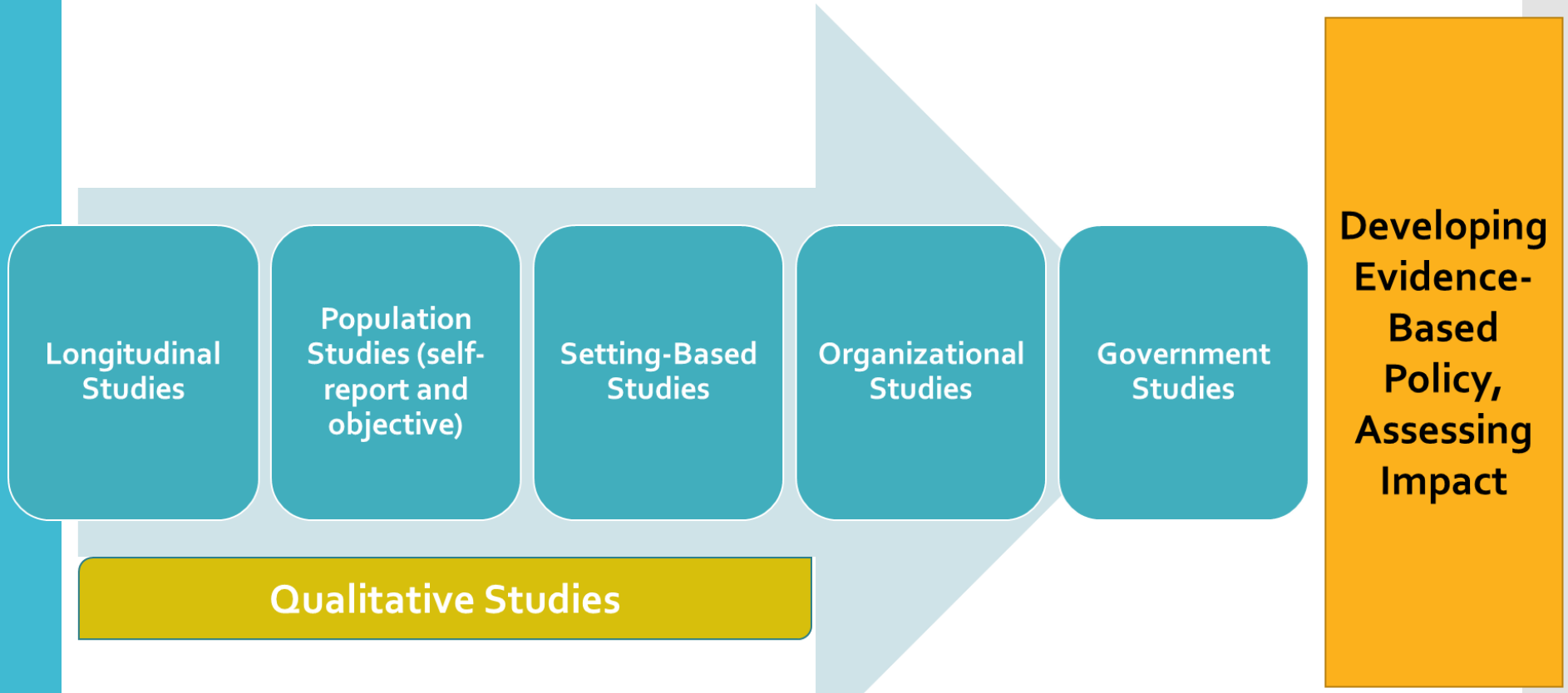
Canadian Fitness and Lifestyle Research Institute

Understanding where we stand today, so we can focus on a more active tomorrow

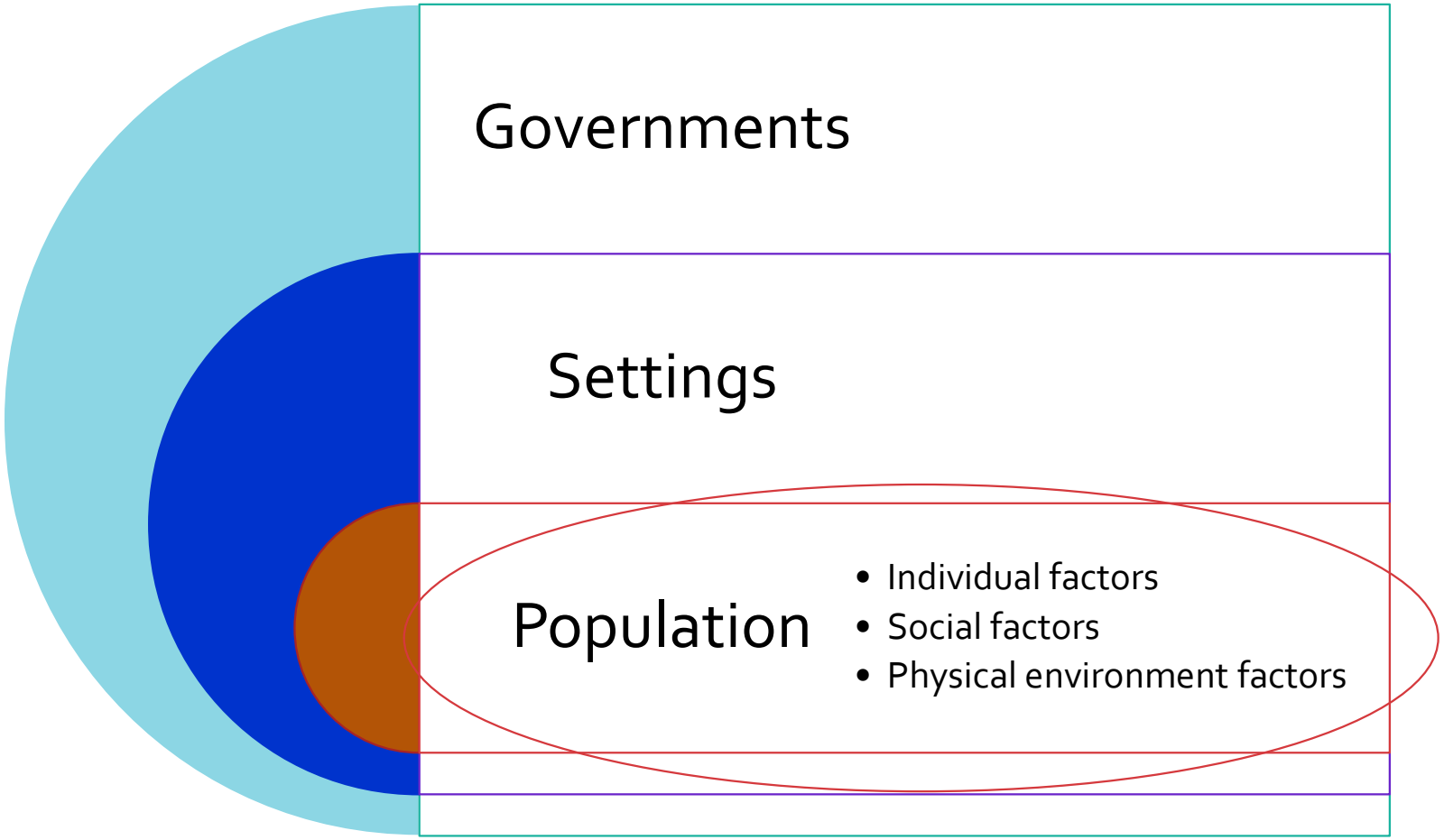
SCRI, October 28, 2021

40 years of physical activity and sport surveillance in Canada

CFLRI - What do we do?



