



only  
**15% OF KIDS**

are **ACTIVE** enough...**JUMP IN**...be a part of the **SOLUTION**

2009 Active Healthy Kids Canada Report Card  
on Physical Activity for Children and Youth

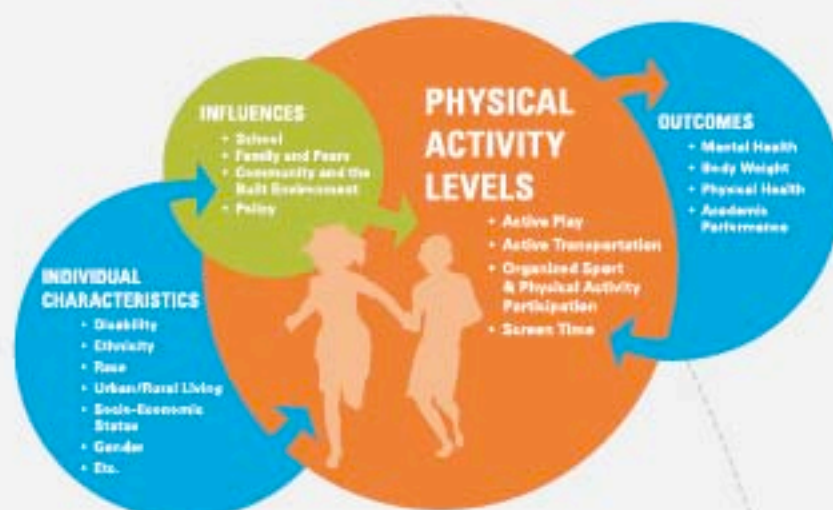
**SASKATCHEWAN SUPPLEMENT**

# ACTIVE HEALTHY KIDS CANADA

## Report Card on Physical Activity for Children and Youth

Advancing knowledge is the core business of Active Healthy Kids Canada. This is achieved by building and sharing the evidence base for communications and issue advocacy work in physical activity. In an ongoing effort to achieve this mandate, the annual *Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth* strives to be a 'go to' source for knowledge, insight and understanding. The information gathered helps to influence thinking and action among stakeholders to help build better programs, campaigns and policies to increase physical activity levels among children and youth.

The Report Card is national in scope, examining data on the physical activity of children and youth from across the country. Since its inception in 2005, there has been a growing interest to better understand the characteristics of physical activity for children and youth at a provincial/territorial level. The annual Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth can be accessed at [www.activehealthykids.ca](http://www.activehealthykids.ca).



### INDICATORS

An indicator is a way of measuring physical activity, its enablers or barriers. Put another way, some indicators are direct measures of physical activity while others are indirect factors that either facilitate or hinder physical activity participation. The figure above illustrates the relationship between physical activity and its influences.

### GRADING

The grading scheme for the 2009 Active Healthy Kids Canada Report Card – Saskatchewan Supplement is the same as the one used in the national Report Card. For each indicator, grades are given to contributing components. A component is given a grade by comparing the relevant data to a benchmark or standard:

### GRADE INTERPRETATION

- A** We are succeeding with a large majority of Saskatchewan children and youth ( $\geq 80\%$ ).
- B** We are succeeding with well over half of Saskatchewan children and youth (60-79%).
- C** We are succeeding with about half of Saskatchewan children and youth (40-59%).
- D** We are succeeding with less than half but some Saskatchewan children and youth (20-39%).
- F** We are succeeding with very few Saskatchewan children and youth ( $< 20\%$ ).

# PHYSICAL ACTIVITY

for Children and Youth in Saskatchewan

## TAKING A CLOSER LOOK

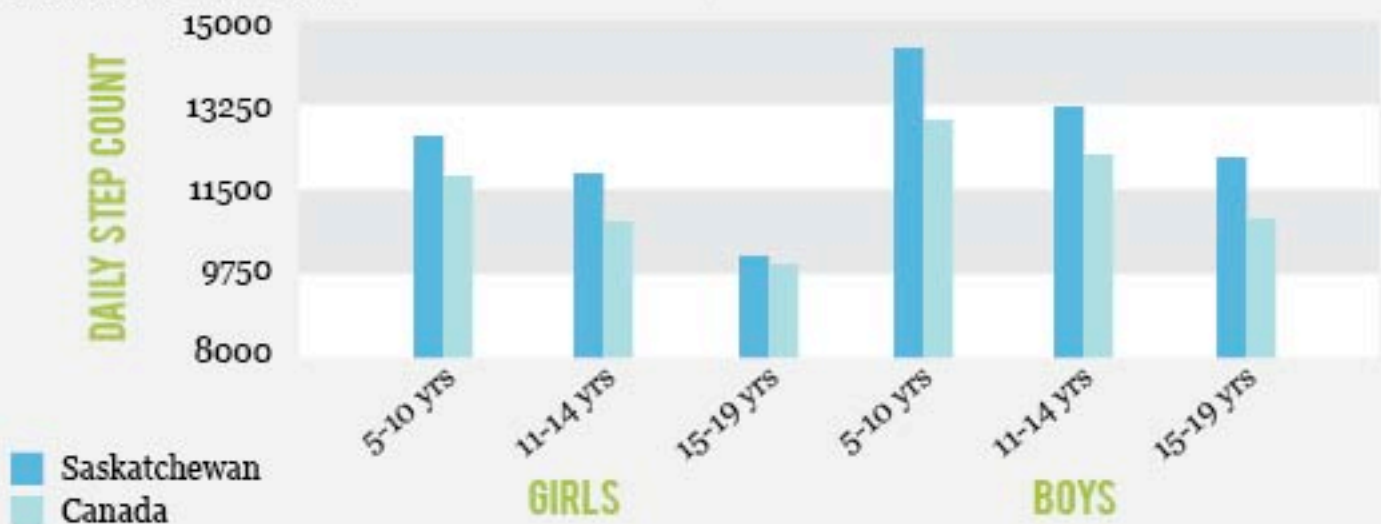
Saskatchewan has a history of leadership in the promotion of physical activity, including serving as the first test community for ParticipACTION's communication strategy in 1972, the Longitudinal Saskatchewan Growth and Development Study, the development of Saskatoon *in motion* in 2000, and the release of the province-wide Saskatchewan *in motion* strategy in 2003.

