

FACTS AND STATS



Families and Active Leisure in Canada (2017 Update)

54% Proportion of Canadians who reported being **at least “moderately active”**¹ during their leisure time in 2014.² This rate is higher for men than women (57% and 51%, respectively), declines on average after age 35³ and has been fairly constant since 2003, when it ranged from 50% to 55%.⁴

150 min Recommended amount of **moderate-to-vigorous physical activity (MVPA)** per week for all Canadians aged 18 to 79 to achieve health benefits. Children and youth (aged 5 to 17) have higher requirements, and it is recommended that they get 60 minutes of MVPA per day (420 minutes per week).⁵

18% Proportion of *all* Canadians aged 18 to 79 who **met the MVPA recommendations for physical activity** in 2015 – similar to the rate measured in 2009 (16%).⁶

12% and 4% Proportion of **young Canadians** aged 5 to 11 and 12 to 17, respectively, who **met the recommended 60 minutes of MVPA** per day in 2015.⁷ The rate for First Nations youth aged 12 to 17 living on reserve and in northern communities in Canada was nearly five times higher, at 65%.^{8,9}

36% Proportion of parents in Canada with children aged 5 to 17 who reported in 2014–2015 that they **play active games with their kids**.¹⁰

63% Proportion of parents in Canada who said in 2014–2015 that their child(ren) **play outdoors after school hours**.¹¹

77% Proportion of children and youth aged 5 to 19 who reported in 2014–2015 that they participate in **organized physical activities or sport**.¹² One-quarter (25%) of surveyed families with children/youth **living with disabilities** said their child participates in sports.¹³

8 in 10 Proportion of surveyed parents in Canada who reported in 2010–2011 that they **financially support** their children’s physical activity.¹⁴

58% Proportion of surveyed Canadians who cite **cost** as the **main factor preventing children’s participation in organized sports** – far outranking all other potential barriers. More than 8 in 10 (82%) said they know a child who cannot participate in organized sports due to the cost.¹⁵

28% Amount by which studied Canadians were **less likely to report having a mood disorder** if they regularly participated in active environments.¹⁶

2,500 Average **extra number of steps taken per day** by children and youth who play outdoors during the afterschool period.¹⁷

¹ According to [Statistics Canada](#), "'moderately active' is equivalent to walking 30 minutes or more daily, or exercising for an hour at least three times a week." Physical activity done at work, in transportation or doing housework is excluded.

² Statistics Canada, "Physical Activity During Leisure Time, 2014," *Health Fact Sheets*, Statistics Canada catalogue no. 82-625-X (June 17, 2015), <http://bit.ly/2tGwofw>.

³ As reported by [Statistics Canada](#), the rate of Canadians who reported being at least "moderately active" during leisure time peaked for the 12-19 age group at 70%, stood at 57% among those aged 20 to 34 and then fell and remained between 48% and 52% for all age groups over age 34.

⁴ Statistics Canada, *Health Indicator Profile, Annual Estimates, by Age Group and Sex, Canada, Provinces, Territories, Health Regions (2013 Boundaries) and Peer Groups* (CANSIM Table 105-0501), page last updated March 4, 2016, <http://bit.ly/2tzEhoE>.

⁵ Statistics Canada, *Distribution of the Household Population Meeting/Not Meeting the Canadian Physical Activity Guidelines, by Sex and Age Group* (CANSIM Table 117-0019), page last updated April 19, 2017, <http://bit.ly/2sYfdJr>.

⁶ Ibid.

⁷ Ibid.

⁸ ParticipACTION, *2016 ParticipACTION Report Card on Physical Activity for Children and Youth* (June 2016), <http://bit.ly/2u4FICa>.

⁹ Self-reported data – use with caution.

¹⁰ ParticipACTION, 2016.

¹¹ Ibid.

¹² Canadian Fitness and Lifestyle Research Institute (CFLRI), "Participation in Organized Physical Activity and Sport," *Kids Can Play! Bulletin 2* (2016), <http://bit.ly/2t6l8pz>.

¹³ KidSport and CIBC, *CIBC – KidSport Report: Helping Our Kids Get Off the Sidelines* (July 2014), <http://bit.ly/2tGgG4g>.

¹⁴ ParticipACTION, "Are Canadian Kids Too Tired to Move? Results from the 2016 Report Card," *2016 ParticipACTION Report Card on Physical Activity for Children and Youth* (June 2016), <http://bit.ly/2v3FqCU>.

¹⁵ KidSport and CIBC, 2014.

¹⁶ Rachel C. Stone, Brad A. Meisner and Joseph Baker "Mood Disorders Among Older Adults Participating in Individual and Group Active Environments: 'Me' versus 'Us,' or Both?" *Journal of Aging Research* (2012), <http://dx.doi.org/10.1155/2012/727983>.

¹⁷ ParticipACTION, *2016 ParticipACTION Report Card on Physical Activity for Children and Youth*.