



TRIAL OF PHYSICAL ACTIVITY



Participation in organized sport

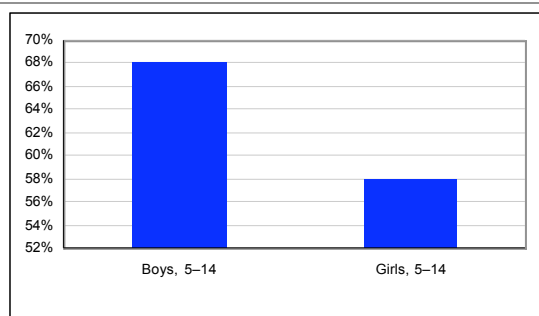
Almost two-thirds of parents (63%) indicate that their child participates in some organized sport. Of these, the majority of parents indicate that their children participate in organized sport at local clubs (35%), followed closely by participation in organized sport through community parks and recreation departments (32%), then other venues (23%) and school (9%).

Parental characteristics Less physically active parents are less likely than more active parents to say that their children participate in organized sport. Individuals with household incomes over \$80,000 per annum are more likely than those in the lowest income bracket to indicate that their child participates in organized sport. Generally speaking, as the level of parental education increases, there is a greater proportion of parents who report that their children participate in organized sport. Individuals in the highest income bracket (\$100,000+) are more likely than those earning less than \$20,000 a year to say that their children participate in organized sport through local clubs.

Child's characteristics Overall, boys are reportedly more likely than girls to participate in organized sport, with over two-thirds of parents of young boys indicating that they do so. This gender difference is most pronounced among parents of children aged 5–9. Overall, parents are more likely to say that their boys participate in organized sport through their community parks and recreation departments whereas their girls are more likely to do so at school. Furthermore, older children (10–14 years) are much more likely than younger children (5–9 years) to participate in organized sport at school.

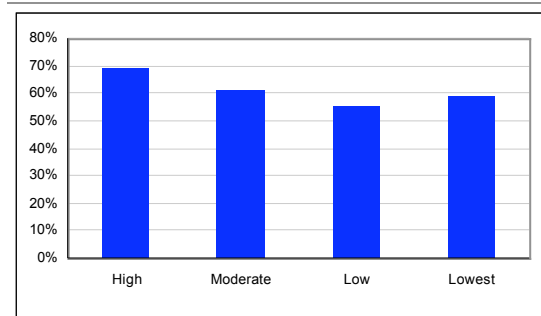
Implications Youth participation in organized sports has been shown to predict physical activity in later years of life.¹ In particular, if participation persists for at least three years during teenage years, physical activity of young adults is higher.¹ These data reveal that boys are more likely to participate in organized physical activities than are girls, which may lead to a gap in leisure time physical activity levels between men and women in the future (as is consistent with the current activity gap between men and women). Given the impact of participation during youth on activity in later life, the promotion of organized activities that are most popular among girls (e.g., swimming, skating, dancing, or soccer) may prove useful in increasing their overall participation.²

**PARTICIPATION IN ORGANIZED SPORT
by child's gender**



2003 Capacity study of physical activity awareness, CFLRI

**PARTICIPATION IN ORGANIZED SPORT
by parent's activity level**



2003 Capacity study of physical activity awareness, CFLRI

Location of physical activity

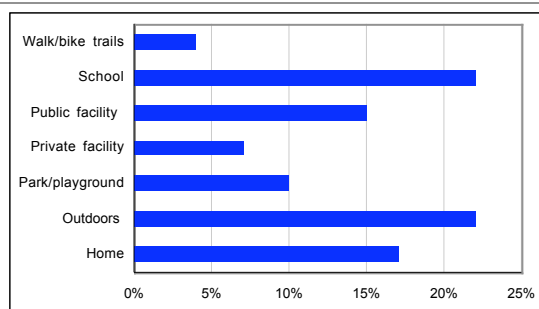
When asked where their children do most of their physical activity, the majority of parents said either outdoors (22%) or at school (22%). A further 17% of parents said that their children do most of their physical activity at home and an additional 15% of those surveyed said that it occurred at a public facility. These are followed by playgrounds or parks (10%), private facilities (7%), and walking or bicycling trails (4%).

Parental characteristics Parents with a post-secondary school education are more likely than parents with lesser educational levels to say that their children do most of their physical activity at public facilities. Parents who earn \$100,000+ per annum are more likely than parents reporting the lowest levels of family income to say that their children mostly use public facilities like swimming pools and skating rinks. Parents reporting the lowest level of personal daily activity are more likely than their more active counterparts to report that their children do most of their physical activity at school.

Child's characteristics Older children (10–14 years) are less likely than younger children (5–9 years) to do most of their physical activity at home, but more likely than younger children to participate in physical activity at public facilities. Boys aged 10–14 are more likely than girls of the same age to do most of their physical activity at a public facility.

