

Rallying for Resilience:

Keeping Children and Youth Active in a Changing Climate



How can governments get kids moving more in a changing climate?

With our climate changing at an alarming rate, how can governments in Canada help children and youth face adversity, move more and build resilience? The **2024 ParticipACTION Report Card on Physical Activity for Children and Youth** contains several recommendations to help improve three key grades:

Overall Physical Activity: D+

- Continue to commit funding to the surveillance of physical activity among children and youth by province/territory, ensuring that there are monitoring and evaluation plans to track the progress and impact of physical activity- and sport-related policies.
- Support creating dedicated physical activity strategies to increase public sector coordination to advance physical activity promotion across Canada.
- Align dedicated physical activity policies with other relevant public sector policies that support increased opportunities for population-level physical activity (e.g., transportation, public health, infrastructure).
- Increase investment in national/provincial parks and recreation and sport facilities to improve children and youth's access to physical activity opportunities and potentially benefit planetary health and provide spaces for kids to avoid climate-related risks (e.g., air quality, heat advisories).
- When revising or creating new municipal policies or by-laws, consider how they might restrict physical activity or outdoor play for children and youth.

Sedentary Behaviours: D

- Introduce legislation that promotes healthy screen use behaviours in kids, such as enhancing their privacy and safety and ensuring social media age-verification.

Active Transportation: C-

- Foster a culture of active transportation by developing infrastructure such as street and traffic lighting, reducing speed limits, ensuring proper protection from vehicles, and addressing safety concerns.
- Invest in increasing access to active and public transportation, ensuring full routes to and from schools and other daily commitments are available, accessible and well maintained. This can improve physical activity levels and reduce carbon emissions and air pollution.

Read the [2024 ParticipACTION Report Card on Physical Activity for Children and Youth](#) to learn more.