



Kids CAN PLAY!

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

Participation in organized physical activity and sport

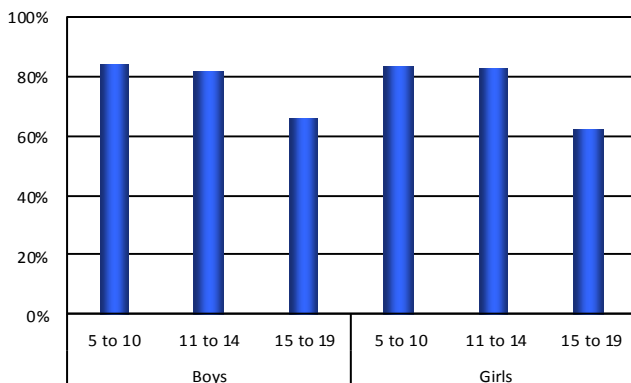
The Canadian Fitness and Lifestyle Research Institute examines the physical activity levels of children and youth through a study called CANPLAY (the *Canadian Physical Activity Levels Among Youth Study*). CANPLAY explores physical activity levels through the measurement of daily steps using pedometers, and also examines other factors associated with physical activity levels. In 2014-2016, the study data indicates that 77% of Canadian children, aged 5 to 19 participate in organized physical activity and sport. Regionally, a greater proportion of children and youth living in the Northwest Territories indicate that they participate in organized physical activity and sport compared to the national average.

Child characteristics

Although there is no difference between boys and girls in their participation rates in organized physical activity and sport, participation does vary by age. More specifically, older teens (aged 15 to 19) are less likely to participate than those who are younger (aged 5 to 14).

FIGURE 1

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



CANPLAY study, 2014-2016, CFLRI

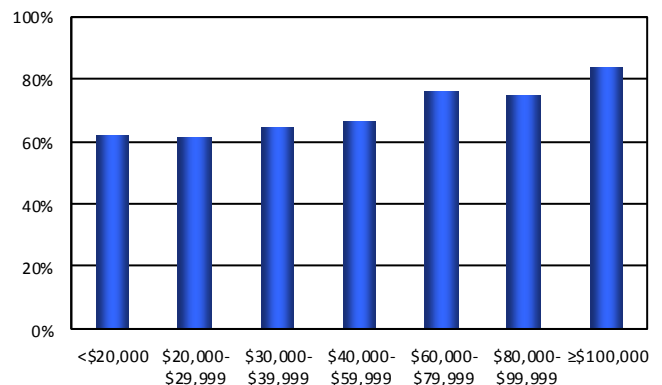
When looking at both age and gender combined, older teens (both boys and girls) are less likely to participate compared to their younger counterparts.

Parent and household characteristics

A greater proportion of children and youth whose parents consider themselves to be *substantially more* active than others of the same age and sex, participate in organized physical activity and sport compared to children whose parents consider themselves either *just as active*, *slightly* or *substantially less active* than peers. A higher proportion of children whose parents have a university level education or a college education participate in organized physical activity and sport compared to those whose parents have less than a post-secondary education. Participation in organized physical activity and sport generally increases with household income, whereby children and youth living in the highest income households ($\geq \$100,000$ per year) are most likely to participate.

FIGURE 2

Participation in organized physical activity and sport by household income



CANPLAY study, 2014-2016, CFLRI



Participation in organized physical activity and sport

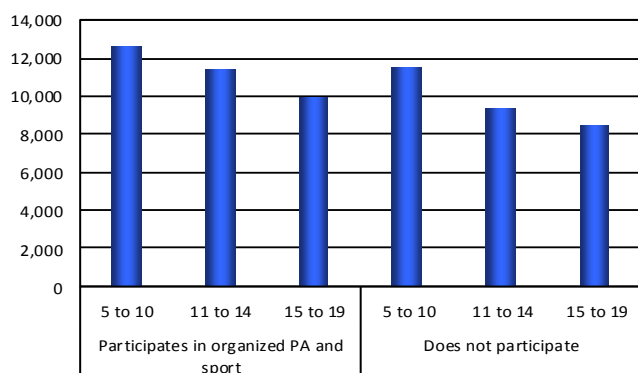
Based on CANPLAY data collected from 2014 to 2016, children who participate in organized physical activity and sport take considerably more daily steps on average compared to those who do not (i.e., over 2,000 steps). Compared to those who do not participate, children and youth who participate in organized activity and sport take more steps on average in all provinces and territories, except among those living in Manitoba and the Northwest Territories where there are no significant differences.

This relationship is not significant among children whose parents have not graduated from high school, or who live in some lower income households.

Exploring differences among population groups between those who participate in sport and those who do not is also possible. Boys who participate in organized physical activity and sport take more steps than girls who also participate. The gender difference for steps, however, does not appear among non-participants.

FIGURE 3

Average steps by participation in organized physical activity and sport by age of child



CANPLAY study, 2014-2016, CFLRI

Step differences between those who participate in organized physical activity and sport and those who do not, generally appear among most groups with a couple of exceptions. Although there are differences among most age and sex groups, there are no differences in steps among girls aged 5 to 14 who participate and those who do not. In general terms, children whose parents have graduated from high school or who have a post-secondary education or who live in the highest income households (\geq \$80,000 and higher per year), and who participate in organized physical activity and sport, take more steps on average compared to children who do not participate.

CANADIAN FITNESS & LIFESTYLE RESEARCH INSTITUTE

201-185 Somerset Street West • Ottawa, ON K2P 0J2 • (613) 233-5528 • info@cflri.ca

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



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