



Kids CAN PLAY!

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

Participation in organized physical activity and sport in Prince Edward Island

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. In 2014-2016, results from the study show that 77% of Canadian children (between the ages of 5 and 19) participate in organized physical activity and sport. In Prince Edward Island, a similar 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 Prince Edward Island who participate in organized physical activity and sport.

Child characteristics

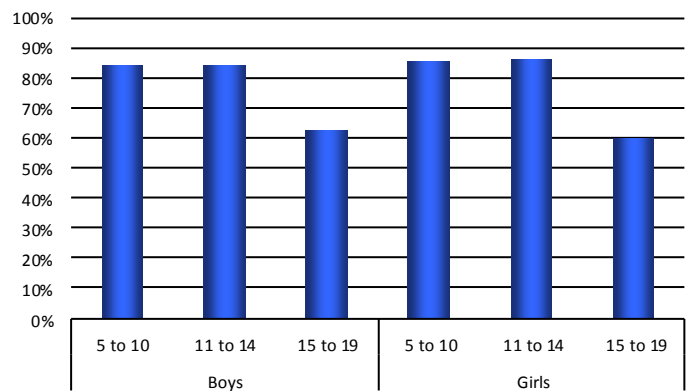
Similar to the findings nationally, participation in organized physical activity and sport does not differ significantly by gender in the province. Nationally and within Prince Edward Island, relatively more children and youth aged 5 to 14 participate in organized physical activity and sport compared to older teens (aged 15 to 19). This age-related pattern appears for both boys and girls in the province and nationally.

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, Prince Edward Island



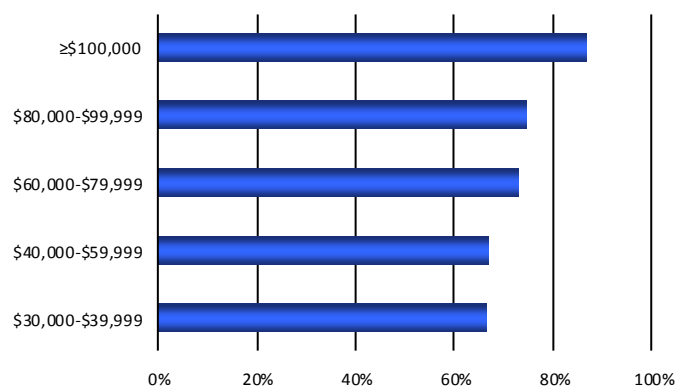
CANPLAY study, 2014-2016, CFLRI

Significant differences are apparent, however, by parental education and household income both nationally and in the province. In Prince Edward Island, a greater proportion of children and youth whose parents have a university level education participate in organized physical activity and sport compared to those whose parents have graduated from high school. In a similar way, a greater proportion of children and youth at the national level whose parents have post-secondary education participate in organized physical activity and sport compared to those with a secondary school education or less. In Canada, participation in organized physical activity and sport generally increases with household income, whereby relatively more children and youth living in the highest income households participate in organized activities compared to those from lower income households.



Similarly to the national level, relatively more children and youth in Prince Edward Island living in the highest income households (\geq \$100,000/year) participate compared to those living in lower income households (\$40,000-\$59,999/year).

FIGURE 2
Participation in organized physical activity and sport by household income, Prince Edward Island



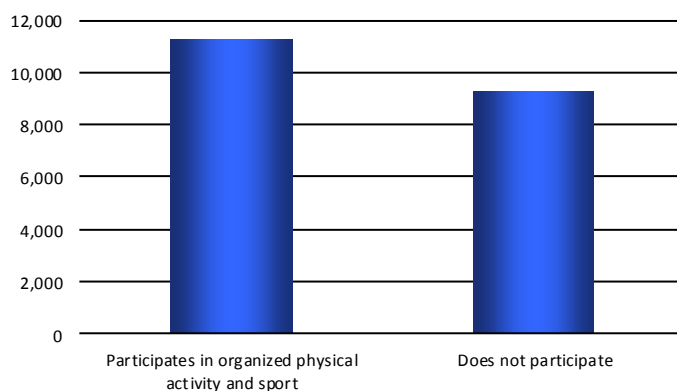
CANPLAY study, 2014-2016, CFLRI

Participation in organized physical activity and sport

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. Similarly in Prince Edward Island, children who participate in organized activities take on average roughly 2,000 more steps than those who do not participate in these types of activities.

Step differences between those who participate in organized physical activity and sport and non-participants generally appear among most groups nationally. In the province, however, significant differences among groups generally did not appear, with the exception of gender. Both girls and boys who participate in organized activities take more steps on average compared to those who do not participate.

FIGURE 3
Average steps by participation in organized physical activity and sport, Prince Edward Island



CANPLAY study, 2014-2016, CFLRI

Exploring differences among population groups between those who participate in physical activity and sport and those who do not is also possible. In Prince Edward Island, boys living in the province who participate in organized physical activity and sport take more steps than girls who also participate. This gender-related difference in steps is not significant, however, among non-participants. This gender-related difference in average steps is similar to that found at the national level. On the other hand, age-related differences in average daily steps whereby younger children aged 5 to 10 take more steps than older teens (aged 15 to 19) appears among both those who participate in organized physical activity and sport and also those who do not.

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