

# Pandemic-Related Challenges & Opportunities for Physical Activity

We're only beginning to understand how COVID-19 has impacted the health and movement behaviours of children (5–11 years) and youth (12–17 years) in Canada.

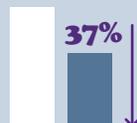
These **four key grades** from the **2022 ParticipACTION Report Card on Physical Activity for Children and Youth** highlight how many structured opportunities to get active and play were lost during the pandemic, but many families and community leaders still found ways to get kids active.



## Overall Physical Activity



Only **17.5%** of children met the moderate-to-vigorous physical activity (MVPA) recommendation of 60 mins/day at the height of the pandemic.<sup>1</sup>



The percentage of youth meeting the MVPA recommendation dropped from **51%** pre-pandemic to **37%** during the pandemic.<sup>1</sup>

## Sedentary Behaviours



**16.5%** of children met the screen time recommendation of 2 hours/day at the start of the pandemic.<sup>2,3</sup>



Only **3%** of youth met the screen time recommendation of 2 hours/day at the start of the pandemic.<sup>4</sup>

## Active Transportation



**46%** of parents indicated that their children either solely commute actively to school or commute partially in an active way.<sup>5</sup>

## Active Play



**25%** of children and youth achieved >840 mins/week (>2 hours/day on average) of total time engaged in indoor and outdoor unstructured play.<sup>5</sup>



At the height of the pandemic, children's and youth's time spent outdoors and engaged in active play increased compared to the start of the pandemic but was still below pre-pandemic levels.<sup>3</sup>

### References

- 1 Watt & Colley. (2021). Youth – but not adults – reported less physical activity during the COVID-19 pandemic. StatCan COVID-19: Data to Insights for a Better Canada. Catalogue no. 45-28-0001.
- 2 Moore et al. (2020). Impact of the COVID-19 virus outbreak on movement and play behaviours of Canadian children and youth: A national survey. *International Journal of Behavioral Nutrition and Physical Activity*, 17(1):1.
- 3 Moore et al. (2021). Few Canadian children and youth were meeting the 24-hour movement behaviour guidelines 6 months into the COVID-19 pandemic: Follow-up from a national study. *Applied Physiology, Nutrition, and Metabolism*, 46(10):1225-40.
- 4 2020–21 COMPASS, University of Waterloo. Custom Analysis.
- 5 2021–2022 Parent Survey on Physical Activity and Sport, CFLRI. Custom Analysis.



Read the **ParticipACTION Report Card on Physical Activity for Children and Youth** to learn more.