

An Overview of Youth Health in Montréal

UNDERSTAND, MOBILIZE, TAKE ACTION



Keeping Montréal youth healthy: The 24-hour movement approach

HIGHLIGHTS

The *Canadian Society for Exercise Physiology's 24-Hour Movement Guidelines* for children and youth (5–17 years) emphasize integrating physical activity, sedentary behaviour, and sleep throughout the day. They encourage people to “sweat, step, sleep, and sit” appropriate amounts for a healthy 24-hour cycle.¹

PHYSICAL ACTIVITY

The situation has not changed in Montréal since the previous QSHSS cycle; only one high school student in three (33%) achieves the recommended amount of physical activity during the school year in their leisure activities or transportation. Girls are proportionately less active than boys (26% vs. 40%).



SCREEN TIME

During the school week, barely 35% of Montréal high school students spend fewer than two hours per day in front of a screen for leisure and communication. On weekends, only 17% engage in these activities for less than 2 hours per day. These percentages are lower in Montréal than the rest of Québec.



SLEEP

The situation during the school week has deteriorated in Montréal since the previous QSHSS cycle. Only 42% of high school students get the recommended amount of sleep during the school week, compared to 52% in the rest of Québec in 2022–2023 and 50% in Montréal in 2016–2017.



These results indicate that much collaborative work is required to ensure all youth follow *Canadian 24-Hour Movement Guidelines*. Compared to boys, girls are less likely to follow CSEP recommendations for physical activity, screen time, and sleep.

¹ Canadian Society for Exercise Physiology [Online]. Ottawa, ON. Canadian 24-Hour Movement Guidelines [cited April 22, 2025]. Available at : <https://csepguidelines.ca>

