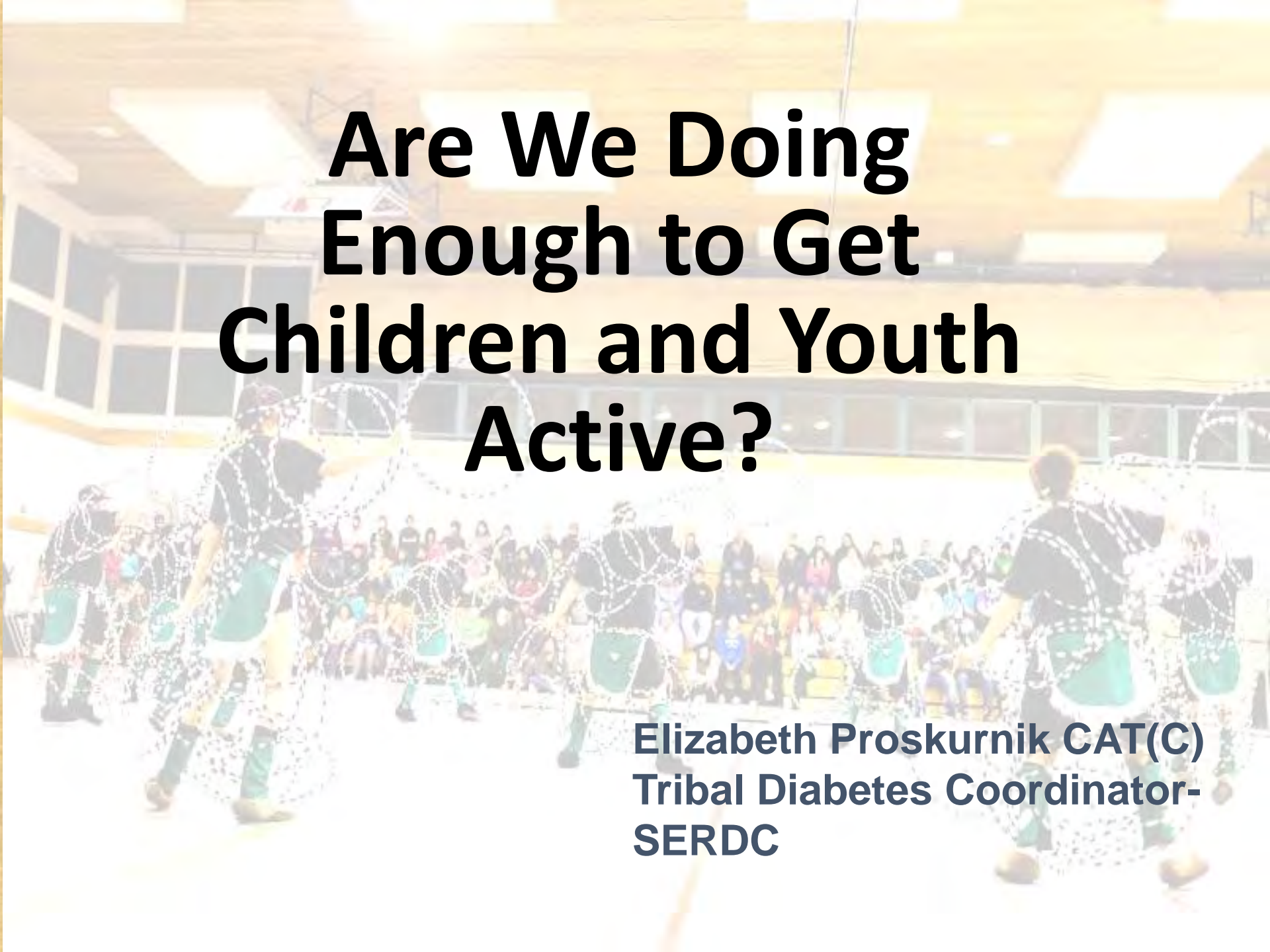


Are We Doing Enough to Get Children and Youth Active?

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SERDC**



What Is Physical Activity?

