



# Kids CAN PLAY!

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

## Physical activity levels of children and youth in Newfoundland and Labrador

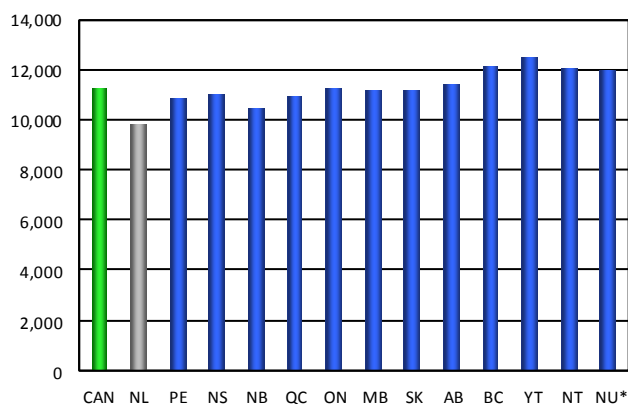
The Canadian Fitness and Lifestyle Research Institute's CANPLAY (Canadian Physical activity Levels Among Youth) study measures physical activity levels of children and youth using pedometers to count daily steps. The study has collected data between 2005 and 2016. Although most of the analyses in this 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 Newfoundland and Labrador take fewer steps on average when compared to the national average, at just slightly under 10,000 steps. When compared to other regions in the country during this time period, children and youth residing in Newfoundland and Labrador take fewer steps than children and youth living in Nova Scotia, Ontario, the Western provinces 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

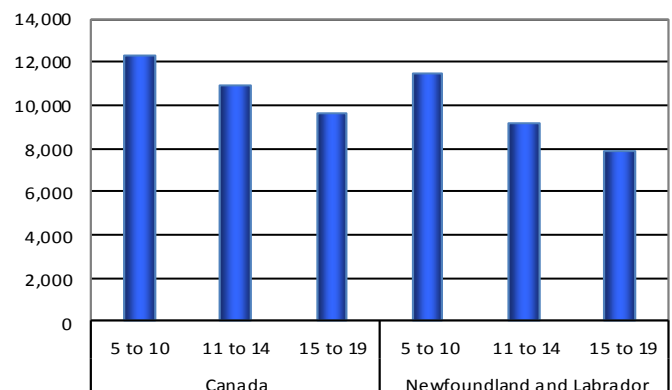


### Child and parent characteristics

Based on the latest data, boys take significantly more steps on average than girls in Canada. In Newfoundland and Labrador, however, boys and girls did not differ significantly in their average number of steps during this time period. In Canada, average daily steps decrease with increasing age of the child. In Newfoundland and Labrador, this pattern is generally consistent as 5 to 10 years olds living in the province take more steps on average than those 11 years and older (years 2014 to 2016).

FIGURE 2

Average daily steps taken by children and youth by child's age, Canada and Newfoundland and Labrador



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, education level, and household income at a national level, these relationships are not significant at the provincial level.

**Trends over time**

With the exception that the average number steps taken by children and youth living in Newfoundland and Labrador in 2014 to 2016 is lower than the average number taken during the study period of 2007 to 2009, there are no other significant differences overall when comparing steps in 2014 to 2016 to any other earlier study period during the previous decade.

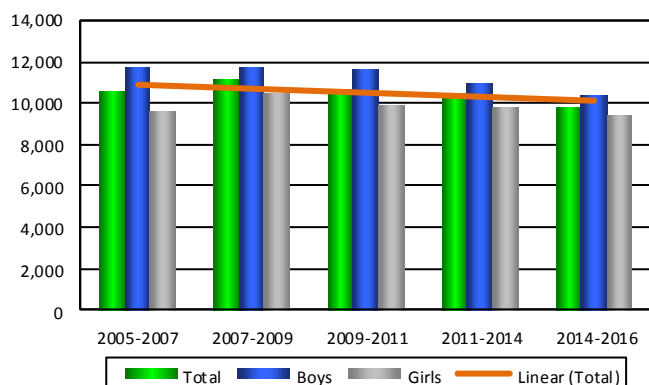
This overall decrease in steps between the two time periods of 2014-2016 versus 2007-2009 is also significant among particular groups: namely, among boys, girls, those who are 11 years and older, those who do not participate in organized physical activity and sport, and children and youth whose parent holds a college education. Similarly, there is a slight decrease in steps between the data collection period of 2014 to 2016 versus the baseline years of 2005 to 2007 among certain groups, but not overall; these groups include boys aged 11 and older, and those who do not participate in organized physical activity and sport.

In Canada, the relationship between steps taken and gender has persisted over time. In Newfoundland and Labrador, however, although boys and girls did not differ significantly in their average number of steps when examining data collected between 2011 and 2016, previous study years found that boys took more steps than girls in the province. This relationship will have to continue to be assessed in the future to determine if the gender gap has been reduced over time.

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 Newfoundland and Labrador.

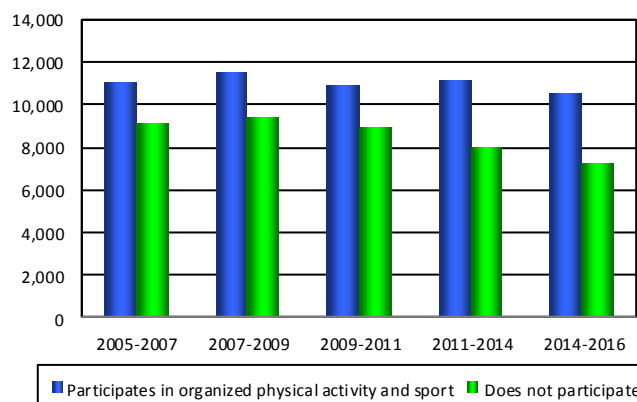
**FIGURE 3**

Average daily steps taken by children and youth over time, Newfoundland and Labrador



**FIGURE 4**

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



CANPLAY study, 2005-2016, CFLRI

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