



GO High Schools Get Moving!

Physical Activity, Screen Time and Sleep Among Secondary School Students on the Island of Montreal

IMPACT OF THE COVID-19 PANDEMIC
ON THE LIFESTYLE HABITS OF MONTREAL AREA TEENS

RECOMMENDATIONS ¹



Children and youth from 5 to 17 years old should engage in at least **60 minutes per day of moderate to vigorous physical activity.**¹



Children and youth from 5 to 17 years old should limit their recreational screen time to a maximum of **2 hours per day.**¹



Children and youth aged from 5 to 13 years old should sleep between **9 and 11 hours per night**, and those aged 14 years old and over should sleep **between 8 and 10 hours per night.**¹



PRIOR TO THE PANDEMIC
15 %

OF CANADIAN CHILDREN AND YOUTH WERE MEETING ALL THREE RECOMMENDATIONS.²



AT THE PRESENT TIME
ONLY 1 %

OF MONTREAL TEENAGERS ARE MEETING ALL THREE RECOMMENDATIONS.³



MOREOVER, 1 OUT OF 2 HIGH SCHOOL STUDENTS DO NOT MEET ANY OF THE THREE RECOMMENDATIONS.³

Data collected as part of the *GO High Schools – Get Moving!* project
2 948 participants (Cycle one: 1,306 students; Cycle two: 1,642 students)
Students aged 12 to 17 years old attending public high schools on the island of Montreal.

Administration of an online questionnaire in 17 high schools representing all five school boards/service centers between December 1st, 2020 and January 24th, 2021.

PHYSICAL ACTIVITY



Prior to the pandemic: 39% of Canadian children and youth were meeting the recommendation.²

IN MONTREAL:



18 % of 12-17 year olds are meeting the recommendation at present time.³

38% of teens engage in **less than 20 minutes** of physical activity **per day**.

RECREATIONAL SCREEN TIME



Prior to the pandemic: 38% of Canadian children and youth were meeting the recommendation.²

IN MONTREAL:



28 % of 12-17 year olds are meeting the recommendation at present time.³

37% of teens spend **more than 4 hours per day** engaged in recreational screen time.

SLEEP



Prior to the pandemic: 70% of Canadian children and youth were meeting the recommendation.²

IN MONTREAL:



19 % of 12-17 year olds are meeting the recommendation at present time.³

47% of teens report **bad sleep quality**, compared to 26% prior to the pandemic (*difficulty falling asleep, frequent waking up at night, difficulty getting up in the morning*).

Moving forward *

The involvement of all stakeholders who impact the lives of Montreal-area teens (family, schools, municipalities, community organisations, etc.) is crucial to the implementation of concrete actions that will improve lifestyle habits.

*The Public Health measures implemented since the start of the pandemic are essential to reduce the spread of the COVID-19 virus. Respect for the current sanitary measures as well as the exercise of caution are essential.



Maximize opportunities to go outdoors.



Increase and diversify opportunities for physical activity.



Nurture the personal skills and values required to adopt and maintain healthy lifestyle habits.



Empower teens to make healthy choices by developing autonomy in the management of their personal well-being.

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GO High Schools – Get Moving! is a project on the island of Montreal, grounded in a partnership between the Direction régionale de santé publique du CCSMTL (Montreal public health), the Kino-Quebec Research Chair on the Adoption of a Physically Active Lifestyle in School Contexts, Sport et Loisir de l'île de Montréal, the five school service centres/school boards situated on the island of Montreal, the three regional entities of the Réseau du sport étudiant du Québec, the City of Montréal and the Table de concertation Montréal physiquement active (intersectoral round table on physical activity).

¹ According to the *Canadian 24-Hour Movement Guidelines for Children and Youth (ages 5-17 years)* (CSEP, 2016).

² According to the *2020 ParticipACTION Report Card on Physical Activity for Children and Youth* (ParticipACTION, 2020).

³ According to data, for weekdays (from Monday to Friday), from the project *GO High Schools – Get Moving! Volet 2a – Jeunes et intervenants scolaires*. Kino-Québec Research Chair on the Adoption of a Physically Active Lifestyle in School Contexts at the Université de Sherbrooke and the Direction régionale de santé publique du Centre intégré universitaire de santé et de services sociaux du Centre-Sud-de-l'île-de-Montréal. (Document in publication)