



Kids CAN PLAY!

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

Participation in organized physical activity and sport in New Brunswick

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, 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 New Brunswick participate in organized physical activity and sport compared to the national average. Regional differences with respect to participation in organized activities exist. Specifically, a lower proportion of children and youth living in New Brunswick participate in organized physical activity and sport compared to those living in the Northwest Territories and the Yukon.

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 both nationally and within the province. Nationally and within New Brunswick, relatively more children and youth ages 5 to 14 participate in organized physical activity and sport compared to older teens (aged 15 to 19). This age-related pattern appears for both boys and girls nationally. It also appears for girls and to a certain extent among boys within the province as well.

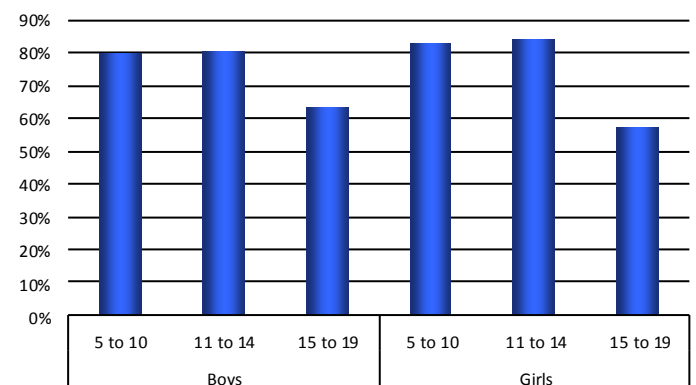
Parent and household characteristics

In 2014-2016, participation in organized physical activity and sport varied by parental activity level in Canada. In Canada, a greater proportion of children and youth whose parents

consider themselves to be either *substantially more* active than others 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 their peers. This relationship, however, is not significant within the province in the most recent study year.

FIGURE 1

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



CANPLAY study, 2014-2016, CFLRI

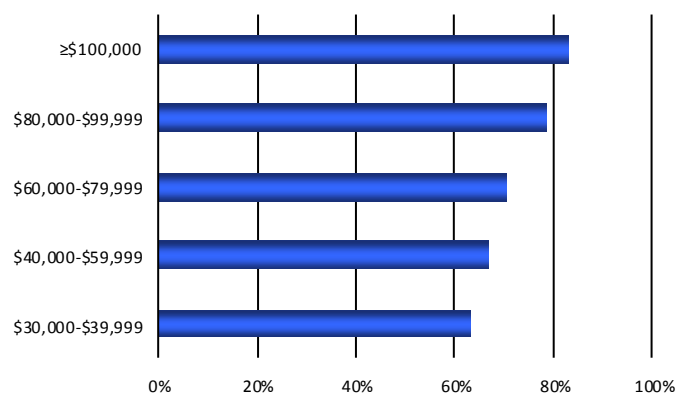
Significant differences are apparent, however, by parental education and household income both nationally and in the province. Nationally, a greater proportion of children and youth whose parents have a post-secondary school education participate in organized physical activity and sport compared to those whose parents have a high school education or less. In New Brunswick, a greater proportion of children and youth whose parents have a university education participate in organized activities compared to those whose parents have a college or high school education.



In 2014-2016, participation in organized physical activity and sport generally increases with household income in Canada. Similarly, a greater proportion of children and youth in New Brunswick living in the highest income households (\geq \$100,000/year) participate in organized physical activity and sport compared to those living in lower income households (\$40,000 to \$59,999/year).

FIGURE 2

Participation in organized physical activity and sport by household income, New Brunswick



CANPLAY study, 2014-2016, CFLRI

Participation in organized physical activity and sport by average daily steps

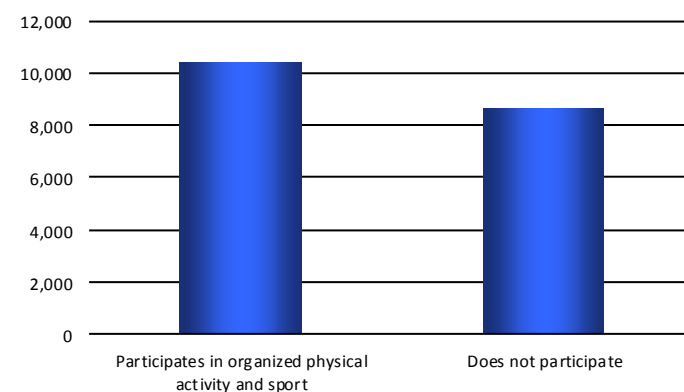
Based on CANPLAY data collected from 2014-2016, Canadian children who participate in organized physical activity and sport take significantly more daily steps on average (almost 2,000 more steps). Similarly in New Brunswick, children and youth who participate in organized physical activity and sport take roughly 2,300 more steps than those who do not.

Step differences between those who participate in organized physical activity and sport, and those who do not, generally appear among most groups nationally, with a couple of exceptions. Similar to the national pattern, average daily steps vary by age and gender in New Brunswick.

More specifically, a higher number of daily steps appears for both boys and girls, and youth aged 15 to 19 if they participate in organized physical activity and sport versus those who do not. In addition, this higher step difference also appears for children who participate in organized physical activity or sport and whose parents report being *just as* active as their peers, and whose parents have a post-secondary education level. A higher step count was also evident among children who live in the highest income households (\geq \$100,000/year) and who participate in organized activities compared to those who do not.

FIGURE 3

Average steps by participation in organized physical activity and sport, New Brunswick



CANPLAY study, 2014-2016, CFLRI

Exploring differences among population groups between those who participate in sport and those who do not is also possible. In New Brunswick, there are generally no significant differences among population groups between those who participate in sport and those who do not, with one exception. Among children and youth who participate in organized physical activity and sport, boys take more steps on average than girls. This gender difference for steps, however, does not appear among non-participants. This relationship is similar to that found at a national level.

CANADIAN FITNESS & LIFESTYLE RESEARCH INSTITUTE

201-185 Somerset Street West • Ottawa, ON K2P 0J2 • (613) 233-5528

<http://www.cflri.ca/>

Production of this bulletin has been made possible through a financial contribution from Sport Canada and the Interprovincial Sport and Recreation Council. The views expressed herein do not necessarily represent the views of these agencies.