



Kids CAN PLAY!

ENCOURAGING CHILDREN TO BE ACTIVE AT HOME, AT SCHOOL, AND IN THEIR COMMUNITIES

Location of, and satisfaction with, organized physical activity and sport opportunities

The Canadian Fitness and Lifestyle Research Institute explores the physical activity levels of children and youth through a study called CANPLAY (the Canadian Physical Activity Levels Among Youth Study), which uses pedometers to measure daily steps. Associated factors with the physical activity levels of children and youth are also studied in the CANPLAY study. Previously released data from the CANPLAY study (Bulletin no. 2 in this series) shows that 77% of Canadian children, aged 5 to 19 participate in organized physical activity and sport during the 2014-2015 study period.

This research bulletin further explores the general location of children's organized physical activity and sport opportunities, whether they are primarily participated in at school or outside of the school environment. In addition, the study examines the level of satisfaction with these opportunities within the community. Subsequently, the satisfaction with the accessibility of opportunities to be active is also studied.

Location of organized physical activity and sport

Of the 77% of children who participate in organized physical activity and sport, the overwhelming majority (91%) indicate that they participate outside of the school environment and 9% participate at school.

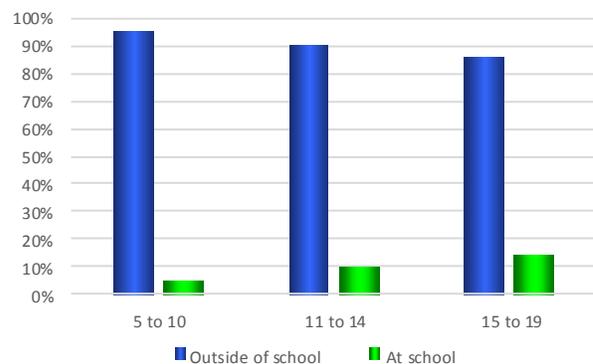
Child characteristics

Relatively boys (93%) than girls (90%) participate in organized physical activity and sport *outside* of the school environment, and therefore more girls than boys participate at school. Participation does vary by age, whereby relatively more 5 to 10 year olds participate in organized physical activity and sport

outside of school (96%) than children aged 11 to 14 (90%) and youth aged 15 to 19 (86%). This general pattern of the youngest children being more likely to participate outside of school is apparent for both boys and girls.

FIGURE 1

Location of organized physical activity and sport opportunities by child's age



CANPLAY study, 2014-2015, CFLRI

Parent and household characteristics

The proportion of children who participate in organized physical activity and sport outside of school generally increases with increasing education level of the parent. Children who live in higher income households (\$80,000 a year or more) are the most likely to participate in organized physical activity and sport outside of school.



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Bulletin 5: Location of, and satisfaction with, organized physical activity and sport opportunities

Location of organized physical activity and sport by steps taken daily

Children who participate in organized physical activity and sport outside of the school environment take more daily steps than those who participate at school. When looking at specific population groups, this is statistically significant for both girls and boys, and children whose parents have a post-secondary education, live in higher income households, and for children living in the Atlantic, Ontario, and West.

Among children who participate in organized physical activity or sport outside of the school environment,

- boys take more steps than girls
- young children (5 to 10 years) take more steps than their older counterparts
- children whose parents has a university education take more steps than those who have completed secondary school or have a college education and,
- children living in higher income households generally take more steps than those living in low income households.

These relationships are not significant, however, among those who participate in organized physical activity or sport at school.

Satisfaction with opportunities to be active in the community

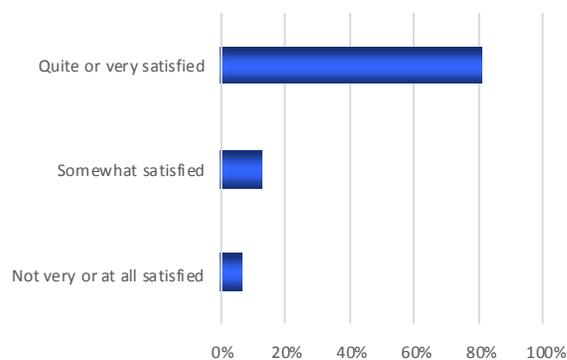
Based on data collected in 2014-2015, the majority of children who participate in organized physical activity and sport participate elsewhere in the community (or outside of the school environment), therefore determining the level of satisfaction with these opportunities to be active is important. The majority (81%) are quite or very satisfied with opportunities in the community to be active. A further 13% is somewhat satisfied, and 6% are not very or at all satisfied.

