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PHYSICAL ACTIVITY FACTS & STATS

- Physical activity (PA) is associated with numerous health benefits. In children it is essential to prevent being overweight and obese. There is evidence that low levels of PA predispose children to increase body fat. PA prevents chronic health problems and promotes a balanced physical, social and psychological development. However, a lot of young people have lower activity levels than recommended for good health. (Kinesiology Dec2012, Vol. 44 Issue 2, p123-7p.)
- Physical inactivity is the fourth leading risk factor for global mortality. Increasing levels of physical inactivity are seen worldwide. Globally, 1 in 3 adults is not active enough. (http://www.who.int/topics/physical_activity/en/ retrieved June 2014)
- Globally, 6% of deaths are attributed to physical inactivity.
- In 2013, 27.1% of high school students surveyed had participated in at least 60 minutes per day of physical activity on all 7 days before the survey, and only 29% attended physical education class daily (<http://www.cdc.gov/healthyyouth/physicalactivity/facts.htm>)
- Overweight and obesity, which are influenced by physical inactivity and poor diet, can increase one's risk for diabetes, high blood pressure, high cholesterol, asthma, arthritis, and poor health status. (<http://www.cdc.gov/healthyyouth/physicalactivity/facts.htm>)
- The strongest correlate for both boys' and girls' lunchtime PA was the single item correlate "I like to walk around at lunchtime" ([PLoS ONE](#), May2014, Vol. 9 Issue 5, p1-9. 9p.)
- Children engaged in an average of 59.7 minutes of MVPA per weekday. Active travel to school by girls was associated with 5.9 more minutes of MVPA per day compared with those who travelled to school passively
- In a study, out of 444 students, 17% were classified as engaging in low level physical activity, 49% in moderate activity, and 34% in high level of physical activity. Much of the activity in boys was recreational while among girls, was due to domestic chores ([Ghana Medical Journal](#), Dec2013, Vol. 47 Issue 4, p197-203. 7p)
- 26% of schools have 2 or fewer of the 8 built environment features ([BMC Public Health](#), 2013, Vol. 13 Issue 1, p1-16. 16p.)
- The difference in physical environments equate to about 20 minutes/week to MVPA for students attending schools with the lowest number of physical environment features by comparison to students attending schools with the highest number of physical environment features ([BMC Public Health](#), 2013, Vol. 13 Issue 1, p1-16. 16p.)



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- Schools have the potential to reach a large number of students; they are the key to promoting physical activity (Published Fall 2011) (Elliott, S., Combs, S., & Boyce, R. (2011). Recess Physical Activity Packs in Elementary Schools: A Qualitative Investigation. *Physical Educator*, 68(3), 150-162.)
- 40-45% of a child's waking hours are spent at school—as teachers we are able to provide children with physical activity opportunities (Published Fall 2011) (Elliott, S., Combs, S., & Boyce, R. (2011). Recess Physical Activity Packs in Elementary Schools: A Qualitative Investigation. *Physical Educator*, 68(3), 150-162.)
- A daily break of 15+ minutes during the school day can impact a child's learning, social development, and health in elementary school children (Published January 2009) (<http://esciencenews.com/articles/2009/01/27/daily.school.recess.improves.classroom.behavior>)
- Regular physical activity breaks during the school day have been shown to improve cognitive performance and promote on-task classroom behaviour. (Trost, G. (2007). Physical Education, Physical Activity and Academic Performance. Active Living Research.)
- Learning through physical activity, whether it is in physical education or in the regular classroom in the school, helps many students who have trouble concentrating, sitting still, and paying attention. (Vail, K. (2006). Is Physical Fitness Raising Grades?. *Education Digest*, 71(8), 13-19.)
- Studies that link exercise with increased productivity and fewer incidences of sickness. (Park, A. (2012). The Reason for Recess. *Time*, 179(2), 19.)
- Exercise helped children achieve better grades in school and higher scores on standardized tests. (Park, A. (2012). The Reason for Recess. *Time*, 179(2), 19.)
- Overweight and obesity, which are influenced by physical inactivity and poor diet, can increase one's risk for diabetes, high blood pressure, high cholesterol, asthma, arthritis, and poor health status. (<http://www.cdc.gov/healthyyouth/physicalactivity/facts.htm>)
- Fourteen percent of high school students had not participated in 60 or more minutes of any kind of physical activity on *any* day during the 7 days before the survey. (<http://www.cdc.gov/healthyyouth/physicalactivity/facts.htm>)
- In 2011, 29% of high school students surveyed had participated in at least 60 minutes per day of physical activity on all 7 days before the survey, and only 31% attended physical education class daily. (<http://www.cdc.gov/healthyyouth/physicalactivity/facts.htm>)
- Regular physical activity in childhood and adolescence improves strength and endurance, helps build healthy bones and muscles, helps control weight, reduces anxiety and stress, increases self-esteem, and may improve blood pressure and cholesterol levels. (<http://www.cdc.gov/healthyyouth/physicalactivity/facts.htm>)
- From 2001 to 2011, males were more likely than females to be at least moderately active. (<http://www.statcan.gc.ca/pub/82-625-x/2012001/article/11667-eng.htm>)
- In 2011, 56.4% of males reported that they were at least moderately active during leisure time, about the same as in 2009 but up from 54.9% in 2010. - Canadian



