



Kids CAN PLAY!

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

Participation in organized physical activity and sport in British Columbia

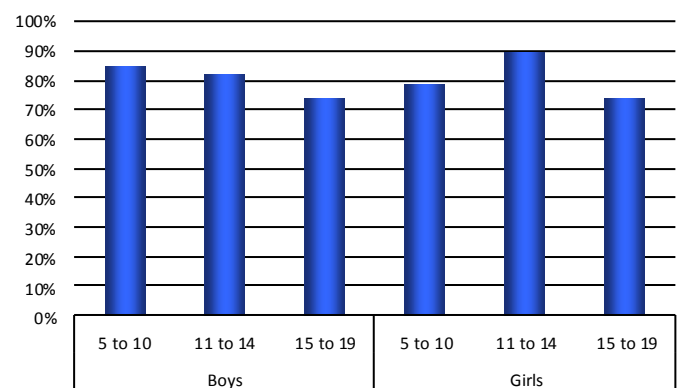
The Canadian Fitness and Lifestyle Research Institute examines the physical activity levels of children and youth through a study called CANPLAY (the *Canadian Physical Activity Levels Among Youth Study*). CANPLAY explores physical activity levels through the measurement of daily steps using pedometers, and also examines other factors associated with physical activity levels. In 2014-2016, results from the study show that 77% of Canadian children, between the ages of 5 and 19, participate in organized physical activity and sport. According to the most recent data, the proportion of children and youth living in British Columbia (81%) who participate in organized physical activity and sport does not differ significantly from the national average. When compared to other provinces and territories, there are no significant differences in the proportion of children and youth living in British Columbia who participate in organized physical activity and sport compared to other jurisdictions.

Child characteristics

Similar to the national average, participation in organized physical activity and sport does not differ significantly by gender in British Columbia. Nationally, participation in organized physical activity and sport does vary by age, whereby relatively more young children (aged 5 to 14) participate in organized physical activity and sport compared to older teens (aged 15 to 19). In British Columbia, a greater proportion of 11 to 14 year olds participate in organized activities compared to older teens (aged 15 to 19). This age-related difference is only significant among girls in the province.

FIGURE 1

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



CANPLAY study, 2014-2016, CFLRI

Parent and household characteristics

In Canada, a greater proportion of children and youth whose parents consider themselves to be *substantially more* active than others of the same age and gender, participate in organized physical activity and sport compared to children whose parents consider themselves either *just as active* or *less active* than peers. This relationship, however, is not significant within the province in the most recent study year.

Nationally, a relationship exists between children's participation in organized physical activity and sport and parental education and household income.



More specifically, a greater proportion of children and youth whose parents have a post-secondary participate in organized physical activity and sport compared to those whose parents have a secondary education level or less. In British Columbia, a higher rate of participation in organized physical activity and sport is apparent for children whose parents are university educated compared to those whose parents have a secondary education level. Nationally, participation in organized physical activity and sport generally increases with increasing household income. Relatively more children and youth living in British Columbia who live in the highest income households ($\geq \$100,000/\text{year}$) participate in organized activities compared to those from lower income households ($\$40,000$ to $\$59,999/\text{year}$).

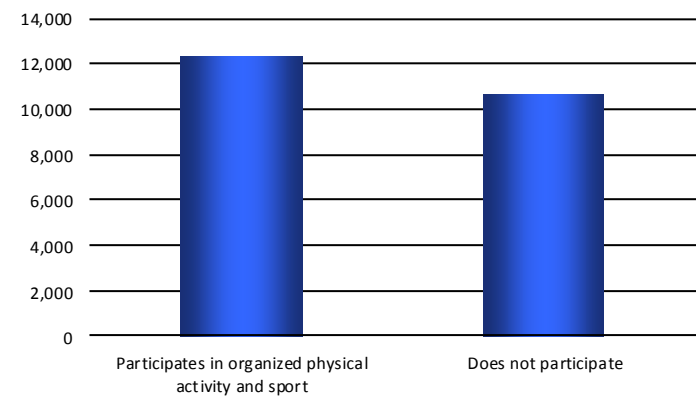
Participation in organized physical activity and sport

Based on CANPLAY data collected from 2014-2016, Canadian children who participate in organized physical activity and sport take considerably more daily steps on average compared to those who do not (approximately 2,000 more steps). Similarly, in British Columbia children and youth who participate in organized physical activity and sport take over 1,500 more steps than children who do not participate in these types of activities.

Step differences between those who participate in organized physical activity and sport and those who do not, generally appear among most groups nationally. In British Columbia, there are generally no significant differences in average daily step counts between participants and non-participants, with one exception. In the province, boys who participate in organized physical activity and sport take more steps on average compared to those who do not participate in these types of activities.

FIGURE 2

Average steps by participation in organized physical activity and sport, British Columbia



CANPLAY study, 2014-2016, CFLRI

Exploring differences among population groups between those who participate in sport and non-participants is also possible. Boys living in British Columbia who participate in organized physical activity and sport take more steps daily than girls who also participate. This gender difference for steps, however, does not appear among non-participants. This relationship is similar to that found at the national level.

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