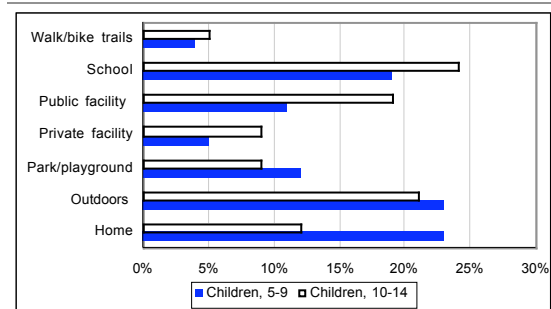
Implications According to parents, participation in physical activity outdoors or at school were equally prevalent. Research has shown that time spent outdoors is positively related to physical activity among children, and that children are typically more active when outdoors compared to indoors, alluding to the fact that outdoor time may be devoted to more active forms of activity than is indoor time. The latter includes sedentary opportunities such as watching television or playing video games. Given this, opportunities for physical activity in an outdoor environment should be promoted whenever possible both at school and in the community.

LOCATION OF PHYSICAL ACTIVITY
overall



2003 Capacity study of physical activity awareness, CFLRI

LOCATION OF PHYSICAL ACTIVITY
by child's age



2003 Capacity study of physical activity awareness, CFLRI

References

- ¹ Telama, R., Yang, X., Laakso, L., & Viikari, J. (1997). Physical activity in childhood and adolescence as a predictor of physical activity in young adulthood. *American Journal of Preventive Medicine*, 13(4), 317-323.
- ² Cragg, S., Craig, C.L., & Russell, S.J. (2001). *Increasing physical activity: Enhancing municipal opportunities*. Ottawa, ON. Canadian Fitness and Lifestyle Research Institute.

Participation in organized sport

2003 Capacity study of physical activity awareness, CFLRI

	% reporting that child participates in organized sport	Participates in the/an			
		Community	Local club	Other venue	School
<i>TOTAL, PARENTS (18+)</i>	63%	32%	35%	23%	9%
mothers	63	33	35	21	11
fathers	63	32	34	26	8
25–44	64	34	34	23	9
mothers	63	34	36	20	11
fathers	65	33	33	27	–
45–64	60	29	37	25	–
mothers	62	–	–	–	–
fathers	59	–	39	–	–
<i>TOTAL, CHILDREN (5–14)</i>	63	32	35	9	23
boys	68	38	37	9	16
girls	58	25	33	–	32
5–9	62	40	37	10	13
boys	71	46	37	–	–
girls	53	32	38	–	–
10–14	64	26	33	9	32
boys	65	32	36	–	23
girls	62	20	29	–	43
<i>REGION</i>					
East	73	–	–	–	–
Newfoundland	–	–	–	–	–
Prince Edward Island	–	–	–	–	–
Nova Scotia	–	–	–	–	–
New Brunswick	–	–	–	–	–
Quebec	60	26	38	–	27
Ontario	64	33	33	11	23
West	60	38	39	–	–
Manitoba	–	–	–	–	–
Saskatchewan	–	–	–	–	–
Alberta	–	–	–	–	–
British Columbia	58	–	–	–	–
North	62	–	–	–	–
Yukon	83	–	–	–	–
Northwest Territories	60	–	–	–	–
Nunavut	–	–	–	–	–
<i>PARENT'S ACTIVITY LEVEL</i>					
High	69	31	37	–	24
Moderate	61	32	38	–	22
Low	55	33	28	–	–
Lowest	59	37	32	–	–

– Data unavailable because of insufficient sample size.

Participation in organized sport (cont'd)

2003 Capacity study of physical activity awareness, CFLRI

	% reporting that child participates in organized sport	Participates in the/an			
		Community	Local club	Other venue	School
<i>PARENT'S EDUCATION LEVEL</i>					
Less than secondary	41%	–	–	–	–
Secondary	60	25	37	–	32
College	68	33	38	–	18
University	66	39	32	–	20
<i>HOUSEHOLD INCOME</i>					
< \$20,000	42	–	–	–	–
\$20,000–29,999	55	–	–	–	–
\$30,000–39,999	54	–	–	–	–
\$40,000–59,999	59	27	31	–	33
\$60,000–79,999	60	36	42	–	–
\$80,000–99,999	77	39	–	–	–
≥ \$100,000	74	33	42	–	–
<i>PARENT'S EMPLOYMENT STATUS</i>					
Full-time worker	64	34	37	10	20
Part-time worker	65	–	–	–	–
Unemployed	61	–	–	–	–
Homemaker	56	–	–	–	–
Student	–	–	–	–	–
Retired	–	–	–	–	–
<i>COMMUNITY SIZE</i>					
< 1,000	64	–	–	–	–
1,000–4,999	65	35	31	–	30
5,000–9,999	66	–	–	–	–
10,000–29,999	68	–	–	–	–
30,000–49,999	–	–	–	–	–
50,000–99,999	65	–	–	–	–
100,000–249,999	63	–	–	–	–
250,000–499,999	69	–	–	–	–
500,000–1,000,000	59	–	–	–	–
> 1,000,000	59	29	33	–	25
<i>FAMILY COMPOSITION</i>					
Living with a partner	63	33	35	9	23
Widowed, divorced, separated	58	–	–	–	–
Never married	61	–	–	–	–

– Data unavailable because of insufficient sample size.