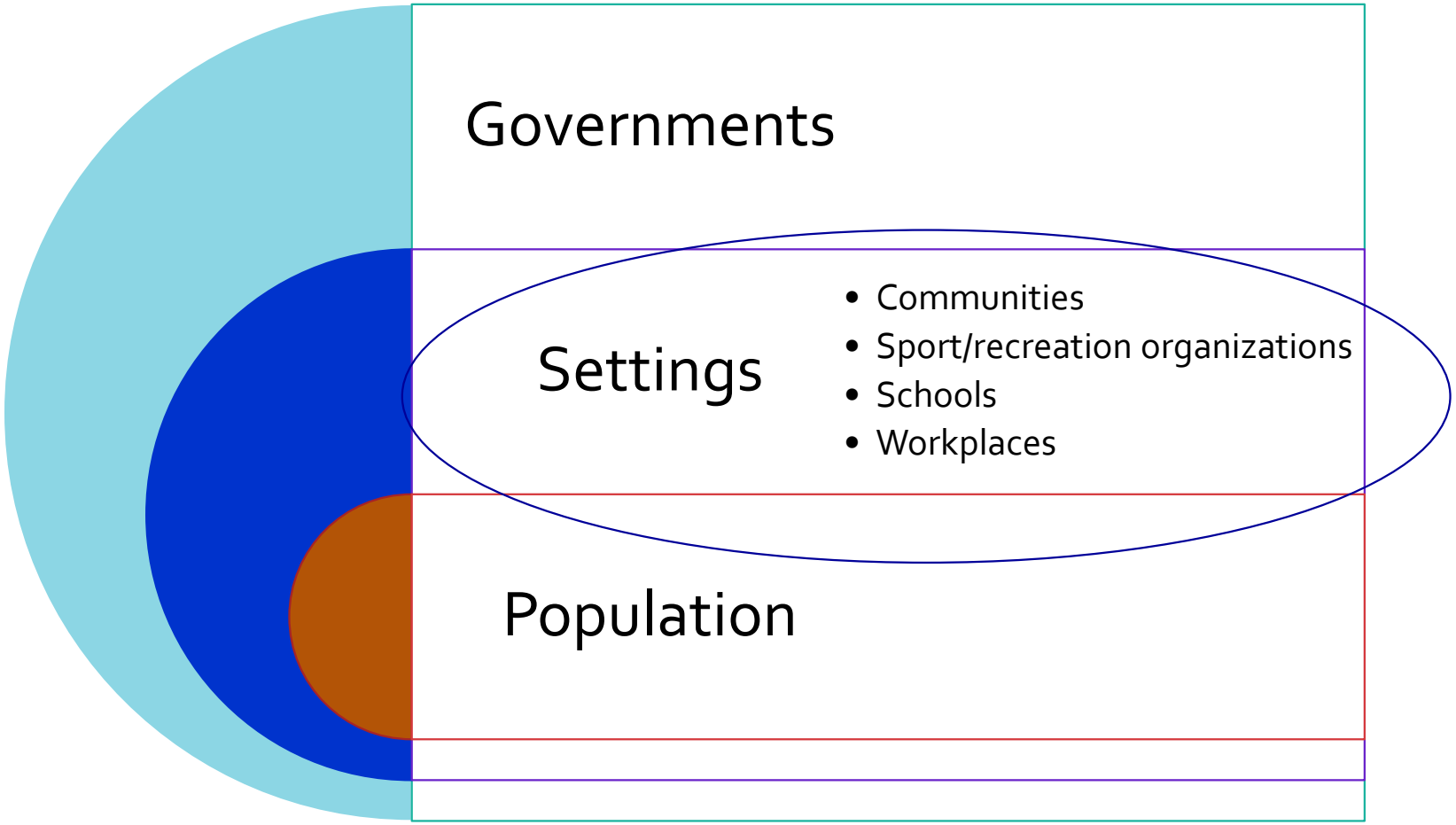
Quantitative Research



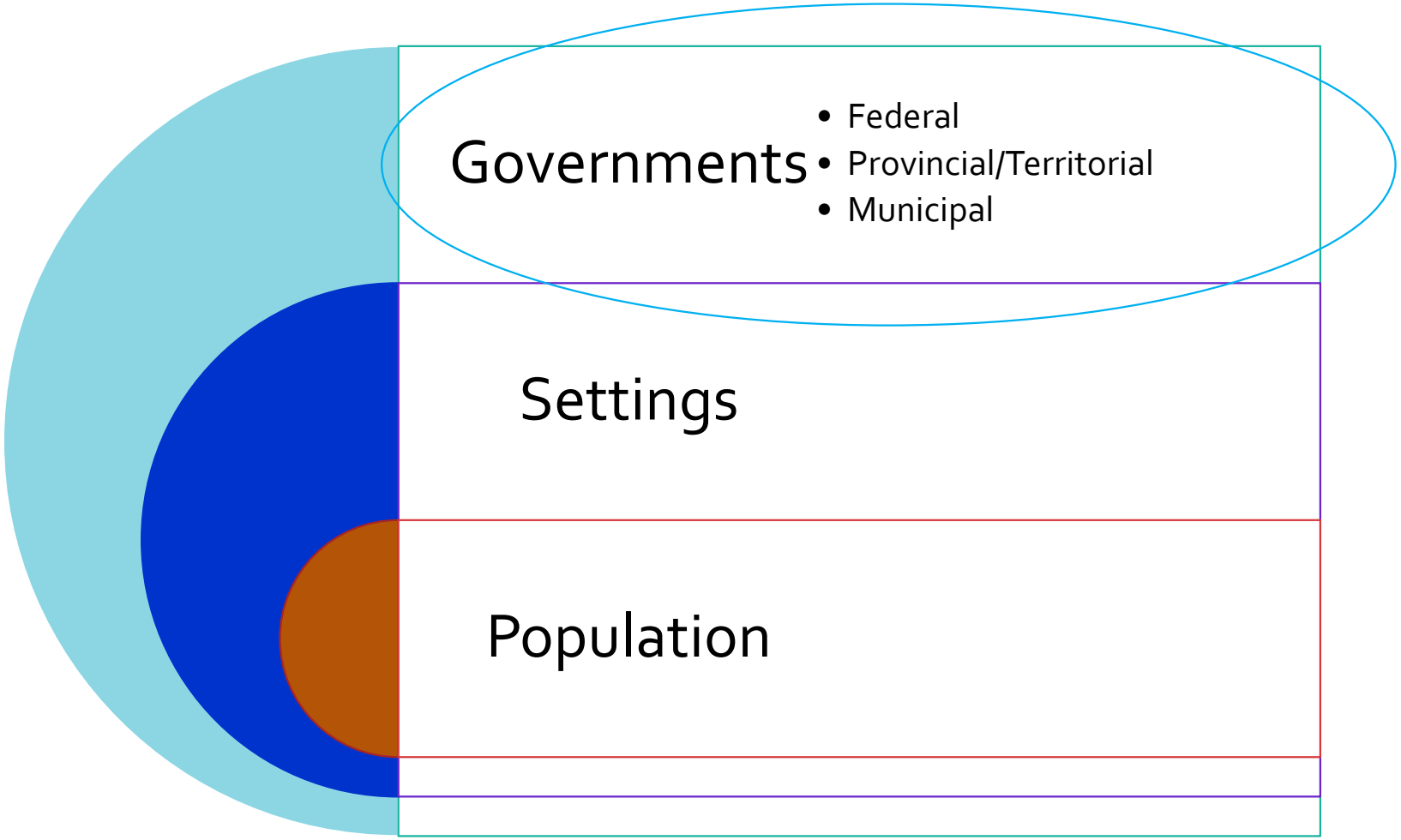
Current areas of focus

- Impact of COVID-19
- Mental Health
- Financial implications
- Active transportation
- Social influences

