



# Kids CAN PLAY!

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

## Participation in organized physical activity and sport in Newfoundland and Labrador

The Canadian Fitness and Lifestyle Research Institute studies 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 show that 77% of children and youth (between the ages of 5 to 19) at the national level participate in organized physical activity and sport. A similar proportion of children and youth living in Newfoundland and Labrador (74%) participate in organized physical activity and sport when compared to national rates. When compared to other provinces and territories, relatively fewer children and youth living in Newfoundland and Labrador, however, participate in organized physical activity and sport compared to their peers living in the Northwest Territories and the Yukon.

### 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 Newfoundland and Labrador, a higher percentage of 5 to 14 year olds reportedly participate in organized physical activity and sport compared to 15 to 19 year olds. This age-related pattern appears for both boys and girls in both the province and a national level.

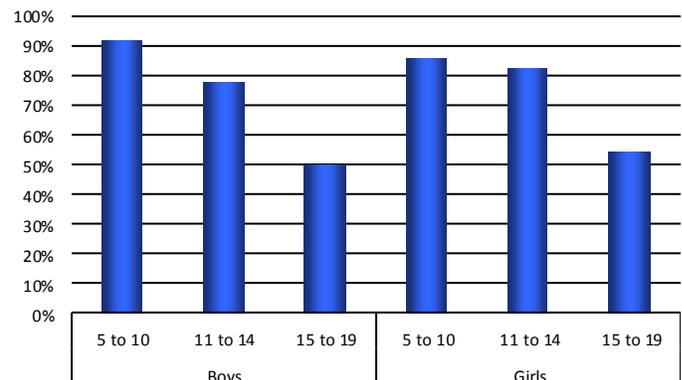
### Parent and household characteristics

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 *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, Newfoundland and Labrador



CANPLAY study, 2014-2016, CFLRI

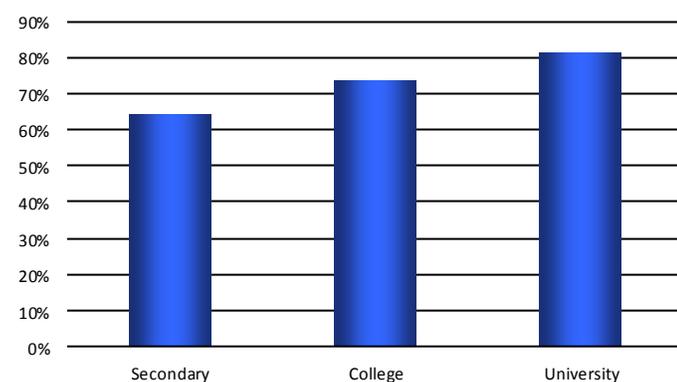
Significant differences are apparent, however, by parental education and household income both nationally and in the province. In Canada, a greater proportion of children and youth whose parents have a post-secondary education participate in organized activities compared to those whose parents have a secondary school education level or less.



Similarly, in Newfoundland and Labrador, a greater proportion of children and youth whose parents have a university education level participate in organized physical activity and sport compared to those whose parents have graduated from high school. In Canada, participation in organized physical activity and sport generally increases with increasing household income. Likewise, a greater proportion of children and youth in Newfoundland and Labrador who live in the highest income households ( $\geq \$100,000/\text{year}$ ) participate in organized physical activity and sport compared to those from lower income households ( $\$40,000$  to  $\$59,999/\text{year}$ ).

FIGURE 2

Participation in organized physical activity and sport by parental education, Newfoundland and Labrador



CANPLAY study, 2014-2016, CFLRI

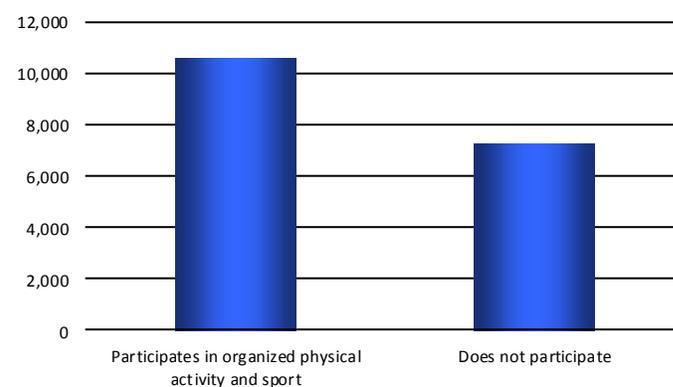
### Participation in organized physical activity and sport by steps taken daily

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) compared to those who do not participate. Similarly in Newfoundland and Labrador, children who participate in organized activities take over 3,000 more steps than those who do not participate.

Step differences between those who participate in organized physical activity and sport and those who do not, generally appear among most groups nationally. In the province, differences exist by gender and some parental characteristics. More specifically, in Newfoundland and Labrador, a higher daily step count is evident for: boys, girls, children whose parents report being just as active as their peers or who are university educated, and who participate in organized physical activity and sport compared to non-participants.

FIGURE 3

Average steps by participation in organized physical activity and sport, Newfoundland and Labrador



CANPLAY study, 2014-2016, CFLRI

Exploring differences among population groups between children who participate in organized physical activity and sport and those who do not is also possible. In Newfoundland and Labrador, 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.

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