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Community Health Survey, 2011. (<http://www.statcan.gc.ca/pub/82-625-x/2012001/article/11667-eng.htm>)

- Canadians aged 12 to 19 had the highest rate of being at least moderately active (76.0% for males and 67.6% for females in this age group). - Canadian Community Health Survey, 2011. (<http://www.statcan.gc.ca/pub/82-625-x/2012001/article/11667-eng.htm>)
- Only in British Columbia (59.6%) and Yukon (61.7%) were the proportions of residents who were at least moderately active higher than the national average. - Canadian Community Health Survey, 2011. (<http://www.statcan.gc.ca/pub/82-625-x/2012001/article/11667-eng.htm>)
- Residents of Newfoundland and Labrador (49.9%), Prince Edward Island (48.7%), Quebec (50.9%) and Nunavut (37.3%) reported levels of moderate physical activity that were lower than the national average. - Canadian Community Health Survey, 2011. (<http://www.statcan.gc.ca/pub/82-625-x/2012001/article/11667-eng.htm>)
- In 2011, 53.8% of Canadians were at least 'moderately active' during their leisure time - energy expended at work, in transportation or doing housework is excluded. 'Moderately active' would be equivalent to walking at least 30 minutes a day or taking an hour-long exercise class at least three times a week. (<http://www.statcan.gc.ca/pub/82-625-x/2012001/article/11667-eng.htm>)
- About 8% of boys and 4% of girls aged 6 to 17 met the current guidelines for Moderate to Vigorous Physical Activity (MVPA). (<http://www.statcan.gc.ca/pub/82-625-x/2013001/article/11817-eng.pdf>)
- Research shows that children who are involved in physical activity come to class ready to learn, have improved concentration, and have overall better academic performance (http://www.ciraontario.com/content/organize_effective_programs.pdf)
- Only 20% of Canadian children receive daily physical education in school with 41% receiving 1-2 days/week, and 10% receiving no physical education at all (<http://www.heartandstroke.on.ca/site/c.pvI3IeNWJwE/b.3581729/k.359A/Statistics.htm>)
- Having physical education classes for 18+ minutes a day can increase the odds that an overweight child becomes and stays physically active (<http://www.heartandstroke.on.ca/site/c.pvI3IeNWJwE/b.3581729/k.359A/Statistics.htm>)
- 49.5% of Canadians ages 12+ are physically inactive (<http://www.heartandstroke.on.ca/site/c.pvI3IeNWJwE/b.3581729/k.359A/Statistics.htm>)
- Girls are less active than boys; 64% of girls & 48% of boys are physically inactive (<http://www.heartandstroke.on.ca/site/c.pvI3IeNWJwE/b.3581729/k.359A/Statistics.htm>)
- Physical activity helps children feel better about themselves and also helps them sleep better at night (Published May 2012) (<http://www.health.am/ab/more/physical-education-is-good>)

**All links live as of June 2014