

PHYSICAL ACTIVITY, SEDENTARY BEHAVIOUR AND SLEEP (PASS) INDICATORS
QUICK STATS, CHILDREN (AGED 5 TO 11 YEARS) AND YOUTH (AGED 12 TO 17 YEARS), CANADA, 2020 EDITION

INDICATOR GROUP	INDICATORS	MEASURES	NATIONAL ESTIMATE	DATA SOURCE (YEAR)
Physical Activity				
Individual	Physical activity recommendation adherence	Percentage (%) of children and youth who meet physical activity recommendations by accumulating at least 60 minutes of moderate-to-vigorous physical activity per day	39.2%	CHMS (2016-2017)
	Total moderate-to-vigorous physical activity amount	Average number of minutes per day children and youth are engaged in moderate-to-vigorous physical activity	63.4 minutes	CHMS (2016-2017)
	24-hour movement	Percentage (%) of children and youth who meet the Canadian 24-Hour Movement Guidelines for Children and Youth	9.5%	CHMS (2014-2015)
	School Physical Activity Amount	Average number of hours per week youth in Grades 6 to 10 report taking part in physical activity that makes them out of breath or warmer than usual during class time at school	2.3 hours	HBSC (2014)
		Average number of hours per week that parents report their children spend doing physical activity during class time at school	2.2 hours	CHMS (2014-2015)
	Sports participation amount (leisure time)	Percentage (%) of Canadian parents who report that their children participated in sports in the last 12 months	74.2%	PAM (2014-2015)
	Active play amount (leisure time)	Percentage (%) of children who accumulate 3 hours or less per week of active play (unstructured physical activity) outside of school	54.1%	CHMS (2016-2017)
	Active travel amount	Percentage (%) of youth who report walking or cycling to work or school	52.9%	CCHS (2014)
		Average number of hours per week youth report using active ways like walking or cycling to get to places	3.2 hours	CCHS (2018)
	Intention level	In development		
	Enjoyment level	In development		
	Confidence level	In development		
	Physical literacy	In development		
	Physical health status	Percentage (%) of youth who report their health is "very good" or "excellent"	73.5%	CCHS (2018)
		Percentage (%) of parents who report the health of their child is "very good" or "excellent"	85.7%	CHMS (2016-2017)
	Mental health status	Percentage (%) of youth who report their mental health is "very good" or "excellent"	73.0%	CHMS (2026-2017)
In development				
Family/social environment	Level of parental support	Percentage (%) of Canadian parents who report "often" or "very often" playing active games with their children in the past year	36.1%	PAM (2014-2015)
	Level of peer support	Percentage (%) of youth in Grades 9 and 10 who report that most of their friends "often" participate in organized sports activities with others	58.2%	HBSC (2014)
Built/society environment	Perceived distance to school	In development		
	Level of community safety	Percentage (%) of Canadian parents who identify safety concerns as a barrier to their children's physical activity	24.0%	PAM (2014-2015)
	Community walkability	In development		
	Presence of parks and recreation facilities	Percentage (%) of youth who "somewhat agree" or "strongly agree" that their neighbourhood has several free or low cost recreation facilities, such as parks, walking trails, bike paths, recreation centers, playgrounds, public swimming pools, etc.	79.2%	CCHS RR (2011)
	Presence of active transport infrastructure	In development		
	Supportive policies at school	Percentage (%) of schools that have a committee that oversees policies and practices concerning physical activity (e.g. health action team)	42.3%	HBSC – Admin (2014)
	Community spending on sports and recreation programs	In development		
Community spending on active transportation plans	In development			
Sedentary Behaviour				
Individual	Sedentary behaviour recommendation adherence	Percentage (%) of children and youth who report meeting sedentary behaviour recommendations by spending 2 hours or less per day watching television or using a computer during leisure-time	53.9%	CHMS (2016-2017)
	Amount of sedentary time	Average number of hours per day children and youth spend sedentary, excluding sleep time	8.2 hours	CHMS (2016-2017)

	Recreational screen time amount	Average number of hours per day youth report watching television, DVDs, or videos or spending time on a computer, tablet, or other hand-held electronic device e.g. watching videos, playing computer/video games, emailing or surfing the Internet	4.2 hours	CHMS (2014-2015)
	Sedentary time at school	In development		
	Non-active travel amount	In development		
	Time spent outdoors	Average number of hours per day children spend outside	2.0 hours	CHMS (2014-2015)
Family/social environment	Parental awareness level	In development		
	Home screen time rules	In development		
Built/society environment	Presence of and access to electronic media	In development		
Sleep				
Individual	Sleep recommendation adherence	Percentage (%) of children and youth who report meeting sleep recommendations by obtaining adequate sleep: 9-11 hours per night for ages 5 to 13 years and 8-10 hours per night for ages 14 to 17 years	70.7%	CHMS (2014-2015)
	Amount of sleep in 24-hour period	Average number of hours children and youth report sleeping in a 24-hour period	9.0 hours	CHMS (2014-2015)
	Daytime napping amount (5 years and under)	In development		
	Nighttime sleep amount	In development		
	Sleep quality – sleep continuity	Percentage (%) of children and youth who report having trouble going to sleep or staying asleep "most of the time" or "all of the time"	10.4%	CHMS (2014-2015)
	Sleep quality – sleep efficiency	In development		
	Sleep hygiene – sleep timing	In development		
	Sleep hygiene – stress	In development		
	Sleep hygiene – physical activity	In development		
	Sleep hygiene – caffeinated beverage consumption	In development		
Family/social environment	Home sleep rules and routines	In development		
Built/society environment	Electronic media in the bedroom	In development		
	Nocturnal environment noise	In development		

Abbreviations: CCHS, Canadian Community Health Survey; CCHS RR, Canadian Community Health Survey Rapid Response; CHMS, Canadian Health Measures Survey; HBSC, Health Behaviours in School-aged Children; HBSC-Admin, Health Behaviours in School-aged Children Administrator Survey; PAM, Physical Activity Monitor.

Notes:

- **“In development”** refers to measures where their data source is currently not available or that more research is needed to identify a promising measure and data source.

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Suggested citation (children and youth): Center for Surveillance and Applied Research, Public Health Agency of Canada. Physical Activity, Sedentary Behaviour and Sleep (PASS) Indicators, Quick Stats, Children and Youth (5 to 17 years), 2020 Edition. Public Health Infobase. Ottawa (ON): Public Health Agency of Canada, 2020.