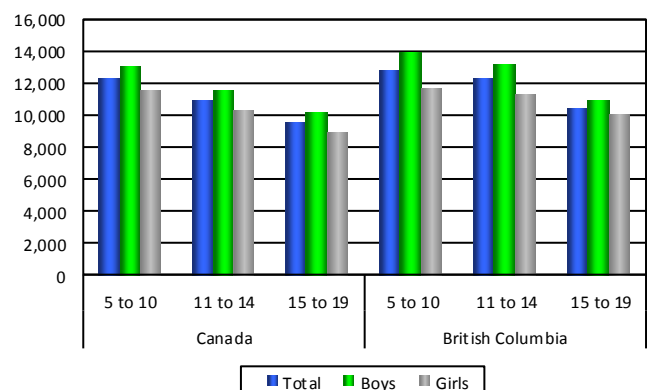
CANPLAY study, 2014-2016, CFLRI

Child and parent characteristics

Based on the latest data, boys take significantly more steps on average than girls in Canada. Similarly, boys take more steps than girls on average during this time period in British Columbia, as well. In Canada, average daily steps decrease with increasing age of the child. In British Columbia, this pattern is generally consistent as 5 to 14 year olds living in the province take more steps on average than those aged 15 and older.

FIGURE 2

Average daily steps taken by children and youth by child's age and gender, Canada and British Columbia



CANPLAY study, 2014-2016, CFLRI

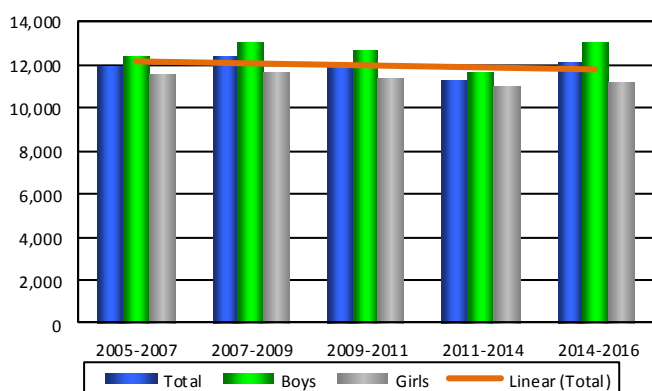
In Canada and in the province, children and youth who participate in organized physical activity and sport take more steps on average than those who do not. Although there are relationships between average steps taken daily and parent's activity level and parent's education level at a national level, these relationships are not significant in the province between 2014 and 2016.



At a national level, children living in the highest income households (\geq \$100,000 per year) take more steps on average than children and youth living in some lower income households, and there is a somewhat similar relationship among children and youth living in British Columbia. In British Columbia, children and youth living in higher income households (\geq \$80,000 per year) take more steps than those living in slightly lower income households (\$60,000 to \$79,999/year).

FIGURE 3

Average daily steps taken by children and youth over time, British Columbia



CANPLAY study, 2005-2016, CFLRI

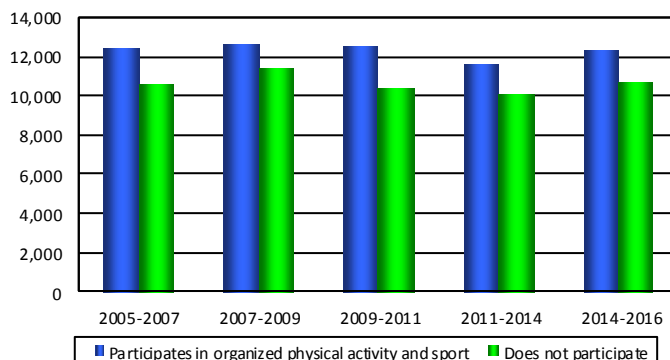
Trends over time

In British Columbia, there have been no significant differences overall in the number of steps taken in 2014-2016 compared to the number of steps taken in each study period over the previous decade.

In Canada, the relationship between steps taken and gender has persisted over time, and this same pattern has also remained fairly consistent over time in British Columbia as well. The inverse relationship of decreasing steps with increasing age has persisted nationally and also generally speaking, within the province over the previous decade. The association between steps and organized physical activity and sport, whereby those who participate in organized physical activity and sport take more steps on average than those who do not, has persisted over time both nationally and within the province. Significant relationships between the average number of steps taken and parent’s education level and household income level have been less consistent over time in British Columbia.

FIGURE 4

Average daily steps taken by participation in organized physical activity and sport over time, British Columbia



CANPLAY study, 2005-2016, 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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