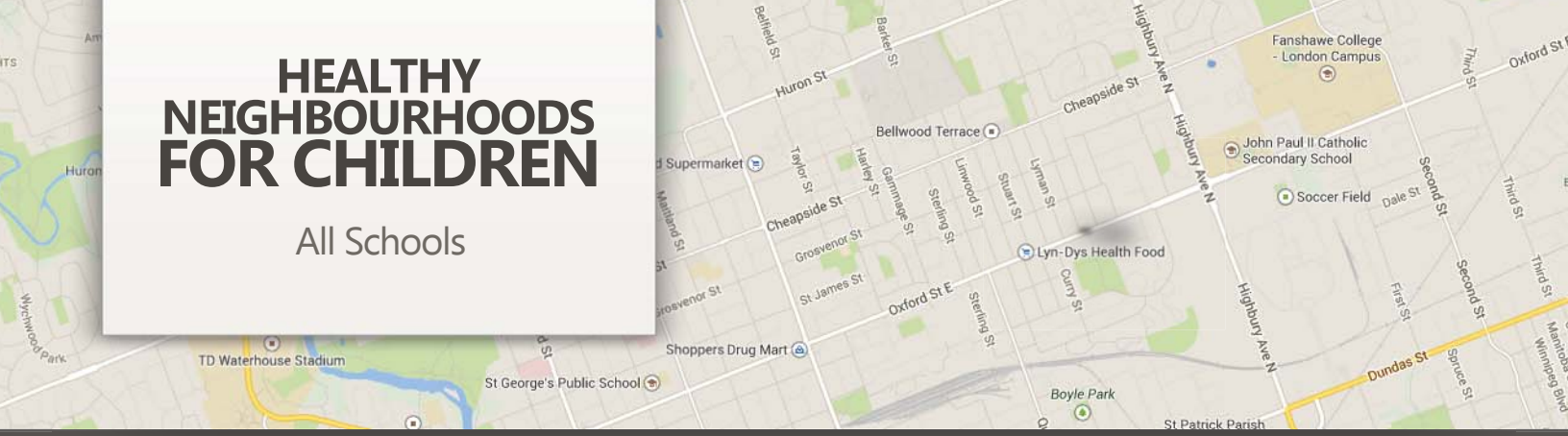


# HEALTHY NEIGHBOURHOODS FOR CHILDREN

All Schools



Between 2011 and 2013, a total of 851 children aged 9-13 years participated in the STEAM project. Participants included 484 girls and 367 boys from 46 schools throughout Southwestern Ontario.

## PHYSICAL ACTIVITY

GIRLS

For female participants, the top 5 physical activities were: **walking, skipping or playing tag, dancing, biking and swimming.**

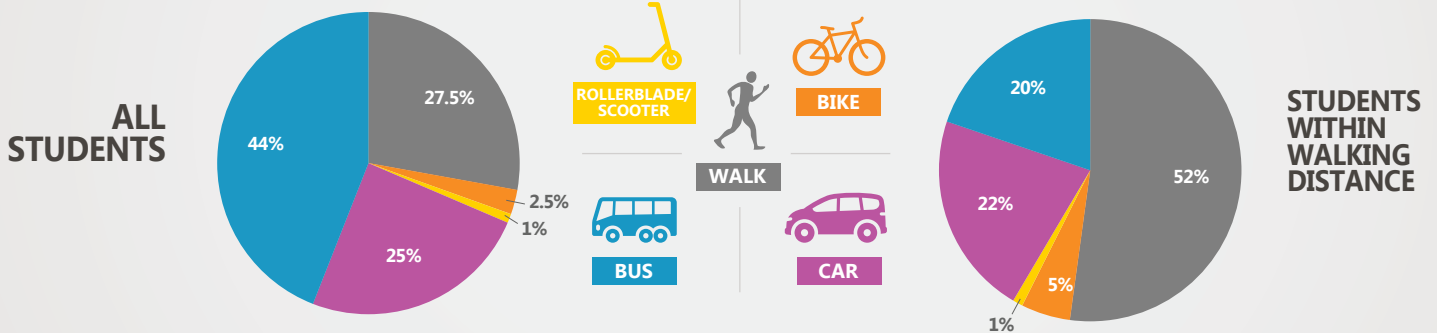


Whereas for male participants, the top 5 physical activities were: **walking, skipping or playing tag, biking, soccer and basketball.**

BOYS

## ACTIVE TRAVEL

It was found that 51.5% of participants live within walking distance to school, leaving 48.5% who do not live within walking distance. Of those children who live within walking distance to school, 56% of females and 61% of males take active modes to get to school (active modes include: walking, biking, rollerblading/scootering).



