



Kids CAN PLAY!

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

Participation in organized physical activity and sport in Manitoba

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. The study data in 2014-2016 indicates that 77% of Canadian children, between the ages of 5 and 19, participate in organized physical activity and sport. A similar proportion (75%) of children and youth living in Manitoba participate in organized physical activity and sport compared to the national average. Regionally, a lower proportion of children and youth living in Manitoba participate in organized physical activity and sport compared to those living in the Yukon and the Northwest Territories.

Child characteristics

Based on the most recent data (2014-2016), there are no gender-related differences in participation rates in organized physical activity and sport either nationally or within the province. Nationally and in Manitoba, participation in organized physical activity and sport does vary by age, whereby relatively more children and youth (aged 5 to 14) participate in organized physical activity and sport compared to older teens (aged 15 to 19). This same relationship also appears for both boys and girls both in the province and nationally.

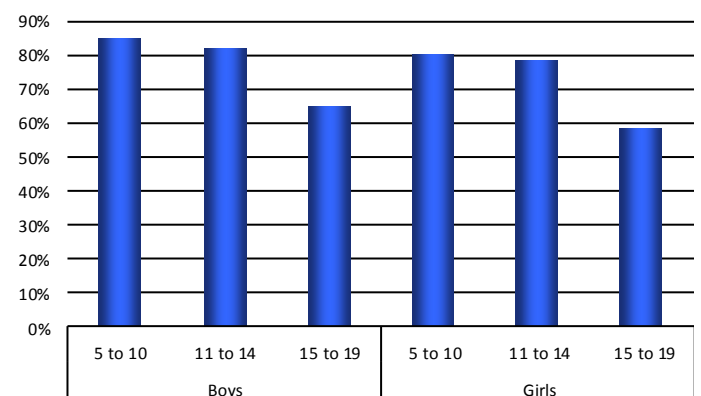
Parent and household characteristics

Nationally, there is a relationship between a child's participation in organized physical activity and sport and a parent's perception of their activity levels whereby 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 among children and youth living in Manitoba.

FIGURE 1

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



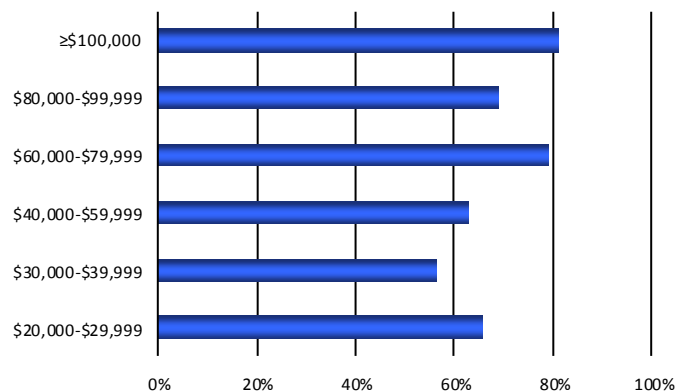
CANPLAY study, 2014-2016, CFLRI

Differences in participation rates are also apparent by parental education and household income. Nationally, a greater proportion of children and youth whose parents have a post-secondary level education participate in organized physical activity and sport compared to those with a secondary school education or less. In Manitoba, a greater proportion of children and youth whose parents have a university education participate in organized physical activity and sport compared to those whose parents have a college or less than a high school education.



Nationally, participation in organized physical activity and sport generally increases with increasing household income. In Manitoba, relatively more children and youth living in the highest income households ($\geq \$100,000$ /annually) participate in organized physical activity and sport compared those with household incomes between \$30,000 and \$59,999 annually.

FIGURE 2
Participation in organized physical activity and sport by household income, Manitoba



CANPLAY study, 2014-2016, CFLRI

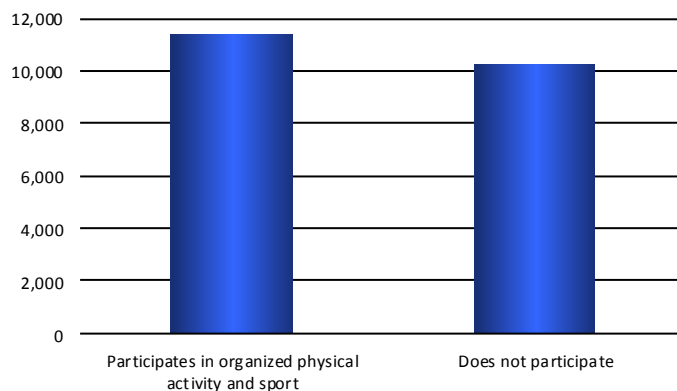
Participation in organized physical activity and sport by average daily steps

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 on average). Children and youth living in Manitoba who participate in organized activities take slightly more steps (roughly 1,000 more steps) than those who do not participate in these types of activities, although this difference is not significant.

Step differences between those who participate in organized physical activity and sport and those who do not, generally appear among most groups nationally. More specifically, average daily steps are higher among participants regardless of age or gender, in Canada, compared to those who do not participate in these types of activities.

Similarly, Canadian children and youth who participate in organized activities take more steps on average regardless of parental activity level. In addition, a higher daily step count appears for children and youth who participate in organized activities and whose parents have a secondary school education or higher and who are from higher income households ($\geq \$80,000$ /annually). Interestingly, in Manitoba, there are no significant differences in average daily steps between those who participate in organized activities and those who do not by child’s age and gender, parental activity level, education or household income.

FIGURE 3
Average steps by participation in organized physical activity and sport, Manitoba



CANPLAY study, 2014-2016, CFLRI

Exploring differences among population groups between those who participate in sport and those who do not is also possible. Similar to the national pattern, boys living in Manitoba who participate in organized physical activity and sport take more steps on average than girls, who also participate. This relationship with gender is not significant among non-participants.

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