Quantitative Research

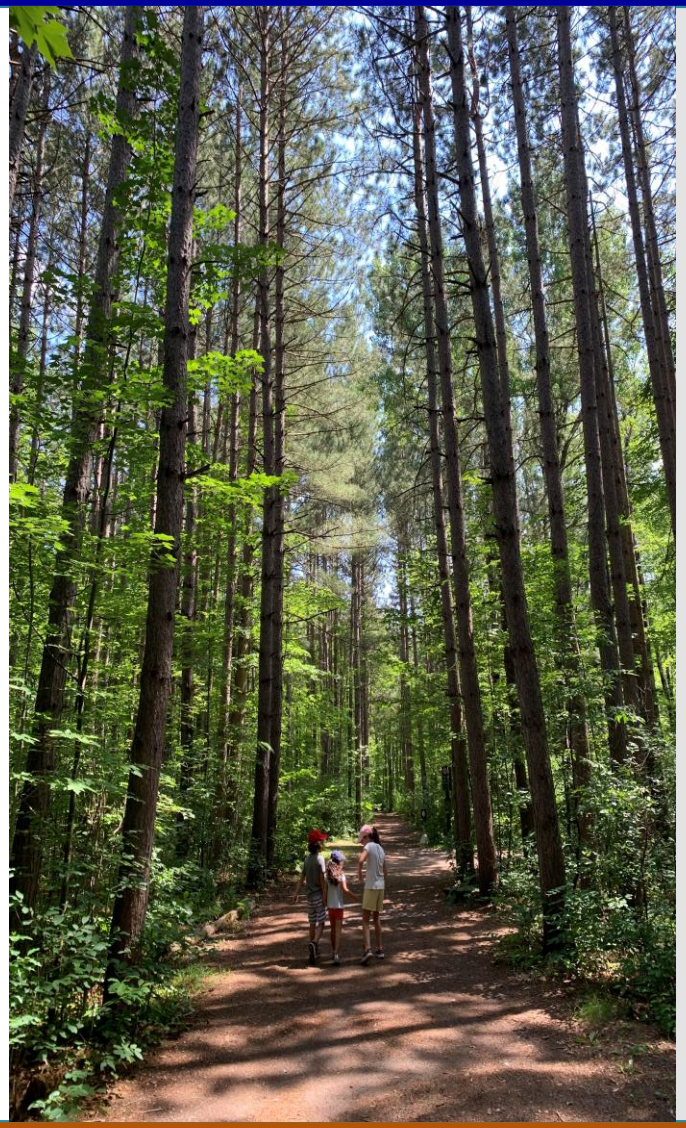


Quantitative Research



Information from key settings

- Policy/Leadership
- Infrastructure
- Programming
- Strategies
- Capacity



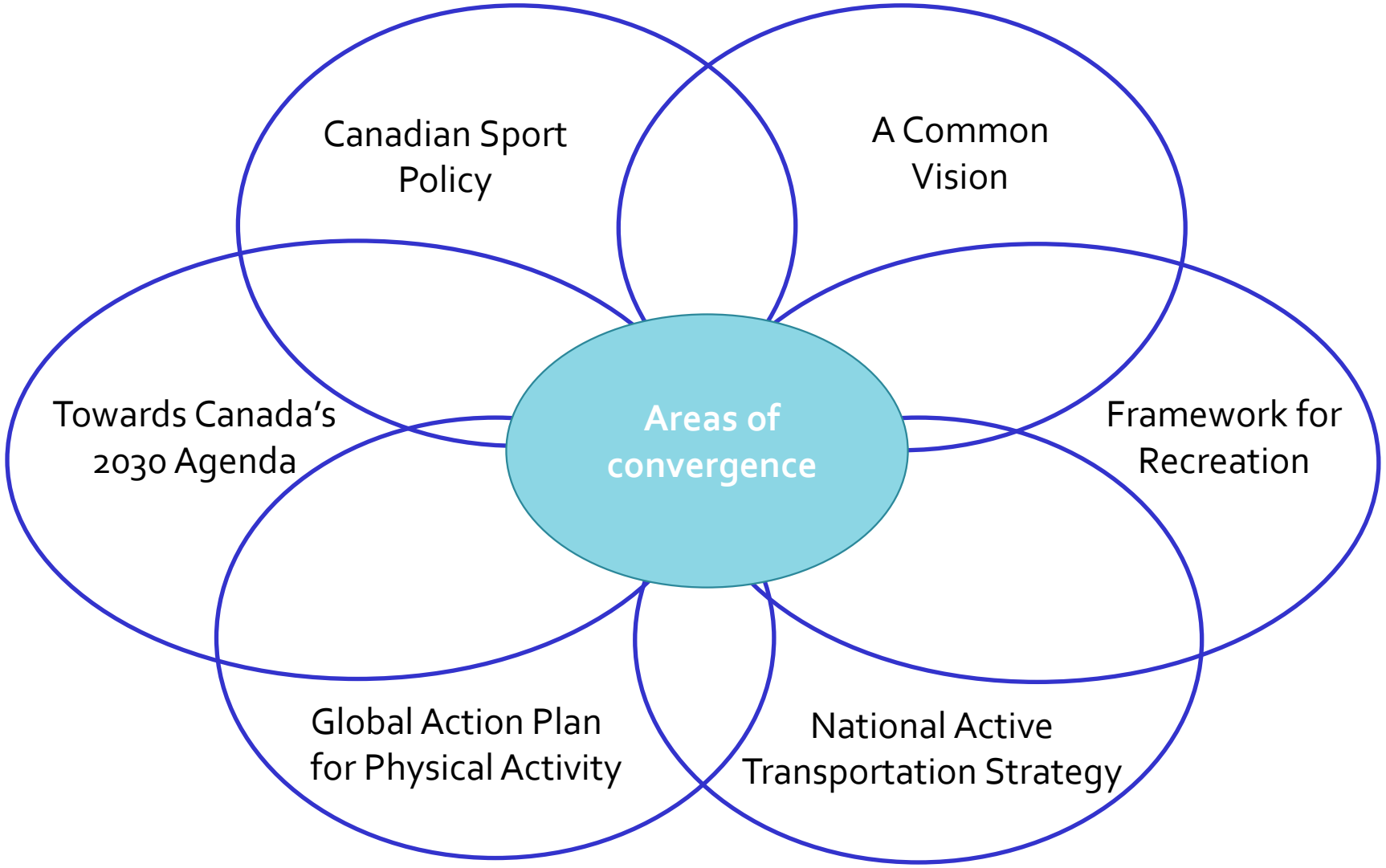
Qualitative Research

Canadians telling their own stories and sharing their experiences

- Women
- Various levels of activity
- Various ages, 18+
- Various levels of ability
- Various cultural perspectives

Photo Credit: © Mariann Domonkos, © U Sports, © Wheelchair Basketball Canada

Evaluating policy and strategies



Addressing policy nationally

- Canadian Sport Policy Renewal
- Champions, Common Vision
- Framework for Recreation
