Promoting Physical Activity and Physical Literacy in Vancouver Coastal Health

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Benefits of Physical Activity

- Increased happiness and health
- Stronger family bonds
- Decreased illness and chronic disease
- Decreased health care costs
- Increased productivity
- Increased walking and cycling
- Increased social interaction and community connectedness
- Decreased traffic congestion and pollution
- Increased economic benefits

Vancouver Coastal Health
# Physical Activity Guidelines

<table>
<thead>
<tr>
<th>SEDENTARY BEHAVIOUR</th>
<th>PHYSICAL ACTIVITY</th>
<th>MUSCLE AND BONE</th>
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<tbody>
<tr>
<td>Sitting</td>
<td>Physical Activity</td>
<td>Muscle and Bone</td>
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<tr>
<td>No more than one hour at a time.</td>
<td>Several times per day for children under one.</td>
<td>Activities that strengthen muscle and bone three times per week.</td>
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<td>Screen Time</td>
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<td>None for children under two years old.</td>
<td>At least 180 minutes per day of moderate to vigorous intensity.</td>
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<td>Infants, Toddlers and Preschoolers</td>
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<tr>
<td>Limit prolonged amounts.</td>
<td>At least 60 minutes per day of moderate to vigorous intensity.</td>
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<tr>
<td>Children 1-4 Years</td>
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<tr>
<td>Limit to two hours per day.</td>
<td>Activities that strengthen muscle and bone two times per week.</td>
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<tr>
<td>Limit prolonged amounts.</td>
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<tr>
<td>Children and Youth 5-17 Years</td>
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<tr>
<td>Sit less, move more.</td>
<td>At least 150 minutes per week of moderate to vigorous intensity.</td>
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<tr>
<td>Adults 18 Years and Older</td>
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Types of Physical Activity

- **Daily Activities** – Such as taking the stairs or walking the dog.
- **Active Recreation** – Such as swimming, cross-country skiing, camping or hiking.
- **Active Transportation** – Such as walking, cycling or wheeling to a destination.
- **Active Play** – Such as playing in the snow.
- **Intentional Structured Physical Activity** – Such as taking a fitness class, jogging for exercise or playing organized sports.
- **Other Activities**:  
  - Work activities such as lifting and walking.  
  - School activities such as physical education.  
  - Domestic activities such as housework or gardening.  
  - Creative activities such as dance.
Physical Activity in Adults

**DISTRIBUTION OF MODERATE TO VIGOROUS PHYSICAL ACTIVITY PER WEEK**

- <30 minutes: 29% (VCH), 32% (FH)
- 30-<90 minutes: 12% (VCH), 12% (FH)
- 90-<150 minutes: 13% (VCH), 13% (FH)
- 150-<210 minutes: 11% (VCH), 10% (FH)
- 210+ minutes: 36% (VCH), 33% (FH)

47% in VCH meet guideline.
Physical Activity in Adults

150+ MINUTES OF MODERATE TO VIGOROUS PHYSICAL ACTIVITY PER WEEK

- Richmond: 37.5%
- Vancouver: 45.9%
- Coastal Urban: 53.9%
- Coastal Rural: 57.3%
- Fraser East: 45.4%
- Fraser North: 42.6%
- Fraser South: 43.0%

46.4% VCH 43.3% FH 44.1% Metro Vancouver
Commuting by Active Transportation

Walk, cycle or public transit as primary mode of commuting to work or school
My Health My Community Survey 2013-2014

Survey respondents (%)
FIG 11.2 Percentage of Students in Grades 7-12 Who Reported at Least 60 Minutes of Physical Activity on Each of the Past Seven Days, by Health Authority, BC, 2013

- Northern: 19.4%
- Interior: 18.2%
- Fraser: 16.0%
- Vancouver Coastal: 13.6%
- Island: 17.5%

