

How can governments get kids moving more?

It's clear that the necessary measures taken during the height of the pandemic affected the movement behaviours of children and youth across the country. What can we do going forward to ensure our kids have an active and healthy future?

The **2022 ParticipACTION Report Card on Physical Activity for Children and Youth** contains a number of recommendations for governments.



Overall Physical Activity



Continue to commit funding to the surveillance of physical activity in children and youth by province/territory.



Increase health promotion efforts to address the COVID-19-related decline in physical activity, especially in equity-deserving groups that have been disproportionately impacted.



Provide sustained resources and develop policies for promoting and implementing the 24-Hour Movement Guidelines.

Sedentary Behaviours

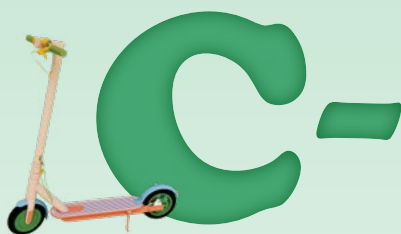


Increase health promotion efforts to support families in reversing increases in screen time due to pandemic-related restrictions.



Require digital screen device manufacturers to disclose on product labels the potential harms linked with excessive use.

Active Transportation



Create a culture of active transportation. This may involve alleviating parental safety concerns (e.g., being hit by a motor vehicle) by informing them of the low risks involved.



Provide infrastructure and social marketing to support families in adopting active transport practices.



Continue to increase the number of traffic control devices (e.g., traffic lights, signs, crosswalks), enforce lower speeds around schools and increase supervision (e.g., traffic guards) to address safety concerns.

Active Play



Invest in no-charge active play spaces (especially outdoors) for families with children of all ages.



Support families' participation in sport and recreation activities.



Read the ParticipACTION Report Card on Physical Activity for Children and Youth to learn more.