

Understanding the Grades: Findings from the ParticipACTION Report Card on Children & Youth

February 2022



Cover Story

Families play a crucial role in shaping and influencing all areas of kids' lives including their physical activity, sedentary behaviour and sleep behaviours.



About the Report Card

The ParticipACTION Report Card on Physical Activity for Children and Youth is the most comprehensive assessment of child and youth physical activity in Canada. The Report Card synthesizes data from multiple sources, including the best available peer-reviewed research, to assign evidence-informed grades across 14 indicators.

The Report Card has been replicated in over 50 cities, provinces and countries, where it has served as a blueprint for collecting and sharing knowledge about the physical activity of young people around the world.



Consensus Statement



Consensus Statement

On the Role of the Family in the Physical Activity,
Sedentary and Sleep Behaviours of Children and Youth




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What needs to be done to get Canadian kids moving?

Families can support children and youth in achieving healthy physical activity, sedentary and sleep behaviours by encouraging, facilitating, modelling, setting expectations and engaging in healthy movement behaviours with them. Other sources of influence are important (e.g., child care, school, health care, community, governments) and can support families in this pursuit.



Recommendations

Parents, be an active role model in kids' lives

- Each additional 20 min of physical activity by parent = 5+ min in child's physical activity.^{Custom analysis}
- Facilitate physical activity by encouraging, watching, role modelling, co-participating and attending physical activity events.^{50,52,78-91}
- Be active as a family and make it a priority.⁹²

As a Family, reduce screen time or put screens away – get active instead

- 52% of parents said they spend too much time on their phones, up from 29% in 2016.
- By age 11, over half (53%) of children have their own smartphone, and this increases to 69% by age 12.⁶²
- 1/3 of youth keep their phones in bed with them⁶⁰



Recommendations

Reclaim family time as active time

- When we identify our families as active ones, then our children are much more likely to identify as active individuals.³²⁴

Use active transportation to get to destinations as a family

- Whether you walk, wheel, rollerblade, skateboard or jog, there's a form of active transportation for everyone. Try leaving the car at home once or twice a week – not only will you save money on gas and reduce harmful emissions, but you will also be spending more quality time as a family getting active.

Encourage more outdoor time

- Spending some time outdoors each week as a family is an easy and effective way to limit screen time and naturally boost moods, and it can also decrease sedentary behaviour and improve sleep quality.⁷⁷

Indicators & Grades

Grades are determined by the best available data, research and key issues from the past year.



Indicators

Children's movement behaviours are affected by the family, home, school, community, government and environment.

- **Daily Behaviours:** Overall Physical Activity, Active Play, Active Transport, Organized Sport, Physical Education, Sedentary Behaviours, Sleep, and 24-Hour Movement Guidelines
- **Individual Characteristics:** Physical Literacy and Physical Fitness
- **Spaces and Places:** Household, School , Community and Environment
- **Strategy and Investments:** Government

Methodology

Our interdisciplinary research team identifies and assesses Report Card indicators to determine grade assignments based on the best available data, research and key issue areas from the past two years, all of which are included in the Full Report.

- A** = We are succeeding with a large majority of children and youth.
- B** = We are succeeding with well over half of children and youth.
- C** = We are succeeding with about half of children and youth.
- D** = We are succeeding with less than half, but some, children and youth.
- F** = We are succeeding with very few children and youth.

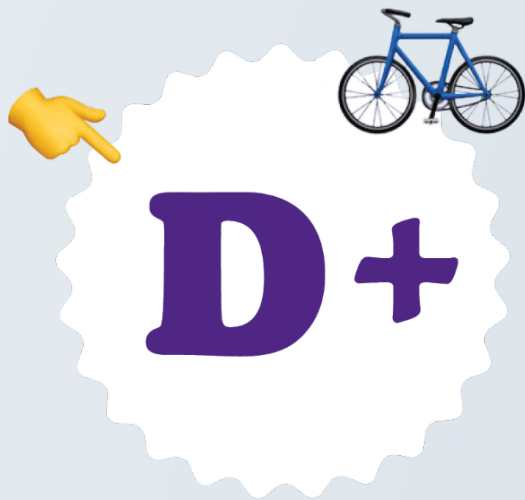
Although no longer factoring into grade assignments, trends over time and disparities related to factors such as age, gender or household income are highlighted where applicable

The Grades

Daily Behaviours



Overall Physical Activity



- 39% of 5- to 17-year-olds in Canada meet the physical activity recommendation within the Canadian 24-Hour Movement Guidelines for Children and Youth (2016-17 CHMS, Statistics Canada).^{Custom analysis}
- 41% of 5- to 19-year-olds take at least 12,000 steps daily on average, which approximates the physical activity recommendation within the Canadian 24-Hour Movement Guidelines for Children and Youth (2018 CANPLAY, CFLRI).⁴⁶

