

Highlights from the 2016 ParticipACTION Report Card

The 2016 ParticipACTION Report Card reveals sedentary lifestyles are connected to a creeping ‘sleepidemic’ among Canadian children and youth.

- Children’s sleep duration has decreased between 30 minutes to one hour in recent decades
- 31 per cent of school-aged children and 26 per cent of adolescents in Canada are sleep-deprived
- 36 per cent of Canadian 14-17 year olds find it difficult to stay awake during the day
- 43 per cent of Canadian 16-17 year olds are not getting enough sleep on weekdays
- 33 per cent of 5-13 year olds and 45 per cent of 14-17 year-olds in Canada have trouble going to sleep or staying asleep at least some of the time
- Too little sleep can cause hyperactivity, impulsiveness and a short attention span
- Sleep is an essential component of healthy cognitive and physical development:
 - Children with reduced sleep are more likely to struggle with verbal creativity, problem solving, and generally score lower on IQ tests
 - Short sleep duration produces adverse hormonal changes like those associated with increased risks of obesity, diabetes and hypertension
 - Chronic sleep loss contributes to higher rates of depression and suicidal thoughts

Which is why for the first time, the 2016 ParticipACTION Report Card assigns a grade to sleep and includes *new Canadian 24-Hour Movement Guidelines for Children and Youth*.

- The first of their kind in the world, *The 24-Hour Movement Guidelines for Children and Youth; An Integration of Physical Activity, Sedentary Behaviour and Sleep* showcase the interrelationship between physical activity, sedentary behavior and sleep and provide a recommendation on the amount of each that is needed in a 24 hour period for a child’s optimal health.
- For example, if a child gets sufficient physical activity during the day but doesn’t get enough sleep at night, the potential health benefits will not be optimal. Conversely, if a child gets a good night’s sleep, but has inadequate daily physical activity, their health will also be negatively impacted.
- The 24-Hour Movement Guidelines were developed by HALO-CHEO, the Canadian Society for Exercise Physiology, the Conference Board of Canada, the Public Health Agency of Canada, ParticipACTION and a group of leading researchers from Canada and around the world, with input from over 700 national and international stakeholders.
- The guidelines state that Because of this inter-relationship, for the first time, the ParticipACTION Report Card has assigned a grade to sleep.

The new guidelines state that children and youth need to Sweat, Step, Sleep and Sit the right amounts to be healthy.

- Children and youth need a combination of high levels of physical activity, low levels of sedentary behavior and sufficient sleep each day to be healthy. A healthy 24 hours includes:
 - Uninterrupted 9 to 11 hours of sleep per night for those aged 5 to 13 years, and 8 to 10 hours per night for those aged 14 to 17 years, with consistent bed and wake-up times.
 - An accumulation of at least 60 minutes per day of moderate to vigorous physical activity involving a variety of aerobic activities. Vigorous physical activities and muscle- and bone-strengthening activities should each be incorporated at least 3 days per week.
 - Several hours of a variety of structured and unstructured light physical activities.
 - No more than 2 hours per day of recreational screen time.
 - Limited sitting for extended periods.
- Preserving sufficient sleep, trading indoor time for outdoor time, and replacing sedentary behaviours and light physical activity with additional moderate to vigorous physical activity can provide greater health benefits.

...because 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.

- Only 9 per cent of 5-17 year olds get the recommended 60 minutes of heart-pumping activity they need each day.
- Only 24 per cent of 5-17 year olds meet the Canadian Sedentary Behaviour Guidelines recommending no more than two hours of screen time per day.
- Only 10 per cent of 11-15 year olds in Canada meet the screen time recommendation of no more than two hours per day, and only 20 per cent of the same age group report at least 60 minutes of moderate to vigorous physical activity on all seven days of the week.
- Insufficient physical activity levels and increased sedentary behaviours impact sleep in children and youth:
 - 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 Toronto kids aged 10 to 12 years showed that those who slept the least on school nights were significantly less active and more sedentary than those who slept the most.
 - 36 per cent of 14-17 year olds find it difficult to stay awake during the day at least some of the time.
- The health benefits that come with heart-pumping physical activity are reduced if children have poor sleep habits or engage in excessive sedentary behaviour. And well-rested children are not healthy if they are not getting enough activity.

So, it's time to take sleep seriously. And the best sleep aid there is, is to get kids off the couch with regular heart-pumping activity.

- Grade 5 students with higher physical activity levels are less likely to be sleepy during the daytime
- Active transportation (e.g., walking or biking) and outdoor play increase exposure to sunlight, which helps regulate sleep patterns
- Physical activity helps kids fall asleep faster
- 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
- If children get more good quality sleep, they will be able to get more physical activity
- As little as 45 minutes of MVPA per week appears to be beneficial to brain health
- Research shows a link between higher levels of physical activity in children and youth and lower levels of anxiety and depression
- A positive link between physical activity and academic performance continues to be seen in children and youth

-30-

To download the 2016 ParticipACTION Report Card Highlight Report, including the 24-Hour Movement Guidelines for Children and Youth, or the Full Report, please visit www.participactionreportcard.com.

For more information or to schedule an interview, please contact:

Meaghan Beech
Hill+Knowlton Strategies
W: (416) 413-4650
M: (647) 463-4467
meaghan.beech@hkstrategies.ca

Katherine Janson
ParticipACTION
W: (416) 913-1471
M: (647) 717-8674
kjanson@participACTION.com