



# Kids CAN PLAY!

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

## Physical activity levels of children and youth in New Brunswick

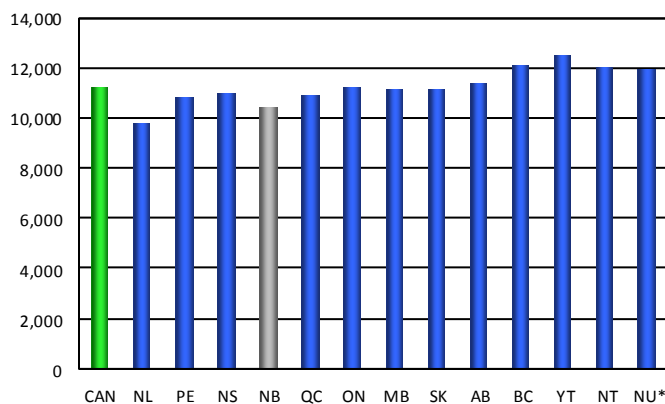
The Canadian Fitness and Lifestyle Research Institute's CANPLAY (Canadian Physical activity Levels Among Youth) study measures physical activity levels of children and youth using pedometers to count daily steps. The study has collected data between 2005 and 2016. Although most of the analyses in this 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 New Brunswick take fewer steps on average compared to the national average, at roughly 10,400 steps. When compared to other regions in the country during this time period, children and youth residing in New Brunswick took fewer steps than children and youth living in Ontario, Alberta, British Columbia, and the Northern Territories.

FIGURE 1

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



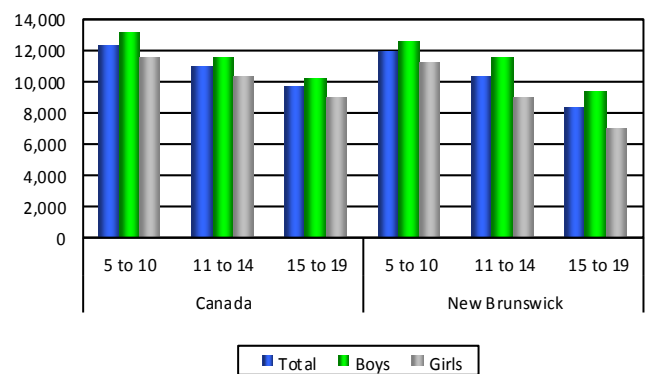
\*Based on 2011-2014 due to sample size in 2014-2016  
CANPLAY study, 2014-2016, CFLRI

### 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 in New Brunswick. In Canada, average daily steps decrease with increasing age of the child, and this relationship is similar to the pattern found within the province.

FIGURE 2

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



CANPLAY study, 2014-2016, CFLRI

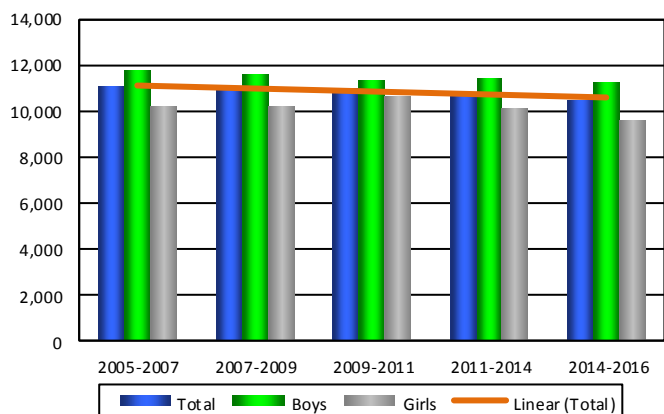
In Canada and in the province, children and youth who participate in organized physical activity and sport take more steps on average than those who do not. Although there are relationships between average steps taken daily and parent's education and parent's activity level on a national basis, these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



At a national level, children and youth living in the highest income households ( $\geq \$100,000$  per year) take more steps than children and youth living in some lower income households, and this general pattern also appears in New Brunswick during 2014 to 2016. In New Brunswick, children and youth living in the highest income households take more steps than those living in slightly lower income households ( $\$60,000$  to  $\$79,999$ /year).

**FIGURE 3**

Average daily steps taken over time by children and youth, New Brunswick



CANPLAY study, 2005-2016, CFLRI

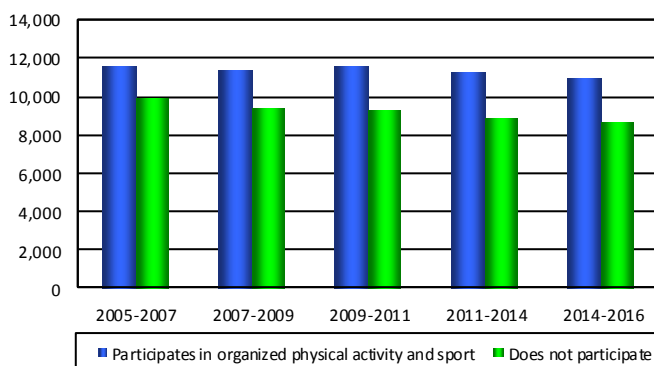
**Trends over time**

In New Brunswick, 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 of the study periods in the previous decade. Although there were no overall differences, there were some significant changes in steps over the study years among particular groups. For example, compared to the baseline year of 2005 to 2007, there are slight decreases in steps collected from 2014 to 2016 among 15 to 19 year olds (and girls of this age in particular) and children and youth whose parents have a college education within the province. During 2014-2016, girls aged 15 to 19 took fewer steps than all previous study periods. Monitoring this finding in future years is warranted to determine if the decrease in steps among older girls will persist.

In Canada, the relationship between steps taken and gender has persisted over time, and with the exception of one time period, this same pattern has also remained consistent over time in New Brunswick, as well. The inverse relationship of decreasing steps with increasing age has persisted nationally and within the province over the 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 activity level, education level, and household income level have been less consistent over time in New Brunswick.

**FIGURE 4**

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



CANPLAY study, 2005-2016, CFLRI

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