



Research Backgrounder

The Consequences of Inactivity:

“A growing body of scientific evidence indicates that the declining levels of physical activity and fitness in children and youth are associated with adverse impacts on their health, including rising levels of obesity, diabetes, heart disease, metabolic syndrome and increased risk of sports injury.”

- “Fitness and health of children in sport: the context of action,” British Journal of Medicine (2011)

“Sedentary behaviour for more than two hours per day is associated with unfavourable body composition, decreased fitness, lowered scores for self-esteem and pro-social behaviour and decreased academic achievement in school-aged children and youth (5 - 17).”

- “Systematic review of the health benefits of physical activity and fitness in school-aged children and youth,” International Journal for Behavioral Nutrition and Physical Activity (2010)

“Currently children and youth average close to eight hours of screen time per day with only 19% of kids aged 10 to 16 meeting the two-hour guideline.”

- “Promoting Physical Activity,” British Columbia Medical Journal (2012)

The Benefits of One Hour of Quality Active Play (QAP)

“Additional physical activity at school has helped improve students' behavior in the classroom... various activities improved student focus and academic performance while decreasing stress and the need for discipline.”

- The Association between school-based physical activity, including physical education, and academic performance,” US Center for Disease Control and Prevention (2010)

“Children who are participating in 60 minutes of physical activity per day can: do better in school, improve mood, improve self-confidence, [and] increase bone and muscle growth.”

- “Canadian Physical Activity Guidelines,” Government of Canada (2011)

“There is a growing body of research focused on the association between school-based physical activity, including physical education, and academic performance among school-aged youth.”

- The Association between school-based physical activity, including physical education, and academic performance,” US Center for Disease Control and Prevention (2010)

The Issue Facing Canadian Youth & Families:

“Physical inactivity is now identified as the fourth leading risk factor for global mortality. Physical inactivity levels are rising in many countries with major implications for the prevalence of non-communicable diseases (NCDs) and the general health of the population worldwide.”

- “Global Recommendations for Physical Activity and Health,” World Health Organization (2010)

“Approximately nine out of 10 (90%) Canadian children and youth do not get the appropriate level of daily physical activity.”

- “Physical activity and sedentary behavior during the early years in Canada: a cross-sectional study,” International Journal for Behavioral Nutrition and Physical Activity (2013)

“According to the Canadian Health Measures Survey (2009-2011), 14% of five year olds met the physical activity guideline of 60 daily minutes of MVPA [moderate to vigorous physical activity] while 7% of five to 11 year-olds and 3.5% of 12 to 17 year-olds met this same guideline.”

- “Canadian Health Measures Survey,” Government of Canada (2011)

“88% of Canadian families know that being active is the right thing to do but have difficulty doing it, citing a lack of time, safety and financial resources as barriers to greater activity.”

- “CTC Power of Sports Study,” Sklar Wilton & Associates (2013)