Sport Participation in Canada
Assessing participation trends, 2004 to 2009
Content of available national data sources

Sport participation in Canada

Social and physical environment (CFRL)

-CSS & CFRL Participation rates
-Individual

-The Individual (CFRL/PAW/SW)

-barriers
-beliefs
-attitudes

-etcs.

-environmental satisfaction
-support availability of facilities
-useage satisfaction
### Comparison of surveys

#### Rates of sport participation in Canada

<table>
<thead>
<tr>
<th>Survey</th>
<th>Method</th>
<th>Sample Size</th>
<th>Response Rate</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Children's Monitor</strong> (CM)</td>
<td>Telephone</td>
<td>4,000 including Territories</td>
<td>54%</td>
<td>99% collected in 2001</td>
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<tr>
<td><strong>Youth Monitor (YM)</strong></td>
<td>Telephone</td>
<td>19,597, excluding Territories</td>
<td>15%</td>
<td>+</td>
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<tr>
<td><strong>Platform (PAM)</strong></td>
<td>Telephone</td>
<td>4,086 including Territories</td>
<td>94%</td>
<td>respondents provided info on behavior of children 5-17 yrs.</td>
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<tr>
<td><strong>Adults' Sport Monitor</strong> (ASM)</td>
<td>Telephone</td>
<td>9,992, excluding Territories</td>
<td>15%</td>
<td>1 + respondents provided info on behavior of children 5-17 yrs.</td>
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<tr>
<td><strong>General Social Survey (GSS)</strong></td>
<td>Statistics Canada</td>
<td>Managed/Sourced</td>
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<tr>
<td><strong>Canadian Fitness &amp; Lifestyle Research Institute</strong></td>
<td>Data is currently pending</td>
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<tr>
<td>Sport Participation Barriers to Participation</td>
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<tr>
<td>Positive and negative beliefs about sport</td>
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<tr>
<td>Benefits of physical activity</td>
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<td>Understanding barriers to participation</td>
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<tr>
<td>Increase awareness of benefits of sport</td>
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<td>Ethics and safety in sport</td>
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<td>Groups</td>
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<td>Underrepresented</td>
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<td>age-</td>
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<td>Underrepresented</td>
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<td>Targets</td>
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<td>Sport participation</td>
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<tr>
<th>Data Available via PASMP</th>
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<tr>
<td>Reasonable for participation</td>
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<td>Evidence to inform the Sport Participation</td>
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<tr>
<td>Strategy</td>
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<tr>
<td>Physical Activity and Sport Monitoring</td>
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<td>Program (PASMP)</td>
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- Understanding barriers to participation
- Increase awareness of benefits of sport
- Ethics and safety in sport
- Physical literacy skill training
- High quality
- Enhance quality of sport programs
- Where - participation in school/community
- How - positive attitudes and skills for child
- Increase levels of participation

- Skill development
- Policy to hire qualified personnel (certify coaches)
- Transportation and funding of extracurricular
- Other sport opportunities (extracurricular)
- Physical education/Instructor from a specialist
- Availability of community facilities
- School use of community facilities
- Organized vs. unorganized
- Structured vs. unstructured
- Children's preferences for activity
- Social capital - volunteering
- Economics of participation
- Perception of government role of sport
- Perception of the value of sport
Sport participation is lower in 2009 than in 2004 and 2006-7 among both sexes.

In 2009, 27% of Canadians participate in sport; more men than women participate.


Canadians 15+ years, overall and by sex, 2004 - 2009

Sport participation rates
Participation based on CFLRI data and is similar to the decline in CSS rates. Data from 1992 (45%) to 2005 (28%).

Despite larger sample in the CSS and slightly different definition, CFLRI and estimates participation among Canadians from 1992 (45%) to 2005 (28%).

Statistics Canada's General Social Survey (CSS) demonstrates a decline in sport participation rates by survey.

Compareding surveys: Sport participation rates


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<td></td>
<td>0%</td>
<td>10%</td>
<td>20%</td>
<td>30%</td>
<td>40%</td>
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The CFRI and GSS definitions of sport differ primarily on the regularity criterion during a season. Whereas CFRI does not have this restriction, the GSS requires that a participant participate regularly during at least some portion of the year or year-long. Consequently, whereas higher participation rates are expected from the GSS than from CFRI, the CFRI rates are slightly lower in the pre-adjusted data. Most sport participation in CFRI data (91% to 92% in each year) participant regularly.

Adjustment of the CFRI sport participation rates (where possible) to approximate the GSS definition results in estimates that are slightly lower (3% to 4% in each year) than the pre-adjusted rates.
Lower rates of sport participation among older age groups and among women 18 years and older (compared to men) are consistent over time.

Canadian Fitness & Lifestyle Research Institute


Insufficient cell size for 2004

Canadians 15+ years, by sex and age, 2004 - 2009

Sport participation rates
Those in higher income households are generally more likely to participate in sport.

Sport participation rates of Canadians 15+ years, by household income, 2004 - 2009.
Similar over time, participation rates in other popular sports (including others not shown) are generally.

Soccer has increased in popularity over time among sport participants.

Hockey continues to be the most popular sport among sport participants in Canada.

Top 5 Sports, Canadians 15+ Years, 2004 - 2009

Popular Sports
more participants indicate that they participate in sport in both structured and unstructured environments.

