



# Canadian kids are inactive and they may be losing sleep over it.

## THE 2016 PARTICIPACTION REPORT CARD ON PHYSICAL ACTIVITY FOR CHILDREN AND YOUTH



**The ParticipACTION Report Card on Physical Activity for Children and Youth** is the most comprehensive assessment of child and youth physical activity in Canada. This year's Report Card gives a D- for Overall Physical Activity Levels, as only 9% of kids get 60 minutes of heart-pumping activity each day. And, for the first time, the Report Card **assigns a grade to sleep** and includes new **Canadian 24-Hour Movement Guidelines for Children and Youth**.

**There are important relationships among physical activity, sedentary behavior, and sleep – and new research shows that sedentary lifestyles are connected to a creeping 'sleepidemic' in Canadian kids.**

The new **Canadian 24-Hour Movement Guidelines for Children and Youth** state that kids need a combination of high levels of physical activity, low levels of sedentary behaviour and sufficient sleep each day to be healthy.



Children's sleep duration has **decreased by 30 to 60 minutes** in recent decades.

# 31%

of school-aged children and **26 per cent** of adolescents are **sleep-deprived**.



**It's time to take a whole-day approach – many kids are too tired to get enough physical activity during the day, and not active enough to be tired at night – it's a vicious cycle.**



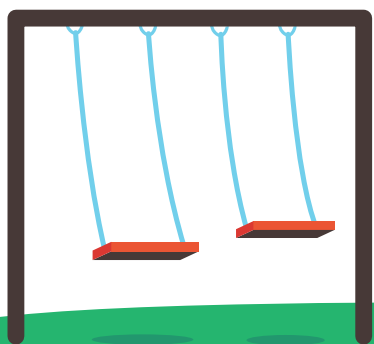
# -3 min

**Every hour kids spend in sedentary activities is associated with a delay in their bedtime by 3 minutes.** And the average 5- to 17-year-old Canadian spends 8.5 hours being sedentary each day.



A study of kids aged 10 to 12 showed that **those who slept the least on school nights were significantly less active and more sedentary** than those who slept the most.

**It's time for a wake-up call. We need to take sleep seriously and understand that the best sleep aid is to get kids off the couch and away from their screens with regular heart-pumping activity.**



High school students who get at least **60 minutes of physical activity each day are 41 per cent more likely to get sufficient sleep** than those who don't.



# Gr. 5

students with higher physical activity levels are less likely to be sleepy during the daytime.

**The Highlight Report, Full Report, and sources are available at [www.participACTION.com/reportcard](http://www.participACTION.com/reportcard)**