- Everyone benefits from physical activity
- Moving the body and using more energy than just resting
- Physical activity can be categorized into 4 different groups
 - Sport, Exercise, Activities of Daily Living, Traditional Activities



Types of Physical Activity



Sport

Competitive
and follows a
set of rules



Exercise

Planned and
prescribed



Activities of Daily Living

Activities you
do on a daily
basis

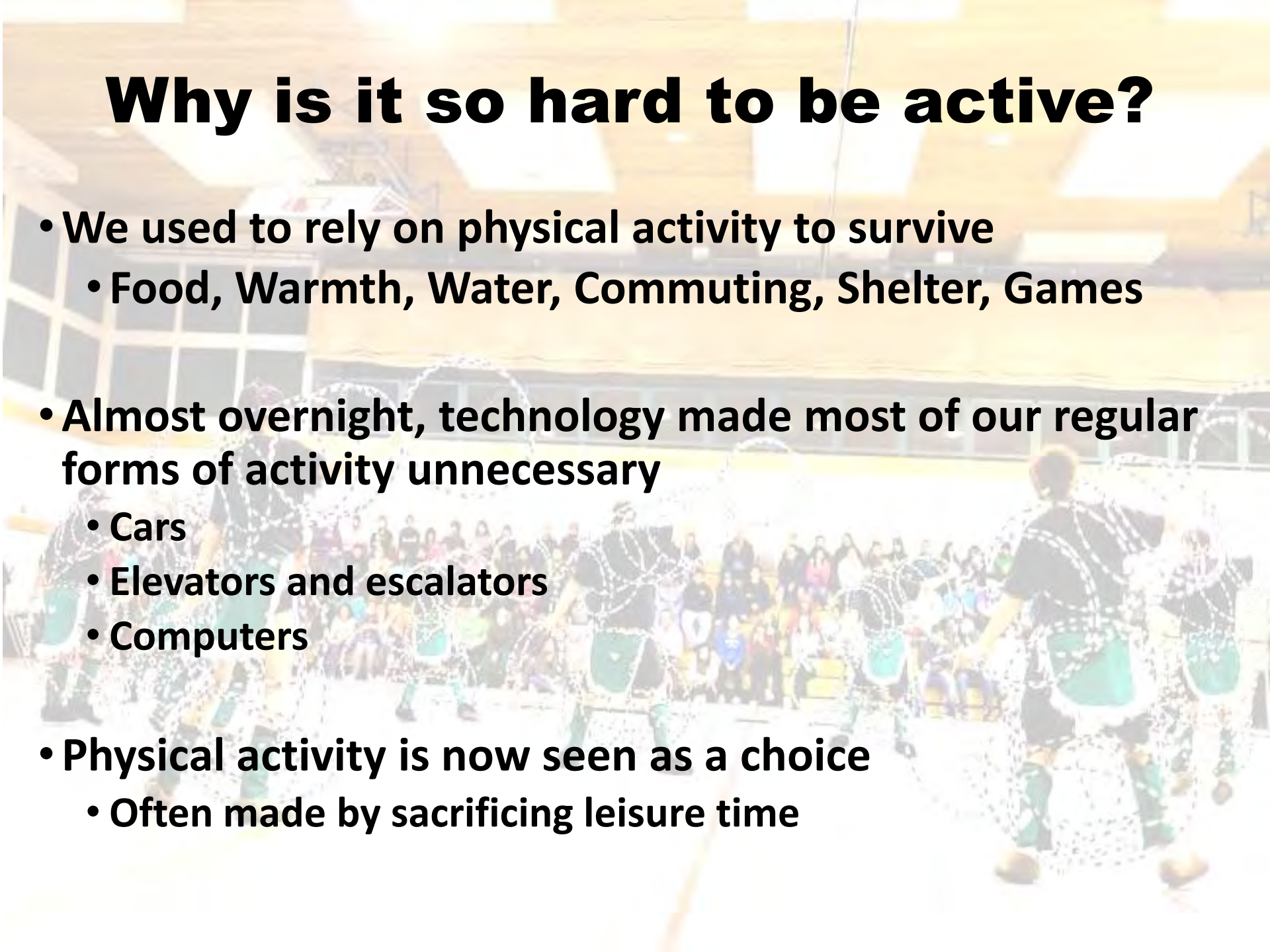


Traditional Activities

Activities that
connect to
culture and
living off of the
land

Why is it so hard to be active?