Location of physical activity

2003 Capacity study of physical activity awareness, CFLRI

	At home	Outdoors	Park/ playground	Private facility	Public facility	School	Walk/bike trails
<i>TOTAL, PARENTS (18+)</i>	17%	22%	10%	7%	15%	22%	4%
mothers	17	21	12	7	16	21	–
fathers	18	22	8	–	15	22	–
25–44	18	24	11	7	13	20	4
mothers	18	23	13	7	15	19	–
fathers	19	25	–	–	11	21	–
45–64	13	17	–	–	22	27	–
mothers	–	–	–	–	–	32	–
fathers	–	–	–	–	24	24	–
<i>TOTAL, CHILDREN (5–14)</i>	17	22	10	7	15	22	4
boys	17	25	12	–	18	19	–
girls	17	19	9	12	12	25	–
5–9	23	23	12	–	11	19	–
boys	25	27	–	–	11	17	–
girls	22	19	–	–	–	21	–
10–14	12	21	9	9	19	24	–
boys	12	24	11	–	24	20	–
girls	13	18	–	15	13	28	–
<i>REGION</i>							
East	–	–	–	–	–	–	–
Newfoundland	–	–	–	–	–	–	–
Prince Edward Island	–	–	–	–	–	–	–
Nova Scotia	–	–	–	–	–	–	–
New Brunswick	–	–	–	–	–	–	–
Quebec	14	30	13	–	15	15	–
Ontario	17	18	9	7	15	26	–
West	20	19	–	–	–	20	–
Manitoba	–	–	–	–	–	–	–
Saskatchewan	–	–	–	–	–	–	–
Alberta	–	–	–	–	–	–	–
British Columbia	–	–	–	–	–	–	–
North	–	–	–	–	–	–	–
Yukon	–	–	–	–	–	–	–
Northwest Territories	–	–	–	–	–	–	–
Nunavut	–	–	–	–	–	–	–
<i>PARENT'S ACTIVITY LEVEL</i>							
High	18	24	12	7	14	18	–
Moderate	19	22	–	–	15	20	–
Low	19	20	–	–	17	25	–
Lowest	–	19	–	–	–	30	–

– Data unavailable because of insufficient sample size.

Location of physical activity (cont'd)

2003 Capacity study of physical activity awareness, CFLRI

	At home	Outdoors	Park/ playground	Private facility	Public facility	School	Walk/bike trails
<i>PARENT'S EDUCATION LEVEL</i>							
Less than secondary	–	21%	–	–	–	–	–
Secondary	16	18	–	–	14	23	–
College	20	28	–	–	15	15	–
University	14	20	10	–	18	26	–
<i>HOUSEHOLD INCOME</i>							
< \$20,000	–	–	–	–	–	–	–
\$20,000–29,999	–	–	–	–	–	–	–
\$30,000–39,999	–	–	–	–	–	–	–
\$40,000–59,999	19	22	–	–	16	23	–
\$60,000–79,999	–	26	–	–	–	25	–
\$80,000–99,999	–	–	–	–	–	–	–
≥ \$100,000	–	24	–	–	23	20	–
<i>PARENT'S EMPLOYMENT STATUS</i>							
Full-time worker	17	22	9	8	16	22	–
Part-time worker	–	–	–	–	–	23	–
Unemployed	–	–	–	–	–	–	–
Homemaker	–	–	–	–	–	–	–
Student	–	–	–	–	–	–	–
Retired	–	–	–	–	–	–	–
<i>COMMUNITY SIZE</i>							
< 1,000	–	–	–	–	–	–	–
1,000–4,999	30	19	–	–	–	–	–
5,000–9,999	–	–	–	–	–	–	–
10,000–29,999	–	–	–	–	–	23	–
30,000–49,999	–	–	–	–	–	–	–
50,000–99,999	–	–	–	–	–	–	–
100,000–249,999	–	–	–	–	–	–	–
250,000–499,999	–	–	–	–	–	–	–
500,000–1,000,000	–	24	–	–	–	–	–
> 1,000,000	13	19	13	–	15	28	–
<i>FAMILY COMPOSITION</i>							
Living with a partner	17	22	10	7	16	22	4
Widowed, divorced, seperated	–	–	–	–	–	21	–
Never married	–	–	–	–	–	–	–

– Data unavailable because of insufficient sample size.