Canadian Sedentary Behaviour Guidelines for Children and Youth

Information Webinar February 10, 2011

Launch and Official Release:
February 15th, 2011
Introduction

Presented by: Mark Tremblay, PhD, Healthy Active Living and Obesity Research Group, CHEO

Agenda

• Definitions of Sedentary Behaviour
• Guideline development process
• Introducing the Canadian Sedentary Behaviour Guidelines for Children and Youth
• Going Forward, next steps
What is Sedentary Behaviour?

**Definitions:**

• **Sedentary behaviour:** A distinct class of behaviours characterized by little physical movement and low energy expenditure. Examples: watching television, playing video games, prolonged sitting.

• **Physically inactive:** The absence of physical activity, usually reflected as the proportion of time not engaged in physical activity of a pre-determined intensity.
What is Sedentary Behaviour?

Definitions (continued):

• **Recreational screen time**: Television watching, passive video game playing, using the computer or use of other screens during discretionary time (i.e., non-school- or work-based use) that is practiced while being sedentary.

• **Active video gaming**: Video games that are designed to promote movement and interaction from the participant(s). Some examples include: the Nintendo Wii™, Microsoft Kinect™, Sony’s Playstation Move™, and arcade-type video games.
An Active Day?

- 6 hours
- 30 min
- 3 hours
- 30 min
- 45 min
- 4 hours

YES!
Canadian Sedentary Behaviour Guidelines for Children (aged 5-11 years) and Youth (aged 12-17 years)

**TIMELINE**

**JANUARY 2009**
Physical Activity Guidelines International Consensus Conference, Kananaskis, Alberta
- Recommendation to develop a guideline for this ‘gap’ area

**DECEMBER 2009**
Systematic Review research team established by Healthy Active Living and Obesity (HALO) Research Institute, CHEO

**SEPTEMBER 7-9 2010**
Physical Activity Guidelines Consensus Meeting, Toronto, Ontario
Preliminary results presented; debate on merits of linking with PA Guidelines or publishing separately

**NOVEMBER 3 2010**
International Sedentary Behaviour Guidelines Consensus Meeting, Toronto, Ontario
Sedentary systematic review results presented and discussed; Sedentary Behaviour Guidelines drafted by scientific experts

**NOVEMBER-DECEMBER 2010**
Online Stakeholder Survey on relevancy of draft Sedentary Behaviour Guidelines for Children (5-11) and Youth (12-17)

**FEBRUARY 2011**
Sedentary Behaviour Guidelines for Children (5-11) and Youth (12-17) released with new Canadian Physical Activity Guidelines for Children (5-11) and Youth (12-17)
Guideline Research Questions

• What is the available evidence to explain the relationship between sedentary behaviour and health in school-aged children and youth (5-17 years)?
• Does a dose-response relationship exist between increased sedentary time and negative health outcomes?
• Does the relationship between sedentary behaviour and health differ depending on the specific health outcome?
Scientific Evidence

The evidence showed that:
• Being sedentary for more than 2 hours per day was associated with:
  • Unfavourable body composition
  • Decreased fitness
  • Lowered scores for self esteem and pro-social behaviour
  • Decreased academic achievement
Development of Guideline Recommendations

The development of the Canadian Sedentary Behaviour guideline recommendations occurred in three steps:

1. Draft guidelines
2. Stakeholder consultations
3. Finalize guidelines
Development of the Canadian Sedentary Behaviour Guidelines for Children and Youth

In summary, the Guidelines’ development was:

• Guided by expert consultants in concert with content experts.
• A rigorous, scientific process that followed the international standard for guideline development, AGREE II, and includes a formal systematic review (submitted for publication).

and resulted in:

• A Background Report (CSEP website).
• A process paper (peer reviewed, in press).
Canadian Sedentary Behaviour Guidelines for Children and Youth

GUIDELINES

For health benefits, children (aged 5-11 years) and youth (aged 12-17 years) should minimize the time they spend being sedentary each day. This may be achieved by

- Limiting recreational screen time to no more than 2 hours per day; lower levels are associated with additional health benefits.
- Limiting sedentary (motorized) transport, extended sitting and time spent indoors throughout the day.
Canadian Sedentary Behaviour Guidelines for Children and Youth

PREAMBLE
These guidelines are relevant to all apparently healthy children (5-11 years) and youth (12-17 years), irrespective of gender, race, ethnicity or socio-economic status of the family. Children and youth are encouraged to limit sedentary behaviours and to participate in physical activities that support their natural development and are enjoyable and safe.

Children and youth should limit recreational screen time (television, computer, video games, etc.), motorized transportation, indoor time and extended sitting in the context of family, school and community (e.g. volunteer, employment) activities.

Following these guidelines can improve body composition, cardiorespiratory and musculoskeletal fitness, academic achievement, self-esteem and social behaviours. The benefits of reduced sedentary time exceed potential risks.

These guidelines may be appropriate for children and youth with a disability or medical condition; however, they should consult a health professional to understand the types and amounts of activities appropriate for them.

For those with screen time levels in excess of 2 hours per day it is appropriate to start to progressively reduce screen time as a stepping stone to meeting the guidelines.

For guidance on increasing physical activity please refer to the Canadian Physical Activity Guidelines for Children and Youth.
A Sedentary Day vs an Active Day

Cutting down on sitting down – how to make it a healthy active day

Wake up

Drive to school

School

After school

Physical Activity

Leisure time

Bed time

**Active Transportation**
Instead of driving, walk to school with a group of kids from the neighbourhood

**Active Play**
Limit after school TV watching. Plan time outdoors instead!

**Active Family Time**
Instead of video games at night, introduce the family to a new active game
A Sedentary Day vs an Active Day

An average day

An ideal day:

- Sedentary
- Light
- Moderate
- Vigorous
Dissemination

Promotion and dissemination plans are in place in partnership with ParticipACTION.

*Online on February 15th:*

- Information Sheets for Children (5-11 years) and Youth (12-17 years)
- Published paper –online– in *Applied Physiology, Nutrition, and Metabolism* (APNM), 36(1)
- Official Guidelines and Guideline Development Report
- Web-based content (expanding on the Info Sheets)
- Backgrounder, Q&A’s
Dissemination

In the months following February 15th:

• Published paper -print format- in Applied Physiology, Nutrition, and Metabolism (APNM), 36(1) -February 2011
• Publication of the Systematic Review research paper (2011)
• Development of additional supporting materials and tools
• Presentations at conferences, symposia
• Integration with Canadian Physical Activity Guidelines
Moving forward

Next Steps:

• Further research into other age groups
• Development of Sedentary Behaviour Guidelines for
  – Preschool children (0-4 years)
  – Adults (18-64 years)
  – Older adults (≥65 years)
Questions?