

Getting Kids Active!

2010-2011 PHYSICAL ACTIVITY MONITOR: FACTS & FIGURES



Nature of children's sport participation

Bulletin no 1 in this series describes sport participation rates among children and youth (aged 5 to 17 years), whereby sport was defined as physical activities that usually involve competition and rules and develop specific skills. According to this definition, 74% of children and youth participate in sport. Parents were also asked to report on where and how their children participate in sport (i.e., whether their children primarily engage in sport in structured or unstructured environments, make use of a coach, train or compete for their sport). This bulletin describes these findings.

Structured or unstructured environment

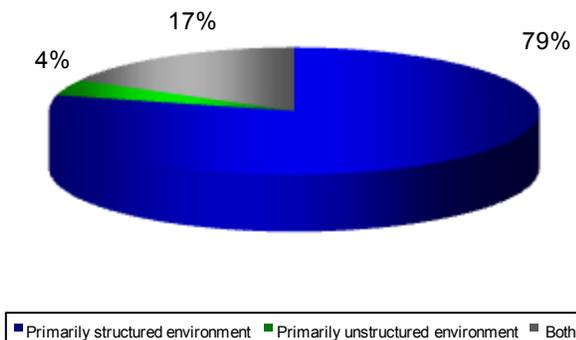
Child and Parental characteristics

According to parents, most children and youth participate in sport in a primarily structured environment (79%), whereas fewer children participate in a primarily unstructured environment (4%). The remaining 17% participate equally in both structured and unstructured environments. Children living in Prince Edward Island are generally most likely to participate in sport in a primarily structured environment and are less likely than the average to participate in mixed environments.

There were no apparent differences in the type of environment by parent's gender or age, child's age, parent's education level, and employment status. More girls compared to boys participate in sport in a primarily structured environment, whereas boys are more likely than girls to participate in multiple environments (both structured and unstructured). Children from relatively higher income households ($\geq \$80,000$ per year) participate in sport within a primarily structured environment, whereas children from the lowest income households (lowest quartile $< \$50,000$ per year) are more likely to participate in primarily unstructured environments. A higher proportion of children from mid-size communities (10,000 to 99,999 residents) participate in primarily structured environments compared to those living in the largest communities ($\geq 250,000$ residents).

FIGURE 1

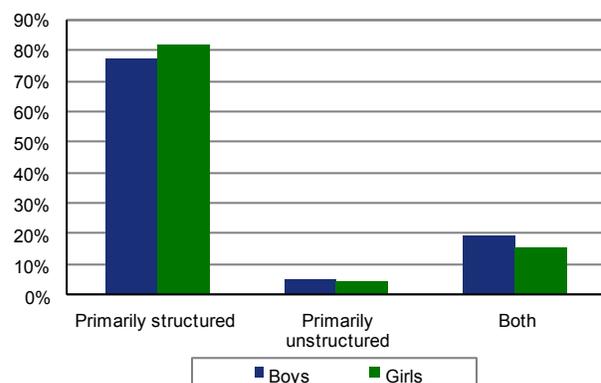
Structure of environment for sport, children and youth overall



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FIGURE 2

Structure of environment for sport, by child's gender



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Coaching and training

According to parents, most children make use of a coach (92%) and train (76%) when participating in sport. Several differences were apparent in training or use of a coach by child and parental characteristics; for example:

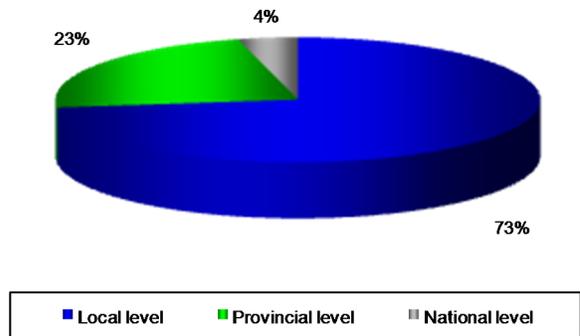
- Children from the higher income households (≥ \$80,000) are more likely than those from the lowest (<\$50, 000 per year) to report using a coach;
- Children whose parents are unemployed are less likely than the average to use a coach;
- Children residing in New Brunswick and Saskatchewan are more likely whereas those from Quebec are less likely than Canadian children overall to use a coach;
- Older children (13 to 17 years) and those with older parents (45 to 64 years) are more likely to train for a sport compared to younger children (5 to 12 years) and those with younger parents (25 to 44 years);
- Children from the highest income households (highest quartile, ≥\$100,000) are more likely than those from lower income households (first and second quartiles, <\$80,000) to train for a sport;
- Children residing in Quebec are less likely than the national average to train for their sport.

