



Kids CAN PLAY!

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

Participation in organized physical activity and sport in Saskatchewan

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 indicate that 77% of Canadian children, between the ages of 5 and 19, participate in organized physical activity and sport. Compared to the national average, a similar proportion (79%) of children and youth living in Saskatchewan participate in organized physical activity and sport. When compared to other provinces and territories, there are no significant differences between the proportion of children and youth living in Saskatchewan who participate in organized physical activity and sport and those who participate in other jurisdictions.

Child characteristics

Similar to the findings nationally, participation in organized physical activity and sport does not differ significantly by gender in Saskatchewan. Nationally, participation in organized physical activity and sport does vary by age, whereby relatively more young children (aged 5 to 14) participate in organized physical activity and sport compared to older teens (aged 15 to 19). This same relationship also appears within the province.

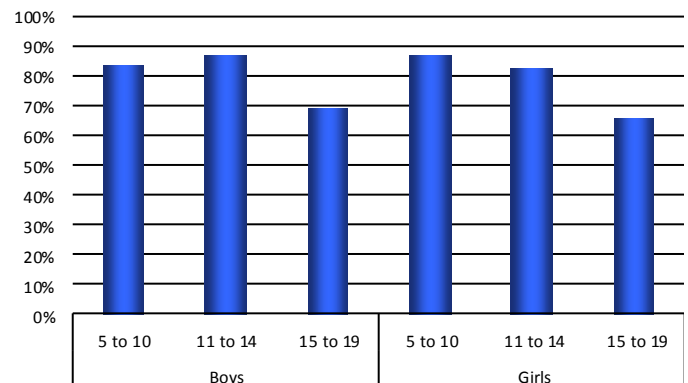
Parent and household characteristics

Nationally, there is a relationship between children’s participation in organized physical activity and sport and parental activity. More specifically, 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. Furthermore, in Canada, a higher 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 secondary school education level or less. Nationally, participation in organized physical activity and sport generally increases with household income. Interestingly, there are no significant differences in participation rates in Saskatchewan by parental activity level, education, or household income.

FIGURE 1

Participation in organized physical activity and sport by child’s age and gender, Saskatchewan



CANPLAY study, 2014–2016, CFLRI



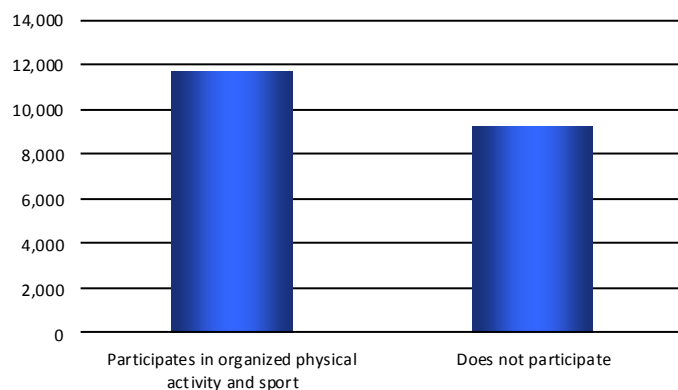
Participation in organized physical activity and sport by average daily steps

Based on results from the 2014-2016 CANPLAY study, Canadian children who participate in organized physical activity and sport take considerably more daily steps on average compared to those who do not (roughly 2,000 more steps). In a similar fashion, children and youth living in Saskatchewan who participate in organized activities average more daily steps (approximately 2,500 more) 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. Similarly, in Saskatchewan, average daily steps are higher among those who participate in organized activities among particularly groups: boys, girls, parents who consider themselves *slightly less* active than their peers, children whose parents have a university education, and those living in the highest income households ($\geq \$100,000/\text{year}$).

FIGURE 2

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



CANPLAY study, 2014-2016, CFLRI

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