- Global Action Plan for Physical Activity
- Sustainable Development Goals
- Global Observatory for Physical Activity/Policy

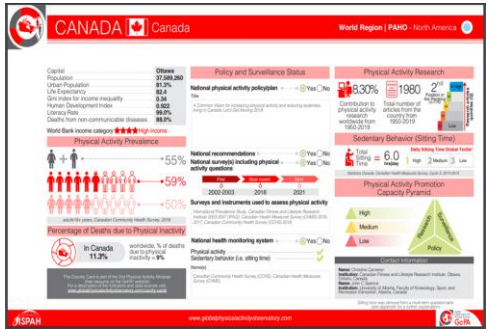


Photo Credit: © Government of Canada, © CPRA/ISRC

Current areas of focus

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- Financial implications
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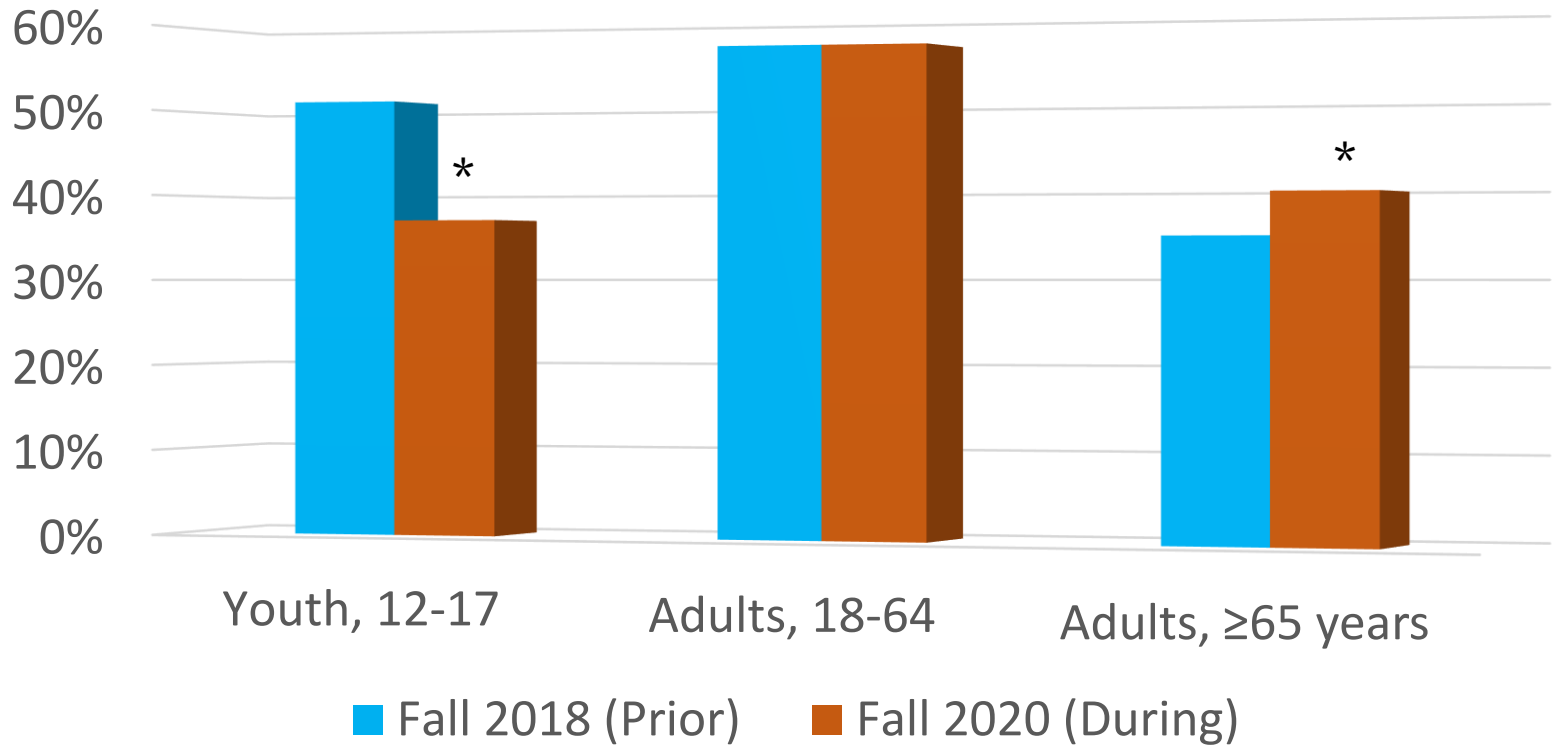
Impact of COVID-19

- Role of physical activity during the pandemic
- Regulations and closure of sport and recreation facilities, parks, playgrounds
- Impact on population
- Impact on sport and recreation organizations
- Impact on municipalities
- Impact on other venues (e.g., workplaces, schools)

