



Kids CAN PLAY!

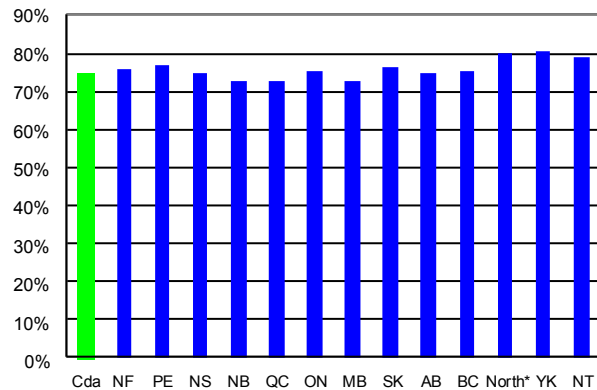
Encouraging children to be active at home, at school, and in their communities

Participation in Organized Physical Activity and Sport

Bulletin 1 in this series previously described physical activity levels among children and youth (aged 5 to 19) measured using pedometers to quantify daily steps. During the 2011 and 2014 data collection, parents were also asked to describe their child's participation in organized physical activity and sport. According to parents, 75% of children and youth participate in organized physical activity and sport. Compared to the national average, a higher proportion of children and youth living in the North participate in organized physical activity and sport.

FIGURE 1

Participation in organized physical activity and sport by province and territory



* The North includes Nunavut, Northwest Territories, and Yukon. Data for Nunavut is suppressed in the chart due to cell size.

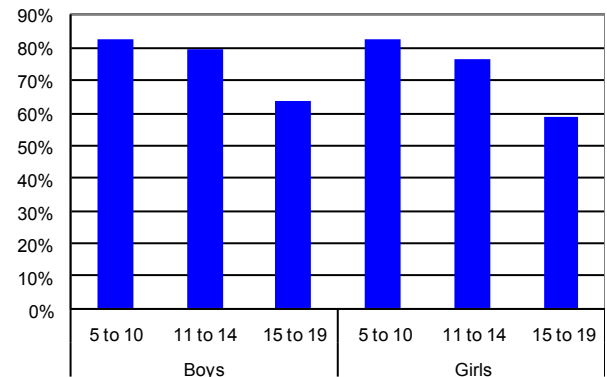
CANPLAY studies, 2011-2014, CFLRI

Child characteristics

In 2011-2014, there were no significant gender differences in participation rates. In other words, a similar proportion of boys and girls reportedly participate in organized physical activity and sport. The proportion of children and youth that participate in organized physical activity or sport decreases significantly with age. This age-related decrease generally appears for both boys and girls.

FIGURE 2

Participation in organized physical activity and sport by child's age and gender



CANPLAY studies, 2011-2014, CFLRI

Parent and household characteristics

Children whose parents consider themselves as either *substantially* or *slightly* more active than their peers are more likely to participate in organized physical activity and sport compared to those whose parents consider themselves less active (*slightly* or *substantially*) than their peers. Children and youth living in higher income households (\$80,000 or more per annum) or whose parents have a university education are more likely to participate in organized physical activity and sport compared to those from lower income households and education levels, respectively. More specifically, children's participation in organized activity and sport increases significantly with increasing parental education level and generally increases with increasing household income.



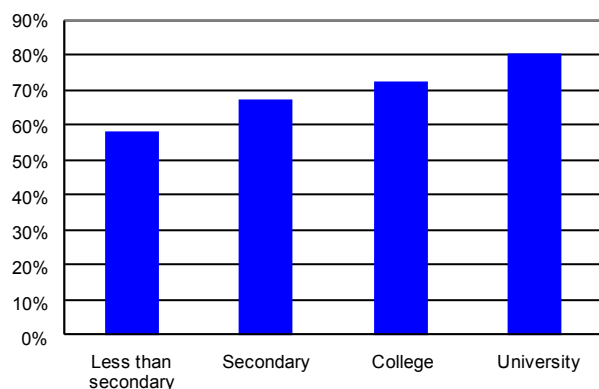
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Bulletin 3: Participation in Organized Physical Activity and Sport

FIGURE 3

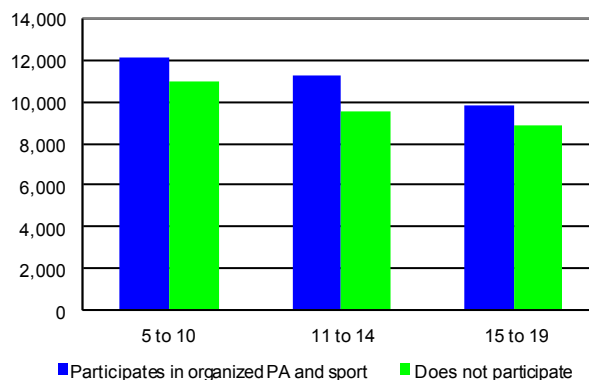
Participation in organized physical activity and sport by parental education level



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FIGURE 4

Average steps by participation in organized physical activity and sport by age of child



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Participation in organized physical activities and sports by average daily steps

Children who participate in organized physical activity and sport take considerably more steps per day on average compared to those who do not participate (roughly 1,700 steps). A number of patterns appear regardless of whether a child participates or not. For example, boys and young children (5 to 10 years) average more steps than girls and older children respectively. There are no significant differences in average daily steps by parental activity level for both participants and non-participants.

Table 1 outlines differences in average daily steps by socio-demographic and -economic factors among participants and non-participants.

TABLE 1

Differences in average daily steps by child and parent characteristics and participation in organized physical activity and sport

Among children who participate in organized physical activity and sport	Among children who <u>do not</u> participate in organized physical activity and sport
Decrease in steps with increasing age for both boys and girls	For both boys and girls, 5 to 10 year olds take more steps than 15 to 19 year olds
Children whose parents have a university education take more steps than those with less than a secondary school or a college education	Children whose parents with less than a secondary school education take more steps than those with a college education
Children from the highest income households take more steps than those from lower (\$40,000 to \$59,999 per annum)	No differences with income
No differences by region	Children from Newfoundland and Labrador and Prince Edward Island take fewer steps than the national average

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