

PHYSICAL ACTIVITY, SEDENTARY BEHAVIOUR AND SLEEP (PASS) INDICATORS

QUICK STATS, CHILDREN (AGED 5 TO 11 YEARS) AND YOUTH (AGED 12 TO 17 YEARS), CANADA, 2023 EDITION

INDICATOR GROUP	INDICATORS	MEASURES	NATIONAL ESTIMATE	DATA SOURCE (YEAR)	
24-Hour Movement					
Individual	24-hour movement guideline adherence	Percentage (%) of children and youth who meet the Canadian 24-Hour Movement Guidelines for Children and Youth	9.5%	CHMS (2014-2015)	
	Physical activity recommendation adherence	Percentage (%) of children and youth who meet physical activity recommendations by accumulating an average of at least 60 minutes of moderate-to-vigorous physical activity per day	43.9%	CHMS (2018-2019)	
	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, DVDs, or videos or spending time on a computer, tablet, or other hand-held electronic device during leisure-time	53.3%	CHMS (2018-2019)	
	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)	
Physical Activity					
Individual	Total moderate-to-vigorous physical activity amount	Average number of minutes per day children and youth are engaged in moderate-to-vigorous physical activity	59.2 minutes	CHMS (2018-2019)	
	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	2.1 hours	HBSC (2018)	
		Average number of hours per week that parents report their children spend doing physical activity during class time at school	1.9 hours	CHMS (2018-2019)	
	Sports participation amount (leisure time)	Percentage (%) of children and youth who participated in sports or physical activity with a coach or instructor in the past week	54.5%	CHSCY (2019)	
		(NEW) Average number of hours per week that children and youth report participating in a sport or physical activity with a coach or instructor	2.8 hours	CHSCY (2019)	
	Unstructured physical activity (leisure time)	Percentage (%) of children who accumulate 3 hours or less per week of active play (unstructured physical activity) outside of school	68.1%	CHMS (2018-2019)	
		(NEW) Average number of hours per week that youth report participating in outdoor physical activity during free time	2.4 hours	CHSCY (2019)	
	Active travel amount	Percentage (%) of youth who report using active ways like walking or cycling to get to places	61.0%	CCHS (2021)	
		Average number of hours per week youth report using active ways like walking or cycling to get to places	2.8 hours	CCHS (2021)	
	Preference for physical activity	(NEW) Percentage (%) of youth who report preferring to be physically active rather than sedentary	86.6%	CCHS RR (2017)	
	Enjoyment level	(NEW) Percentage (%) of youth who report that physical activity is generally pleasant	93.1%	CCHS RR (2017)	
	Confidence level	(NEW) Percentage (%) of youth who report they are confident in their ability to engage in physical activity	96.5%	CCHS RR (2017)	
	Physical literacy	In development			
	Physical health status	Percentage (%) of youth who report their health is "very good" or "excellent"	72.3%	CCHS (2021)	
		Percentage (%) of parents who report the health of their child is "very good" or "excellent"	88.0%	CHMS (2018-2019)	
	Mental health status	Percentage (%) of youth who report their mental health is "very good" or "excellent"	62.2%	CCHS (2021)	
Percentage (%) of parents who report that their child's mental health is "very good" or "excellent"		In development			
Family/social environment	Level of parental support	(NEW) Percentage (%) of youth who report that they do physical activity with their parents at least weekly	35.4%	CHSCY (2019)	
	Level of peer support	(NEW) Percentage (%) of youth who report that most of their close friends are involved in physical activity on a regular basis	57.5%	CHSCY (2019)	
Built/society environment	Perceived distance to school	In development			
	Level of community safety	Percentage (%) of Canadian parents who believe that it is unsafe for their children or youth to play outside during the day	5.8%	CHSCY (2019)	
	Community walkability	In development			
	Presence of parks and recreation facilities	^a Percentage (%) of youth who "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 or public swimming pools	90.0%	CCHS RR (2017)	

	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)	37.1%	HBSC-Admin (2018)
	Community spending on sports and recreation programs	In development		
	Community spending on active transportation plans	In development		

Sedentary Behaviour

Individual	Total sedentary time	Average number of hours per day children and youth spend sedentary, excluding sleep time	8.4 hours	CHMS (2018-2019)
	Recreational screen time	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	3.8 hours	CHMS (2018-2019)
	Sedentary time at school	In development		
	Non-active travel amount	(NEW) Percentage (%) of children and youth who exclusively use non-active ways to get to school	69.6%	CHSCY (2019)
	Time spent outdoors	Average number of hours per day children spend outside	2.0 hours	CHMS (2014-2015)
(NEW) Average number of hours parents report their children play outside during their free time per week		5.0 hours	CHSCY (2019)	
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	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	(NEW) Percentage (%) of parents who report setting and enforcing regular bedtimes for their children	83.0%	CHSCY (2019)
Built/society environment	Electronic media in the bedroom	Percentage (%) of children and youth who use electronic devices in the bedroom before falling asleep	45.3%	CHSCY (2019)
	Nocturnal environment noise	In development		

Abbreviations: CCHS, Canadian Community Health Survey; CCHS RR, Canadian Community Health Survey Rapid Response; CHMS, Canadian Health Measures Survey; CHSCY, Canadian Health Survey on Children and Youth; HBSC, Health Behaviour in School-aged Children study; HBSC-Admin, Health Behaviour in School-aged Children Administrator study.

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.
- **“NEW”** highlights indicators not previously reported upon and/or for which the measure or data source has changed.
- ^aDue to changes in survey methodology, the PASS 2023 estimates for this indicator should not be compared to those from previous PASS editions.

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