Participation rates

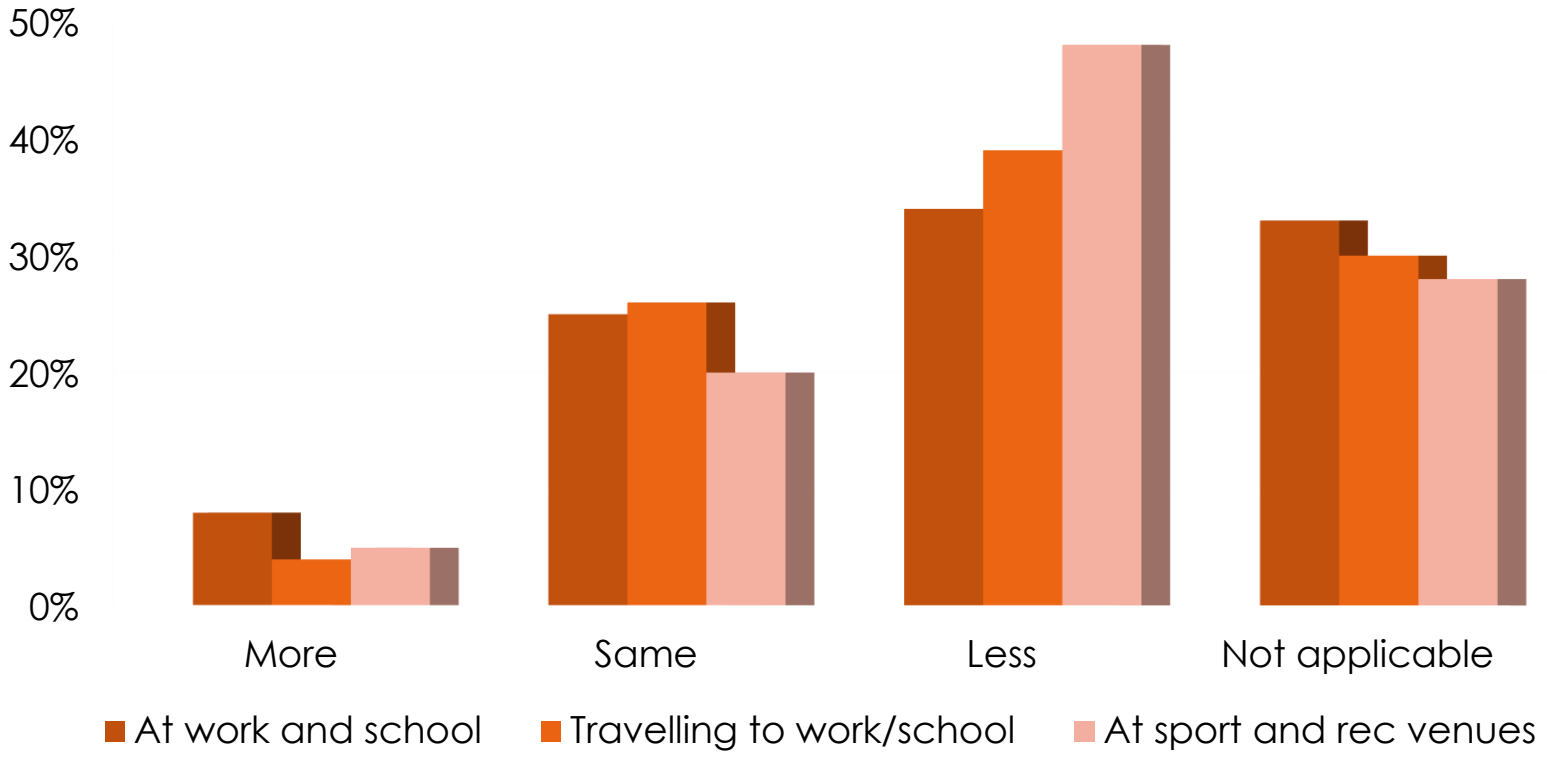
Figure 1: % population achieving physical activity recommendations



Source: 2018, 2020 Canadian Community Health Survey, Statistics Canada
* Significant difference ($p<0.01$)

Changes in behaviour (location) due to pandemic

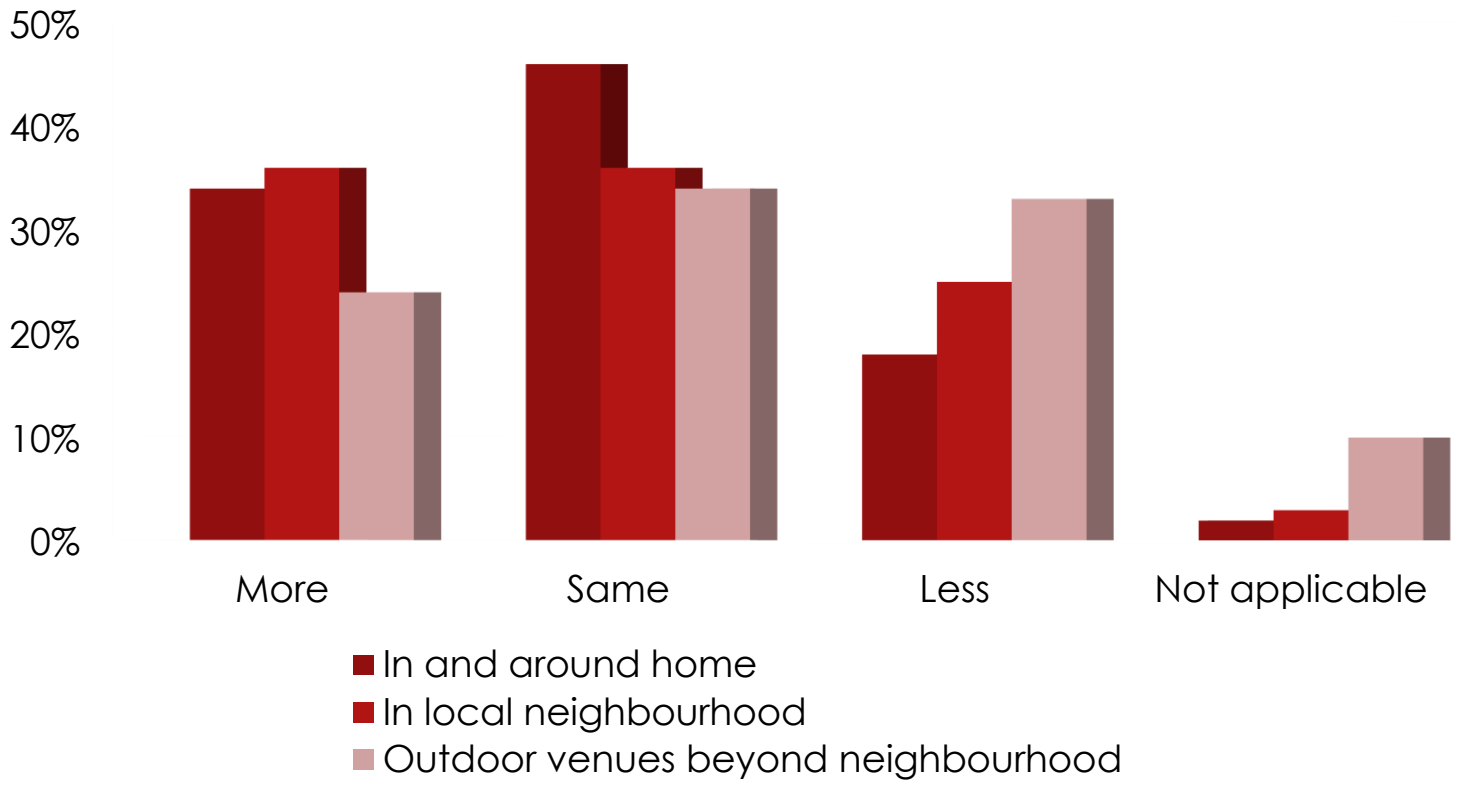
Figure 2: Changes in activity by venue from typical due to the pandemic