- **We used to rely on physical activity to survive**
 - **Food, Warmth, Water, Commuting, Shelter, Games**
- **Almost overnight, technology made most of our regular forms of activity unnecessary**
 - **Cars**
 - **Elevators and escalators**
 - **Computers**
- **Physical activity is now seen as a choice**
 - **Often made by sacrificing leisure time**



Specifically for Children and Youth

- “Sit still and be quiet”
- “It’s too dangerous”
- Phys. Ed time cut or does not have a specialized Phys. Ed teacher
- More screen time
- Rides to school
- Lack of facilities



What are the Guidelines?

Canadian Physical Activity Guidelines

FOR CHILDREN - 5 – 11 YEARS

Guidelines



For health benefits, children aged 5-11 years should accumulate at least 60 minutes of moderate- to vigorous-intensity physical activity daily. This should include:



Vigorous-intensity activities at least 3 days per week.



Activities that strengthen muscle and bone at least 3 days per week.



More daily physical activity provides greater health benefits.

Let's Talk Intensity!

Moderate-intensity physical activities will cause children to sweat a little and to breathe harder. Activities like:

- Bike riding
- Playground activities

Vigorous-intensity physical activities will cause children to sweat and be 'out of breath'. Activities like:

- Running
- Swimming

Parents and caregivers can help to plan their child's daily activity. Kids can:

- ☒ Play tag – or freeze-tag
- ☒ Go to the playground after school.
- ☒ Walk, bike, rollerblade or skateboard to school.
- ☒ Play an active game at recess.
- ☒ Go sledding in the park on the weekend.
- ☒ Go "puddle hopping" on a rainy day.

60 minutes a day. You can help your child get there!



Canadian Physical Activity Guidelines

FOR YOUTH - 12 – 17 YEARS

Guidelines



For health benefits, youth aged 12-17 years should accumulate at least 60 minutes of moderate- to vigorous-intensity physical activity daily. This should include:



Vigorous-intensity activities at least 3 days per week.



Activities that strengthen muscle and bone at least 3 days per week.



More daily physical activity provides greater health benefits.

Let's Talk Intensity!

Moderate-intensity physical activities will cause teens to sweat a little and to breathe harder. Activities like:

- Skating
- Bike riding

Vigorous-intensity physical activities will cause teens to sweat and be 'out of breath'. Activities like:

- Running
- Rollerblading

Being active for at least 60 minutes daily can help teens:

- Improve their health
- Do better in school
- Improve their fitness
- Grow stronger
- Have fun playing with friends
- Feel happier
- Maintain a healthy body weight
- Improve their self-confidence
- Learn new skills

Parents and caregivers can help to plan their teen's daily activity. Teens can:

- ☒ Walk, bike, rollerblade or skateboard to school.
- ☒ Go to a gym on the weekend.
- ☒ Do a fitness class after school.
- ☒ Get the neighbours together for a game of pick-up basketball, or hockey after dinner.
- ☒ Play a sport such as basketball, hockey, soccer, martial arts, swimming, tennis, golf, skiing, snowboarding...

Now is the time. 60 minutes a day can make a difference.



Benefits of Physical Activity in Children

- Improve health
- Do better in school
- Improve fitness
- Feel happier
- Grow stronger
 - Build and maintain healthy hearts, lungs, bones, muscles and joints
- Learn new skills
 - Basic movement or motor skills
 - running, jumping, throwing or kicking, balancing, striking
- Learn that being active is fun
- Develop confidence and a sense of accomplishment
- Make friends and play with other children
- Learn about their environment and how to solve problems
- Maintain a healthy weight
- Have energy during the day and sleep at night
- Relax and relieve stress
- Remain physically active as they get older





Sedentary Behaviour

Canadian Sedentary Behaviour Guidelines

FOR CHILDREN - 5 – 11 YEARS

Guidelines

For health benefits, children aged 5–11 years should minimize the time they spend being sedentary each day. This may be achieved by

-  Limiting recreational screen time to no more than 2 hours per day; lower levels are associated with additional health benefits.
-  Limiting sedentary (motorized) transport, extended sitting and time spent indoors throughout the day.

