



# Kids CAN PLAY!

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

## Participation in organized physical activity and sport in Quebec

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 show that that 77% of Canadian children, between the ages of 5 and 19, participate in organized physical activity and sport. A similar proportion (73%) of children and youth living in Quebec participate in organized physical activity and sport compared to the national average. Conversely, a lower proportion of children and youth living in Quebec participate in organized physical activity and sport compared to their peers living in the Northwest Territories.

### Child characteristics

Similar to the findings nationally, participation in organized physical activity and sport does not differ significantly by gender in Quebec. Nationally, participation in organized physical activity and sport does vary by age, whereby a higher proportion of children and youth (aged 5 to 14) participate in organized activities compared to older teens (aged 15 to 19). This relationship is not significant, however, in the province.

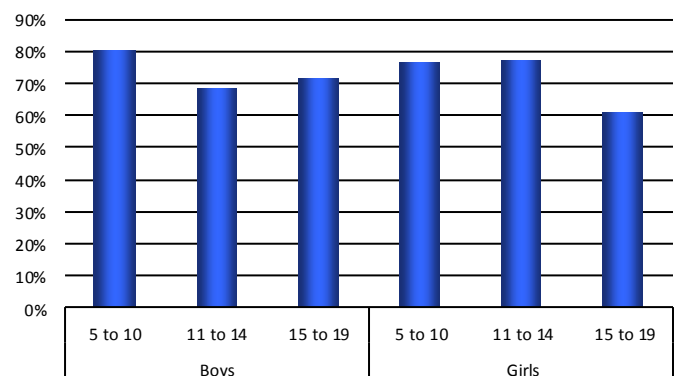
### Parent and household characteristics

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 either *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 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, Quebec



CANPLAY study, 2014-2016, CFLRI

Differences in participation rates are also apparent by parental education and household income nationally but not in Quebec. Nationally, a greater proportion of children and youth whose parents have a post-secondary education participate in organized physical activity and sport compared to those whose parents have a high school education or less. These relationships are not significant in the province. Nationally, participation in organized physical activity and sport generally increases with increasing household income.



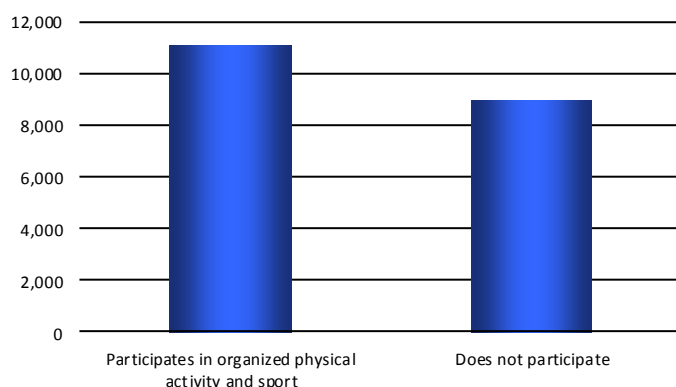
### Participation in organized physical activity and sport by average daily steps

Based on CANPLAY data collected from 2014-2016, children living in Quebec who participate in organized physical activity and sport take considerably more daily steps on average compared to those who do not (just over 2,500 steps). This marked difference in average daily steps between those who participate and those who do not also appears nationally (roughly a 2,000 step difference at the 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. In the province, however, significant differences among groups generally were not significant, with a few exceptions. Boys who participate in organized activities take more steps on average compared to those who do not participate.

**FIGURE 2**

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



CANPLAY study, 2014-2016, CFLRI

In a similar way, children and youth living in Quebec who participate in organized activities and whose parents report being *slightly more* or *slightly less* active than their peers or whose parents are university educated, average more steps daily compared to those who do not participate in organized activities. Moreover, a higher daily step count appears for children and youth who live in the highest income households ( $\geq \$100,000/\text{year}$ ) and who participate in organized physical activity and sport compared to those who do not.

Exploring differences among population groups between participants of organized activities and non-participants is also possible. In Quebec, there are generally no significant differences among population groups between those who participate in organized physical activity and 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. The gender difference for steps, however, does not appear among non-participants. This relationship is similar to that found at a national level.

**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.