



Kids CAN PLAY!

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

Participation in organized physical activity and sport in Nova Scotia

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 show that 77% of Canadian children aged 5 to 19 participate in organized physical activity and sport. Similarly in Nova Scotia, an equal proportion of children and youth participate in organized physical activity and sport, at 77%. When compared to other provinces and territories, there are no significant differences in the proportion of children and youth living in Nova Scotia who participate in organized physical activity and sport.

Child characteristics

Similar to the findings nationally, participation in organized physical activity and sport does not differ significantly by gender in Nova Scotia. Nationally, participation in organized physical activity and sport does vary by age, whereby older teens (aged 15 to 19) are less likely to participate than those who are younger (aged 5 to 14). This same relationship also appears within the province.

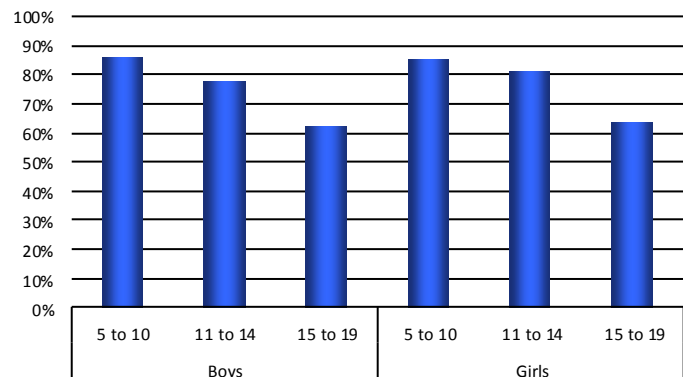
Parent and household characteristics

In the most recent study year (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 Nova Scotia in the most recent study year.

FIGURE 1

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



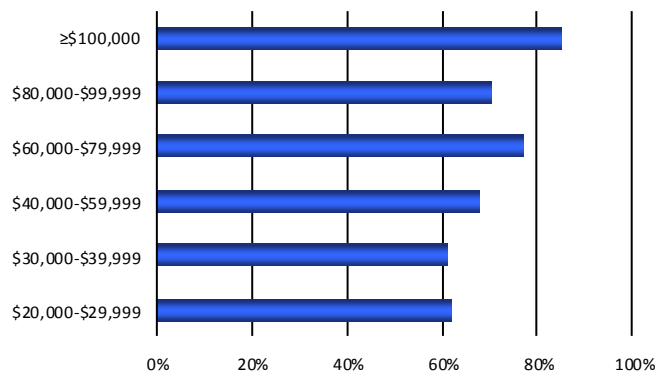
CANPLAY study, 2014-2016, CFLRI

Differences in participation rates are apparent, however, by parental education and household income, both nationally and in the province. In Nova Scotia, a greater proportion of children whose parents have a university education participate in organized physical activity and sport compared to children whose parents have graduated from high school. In a similar way, a greater proportion of children and youth, at a national level, whose parents have a post-secondary education participate in organized physical activity and sport compared to those whose parents have a secondary school education or less.



Relatively more children and youth living in Nova Scotia participate in organized activities if they live in the highest income households ($\geq \$100,000/\text{year}$) compared to those from lower income households ($\$20,000-\$59,999/\text{year}$). This pattern is similar to that found at a national level.

FIGURE 2
Participation in organized physical activity and sport by household income, Nova Scotia



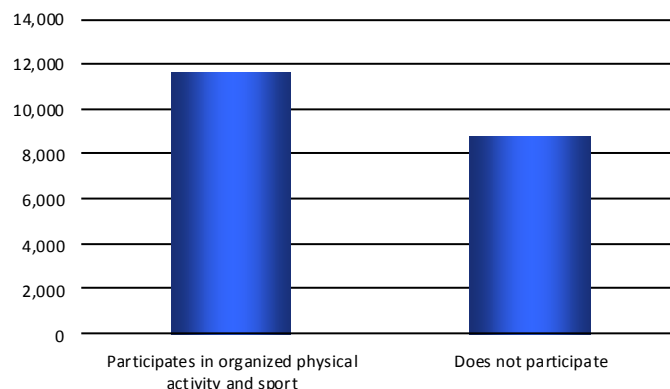
CANPLAY study, 2014-2016, CFLRI

Participation in organized physical activity and sport by steps taken daily

Based on CANPLAY data collected from 2014-2016, children living in Nova Scotia who participate in organized physical activity and sport take considerably more daily steps on average compared to those who do not (almost 2,800 more steps). This marked difference in average daily steps between those who participate and those who do not also appears nationally (almost 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. Similar to the national pattern, average daily steps vary by age and gender in Nova Scotia; more specifically, a higher number of steps on average appear for boys, girls, and youth aged 11 to 14 if they participate in organized physical activity and sport compared to those who do not. In addition, this higher step difference also appears among children who participate in organized physical activity and sport and whose parents have a university education or who live in the highest income households ($\geq \$100,000/\text{year}$) compared to those who do not participate.

FIGURE 3
Average steps by participation in organized physical activity and sport, Nova Scotia



CANPLAY study, 2014-2016, CFLRI

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