Active Play



- 21% of 5- to 11-year-olds in Canada spend several hours (> 1.5 hours) a day in unorganized physical activity, according to their parents (2016-17 CHMS, Statistics Canada).^{Custom analysis}
- Children and youth in grades 6 to 10 in Canada report playing outdoors for 15 minutes per day, on average (2018 HBSC).^{Custom analysis}

Active Transportation

D-



- Based on parent- and self-report data in 5- to 19-year-olds in Canada, 21% typically use active modes of transportation (e.g., walk, bike), 63% use inactive modes (e.g., car, bus) and 16% use a combination of active and inactive modes of transportation to travel to and from school (2014-16 CANPLAY, CFLRI). Custom analysis

Organized Sport



- According to parents, 77% of 5- to 19-year-olds participate in organized physical activities or sports (2014-16 CANPLAY, CFLRI).¹⁰⁹
- 66% of students in grades 6 to 10 currently participate in individual and/or team sports, based on self-report data (2018 HBSC).^{Custom analysis}

Physical Education



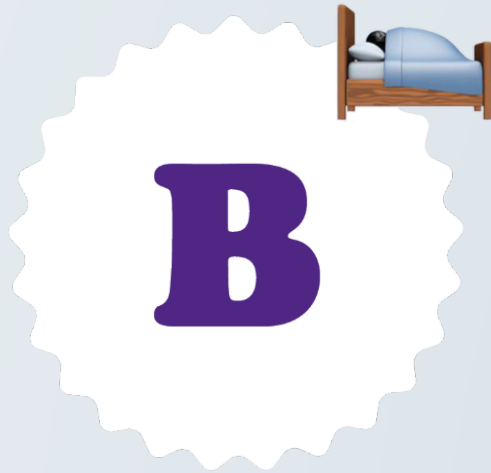
- 37% of 5- to 11-year-olds in Canada receive at least 150 minutes of physical activity per week during class time at school, according to their parents (2016-17 CHMS, Statistics Canada).^{Custom analysis}
- 36% of 12- to 17-year-olds in Canada report getting at least 150 minutes of physical activity per week during class time and free time at school (2016-17 CHMS, Statistics Canada).^{Custom analysis}

Sedentary Behaviours



- 76% of 5- to 11-year-olds (2016-17 CHMS, Statistics Canada).
 - More girls than boys in this age group meeting the recommendation (80% vs. 71%).
- 28% of 12- to 17-year-olds (2016-17 CHMS, Statistics Canada).
 - More girls than boys in this age group meeting the recommendation (30% vs. 25%).

Sleep



- Approximately 70% of school-aged children and youth in Canada meet the sleep recommendation within the Canadian 24-Hour Movement Guidelines for Children and Youth:
 - 74% of 5- to 17-year-olds (2014-15 CHMS, Statistics Canada).^{Custom analysis}
 - 65% of students in grades 6 to 10 (2018 HBSC).^{Custom analysis}

24-Hour Movement Behaviours



- Less than a fifth of children and youth in Canada meet all three recommendations within the Canadian 24-Hour Movement Guidelines for Children and Youth:
 - 15% of 5- to 17-year-olds (2014-15 CHMS, Statistics Canada).^{Custom analysis}
 - 10% of students in grades 6 to 10 (2018 HBSC).^{Custom analysis}

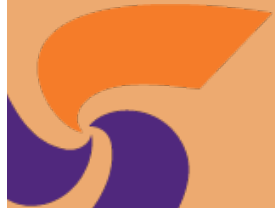
Summary

Recommendations

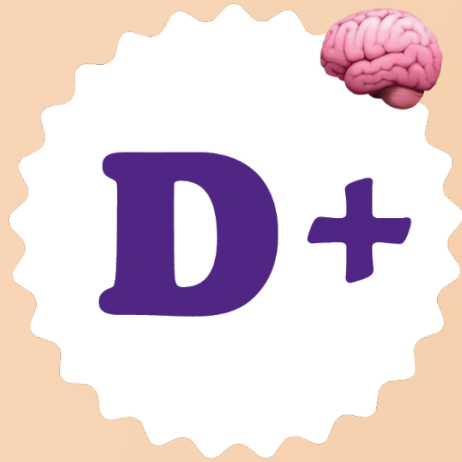
- Involve all family members in the creation of a family media plan.
- Nurture frequent active play opportunities.
- Sleep health literacy should be integrated into school curriculums.
- Speak to parents, teachers and clinicians about how these behaviours contribute to the children's overall health and well-being.
- Encourage parents to implement specific plans that support children's movement behaviours.