Preliminary data, CFLRI Impact of COVID-19 on physical activity survey, 2021

Changes in behaviour (location) due to pandemic

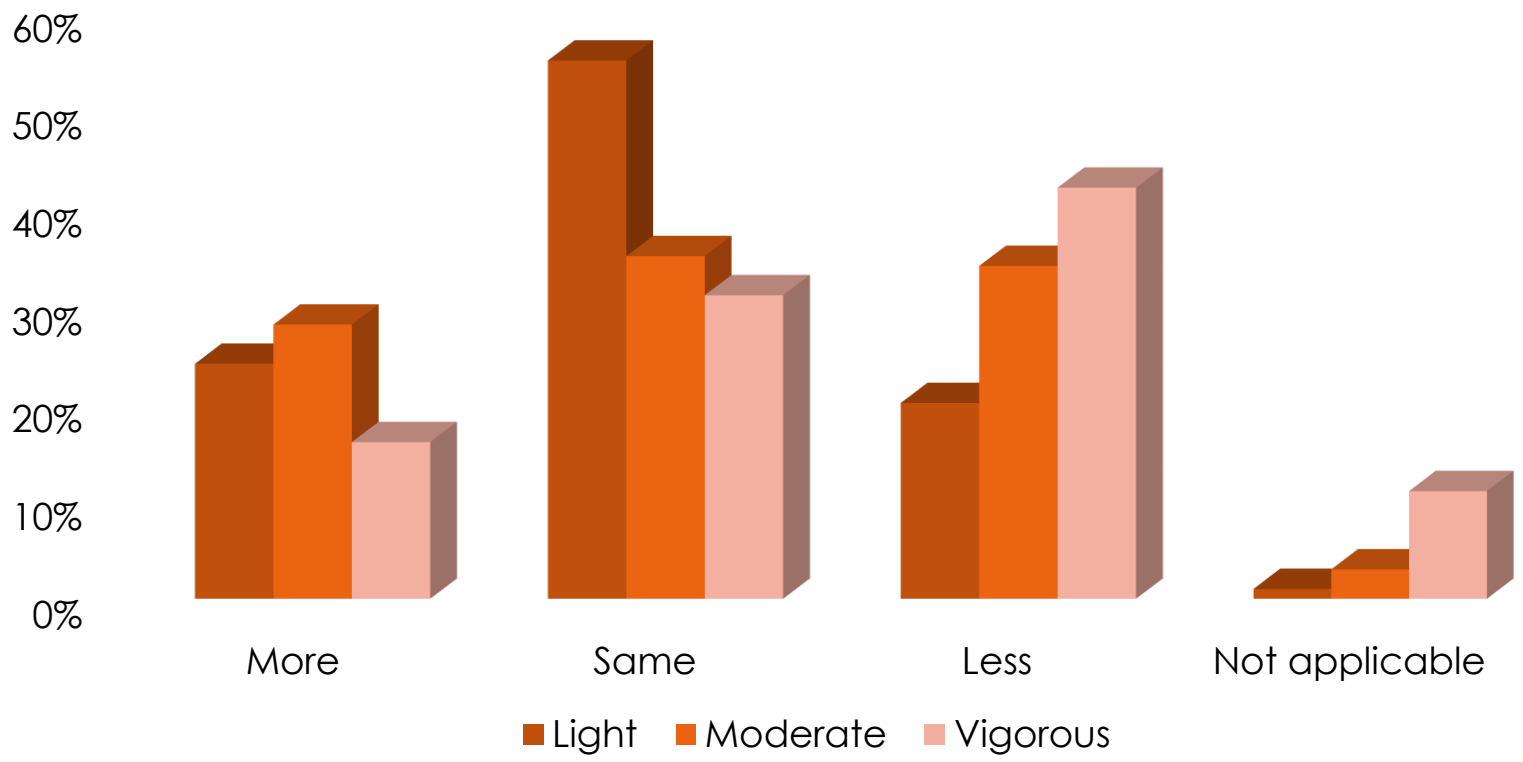
Figure 3: Changes in activity by venue from typical due to the pandemic



Preliminary data, CFLRI Impact of COVID-19 on physical activity survey, 2021

Changes in behaviour (activity) due to pandemic

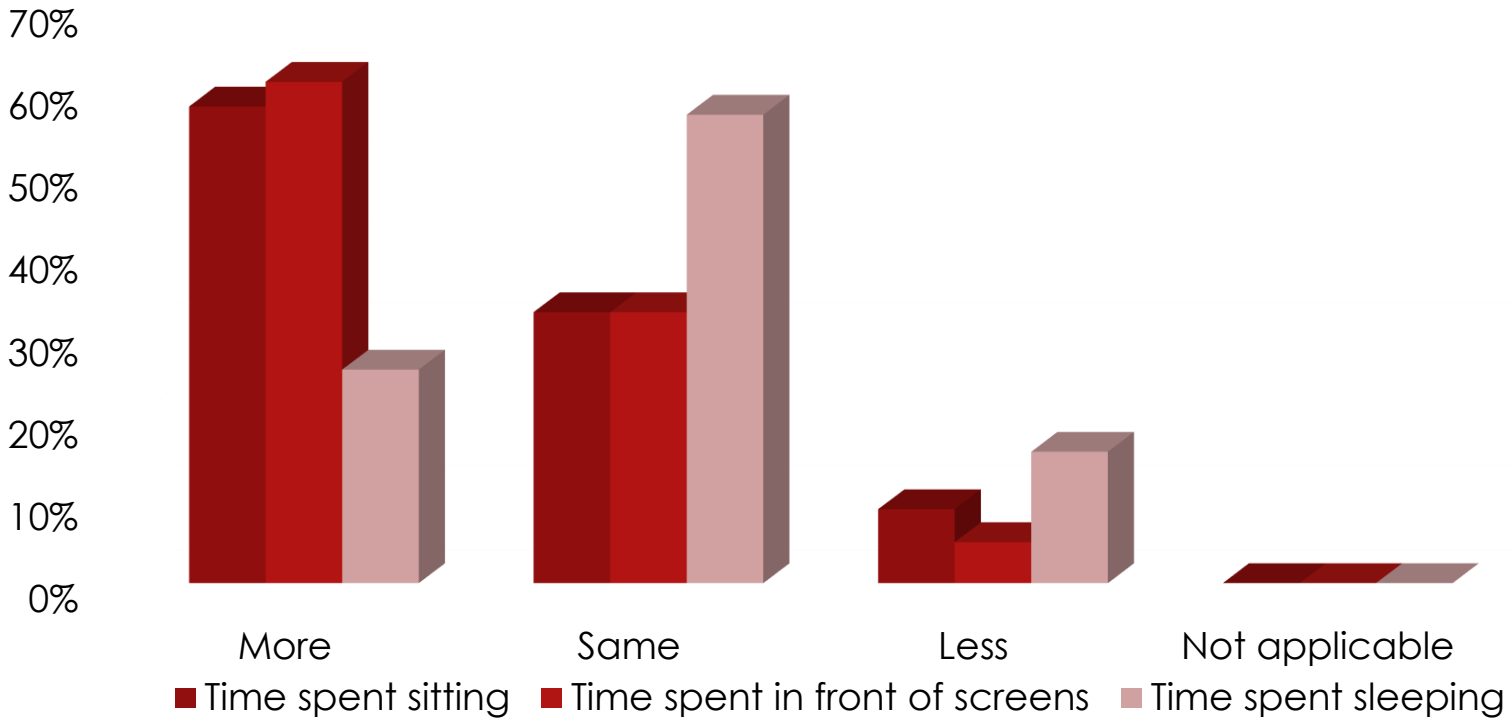
Figure 4: Changes in activity behaviour from typical due to the pandemic