Over the past five years, Saskatchewan *in motion* has developed a multi-level, multi-sectoral approach to address home, school and community influences on physical activity. It was a natural fit to move forward with a Saskatchewan Supplement to the 2009 Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth in order to have a more clear understanding of the current situation in Saskatchewan and to create a platform for evaluating changes over time.

In 2009, Active Healthy Kids Canada was commissioned by stakeholders in the province of Saskatchewan to conduct an independent assessment of the current state of physical activity for children and youth in the province using the national Report Card framework, indicators and the grade assignment process. This marks the first provincially focused supplement to the national Report Card.

The Saskatchewan Report Card supplement examines national level benchmarks that provide province-specific information utilizing research and evaluation content. The development of the Saskatchewan Report Card Supplement involved consultation with researchers from the University of Saskatchewan and the University of Regina, review and discussion by an independent interdisciplinary Research Work Group consisting of members from across Canada, and numerous Saskatchewan physical activity and sport organizations.

The Saskatchewan Report Card supplement provides grade assignments on a number of indicators, but equally important, it identifies research gaps that need to be addressed and recommendations for action. Together, these areas provide an assessment of current progress and a roadmap to sustain and enhance physical activity promotion and action in Saskatchewan.



According to Canada's Physical Activity Guide, children and youth "should try and accumulate at least 90 minutes or more physical activity per day." A step count equivalent to this recommendation is approximately 16,500 daily steps. Only 15% of Saskatchewan children and youth are taking at least 16,500 steps a day, which is slightly better than the national average of 13%. Still a large majority (85%) are not active enough according to current Canadian physical activity guidelines.

Based on the quantity and quality of available data, there are four indicators comprised of multiple components. The grade assignment process considers any disparities that are evident (e.g. gender, race/ethnicity, socioeconomic status, etc.).

	Component	Sask Grade	National Grade	Summary
PHYSICAL ACTIVITY & INACTIVITY	Physical Activity Levels	F	F	- Only 15% of 5-19 year-olds in Saskatchewan are meeting the physical activity guidelines. This is slightly better than the national average (13%). - There is evidence of disparities across age, gender, and socioeconomic status.
	Screen Time	D	F	- Approximately 32% of 12-17 year-olds are watching less than 14 hours of television per week (about 2 hours per day). This is slightly better than the national average (29%).
	Sports Participation	C	C	- 51% of 5-14 year-olds regularly participate in organized sports. This represents a decline in participation compared to 1992 data. - There is evidence of disparities across gender, ethnicity, and socioeconomic status.
	Active Play	INC	INC	- There is insufficient data for grading.
	Active Transportation	C	D	- 47% of school-age kids take active or mixed-mode commuting to school. This is slightly better than the national average (39%).
SCHOOL	Physical Education	B	C-	- 72% of school administrators identify their schools as Quality Daily Physical Education schools. - 74% of schools have implemented at least partially, the policy for all students to receive daily physical education.
	Physical Activity Opportunities at School	B	B-	- 79% of school boards consult with local community groups/recreation departments for shared use of facilities. - 65% of municipalities share facilities with schools. - 63% of schools have a "no cut" policy for each of its interschool teams. - 74% of schools offer an intramural physical activity program.
COMMUNITY & THE BUILT ENVIRONMENT	Proximity & Accessibility	B-	B	- 65% of parents with 5-17 year-olds report parks and playgrounds within half a kilometre of home.
	Use of Facilities, Programs, Parks, and Playgrounds	C-	D	- 29% of parents with 5-17 year-olds report frequent use of public facilities and programs. - 34% of parents with 5-17 year-olds report frequent use of parks and outdoor spaces.
	Community Programming	INC	B+	- There is insufficient data for grading.
POLICY	Strategies	B+	C+	- 71% of municipalities provide a discounted fee structure for the physical activity programming offered to children. - Delivery partners have developed and invested in Saskatchewan <i>in motion</i> , a provincial, multi-level, multi-sectoral strategy aimed at raising the grade across all indicators.
	Investments	C-	C+	- The Community Initiative Fund has given Saskatchewan <i>in motion</i> approximately \$11 million from 2003-2009. - Funding for sport, recreation and culture from the Saskatchewan Lotteries Trust Fund has generally been on the increase since 2004.

