



# Kids CAN PLAY!

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

## Participation in organized physical activity and sport in Ontario

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. Based on the data from the most recent study year (2014-2016), 77% of Canadian children, between the ages of 5 and 19, participate in organized physical activity and sport. A similar proportion of children and youth living in Ontario (78%) participate in organized physical activity and sport compared to the national average. There are no significant differences in the proportion of children and youth living in Ontario who participate in organized physical activity and sport compared to other jurisdictions.

### Child characteristics

Based on the most recent data, there are no gender-related differences in participation rates in organized physical activity and sport either nationally or within the province. Participation rates do, however, vary by children's age at both a national level and within the province. Nationally and in Ontario, a greater proportion of young children (aged 5 to 14) participate in organized physical activity and sport than older teens (aged 15 to 19). This age-related pattern appears for both boys and girls both nationally and within the province.

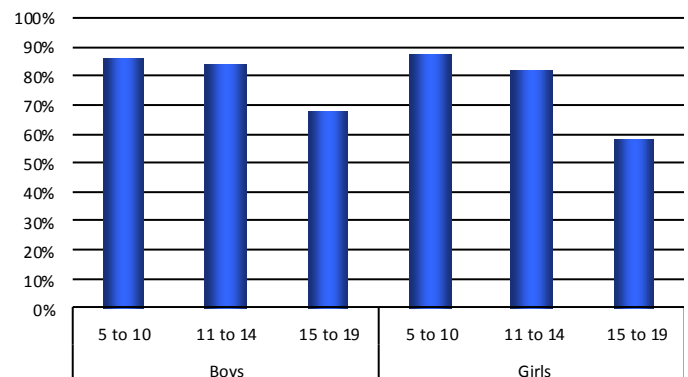
### Parent and household characteristics

In 2014-2016, participation in organized physical activity and sport varied by parental activity level in Canada, whereby a greater proportion of children and youth whose parents consider themselves to be either *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.

FIGURE 1

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



CANPLAY study, 2014-2016, CFLRI

In a similar way, a greater proportion of children and youth who live in Ontario, and whose parents report being *substantially* or *slightly* more active than their peers participate in organized activities compared to those whose parents consider themselves either *slightly* or *substantially* less active than their peers.

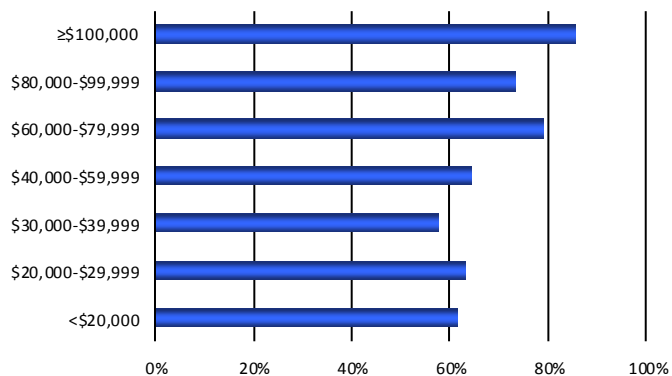
Differences in participation rates are also apparent by parental education and household income, both nationally and in the province. In Canada and in Ontario, relatively more children and youth whose parents have a post-secondary level education participate in organized activities compared to children whose parents have a secondary school education or less.



Similarly to the national level, relatively more children and youth in Ontario living in the highest income households (≥\$100,000/year) participate in organized activities compared to those living in lower income households.

FIGURE 2

Participation in organized physical activity and sport by household income, Ontario



CANPLAY study, 2014-2016, CFLRI

### Participation in organized physical activity and sport by average daily steps

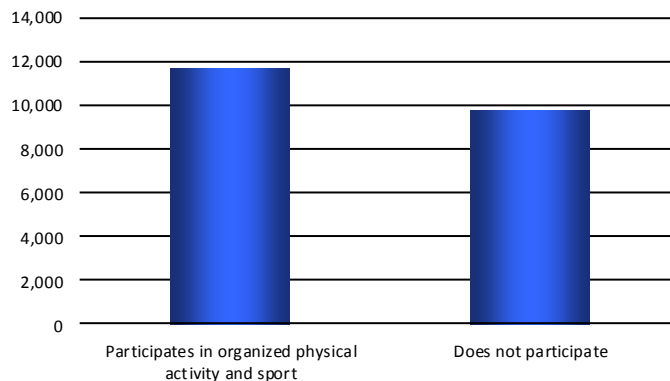
Based on CANPLAY data collected from 2014-2016, children living in Ontario who participate in organized physical activity and sport take considerably more daily steps on average compared to those who do not (almost 2,000 more steps). This marked difference in average daily steps between those who participate and those who do not also appears nationally (roughly 2,000 step difference at a national level).

Step differences between those who participate in organized physical activity and sport and those who do not, generally appear among most groups nationally. In Ontario, few significant differences appear among groups. Specifically, a higher number of steps on average appear for boys, girls, and children and youth aged 11 to 19 (particularly among boys) if they participate in organized activities compared to those who do not.

Additionally, this step difference between participants and non-participants also appears among children whose parents report being either *substantially more* active than their peers, whose parents have a post-secondary level education or who live in the highest income households (≥\$80,000/year).

FIGURE 3

Average steps by participation in organized physical activity and sport, Ontario



CANPLAY study, 2014-2016, CFLRI

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

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