Preliminary data, CFLRI Impact of COVID-19 on physical activity survey, 2021

Changes in behaviour (activity) due to pandemic

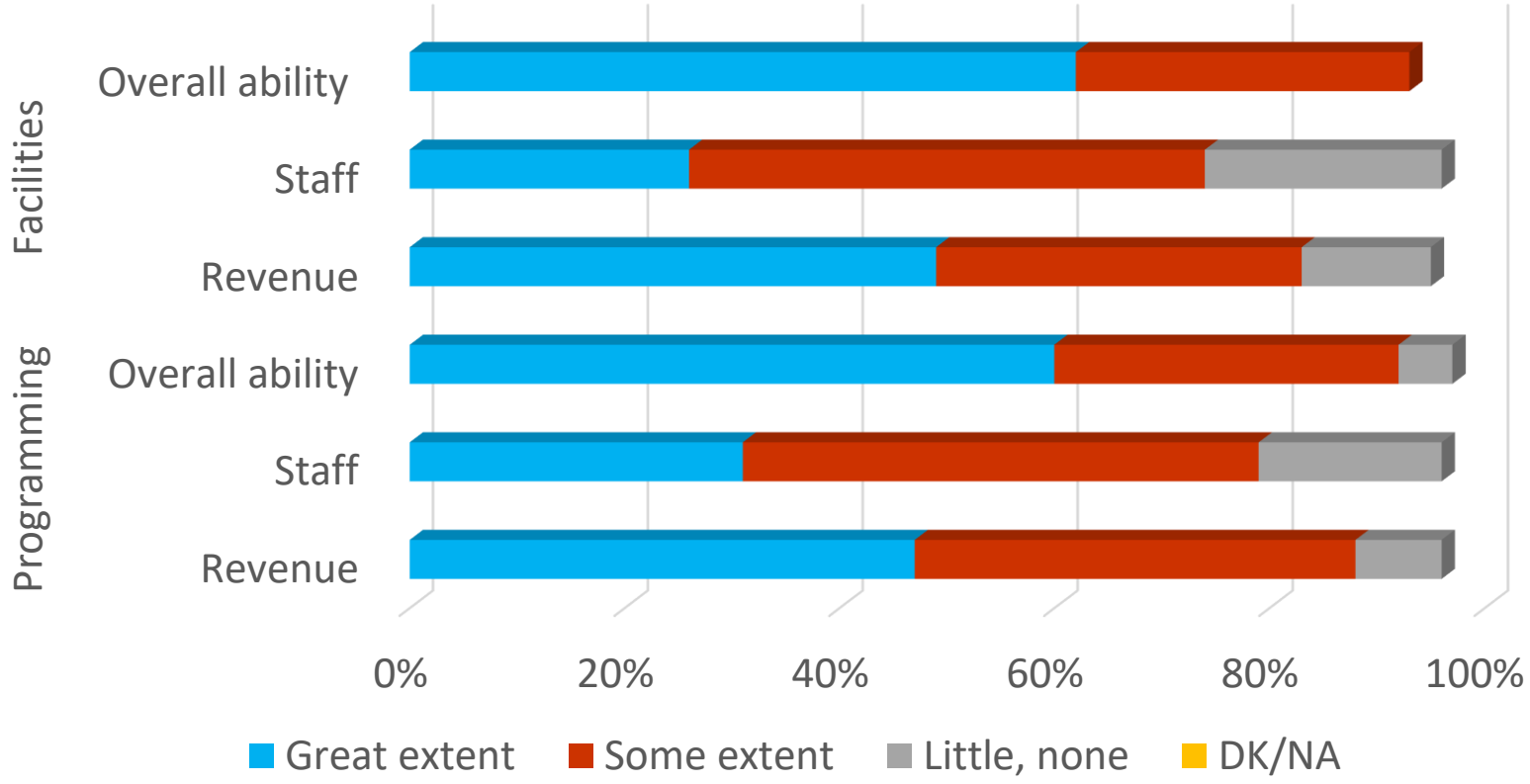
Figure 5: Changes in activity behaviour from typical due to the pandemic