Parent and household characteristics

Children whose parents have a university education are more likely to be quite or very satisfied with the opportunities to be active in the community compared to children whose parents have not completed secondary school.

FIGURE 2

Satisfaction with opportunities to be active in the community, overall

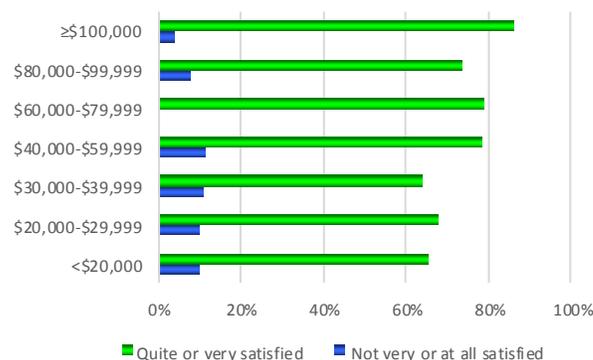


CANPLAY study, 2014-2015, CFLRI

Similarly children living the highest income households are more likely to have high satisfaction ratings with community opportunities to be active compared to children living in lower income households.

FIGURE 3

Satisfaction with opportunities to be active in the community by household income



CANPLAY study, 2014-2015, CFLRI

Satisfaction with opportunities to be active in the community by steps taken daily

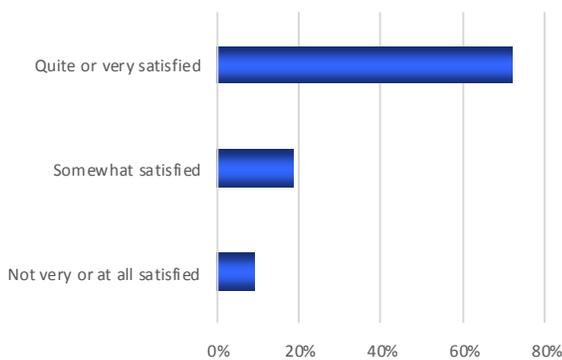
There is no overall significant difference in the average steps taken between those who are not very or at all satisfied with the opportunities to be active in the community and those who are quite or very satisfied.

Satisfaction with *accessibility* of opportunities to be active in the community

Parents were also asked about the *accessibility* of opportunities to be active in the community, whereby *accessibility* refers to cost and location. Almost three-quarters (72%) are quite or very satisfied with the accessibility of opportunities in the community to be active, and 19% are somewhat satisfied, and 9% are not very or at all satisfied.

FIGURE 4

Satisfaction with accessibility of opportunities in the community, overall



CANPLAY study, 2014-2015, CFLRI

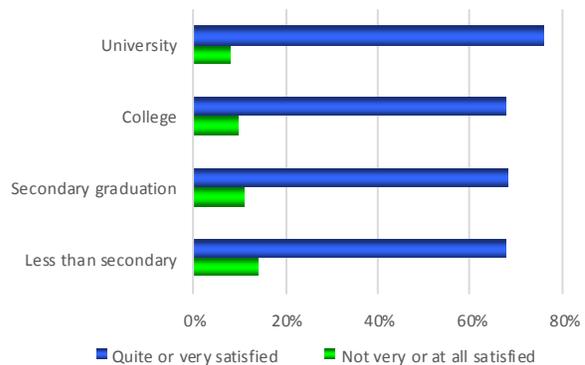
Parent and household characteristics

Children whose parents have a university education are more likely to be quite or very satisfied with *accessibility* factors pertaining to the opportunities to be active in the community compared to children whose parents have completed secondary school or have a college education. Children living the highest income households are more likely to have high satisfaction ratings with the accessibility of opportunities to be active compared to children living in lower income households.

On the contrary, those living in the lowest income households are more likely to be not very or at all satisfied with *accessibility* compared to the highest income households.

FIGURE 5

Satisfaction with accessibility of opportunities in the community by parent's education level



CANPLAY study, 2014-2015, CFLRI

Satisfaction with the accessibility of opportunities in the community by steps taken daily

There is no overall difference in the average steps taken between those who are not very or at all satisfied with the accessibility of opportunities to be active in the community and those who are quite or very satisfied. An exception to this is among children living in the Atlantic, whereby those who are quite or very satisfied with the accessibility of opportunities take more steps on average than those who are not at all or not very satisfied with these opportunities.

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