The slowdown on the slowdown: what counts as being sedentary?

Sedentary behaviour is time when children are doing very little physical movement. Some examples are:

- Sitting for long periods
- Using motorized transportation (such as a bus or a car)
- Watching television
- Playing passive video games
- Playing on the computer

Spending less time being sedentary can help children:

- Maintain a healthy body weight
- Do better in school
- Improve their self-confidence
- Have more fun with their friends
- Improve their fitness
- Have more time to learn new skills

Cutting down on sitting down. Help children swap sedentary time with active time!



There is no time like right now for children to get up and get moving!





Canadian Sedentary Behaviour Guidelines

FOR YOUTH - 12 – 17 YEARS

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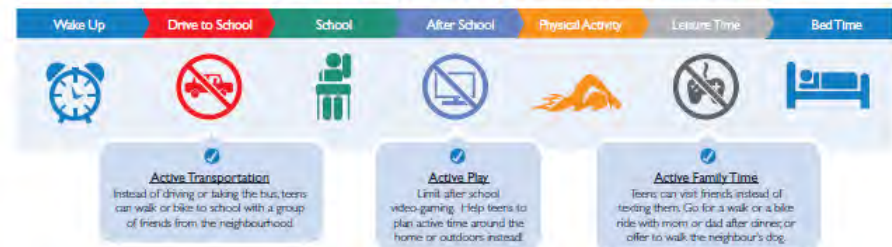
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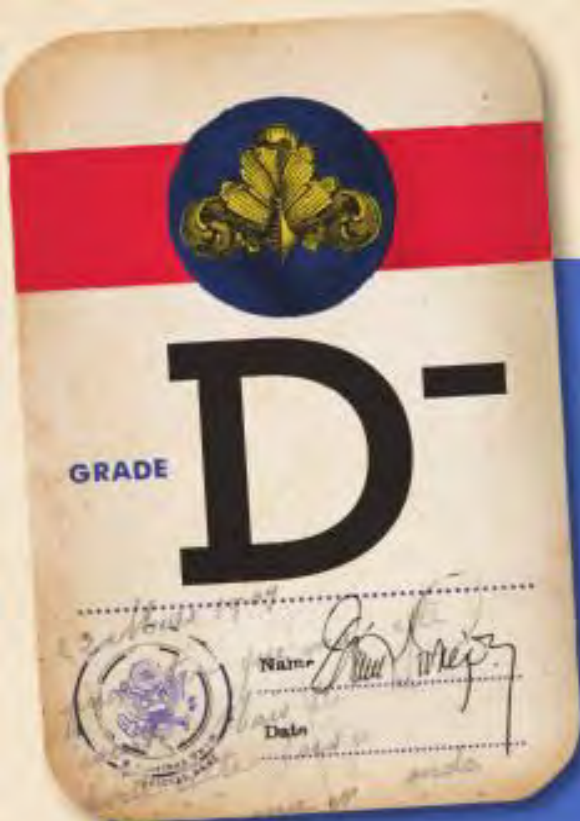
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What Makes an Impact?



How Are We Doing?



Overall Physical Activity

This year's grade remains a D- for the third year in a row because most children and youth in Canada are not meeting the **Canadian Physical Activity Guidelines**. The grade reflects the balance between 1 age group that is doing well (3- to 4-year-olds) and 2 age groups that are doing poorly (5- to 11-year-olds and 12- to 17-year-olds).

YEAR	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015
GRADE	D	D	F	F	F	F	F	F	D-	D-	D-
BENCHMARK	A 81-100%			B 61-80%		C 41-60%		D 21-40%		F 0-20%	

How Are We Doing?



Active Transportation

In the absence of data on active transportation to/from destinations other than school, this year's grade remains a D due to the low percentage of children and youth who use active transportation to get to/from school. The decline in active transportation to/from school over the past decade also informs the grade.