Competition

According to parents, 71% of children and youth compete in sport. Of these, 73% compete at a local level, 23% compete at a provincial level, and 4% compete at a national level. Children and youth from Prince Edward Island and Saskatchewan are more likely than the average to compete in sport, whereas those residing in Quebec less likely to compete.

FIGURE 4

Level of competition, overall

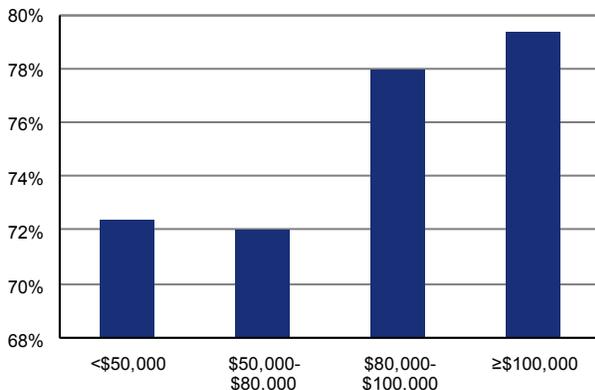


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According to parents, relatively more boys and older youth compete (compared to girls and 5 to 12 year olds respectively). Compared to parents aged 25 to 44 years, a greater proportion of parents aged 45 to 64 years indicate that their children compete. Conversely, parents with less than a secondary level education are least likely to indicate that their child competes in sport. Children from higher income households (≥\$80,000 annually) are more likely to compete compared to children from lower income households (<\$50,000). Table 1 describes differences with respect to the level of competition by various child and parental characteristics.

FIGURE 3

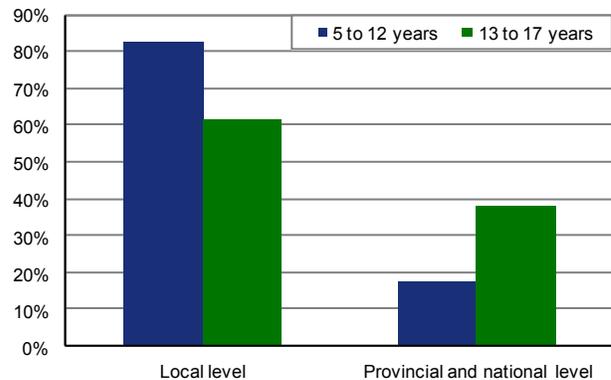
Proportion of children who train for a sport by household income



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FIGURE 5

Level of competition, by child's age



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TABLE 1

Differences in level of competition

Level of competition	More likely to compete	Less likely to compete
Locally	<ul style="list-style-type: none"> -Children ages 5 to 12 (compared to those aged 13 to 17) -Children of young parents (25 to 44 years) compared to those with older parents (45 to 64 years) -Children from households with incomes of <\$80,000/year vs. those from highest income households (≥\$100,000/year) -Children from largest communities (≥250,000 residents) vs. some smaller communities (10,000-99,999 or <1,000 residents) -Children living in Ontario* 	<ul style="list-style-type: none"> -Children living in Newfoundland and Labrador, Prince Edward Island, New Brunswick, Saskatchewan, Yukon, and Northwest Territories*
Provincially	<ul style="list-style-type: none"> -Older children (13 to 17 years) vs. young children (5 to 12 years) -Children of older parents (45 to 64 years) vs. those with younger parents (25 to 44 years) -Children from the highest income households (≥\$100,000/year) vs. those from lower (<\$80,000) -Children from communities with <100,000 residents vs. those from largest communities ≥250,000+ residents -Children residing in Newfoundland and Labrador, Prince Edward Island, New Brunswick, Saskatchewan, Northwest Territories* 	<ul style="list-style-type: none"> -Children living in Ontario*
Nationally	<ul style="list-style-type: none"> -Older children (13 to 17 years) vs. young children (5 to 12 years) -Children residing in the Yukon* 	

*Compared to the national average

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