

Spotlight Series

A focus on sport, physical activity and recreation

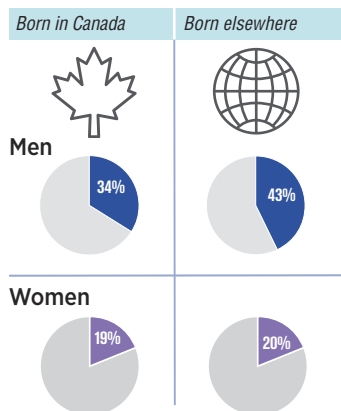


Sport participation among adults by immigration status

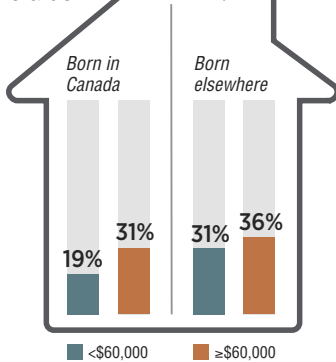
This infographic provides findings from the 2024 Physical Activity and Sport Survey by Leger in collaboration with the Canadian Fitness and Lifestyle Research Institute. This infographic examines the associations between sport participation and country of birth.

In 2024, 27% of adults reported participating in sport in the past year

Participation by gender and immigration status

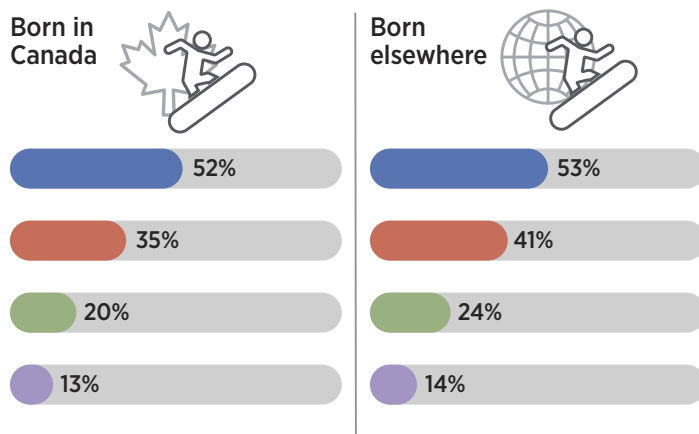


Participation by annual household income and immigration status



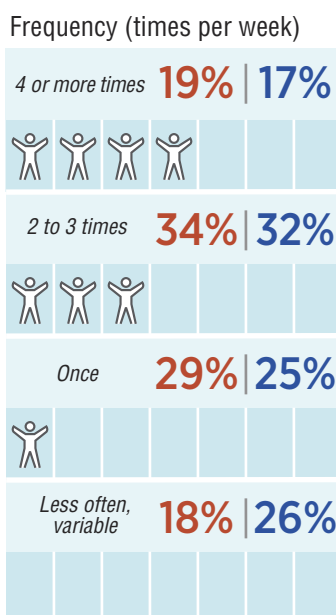
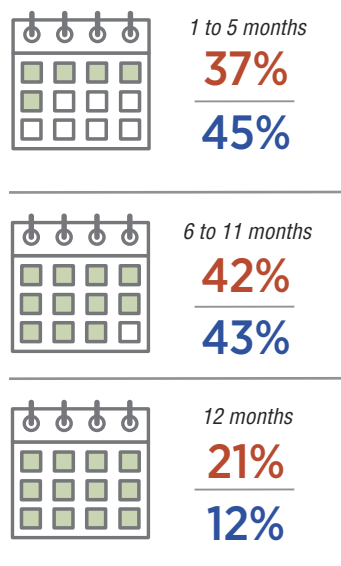
Participation in sport in the past year by age and immigration status

18-24 years 25-44 years 45-64 years ≥65 years



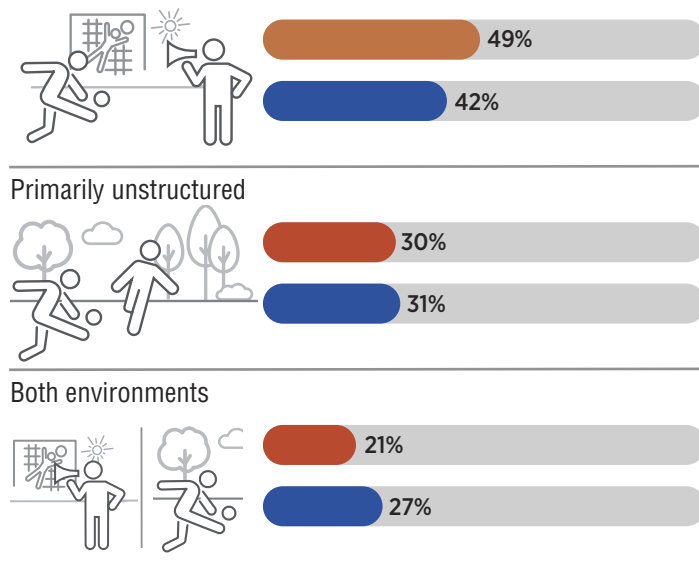
Regularity and frequency of sport participation by immigration status

Regularity (months per year) Frequency (times per week)



Preferred structure of sport by immigration status

Primarily structured Primarily unstructured Both environments



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