



5.5.16 Health Issues

Fig. 5.5.16 Children aged 11, 13, and 15 years doing moderate-to-vigorous physical activity daily in the past week, 2005–2006

Country	%	Country	%
Slovak Republic	42.1	Belgium	19.1
Ireland	31.1	United Kingdom	18.7
United States	26.8	Mexico	18.1
Finland	24.8	Poland	17.3
Canada	23.6	Germany	17.0
Denmark	22.7	Sweden	16.4
Czech Republic	22.0	Norway	15.6
Netherlands	21.2	Greece	15.5
Iceland	20.6	Luxembourg	15.2
Spain	20.3	Italy	15.1
OECD	20.2	Portugal	14.6
Turkey	20.0	France	13.5
Austria	19.6	Switzerland	13.1
Hungary	19.5		

Currie C, et al. (eds.) (2008). "Inequalities in Young People's Health: Health Behaviour in School-aged Children." International Report from the 2005/2006 Survey. WHO Regional Office for Europe, Copenhagen. Available at: http://www.euro.who.int/__data/assets/pdf_file/0005/53852/E91416.pdf; data available at www.oecd.org/social/familiesandchildren/48968008.xls. Accessed on June 29, 2012.

For 2005–06, compared to other OECD* countries, Canada's school-aged children — aged 11, 13, and 15 years — rank fairly well with regards to their level of physical activity. For example, only 13.1% of children aged 11 to 15 years participate in moderate-to-vigorous physical activity per week in Switzerland, whereas in Canada the rate is almost double that number (23.6%).

* OECD (Organisation for Economic Co-operation and Development) is an organization that acts as a meeting ground for 30 countries that believe strongly in the free market system.

Implications

Between countries, there are large differences between levels of reported daily physical activity for children aged 11, 13, and 15 years. In almost all countries, however, boys and younger children are more active.¹

¹ Currie C, et al. (eds.) (2008). "Inequalities in Young People's Health: Health Behaviour in School-aged Children." International Report from the 2005/2006 Survey. WHO Regional Office for Europe, Copenhagen. Available at: http://www.euro.who.int/__data/assets/pdf_file/0005/53852/E91416.pdf. Accessed on June 29, 2012.