# RECOMMENDATIONS FOR ACTION

Based on the review of data relating to the physical activity levels of children and youth in Saskatchewan, the following strategies are recommended:

- Sustained and consistent funding from all levels of government for the promotion of physical activity in Saskatchewan for all children and youth; with special attention for those who belong to disparity groups (e.g. young people from lower socioeconomic areas).
- Formation of a research committee with representatives from across Saskatchewan's academic institutions of higher learning to help coordinate research and evaluation efforts related to physical activity in the province.
- Evaluation of the quality and quantity of physical education in Saskatchewan.
- Preparation, production and dissemination of the 2009 Active Healthy Kids Canada Report Card – Saskatchewan Supplement every three years.

## RESEARCH GAPS

The following summarizes areas where more research is needed on physical activity for Saskatchewan children and youth:



## DID YOU KNOW

### Saskatchewan Research

- Active 8-15 year-olds in Saskatchewan continue to be more active than their inactive peers into early adulthood. They also have up to 10% more bone mineral content. This suggests the contribution physical activity makes to healthy bones may carry over from youth into adulthood.
- Saskatchewan children and youth who are sufficiently active take part in a greater number of activities, report better health and quality of home life, and spend less time in sedentary pursuits than insufficiently active children and youth.
- University-age students in Saskatchewan report significantly more barriers to physical activity than school-age students.
- The sports participated in most by Saskatchewan children and youth are (from greatest to least) soccer, swimming, hockey, basketball, baseball, volleyball, gymnastics, karate, skiing (downhill), and track and field.
- Parents of Aboriginal children and youth were more likely to report lack of transportation and local programs as barriers to participation in sports, recreation, and cultural opportunities than parents of non-Aboriginal children and youth.
- An *in motion* school is committed to the goal of providing at least 30 minutes of physical activity to students every day. This is achieved through physical activity breaks and programs, intramurals, sport programs, or special events. There are currently more than 480 *in motion* schools in Saskatchewan.

The 2009 Active Healthy Kids Canada Report Card – Saskatchewan Supplement is a compilation of the best available current information relating to physical activity in children and youth for Saskatchewan. A detailed background report including further information and all references is available at [www.saskatchewaninmotion.ca](http://www.saskatchewaninmotion.ca). The development of the content is led by the Healthy Active Living and Obesity Research Group (HALO) at the Children's Hospital of Eastern Ontario (CHEO) Research Institute with the support of the Active Healthy Kids Canada Research Work Group. All Research Work Group members are actively working in the area of physical activity in children and youth, and therefore contribute both data and expertise to the process. Additional experts/researchers have been accessed to fill issue specific gaps as applicable. The consulting and research team for the Saskatchewan Report Card Supplement includes:

Joel Barnes	Children's Hospital of Eastern Ontario Research Institute
Rachel Colley	Children's Hospital of Eastern Ontario Research Institute
Sue Cragg	Canadian Fitness and Lifestyle Research Institute
Ian Janssen	Queen's University
Louise Mâsse	University of British Columbia
Steve Manske	University of Waterloo
John Spence	University of Alberta
Mark Tremblay	Children's Hospital of Eastern Ontario Research Institute
Douglas Willms	University of New Brunswick
Michelle Brownrigg	Active Healthy Kids Canada
Cathie Kyrzanowski	Saskatchewan <i>in motion</i>
Don Ratcliffe-Smith	Active Lifestyle Consultant



The Power to Move Kids™

Established in 1994, Active Healthy Kids Canada is a national organization with a passionate voice for the development of active healthy children and youth in Canada. We are committed to providing expertise and direction to policy-makers and the public on how to increase, and effectively allocate, resources and attention toward physical activity for Canadian children and youth. Active Healthy Kids Canada strives to be a trusted source for “powering the movement to get kids moving.”

The Healthy Active Living and Obesity Research Group and the Children's Hospital of Eastern Ontario Research Institute exists to provide national leadership and research excellence in Healthy Active Living for the prevention and treatment of obesity in children and youth. It has established a multidisciplinary centre of excellence to contribute to the understanding of healthy body weights and prevention of obesity, develop and evaluate innovative strategies to prevent, treat and manage obesity and its related health consequences, and to ultimately reduce the overall prevalence of obesity and its social burden.



Saskatchewan *in motion* is a province-wide movement aimed at increasing physical activity for health, social, environmental and economic benefits. The vision is that the people of Saskatchewan will be the healthiest, most physically active in Canada. Saskatchewan *in motion* encourages families, schools and communities to share responsibility in increasing the physical activity levels of our children and youth.