



Kids CAN PLAY!

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

Participation in organized physical activity and sport in Alberta

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. Data from the 2014-2016 study indicates that 77% of Canadian children, between the ages of 5 and 19, participate in organized physical activity and sport. A similar proportion (76%) of children and youth living in Alberta participate in organized physical activity and sport compared to the national average. When compared to other provinces and territories, relatively fewer children and youth living in Alberta participate in organized physical activity and sport compared to those living in the Northwest Territories.

Child characteristics

Although nationally, there are no significant differences in the proportion of children and youth who participate in organized physical activity and sport by gender, a gender difference is apparent in the province. In Alberta, a greater proportion of girls participate in organized activities compared to boys. Nationally and in Alberta, a greater proportion of younger children (aged 5 to 14) participate in organized physical activity and sport compared to older teens (aged 15 to 19). This age-related pattern appears for boys and girls both nationally and in the province.

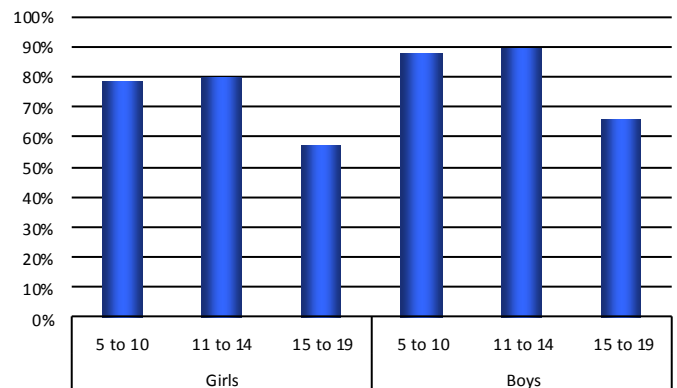
Parent and household characteristics

At a national level, participation in organized physical activity and sport varied by parental activity 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, was 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, Alberta



CANPLAY study, 2014-2016, CFLRI

Nationally, significant differences exist by parental education and household income. Specifically, a greater proportion of Canadian children and youth whose parents have a post-secondary education level participate in organized physical activity and sport compared to those whose parents have a secondary school education level or less. Additionally, in Canada, participation in organized physical activity and sport generally increases with household income. Interestingly, there are no significant differences in participation rates in Alberta by parental education level or household income.



Participation in organized physical activity and sport by average daily steps

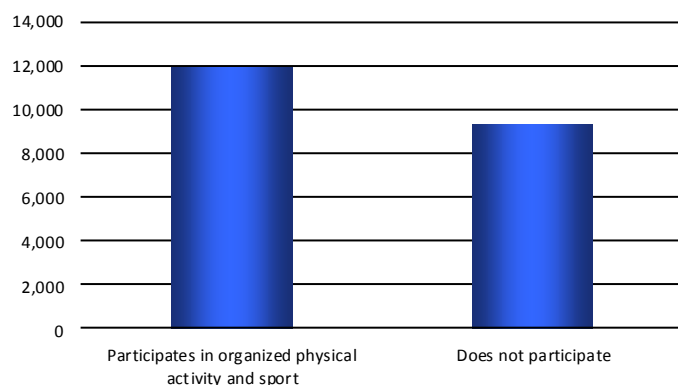
Based on CANPLAY data collected from 2014-2016, Canadian children who participate in organized physical activity and sport take significantly more daily steps on average (almost 2,000 more) compared to non-participants. In Alberta, children and youth who participate in organized physical activity and sport take considerably more daily steps on average compared to those who do not (over 2,500 more steps on average).

Step differences between those who participate in organized physical activity and sport and those who do not, generally appear among most groups nationally. In Alberta, a higher daily step count appears for children who participate in organized physical activity and sport among the following groups: boys, girls, children whose parents have a post-secondary education, and those living in the highest income households (\geq \$100,000/year), compared to those who do not participate.

Exploring differences among population groups between those who participate in sport and those who do not, is also possible. Boys living in Alberta 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 non-participants. This relationship is similar to that found at the national level.

FIGURE 2

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



CANPLAY study, 2014-2016, CFLRI

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.