

# PHYSICAL ACTIVITY, SEDENTARY BEHAVIOUR AND SLEEP (PASS) INDICATORS

## QUICK STATS, CHILDREN (AGED 5 TO 11) AND YOUTH (AGED 12 TO 17), CANADA, 2017 EDITION

INDICATOR GROUP	INDICATOR(S)	MEASURE(S)	LATEST DATA	DATA SOURCE (YEAR)
<b>PHYSICAL ACTIVITY</b>				
Individual	Physical activity recommendation adherence	% of children and youth who meet physical activity recommendations by accumulating at least 60 minutes of moderate-to-vigorous physical activity per day	37.6%	CHMS (2014–2015)
	Total moderate-to-vigorous physical activity amount	Average number of minutes per day children and youth are engaged in moderate-to-vigorous physical activity	57.0 minutes	CHMS (2014–2015)
	24-hour movement	% 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 (2014–2015)
		Average number of hours per week that parents report children spend doing physical activity during class time	2.0 hours	CHMS (2014–2015)
	Sports participation amount (leisure time)	% 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)	% of children who accumulate 3 hours or less per week of active play (unstructured physical activity) outside of school	48.8%	CHMS (2014–2015)
	Active travel amount	% of youth who report walking or cycling to work or school	53.0%	CCHS (2014)
		Average amount of hours per week youth report using active ways like walking or cycling to get to places	3.3 hours	CCHS (2015)
	Intention level	In development		
	Enjoyment level	% of youth who report they enjoy being physically active	In development	
	Confidence level	% of youth who report they are confident in their ability to be physically active	In development	
	Physical literacy	In development		
	Physical health status	% of youth who report their health is “very good” or “excellent”	72.6%	CCHS (2015)
		% of parents who report the health of their child is “very good” or “excellent”	88.4%	CHMS (2014–2015)
	Mental health status	% of youth who report their mental health is “very good” or “excellent”	73.9%	CHMS (2014–2015)
		% of parents who report their child’s mental health is “very good” or “excellent”	In development	
	Family/social environment	Level of parental support	% of Canadian parents who report “often” or “very often” playing active games with their children in the past year	36.1%
Level of peer support		% 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	% of Canadian parents who identify safety concerns as a barrier to children’s physical activity	24.0%	PAM (2014–2015)
	Community walkability	In development		
	Presence of parks and recreation facilities	% 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 centres, playgrounds, public swimming pools, etc.	79.2%	CCHS RR (2011)
	Presence of active transport infrastructure	In development		
	Supportive policies at school	% of schools that have a committee that oversees policies and practices concerning physical activity (e.g. health action team)	42.3%	HBSC (2014 - Admin)
	Community spending on sports and recreation programs	In development		
	Community spending on active transportation plans	In development		

INDICATOR GROUP	INDICATOR(S)	MEASURE(S)	LATEST DATA	DATA SOURCE (YEAR)
<b>SEDENTARY BEHAVIOUR</b>				
Individual	Sedentary behaviour recommendation adherence	% 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	28.5%	CHMS (2014–2015)
	Amount of sedentary time	Average number of hours per day children and youth spend sedentary, excluding sleep time	8.4 hours	CHMS (2014–2015)
	Recreational screen time amount	Average number of hours per week youth report spending on a computer or tablet, e.g. watching videos, playing computer 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	1.8 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		
<b>SLEEP</b>				
Individual	Sleep recommendation adherence	% of children and youth who report meeting sleep recommendations by obtaining adequate sleep: 9 to 11 hours per night for ages 5 to 13 years and 8 to 10 hours per night for ages 14 to 17	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	% 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	% of parents who report they set regular bedtimes for their children and enforce them	In development	
Built/society environment	Electronic media in the bedroom	% of children and youth who report they have a television, computer or game console in their 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.

**Note:** “In development” refers to measures that are under development either because a data source is currently not available or because more research has to be done to identify a promising measure and data source.

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