Fewer participants report that they participate in sports in primarily unstructured environments.

Sport participants 15+ years, 2004 - 2009

Degree of structure in sport environments
Barriers to Sport

Among Canadians who do not participate in sport, lack of time and other obligations are most frequently cited as very important barriers to participating in sport. Other barriers are generally less important in keeping non-participants from engaging in sport.

- No appropriate facilities
- Inconvenience
- Cost
- Lack of interest or motivation
- Competes for family time
- Injury or disability
- Lack of energy
- Other obligations
There are declines in participation rates for older children. Participate in sport.

According to the 2005 Physical Activity Monitor, 72% of children aged 5 to 17 years.

<table>
<thead>
<tr>
<th>Age</th>
<th>5 to 9y</th>
<th>10 to 13y</th>
<th>14 to 17y</th>
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<tr>
<td>Girls</td>
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<td>Boys</td>
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<td>Overall</td>
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Child Sport Participation Rates (5 to 17 years), overall, by sex, and by age, 2005.
No differences or patterns in sport participation appear in households earning less than $100,000.

Likely to participate in sport than children in lower income households.

Children in households whose income is $100,000 or greater are generally more

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Physical Activity Monitor 2005, CHERI

Children (5 to 17 years), by Household Income. 2005

Sport Participation Rates
The CANPLAY study and the 2005 Physical Activity Monitor finds similar proportions of children and youth participating in organized physical activity or sports. Boys are slightly more likely to participate than girls (76% vs. 73% in 2007-9). There has been a small increase from 2005-7 (72%) to 2007-9 (75%) in children and youth who participate in organized physical activity and sports. This increase has occurred among both boys and girls, and primarily among 10 to 17 year-olds.

Children and Youth (5 to 19 years), overall, by sex, and by age, 2005 – 2009
Participation in organized sport and physical activity.
In each time period, children and youth who participate in organized sport and physical activity take about 1,600 more steps per day than do children who do not participate.

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Children and youth (5 to 19 yrs) by participation in organized sport/PA, 2005-09

Mean daily steps by participation in organized sport/PA
Boys are more likely to participate in both structured and unstructured environments.

Most young sport participants participate primarily in structured and organized environments.

Physical Activity Monitor 2005, CERI

Participents (5 to 17 years), overall and by sex, 2005

Degree of structure in sport environments
* Trend data for these age groups are currently being collected and will be available by July 2011.

- Current rate of participation of men (53%).
- Current rate of participation of women (27% to 33%), while at least maintaining the women aged 25 to 39.

** By 2012, increase by six percentage points the sport participation levels of:

- Target 1 - Girls, 5-9 years of age.
- Target 2 - Teens, 14-17 years of age.
- Target 3 - Women, 25-39 years of age.

** By 2012, increase sport participation levels among teens (14-17 year old) by five percentage points (from 66% to 71%), while at least maintaining the current rate of participation of 5 to 9 year old girls by five percentage points, from 68% to 73%, while at least maintaining the current.

** By 2012, increase sport participation rates of 5 to 9 year old boys (77%).
Trend data for this age group is currently being collected and will be available by July 2011.

Organized PA participation rates were similar in 2005-7 and 2007-9 for girls aged 5 to 9 years.

This difference is not as strongly pronounced among boys of the same age. One possible explanation may be that girls may participate in organized activities not deemed to be sports (e.g., dance).

Among girls aged 5 to 9 years, participation rates are higher for those who participate in organized physical activities and sports than for sport participants, according to the survey's definition of sport.
According to CANPLAY, there have been small increases in the rate of participation in organized sport activity and sport among tweens (3%) and teens (5%) from 2005-7 to 2007-9.

Sport Participation Target #2: Teens

Children and Youth 10 to 17 Years, 2005 - 2009
Sport participation rates among women of the same age in 2006-7 (45% and 60%, respectively), there have been no statistically significant changes in 2009 is lower than 2006-7.

Whereas the rate of sport participation among men aged 25 to 39 years in 2009 is lower than 2006-7.
Sport participation has declined in recent years. Household income is associated with sport participation decreasing with age. More men than women participate in sport. "Institute's (CFLRI) population-based surveys:

Based on data from the Canadian Fitness and Lifestyle Research Institute, strategies are also available to determine changes over time. Measures, indicators that provide evidence to inform policies consistent and regular data is available for monitoring of sport participation in Canada. In addition, these performance summaries and conclusions.
For more detailed descriptions of survey methods for each of the cycles listed above, national estimates represent Canadians in all ten provinces and three territories. Please visit www.cphils.ca.

Where present, error bars represent the 95% confidence intervals associated with the estimate. Note that survey of parents on their child’s physical activity and sport participation.

2005 - 2009 Canadian Physical Activity Levels Among Youth Study (CALY)

2005 Physical Activity Monitor

Survey of Canadian parents on the physical activity and sport experiences of their children aged 5 to 17 years.

Survey of Canadian adults aged 15 years or older focusing on sport participation and related factors.

Survey of Canadian adults aged 15 years or older on physical activity, sport, and related correlates.

2007 Sport Monitor

2008 & 2009 Physical Activity Monitor

Canadian Fitness and Lifestyle Research Institute (CFLRI) unless otherwise noted, data presented are derived from population-based surveys conducted by the CPHLS Research Institute.

Ottawa: Statistics Canada.


References