## BARRIERS TO WALKING

GIRLS

For female participants, the top three barriers for walking or biking to school were: **it is easier to drive there, it feels unsafe due to traffic and it is too far.**

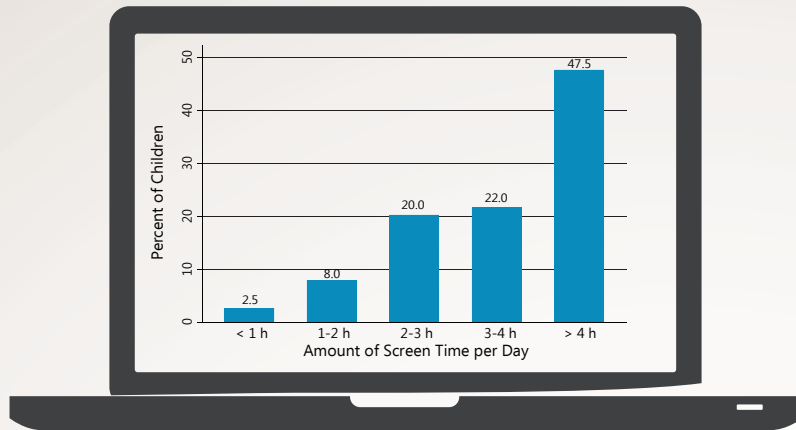


For male participants, the top three barriers for walking or biking to school were: **it is easier to drive there, there is no one to walk with and there are not enough sidewalks.**

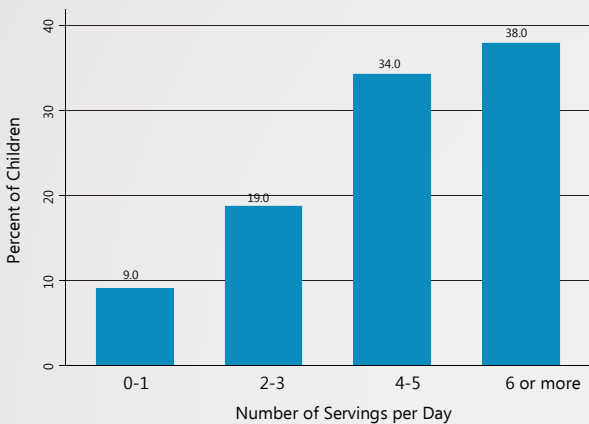
BOYS

# SCREEN TIME

With widespread availability of devices, such as televisions, computers, video games, cell phones and other multimedia devices, children are spending more time than ever participating in sedentary behaviours. It is recommended by the Canadian Paediatric Society (2013) that children and youth aged 5-17 years old should spend no more than two hours of screen time per day. Nearly half (47.5%) of all children in our study responded that they typically spend more than 4 hours of screen time per day.



Activity	Percent of Total Screen Time
TV	28%
Video Games	19%
Hand Held Games	19%
Internet	19%
Cell Phones	15%



# HEALTHY FOOD

According to Canada's Food Guide, it is recommended that children eat 6 servings of fruits & vegetables per day. This graph shows children's self-reported intake of fruits and vegetables per day. We found that 38% of participants in the STEAM study are meeting the recommended daily servings of fruits and vegetables.

# JUNK FOOD

This graph shows patterns of junk food eating habits among participants. The categories "rarely" and "sometimes" are seen most often with regards to eating these five junk-food products. Nevertheless, nearly 1 out of 5 children claim to eat these food items "frequently" or "always".

