



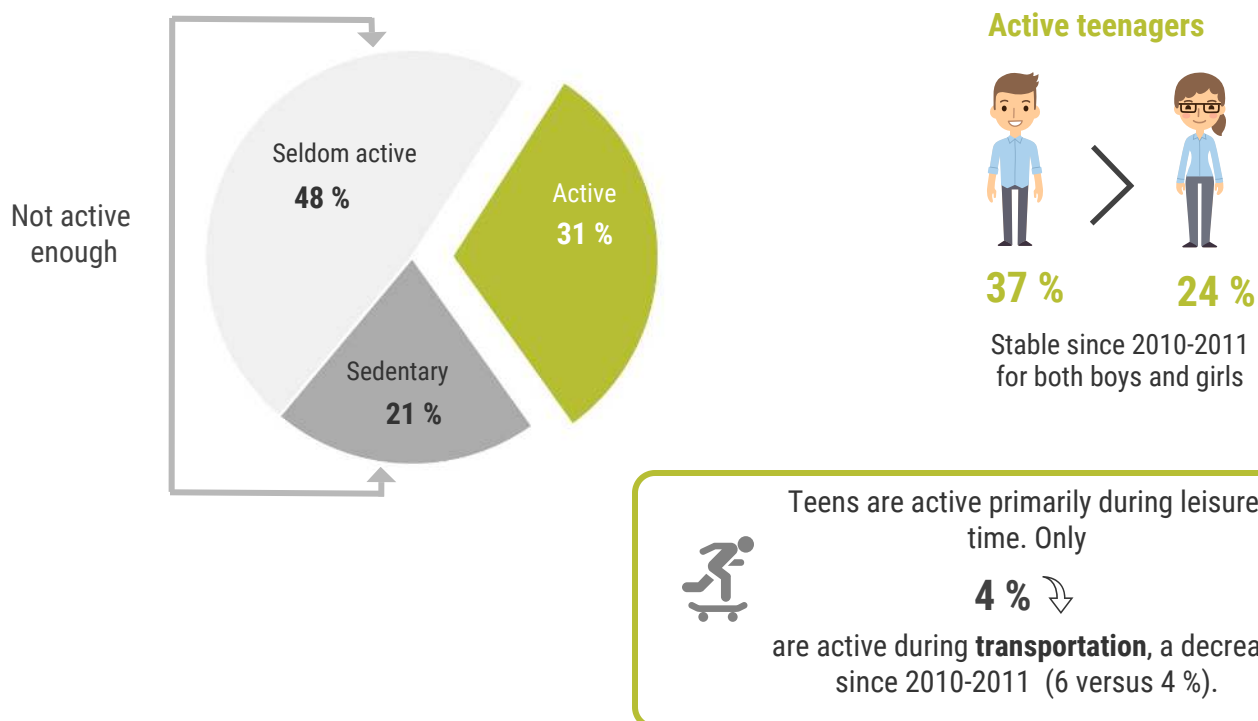
TEENS AND PHYSICAL ACTIVITY : MORE WORK NEEDS TO BE DONE

Direction de santé publique de la Montérégie

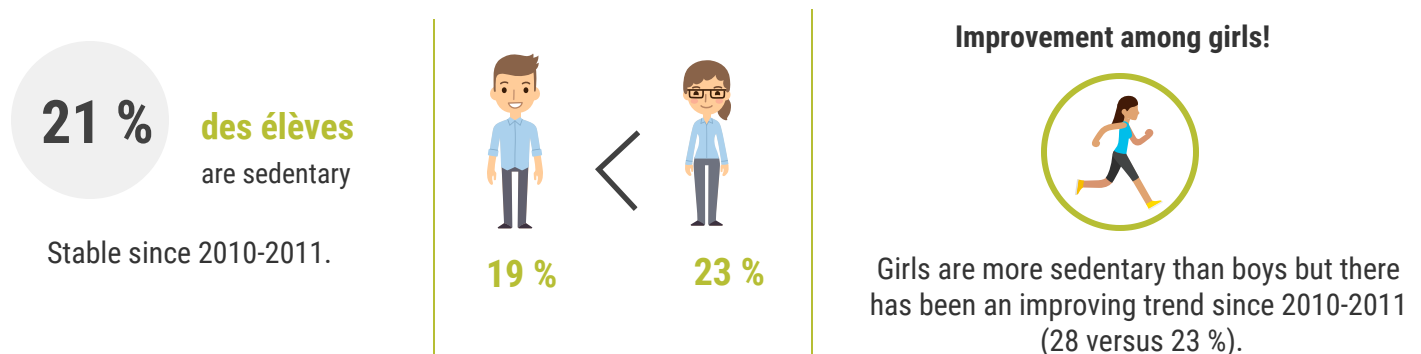
Data presented in this document pertains to high school students from grade 7 to 11 in the Montérégie. It was compiled from the cycle 2 section of the Québec Health Survey of High School Students (QHSST), carried out by the Institut de la statistique du Québec in 2016-2017. Click [here](#) to learn more about this survey.

Only one third of teens are sufficiently active

To be sufficiently active, a teen must do at least 60 minutes of physical activity per day. The physical activity must be vigorous and carried out during leisure time or active transportation.



Sedentary behaviours ... an issue for everyone



Reminder

Teens are as physically active as they were six years ago. Considering all the benefits that physical activity has on physical and mental health and educational success, it is clear that more work needs to be done. The goal must be to increase the level of physical activity among all teens, with a particular focus on encouraging girls to be more active.

What can the **FAMILY, SCHOOL** and **COMMUNITY** do?

Make a variety of equipment and materials available that promote physical activity.

Redesign outdoor facilities at schools to encourage voluntary participation in physical activities.



Teens
at the heart of our actions

Offer a variety of physical activities, taking into account the different interests of boys and girls.

Develop or improve bike paths, sidewalks and pedestrian walkways to encourage active transportation.

Involve teenagers in choosing, scheduling, and organizing activities.

For more examples for parents, consult the Tool Kit section on the enmodeado.ca website.

For data by territory (only available in french), click [here](#).

Suggested citation :

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GLOSSARY

Leisure physical activity

Physical activity practiced at home, school or elsewhere, excluding physical education classes.

Active transportation physical activity

Physical activity practiced when travelling somewhere (to and from school or work, a friend's house or elsewhere) on foot, by bicycle, roller blades, etc.

Sedentary

Teens are sedentary if they do not participate in moderate to vigorous physical activity.

Sufficiently active

Teens are sufficiently active if they do at least 60 minutes of moderate to vigorous physical activity per day (rapid to very rapid breathing and heart rate).

* Data to be interpreted with caution.

>< Significantly higher or lower than the value presented for comparison.

↗↘ Significant increase or decrease between 2010-2011 and 2016-2017
