

Sport Participation in Canada

2011-2012 SPORT MONITOR

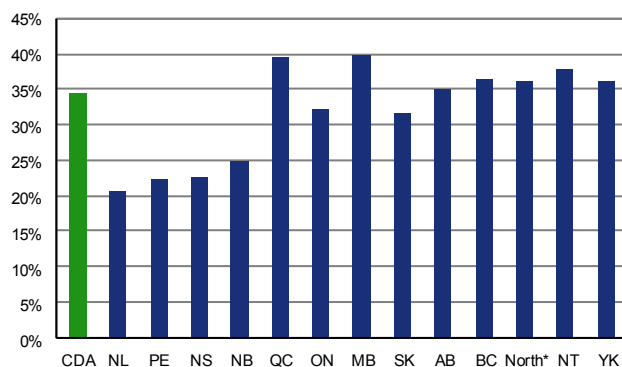


Sport Participation in Canada

Sport participation in Canada is examined in the Canadian Fitness and Lifestyle Research Institute's 2011-2012 Sport Monitor. For the purposes of this bulletin, sport participation is defined as physical activities that usually involve competition, rules and the development of specific skills. The current rate of sport participation stands at 34%. Compared to this national average, relatively fewer residents of Newfoundland and Labrador (21%), Prince Edward Island (22%), Nova Scotia (22%), and New Brunswick (25%) participate in sport.

Among sport participants, many (48%) participate in sport all year long, whereas 30% participate for 6 to 11 months, and 22% participate less often. During these months, Canadians were also asked how frequently they participate. In sum, 4% report participating every day, 26% indicate 4 to 6 days per week, 44% say 2 to 3 days per week, 20% report once a week, and 6% less frequently than that. There are no regional differences related to the number of months participating or frequency of participation in sport, as reported by Canadians.

FIGURE 1
Participation in sport by province/territory



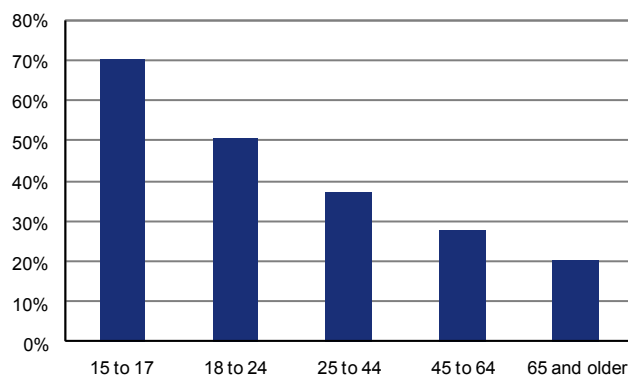
* The North includes Nunavut, Northwest Territories, and Yukon. Data for Nunavut is suppressed in the chart due to cell size.

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Individual and household characteristics

Substantially more men (45%) than women (24%) participate in sport. Sport declines substantially with increasing age, where 70% of 15 to 17 year olds participate compared to 20% of older adults (65 years and older). This difference between men and women appears among adults 25 years and older, but it is not significant among those younger than 25. Although there are no age and gender differences with respect to the regularity of participation during the year (i.e., the number of months participating in the year), younger adults (18 to 24 years) are more likely than 25 to 44 year olds to say that they participate in sport frequently (4 to 6 times a week).

FIGURE 2
Participation in sport by age

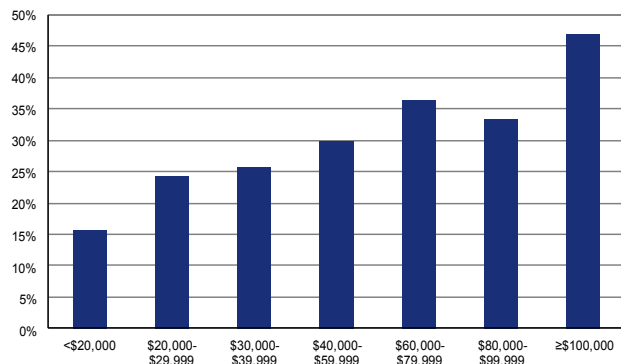


2011-2012 Sport Monitor, CFLRI

A greater proportion of adults with a university education say that they participate in sport and that they participate each month out of the year compared to those with a high school education. Adults with higher household incomes are more likely than those with lower incomes to participate in sport. Employment status shows some significant relationships in terms of sport participation; a greater proportion of adults employed on a full-time basis

participate in sport compared to the national average, whereas those who are unemployed for any reason or retired are less likely to report this. There are no differences in reported regularity and frequency of participation by household income or employment status. Residents of the largest communities are more likely than those from smaller communities (less than 30,000 residents) to indicate that they participate in sport.

FIGURE 3
Participation in sport by household income



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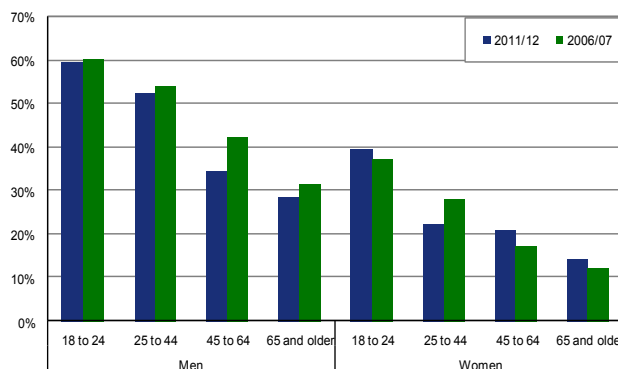
Adults who are single or have never been married are more likely than those who are married or living with a partner to participate in sport and to participate frequently (4 to 6 times a week). In turn, a greater proportion of adults who are married or living with a partner say that they participate in sport compared to those who are widowed, divorced or separated.

Sport participation increases with increasing activity level. Although there are no differences in terms of regularity, active adults are more likely to report that they are active 4 to 6 times per week, whereas inactive adults are more likely to participate once a week.

Trends over time

Compared to 2006-2007, there has been no significant change in the proportion participating in sport. Gender and age disparities generally persist in both time periods.¹

FIGURE 4
Participation in sport by age and sex, trends over time



2006-2012 Sport Monitor, CFLRI

Although not significant in 2006-2007, education is now related to sport participation; university-educated adults are more likely than those with a high school education to say that they have participated in the 12 months prior to the survey.¹ Relationships between participation and activity level, household income, and marital status have persisted since 2006-2007.¹ Although retired adults are still less likely to report participating in sport, additional differences with respect to employment status have appeared in 2011-2012, where adults employed on a full-time basis are more likely to participate and those unemployed are less likely to indicate this.

Reference

- 1 Canadian Fitness and Lifestyle Research Institute. Bulletin 1: Sport Participation rates in Canada, 2006/07 Sport Monitor. Available at http://cflri.ca/media/node/351/files/2006_07_sport_b1.pdf

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