



Canadian kids are inactive and they may be losing sleep over it.

THE 2016 PARTICIPACTION REPORT CARD ON PHYSICAL ACTIVITY FOR CHILDREN AND YOUTH



The ParticipACTION Report Card on Physical Activity for Children and Youth is the most comprehensive assessment of child and youth physical activity in Canada. This year's Report Card gives a D- for Overall Physical Activity Levels, as only 9% of kids get 60 minutes of heart-pumping activity each day. And, for the first time, the Report Card **assigns a grade to sleep** and includes new **Canadian 24-Hour Movement Guidelines for Children and Youth**.

There are important relationships among physical activity, sedentary behavior, and sleep – and new research shows that sedentary lifestyles are connected to a creeping 'sleepidemic' in Canadian kids.

The new **Canadian 24-Hour Movement Guidelines for Children and Youth** state that kids need a combination of high levels of physical activity, low levels of sedentary behaviour and sufficient sleep each day to be healthy.



Children's sleep duration has **decreased by 30 to 60 minutes** in recent decades.

31%

of school-aged children and **26 per cent** of adolescents are **sleep-deprived**.



It's time to take a whole-day approach – many kids are too tired to get enough physical activity during the day, and not active enough to be tired at night – it's a vicious cycle.

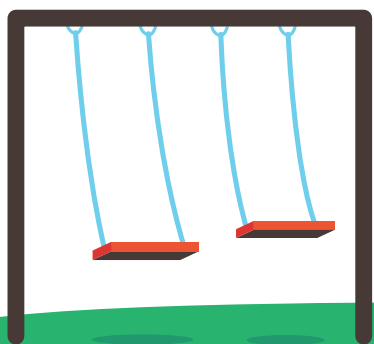


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Every hour kids spend in sedentary activities is associated with a delay in their bedtime by 3 minutes. And the average 5- to 17-year-old Canadian spends 8.5 hours being sedentary each day.

A study of kids aged 10 to 12 showed that **those who slept the least on school nights were significantly less active and more sedentary** than those who slept the most.

It's time for a wake-up call. We need to take sleep seriously and understand that the best sleep aid is to get kids off the couch and away from their screens with regular heart-pumping activity.



High school students who get at least **60 minutes of physical activity each day are 41 per cent more likely to get sufficient sleep** than those who don't.

Gr. 5

students with higher physical activity levels are less likely to be sleepy during the daytime.

The Highlight Report, Full Report, and sources are available at www.participACTION.com/reportcard