



# Kids CAN PLAY!

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

## Physical activity levels of children and youth in Manitoba

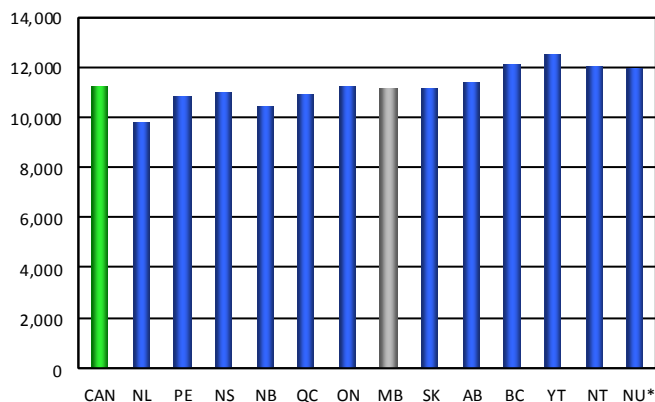
The Canadian Fitness and Lifestyle Research Institute's CANPLAY (Canadian Physical activity Levels Among Youth) study measures physical activity levels of children and youth using pedometers to count daily steps. The study has collected data between 2005 and 2016. Although most of the analyses in this 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 Manitoba take a similar number of steps on average when compared to the national average, at roughly 11,200 steps. When compared to other regions in the country during this time period, children and youth residing in Manitoba take more steps than those living in Newfoundland and Labrador, but fewer steps than children and youth living in British Columbia and the Yukon.

FIGURE 1

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



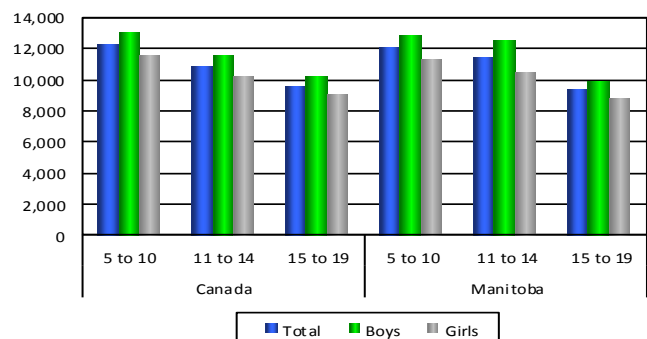
\*Based on 2011-2014 due to sample size in 2014-2016 CANPLAY study, 2014-2016, CFLRI

### 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 Manitoba, as well. In Canada, average daily steps decrease with increasing age of the child. In Manitoba, this pattern is generally consistent as 5 to 14 years olds living in the province take more steps on average than youth 15 years and older in 2014 to 2016.

FIGURE 2

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



CANPLAY study, 2014-2016, CFLRI

In Canada, children and youth who participate in organized physical activity and sport take more steps on average than those who do not. Interestingly, this relationship was not significant in Manitoba during the study period of 2014 to 2016. Although significant relationships exist between a child's average number of steps and parent's education level and household income at a national level, these relationships are not significant within the province. A significant relationship between parent's activity level and a child's average number of steps exists nationally and in a somewhat similar way at a provincial level, as well.

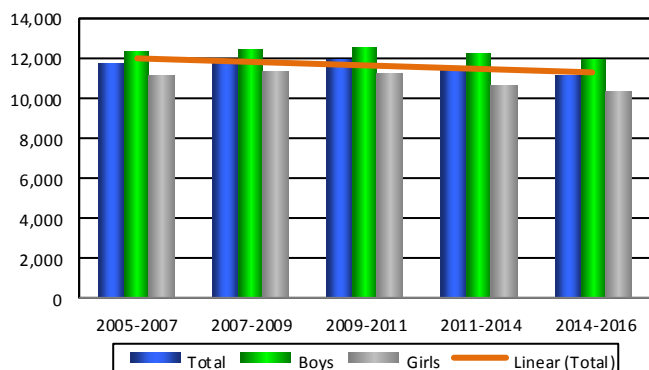


**Trends over time**

In Manitoba, there have been no significant differences overall in the number of steps taken in 2014-2016 compared to the number of steps taken within most study periods over the previous decade, with one exception; in Manitoba, the number of steps taken by children and youth in 2014-2016 is slightly lower than the number taken in 2009-2011.

**FIGURE 3**

Average daily steps taken by children and youth over time, Manitoba



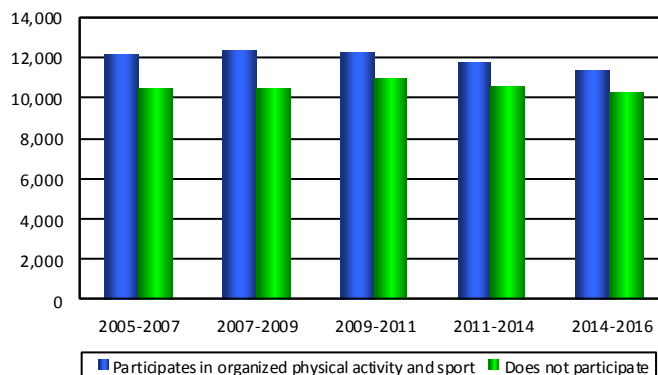
CANPLAY study, 2005-2016, CFLRI

In Canada, the relationship between steps taken and gender is a pattern that has persisted over time, and this same pattern has also remained consistent over time in Manitoba as well. The inverse relationship between 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 nationally. This relationship has varied over time within Manitoba; although a similar significant relationship appeared in earlier years of data collection, there has been no significant relationship between those who participate in organized physical activity and sport and those who do not since 2011. Future data collection will assist in determining if this is a trend within Manitoba.

Although significant relationships between the average number of steps taken and parent’s education level and also with household income have appeared nationally, these relationships have not been significant within Manitoba over the past decade. The relationship between steps taken and parent’s activity level has been less consistent over time in the province.

**FIGURE 4**

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



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/>



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