



Kids CAN PLAY!

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

Participation in organized physical activity and sport

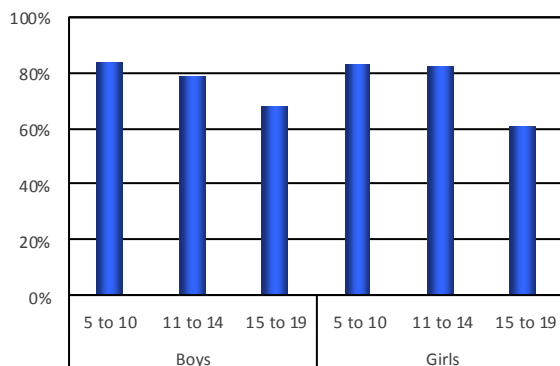
The Canadian Fitness and Lifestyle Research Institute studies the physical activity levels of children and youth through a study called CANPLAY (the Canadian Physical Activity Levels Among Youth Study), which uses pedometers to measure daily steps. CANPLAY also examines other factors associated with physical activity levels of children and youth. Using data collected in 2014-2015, CANPLAY data shows that 77% of Canadian children, aged 5 to 19 participate in organized physical activity and sport. Compared to the national average, there are no significant regional differences with respect to participation.

Child characteristics

Boys and girls are equally as likely to participate in organized physical activity and sport. Participation does vary by age, whereby relatively fewer 15 to 19 year olds participate in organized physical activity and sport than children younger than 15. This age discrepancy appears among both boys and girls.

FIGURE 1

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



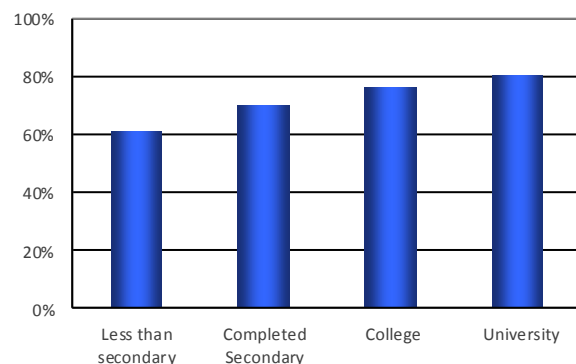
CANPLAY study, 2014-2015, CFLRI

Parent and household characteristics

More children whose parents consider themselves *substantially more* active than their peers participate in organized physical activity and sport compared to children whose parents consider themselves *less active*. Participation in organized physical activity and sport varies by socio-economic factors. Children whose parents have a post-secondary education are most likely to participate in organized physical activity and sport. Children who live in higher income households (\$80,000 a year or more) are more likely to participate in organized physical activity and sport compared to those living in lower income households (less than \$30,000 a year).

FIGURE 2

Participation in organized physical activity and sport by parental education level



CANPLAY study, 2014-2015, CFLRI



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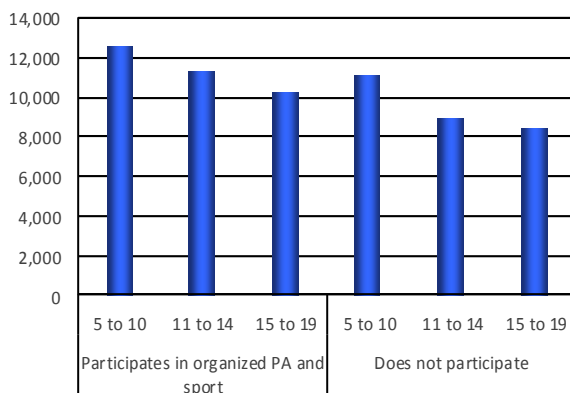
Participation in organized physical activity and sport by steps taken daily

Based on data collected in 2014-2015, children who participate in organized physical activity and sport take more daily steps on average (roughly 2,100 more steps) than those who do not participate in these types of activities. With the exception of the North (where there are no significant differences), children who participate in organized activity and sport take more steps on average than those who do not, in all regions of Canada.

Among participants, an overall gender difference is apparent, whereby boys take more steps than girls. This gender difference for steps, however, does not appear among non-participants. Younger children take significantly more steps per day than 15 to 19 year olds, and this relationship holds regardless of participation in organized activities. However, participation in organized physical activity and sport is associated with increases in average steps taken among every age group. When age is explored by gender, however, it seems that this latter relationship is only significant for boys.

FIGURE 3

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



CANPLAY study, 2014-2015, CFLRI

In general terms, children whose parents have a post-secondary education or who live in higher income households, and who participate in organized physical activity and sport, take more steps on average compared to children who do not participate. This relationship is not significant among children whose parents do not have a post-secondary education, or who live in some lower income households.

Trends in participation over time

The rate of participation in organized physical activity and sport in 2014-2015 has remained relatively stable in the past eight years, yet is higher than the rates in the earliest years of the studies (2005 to 2007). General patterns that appear in 2014-2015 have remained fairly consistent over time, namely:

- no gender differences in overall participation rates;
- rates of participation decreasing among older youth;
- differences in participation rates with parent's self-rated activity levels;
- higher participation rates with higher education levels of parents; and,
- higher rates of participation with higher household incomes levels.

Consistently over time, children who participate in organized physical activity and sport take more steps than those who do not. Generally speaking, boys take more steps than girls regardless of participation in organized physical activity over time. This differs, however, in 2012 to 2015 where an overall gender difference is apparent among participants, but does not appear among non-participants. The relationship where younger children take more steps than older youth appears during all study years, regardless of participation in organized physical activity and sport. The relationship between participation in organized physical activity and sport and steps taken with income, parent's education and self-rated activity level, have been less consistent over time.

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