



# Kids CAN PLAY!

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

## Participation in organized physical activity and sport in the Northwest Territories

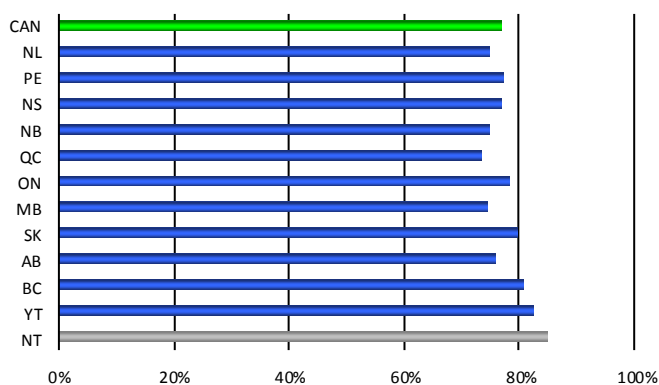
The Canadian Fitness and Lifestyle Research Institute examines the physical activity levels of children and youth through a study called CANPLAY (the *Canadian Physical Activity Levels Among Youth Study*). CANPLAY explores physical activity levels through the measurement of daily steps using pedometers, and also examines other factors associated with physical activity levels. Results from the 2014-2016 study indicate that 77% of Canadian children, between the ages of 5 and 19, participate in organized physical activity and sport. Interestingly, a greater proportion of children and youth (85%) living in the Northwest Territories participate in organized physical activity and sport compared to the national average. Similarly, a greater proportion of children and youth living in the Northwest Territories participate in physical activity and sport compared to those living in Newfoundland and Labrador, New Brunswick, Quebec, Manitoba and Alberta.

### Child characteristics

Similar to the national average, there are no gender differences in the proportion of children who participate in organized physical activity and sport in the Northwest Territories. Nationally, relatively more young children (aged 5 to 14) participate in organized physical activity and sport than older teens (aged 15 to 19). Similarly, in the Northwest Territories, a greater proportion of children between the ages of 5 and 10 participate in these types of activities compared to 15 to 19 year olds. This pattern, however, is only significant among girls in the territory.

FIGURE 1

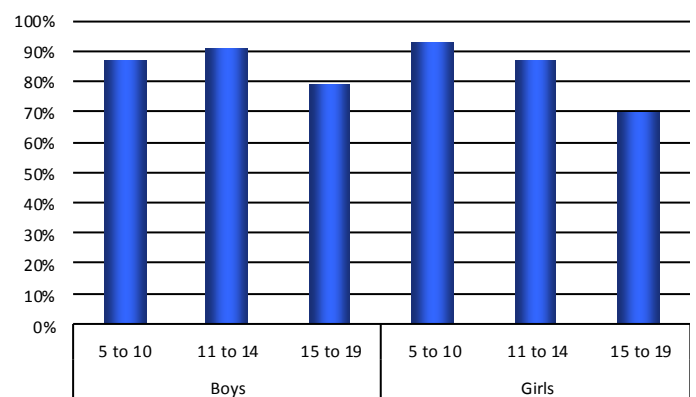
Participation in organized physical activity and sport by region



CANPLAY study, 2014-2016, CFLRI

FIGURE 2

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



CANPLAY study, 2014-2016, CFLRI



### Parent and household characteristics

Nationally, a greater proportion of children and youth whose parents consider themselves to be *substantially* or *slightly 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. In addition, in Canada, relatively more children and youth whose parents have a post-secondary education participate in organized physical activity and sport compared to those whose parents have a secondary school education level or less. Nationally, a relationship between household income and participation in organized physical activity and sport also exists, whereby the highest rate of participation is among children and youth from the highest income households ( $\geq \$100,000$ /annually). Conversely, there are no significant differences in participation rates in the Northwest Territories by parental activity level, education or household income.

### 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 more daily steps on average compared to those who do not participate (approximately 2,000 more steps on average). This difference in average daily steps between children and youth who participate in organized physical activity and sport and non-participants is not significant in the Northwest Territories in the most recent study year.

**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.