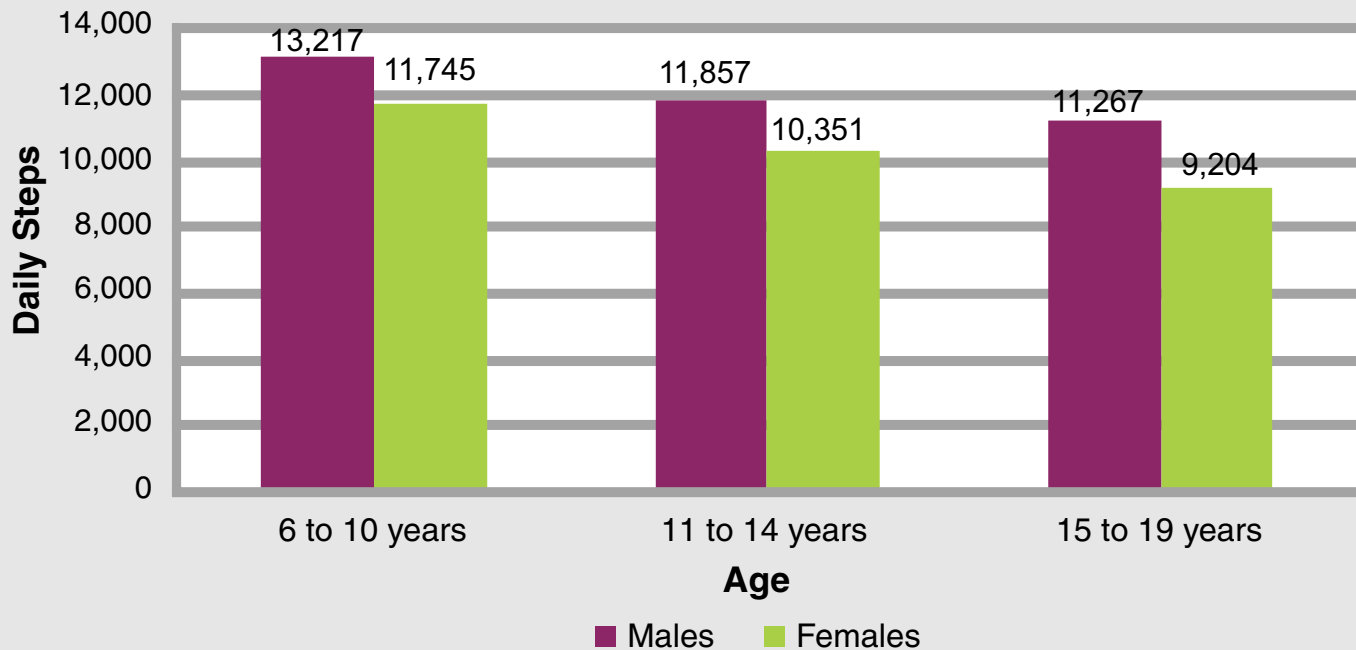




3.9.21 Healthy Active Living

Fig. 3.9.21 Average daily step counts, by gender and age group, Canada, 2007–2009



Statistics Canada, Canadian Health Measures Survey, 2007–2009, <http://www.statcan.gc.ca/pub/82-003-x/2011001/article/11397/tbl/tbl4-eng.htm>. Accessed on July 10, 2012.

According to the 2007–2009 Canadian Health Measures Survey, younger boys and girls are more likely to be physically active – as measured by average daily step counts – than are teenagers. At all ages, boys are more likely to be physically active than are girls. The average daily step count declined by 15% among boys from the ages of 6 to 10 years to the teen years. The decline for girls was about 22%.

Implications

According to the Report Card on Physical Activity for Children and Youth, only 7% of children and youth are meeting the Canadian guidelines of 60 minutes of physical activity per day.¹

¹ Canadian Health Measures Survey (2007–2009). Statistics Canada.