YEAR	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015
GRADE	-	D	-	D	D	D	D	D+	D	D	D
BENCHMARK	A 81-100%		B 61-80%		C 41-60%		D 21-40%		F 0-20%		

How Are We Doing?



Sedentary Behaviours

This year's grade is a D- because most children and youth in Canada are not meeting the Canadian Sedentary Behaviour Guidelines. The presence of age disparities also contributes to the grade.

YEAR	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015
GRADE	C-	D-	D-	D	F	F	F/INC*	F/INC*	F	F	D-
BENCHMARK	A 81-100%		B 61-80%		C 41-60%		D 21-40%		F 0-20%		

6- TO 8-YEAR-OLDS	9- TO 11-YEAR-OLDS	12- TO 14-YEAR-OLDS	15- TO 17-YEAR-OLDS
1. Watching TV 35% 2. Playing video games 34% 3. Watching movies 18%	1. Playing video games 40% 2. Watching TV 25% 3. Listening to music 12%	1. Playing video games 34% 2. Listening to music 21% 3. Watching TV 16%	1. Playing video games or listening to music 25% each 2. Surfing the Internet 14% 3. Texting 13%

How Are We Doing?

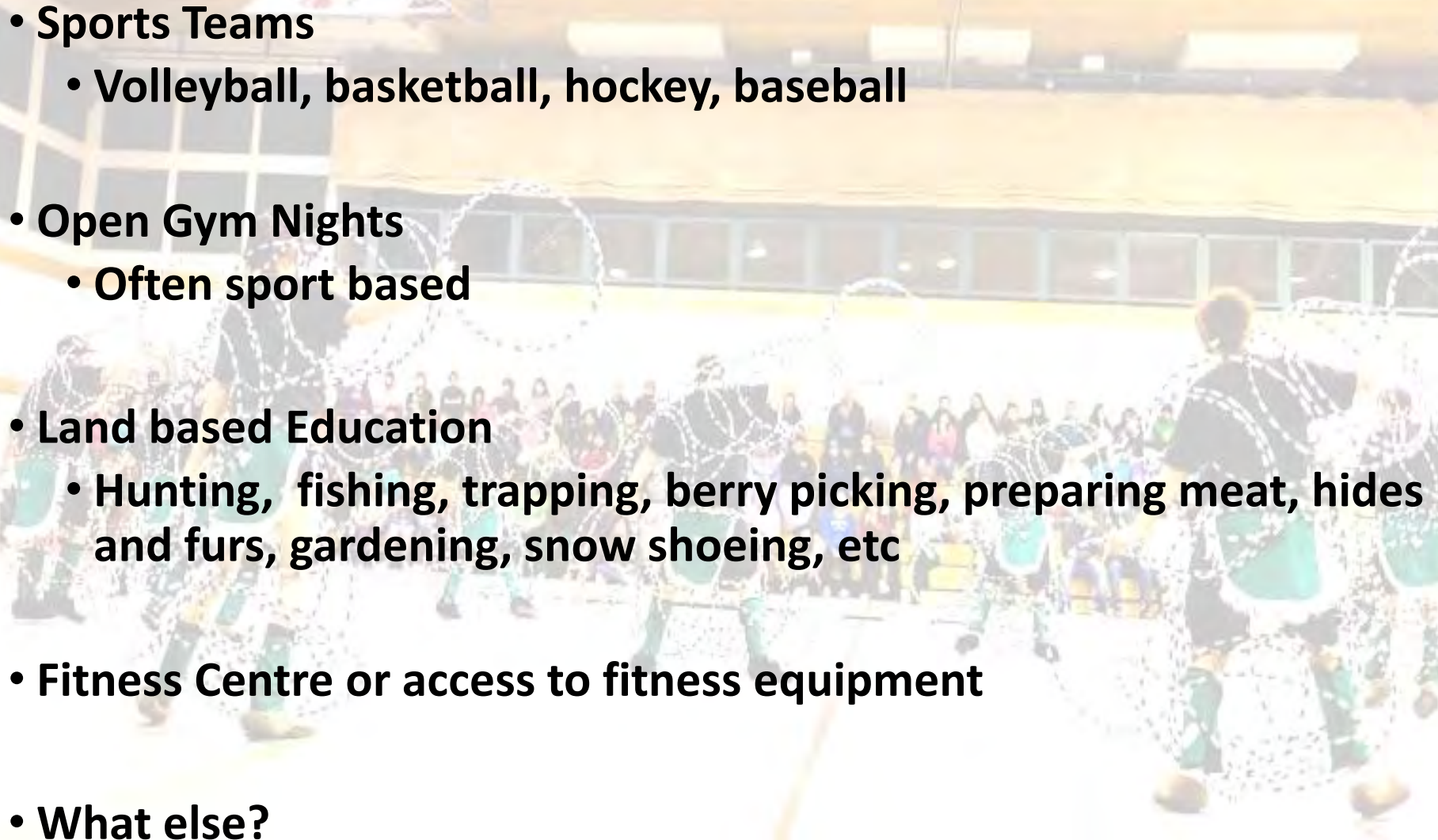


School

The benchmarks for this indicator relate to physical education and physical activity opportunities at school and in childcare settings, school policy and programming, and school infrastructure and programming. In the absence of new data that can inform the indicator, this year's grade remains a C+.