Preliminary data, CFLRI Impact of COVID-19 on physical activity survey, 2021

Impact on communities

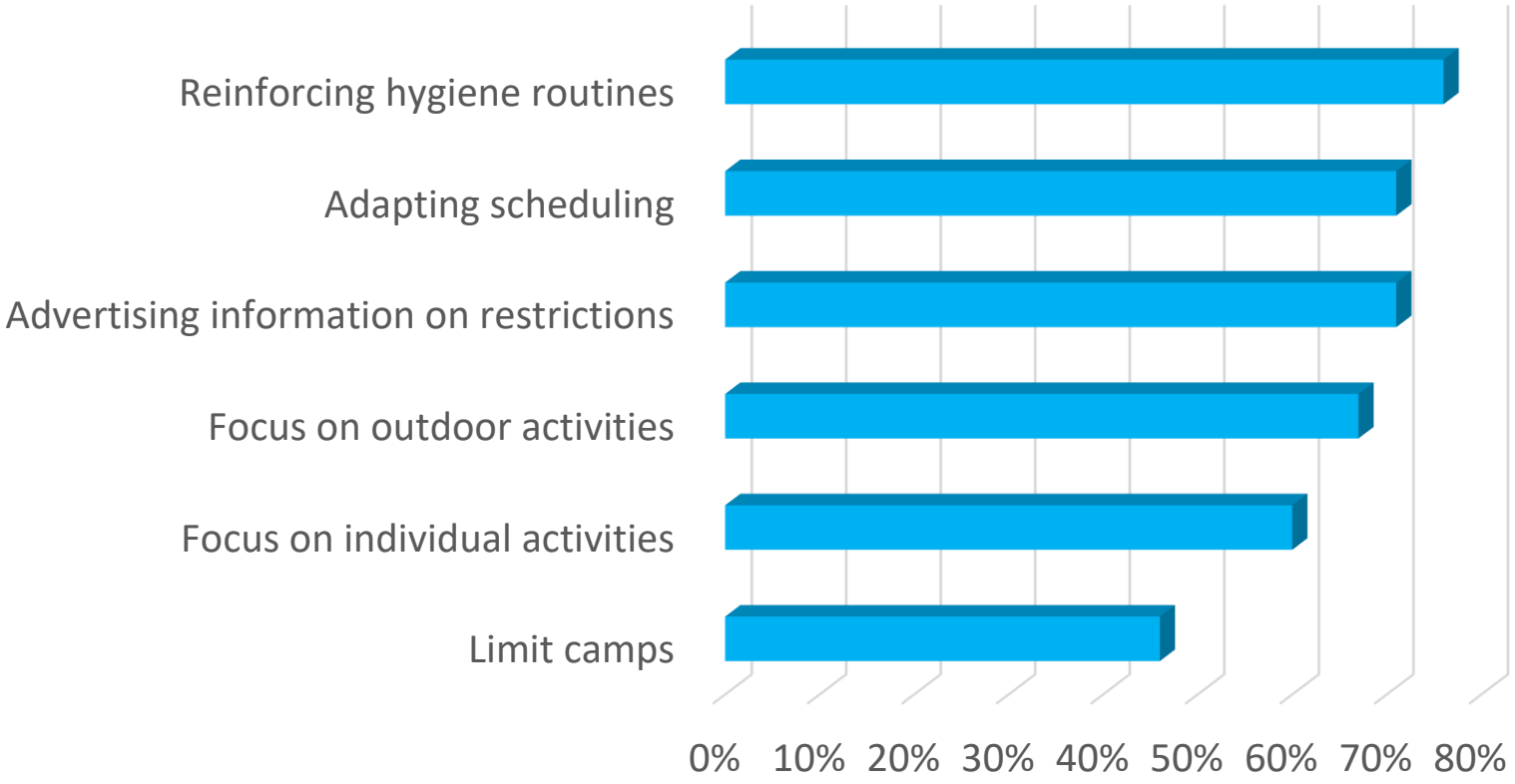
Figure 6: Impact of pandemic on opportunities for PA in communities



Preliminary data, CFLRI Opportunities for PA in Canadian Communities, 2020-2021

Impact on programming

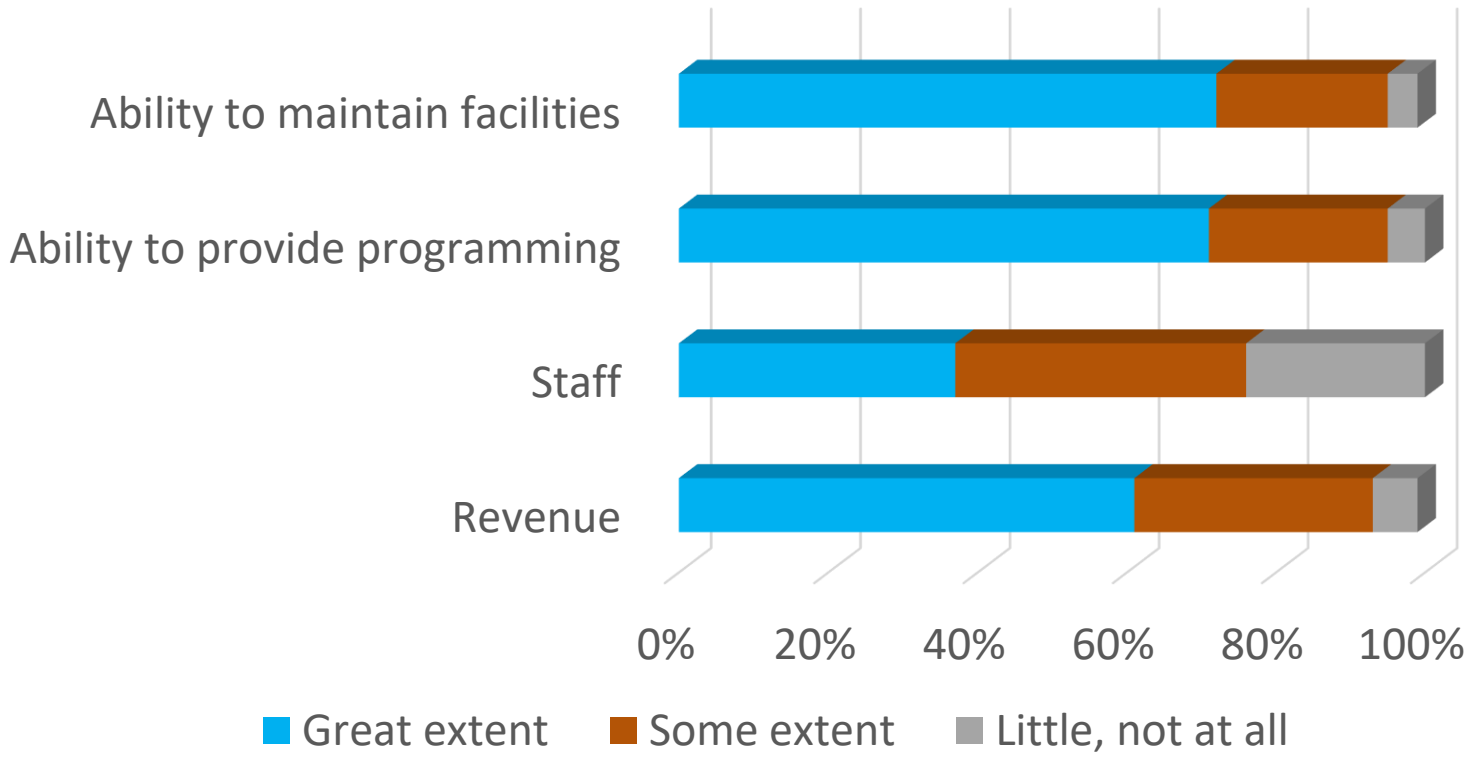
Figure 7: Pandemic impact on community programming



Preliminary data, CFLRI Opportunities for PA in Canadian Communities, 2020-2021

Impact on sport and recreation organizations

Figure 8: Impact of pandemic on sport and recreation organizations



Preliminary data, CFLRI Sport Organizations Survey, 2020-2021

Other types of data available soon

- Ratings of the importance of sport and PA in response to pandemic
- Attitudes about sport and PA during pandemic (contributing to health, having more time to participate, finding new ways to be active, affecting previous regimes)
- Mental health factors
- Perceptions about changes required in environments to ensure participants feel comfortable and safe to participate post-pandemic
- Supports for organization and municipalities to assist with pandemic recovery

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