British Columbia (16.3%)
Physical Activity in Youth

FIG 11.3 Percentage of Students in Grades 7-12 Who Reported at Least 60 Minutes of Physical Activity on Each of the Past Seven Days, by Health Service Delivery Area, BC, 2013

- Northern Interior: 20.7%
- Thompson Cariboo Shuswap: 19.9%
- East Kootenay: 19.9%
- Northeast: 19.1%
- South Vancouver Island: 17.7%
- Kootenay Boundary: 17.7%
- Central Vancouver Island: 17.4%
- Fraser East: 17.3%
- Northwest: 17.2%
- North Vancouver Island: 16.9%
- Okanagan: 16.8%
- North Shore/Coast Garibaldi: 16.3%
- Fraser South: 16.1%
- Fraser North: 15.3%
- Vancouver: 13.1%
- Richmond: 11.0%

Vancouver Coastal Health
Physical Activity in Youth

**Indicator 11:** Percentage of BC students in grades 7-12 participating in physical activity for at least 60 minutes per day, seven days per week.

- **Physically Active - Females:** 11.3%
- **Physically Active - Males:** 21.5%
- **All:** 16.3%
active kids learn better

physical activity at school is a win-win for students and teachers

GRADES: 20% more likely to earn an A in math or English

STANDARIZED TEST SCORES: increased 6% over 3 years

JUST ONE PHYSICALLY ACTIVE LESSON CREATES: 13% increase in students' physical activity for the week. 21% decrease in teachers' time managing behavior

physically active kids have more active brains

BRAIN SCANS OF STUDENTS TAKING A TEST:

- after 20 minutes of sitting quietly
- after 20 minutes of walking

Red areas are very active; blue areas are least active.

MORE RESULTS:

- after 20 minutes of physical activity: students tested better in reading, spelling & math and were more likely to read above their grade level
- after being in a physically active after-school program for 9 months: memory tasks improved 16%


Learn more about why active kids learn better and how schools can help at activelivingresearch.org/activeeducationbrief.
GUIDELINES
For optimal health benefits, children and youth (aged 5-17 years) should achieve high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day.
A healthy 24 hours includes:

SWEAT
MODERATE TO VIGOROUS PHYSICAL ACTIVITY
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.

STEP
LIGHT PHYSICAL ACTIVITY
Several hours of a variety of structured and unstructured light physical activities.

SLEEP
SLEEP
Uninterrupted 9 to 11 hours of sleep per night for those aged 5–13 years and 8 to 10 hours per night for those aged 14–17 years, with consistent bed and wake-up times.

SIT
SEDENTARY BEHAVIOUR
No more than 2 hours per day of recreational screen time; Limited sitting for extended periods.

Physical Literacy is the...
MOTIVATION + CONFIDENCE + PHYSICAL COMPETENCE + KNOWLEDGE AND UNDERSTANDING
to value and take responsibility for engagement in physical activities for life.
Healthy Communities Initiative

• Physical activity and active transportation are key priorities for the VCH Healthy Communities initiative

• Healthy Communities partnership agreements in the Sea to Sky (STS) region all include active transportation:
  • District of Squamish (signed March 2015)
  • Resort Municipality of Whistler (signed April 2017)
  • Village of Pemberton (in principle)
  • Squamish Lillooet Regional District (in principle)
Active Community Grants

- $353,800 in one time only grants to selected local governments
- Increasing opportunities for physical activity in early childhood and among vulnerable children, youth and families

**Timeline:**
- Deadline for Expressions of Interest (April 19th 2017)
- Selection underway (June 2017)
- VCH works with selected governments to develop, implement and evaluate projects (June 2017 to Dec 2018)
Improving Physical Activity in VCH

• Improving physical activity is all done through partnerships with local governments, First Nations, schools, daycares, community centers and primary care physicians.

• Medical Health Officers can assist by providing and interpreting data, especially to address inequities, and to help make the link between physical activity and health benefits.