YEAR	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015
Physical Education & Physical Activity Participation at School & in Childcare Settings	F/INC*	-/INC*	-/C*	-/C-	C-/B-	C-/C*	C-/B*	C/B*	C	C ⁺	C ⁺
School Policy & Programming Grade	-/INC**	-/INC**	-/C**	-/C-	C/B-**	C/C**	C/B**	C-/B**	C		
School Infrastructure & Equipment Grade	-	-	-	INC	B	B	B	B+	B+		
BENCHMARK	A 81-100%			B 61-80%		C 41-60%		D 21-40%		F 0-20%	

What Are We Currently Seeing?

- **Sports Teams**
 - Volleyball, basketball, hockey, baseball
 - **Open Gym Nights**
 - Often sport based
 - **Land based Education**
 - Hunting, fishing, trapping, berry picking, preparing meat, hides and furs, gardening, snow shoeing, etc
 - **Fitness Centre or access to fitness equipment**
 - **What else?**
- 

Where Can We Improve?

- **What are ways that we can help promote and make active transportation more available to children and youth?**
- **What are ways that we can support kids being more active at school?**
- **How can we help limit screen time and sedentary behaviour?**
- **How can we help make sports more accessible to more kids?**
- **What could we do to help kids be more active outside of school hours?**

Ideas

- **Organized Sport**

- Do they always need to be competitive, can we try new sports?