The Grades

Individual Characteristics



Physical Literacy



- 36% of 8- to 12-year-olds in Canada assessed by the CAPL meet or exceed the minimum level recommended for physical literacy (2014-17 CAPL, HALO).¹⁷⁶

Physical Fitness



- 9- to 12-year-olds in Canada are at the 28th percentile, on average, for cardiorespiratory fitness (shuttle run in 20-metre laps) based on age- and sex-specific international normative data (2014-17 CAPL, HALO).²⁰³

Summary

Recommendations

- Use a combination of physical literacy assessment tools to provide a more holistic and accurate representation of physical literacy.
- Parents, teachers and healthcare practitioners should encourage children to participate in a range of activities that support the development of cardiorespiratory and musculoskeletal fitness.
- Investigate and share information on best practices for improving physical fitness in children and youth.

The Grades

Spaces & Places



Household



- 16% of 18- to 39-year-olds and 17% of 40- to 59-year-olds in Canada meet the Canadian Physical Activity Guidelines for Adults (2016-17 CHMS).
- 44% and 23% of Canadian parents report providing support for children's and youths' light physical activity and MVPA, respectively.²²²
- 92% of students in grades 9 to 12 in British Columbia, Alberta, Nunavut, Ontario and Quebec report having parents/step-parents/guardians who support them in being physically active (2016-17 COMPASS, University of Waterloo).

School



- 48% of school administrators in Canada report having a fully implemented policy to provide daily physical education or mandated daily physical activity to all students.²⁵⁸

Community & Environment



- Among municipalities in Canada with at least 1,000 residents, as many as one-third have policies that relate to physical activity (2015 SPAOCC, CFLRI):
 - 35% have formal strategies for physical activity and sport opportunities.²⁸¹
 - 22% have a formal plan regarding active transportation.²⁸²
 - 25% and 33% have a policy requiring safe pedestrian and bicycle routes, respectively.
 - 24% have a formal transportation master plan.

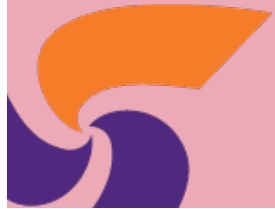
Summary

Recommendations

- Programs that encourage families to be active together should be better supported.
- Indoor recesses caused by inclement weather should not be spent on screens.
- Communities should dedicate part of their capital plan to recreation facility revitalization.
- All parents and children should have access to inclusive out-of-school-time physical activity programs.

The Grades

Strategy & Investment



Government



- \$5 million per year for 5 consecutive years (totalling \$25 million) to ParticipACTION.²⁸⁵
- \$30 million over 3 years to promote women's and girls' participation in sport.²⁸⁵
- \$47.5 million over 5 years as well as \$9.5 million per year ongoing to expand the use of sport for social development in more than 300 Indigenous communities.³⁰¹
- Almost 70% of federal, provincial and territorial governments report that funds invested in physical activity programming has remained the same over the past fiscal years (2019 ParticipACTION).
- Over 90% of federal, provincial and territorial governments reported modifying/adapting their physical activity policies and programs to better align with the Common Vision (2019 ParticipACTION).

Government



Recommendations

- Enhance collaboration and alignment across federal, provincial, territorial and local governments.
- Give voice to children and youth by engaging them directly in efforts to conceive, design, develop, implement and evaluate physical activity policies, programs and services.
- Provide leadership development, training and community capacity building for those living in rural or remote communities.
- Work with other domestic and international organizations to add to current understanding of the investment required to increase population physical activity in Canada.
- Governments at all levels should intentionally address people who are at the greatest risk for inactivity, by supporting policies that eliminate disparities that impact physical activity levels.

Resources

**The research is in!
Find out if Canadian
Children and Youth
made the grade
June 17.**




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Academic / Policy Resources

What are they?

- 2020 ParticipACTION Report- Highlight Report
- 2020 ParticipACTION Report- Full Report
- Expert statement on the Role of the Family in the Physical Activity, Sedentary and Sleep Behaviours of Children and Youth
- Past Report Cards
- Power Point presentation

How you can use them?

Evidence based products with the latest research findings can be used to inform policy decisions, identify and build on research gaps and make compelling stories

Download these June 17th at ParticipACTION.com/ChildrenandYouth

Communication Resources

What are they?

- Media materials
- Social Media kit
- Infographics
 - Overall Movement Behaviours
 - Physical Activity
 - Sedentary Behaviour
 - Sleep

How you can use them?

Plug and Play materials ready to share with your staff and network over e-communications

Contact Us

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**Thank
you.**

