

## Fast Facts on the Physical Activity and Sedentary Behaviour of Canadian Children and Youth

Here's a compilation of all the latest research and statistics on Canadian kids' physical activity and sedentary behaviours:

- Canadian kids aged 3-4 spend 5.8 hours a day being sedentary, those aged 5-11 spend 7.6 hours and those aged 12-17 spend 9.3 hours. (Active Healthy Kids Canada (2014). *Is Canada in the Running? The Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth*. Toronto: Active Healthy Kids Canada.)
- The Canadian Physical Activity Guidelines recommend that Canadian kids aged 5 – 17, accumulate at least 60 minutes of moderate- to vigorous-intensity physical activity each day. Only 5% of 5- to 17-year olds are meeting the recommendations. (Active Healthy Kids Canada (2014). *Is Canada in the Running? The Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth*. Toronto: Active Healthy Kids Canada.)
- 40% of kids (aged 5-17 years) meet the guidelines at least 3 days per week; but to achieve health benefits, these kids need to get 60 minutes every day of the week. (Active Healthy Kids Canada (2014). *Is Canada in the Running? The Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth*. Toronto: Active Healthy Kids Canada.)
- 86% of Canadians agree that children and youth generally do not get enough physical activity. (Active Healthy Kids Canada (2014). *Is Canada in the Running? The Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth*. Toronto: Active Healthy Kids Canada.)
- Parents of kids aged 3-4 report their kids get only 5.3 hours of physical activity per week outside of school while participating in unorganized physical activities, whether alone or with a friend. (Active Healthy Kids Canada (2014). *Is Canada in the Running? The Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth*. Toronto: Active Healthy Kids Canada.)
- Parents of kids aged 5-11 report their kids get only 4.1 hours of physical activity per week outside of school while participating in unorganized physical activities, whether alone or with a friend. (2009-11 Canadian Health Measures Survey)
- 73% of parents report their kids aged 5-19 watch TV, read, or play video and computer games during the after-school period - between the end of the school day and suppertime. (Active Healthy Kids Canada (2014). *Is Canada in the Running? The Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth*. Toronto: Active Healthy Kids Canada.)

- 61% of Canadian parents strongly or somewhat agree that their children/youth spend too much time watching television or using the computer. (Active Healthy Kids Canada (2014). *Is Canada in the Running? The Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth*. Toronto: Active Healthy Kids Canada.)
- The percentage of 11-year-old girls (56%) and boys (64%) in Canada who report at least 2 hours of television viewing per day exceeds the international average for girls (54%) and boys (56%). (Currie C et al, eds. *Social determinants of health and well-being among young people*. Health Behaviour in School-aged Children (HBSC) study: international report from the 2009/2010 survey. Copenhagen: World Health Organization; 2012. URL: [www.hbsc.org/publications/international](http://www.hbsc.org/publications/international).)
- The proportion of Canadian kids who play outside after school dropped 14% over the last decade. (Active Healthy Kids Canada (2012). *Is active play extinct? The Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth*. Toronto: Active Healthy Kids Canada.)
- Only 6% of Canadian kids take the recommended 12,000 steps per day. (Active Healthy Kids Canada (2014). *Is Canada in the Running? The Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth*. Toronto: Active Healthy Kids Canada.)
- 69% of 5- to 11-year-olds in Canada meet the Canadian Sedentary Behaviour Guidelines for Children and Youth, which recommend daily screen time of no more than 2 hours. (2009-11 Canadian Health Measures Survey)
- According to parents in Canada, 34% of 5- to 17-year-olds participate in sport at least 4 times per week and only 46% of Canadian kids do so year-round. (Canadian Fitness and Lifestyle Research Institute. 2010-11 Physical Activity Monitor. *Bulletin 1: Participation in sport among children and youth*. Ottawa: Canadian Fitness and Lifestyle Research Institute; 2013. [www.cflri.ca/node/1147](http://www.cflri.ca/node/1147))
- Canadian children who participate in organized physical activities or sports take on average almost 1,500 more steps per day than children who do not participate in these types of activities. (Canadian Fitness and Lifestyle Research Institute. 2011-12 CANPLAY. *Bulletin 1: Physical activity levels of Canadian children and youth*. Ottawa: Canadian Fitness and Lifestyle Research Institute; 2013. [www.cflri.ca/node/1199](http://www.cflri.ca/node/1199))