- **Healthy Bodies Healthy Minds**

- **Time Outdoors**

- Kids who spend time outdoors move more than when indoors,

- **Land based Education**

- **More Phys.Ed in School**

- **Infrastructure and equipment**

- **Opportunities other than open gym time**

- **Dance Clubs**

- **Pow Wow Clubs**

- **Fitness Clubs**

- **After-School Programs**

- Ensure that they include a physical activity component

- **Family influence**

- **Give Youth Choices**

Some Recommendations

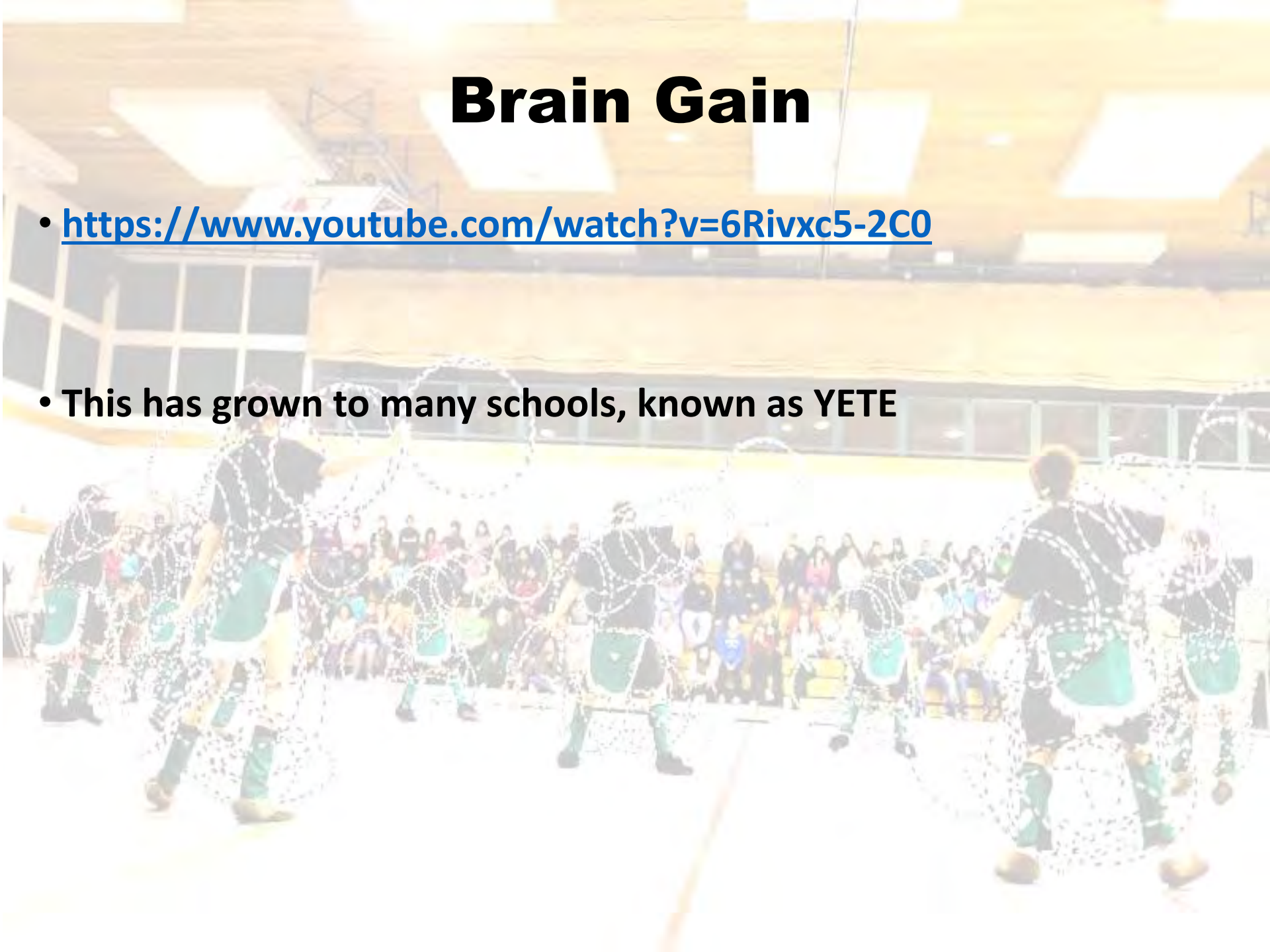
- **Support children and youth in adding bouts of physical activity throughout their day—before school, during school, after school, in the evenings and on the weekend.**
- **Remove barriers for low-income families by making access to programs simple and dignified (e.g., no proof of income, decrease complicated paperwork).**
- **Increase parents' and caregivers' awareness and understanding of the benefits versus the risks of outdoor play.**
- **Parents should ensure a balance between scheduled activities and free time during which children can engage in active play.**

Some Recommendations

- **Reducing screen time and using television-limiting devices are promising methods for reducing overall sedentary time.¹⁹¹ Limiting the number of screens available in the house, particularly in the bedroom, and restricting screen time near bedtime may also be effective.^{192,193}**
- **Provide parents with the Canadian Sedentary Behaviour Guidelines and other resources as early as possible.¹⁹³**
- **Educators should plan for opportunities to break up sedentary time throughout the day.**

Brain Gain

- <https://www.youtube.com/watch?v=6Rivxc5-2C0>
- This has grown to many schools, known as YETE



Thank you

Questions??

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