

Participation in organized sports, lessons and clubs

Health indicator report

Background

- The purpose of this health indicator report is to provide information about participation in organized sports, lessons and clubs among children and youth aged 3-17 who report participating in organized sports or clubs in the past 7 days.
- Participation in organized clubs and sports can have many physical, developmental, and social benefits for children and youth. For example, participation in organized sports can improve self-esteem, build teamwork and social skills, help children with self-discipline, and provide opportunity for physical activity.¹
- Research also suggests that participation in organized activities is often associated with positive mental health outcomes among children and adolescents.²
- This health indicator report uses data from the Canadian Health Survey on Children and Youth (CHSCY).

Key findings

- In 2019, 78% of Halton children aged 3-17 reported participating in physical activity with a coach/instructor, 81% reported participating in music, drama or art clubs or lessons, and 69% reported participating in other organized clubs, groups or programs in the past 7 days.
- Children in Halton were more likely than those in Ontario to report participating in music, drama or art clubs or lessons in the past 7 days.
- Halton children whose parents' highest level of education was high school or less were less likely to report participating in physical activity with a coach/instructor in the past 7 days compared to those whose parents had higher levels of education.

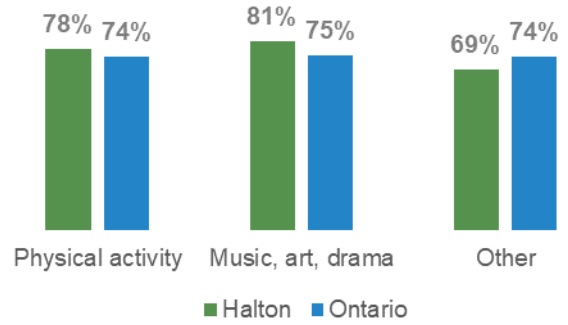
Estimates marked with an asterisk (*) should be interpreted with caution due to high variability.



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Halton vs. Ontario

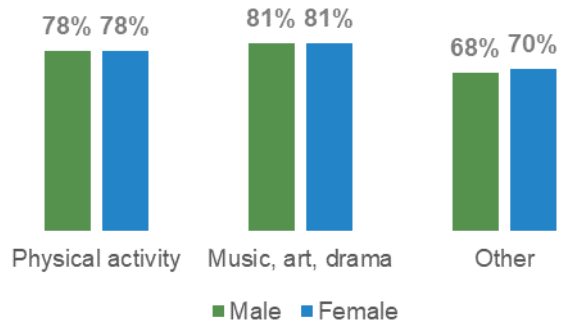
- In 2019, children aged 3-17 in Halton were more likely than those in Ontario to report participating in music, drama or art clubs or lessons in the past 7 days. This difference was **statistically significant**.
- There were no statistically significant differences between Halton and Ontario in the percentage of children aged 3-17 who reported participating in physical activity involving a coach/instructor, or other organized clubs, groups or programs in the past 7 days.



Percentage of children aged 3-17 who participated in physical activity; music, art or drama; or other organized clubs, groups or programs in the past 7 days, Halton Region and Ontario, 2019

Sex

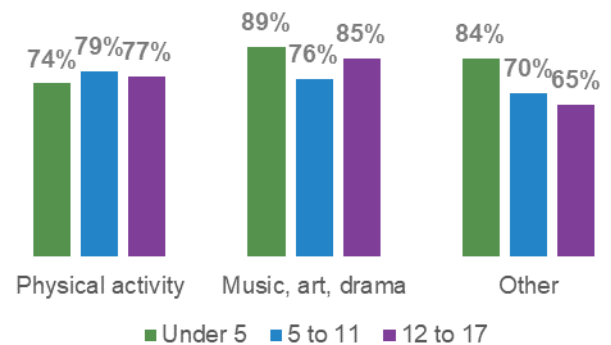
- In 2019, there were no statistically significant differences by sex in the percentage of children aged 3-17 who reported participating in physical activity involving a coach/instructor; music, drama or art clubs or lessons; or other organized clubs, groups or programs in the past 7 days.



Percentage of children aged 3-17 who participated in physical activity; music, art or drama; or other clubs, groups or programs in the past 7 days, by sex, Halton Region, 2019

Age

- In 2019, there were no statistically significant differences by age in the percentage of children aged 3-17 who reported participating in physical activity involving a coach/instructor; or music, drama or art clubs or lessons in the past 7 days.
- The percentage of children aged 3-17 who reported participating in other organized clubs, groups or programs in the past 7 days decreased as age increased, however these differences were not statistically significant.



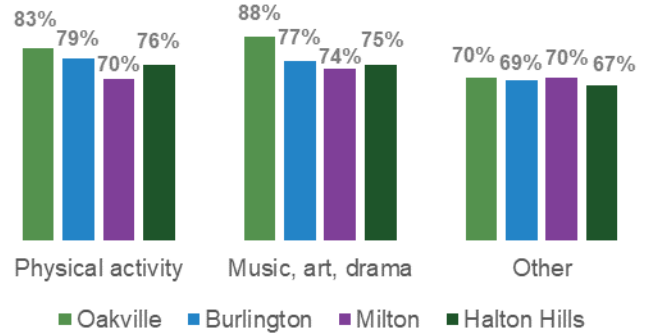
Percentage of children aged 3-17 who participated in physical activity; music, art or drama; or other organized clubs, groups or programs in the past 7 days, by age group, Halton Region, 2019



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Municipality

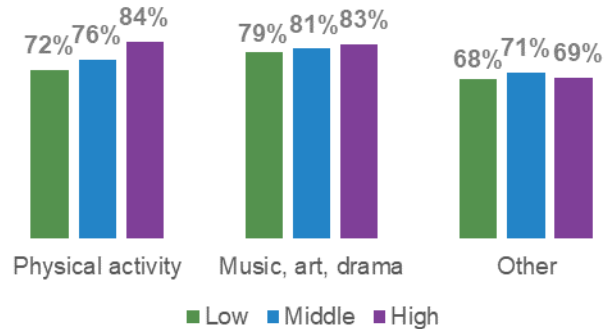
- In 2019, there were no statistically significant differences by municipality in the percentage of children aged 3-17 who reported participating in physical activity involving a coach/instructor; music, drama or art clubs or lessons; or other organized clubs, groups or programs in the past 7 days.



Percentage of children aged 3-17 who participated in physical activity; music, art or drama; or other clubs, groups or programs in the past 7 days, by municipality, Halton Region, 2019

Household income

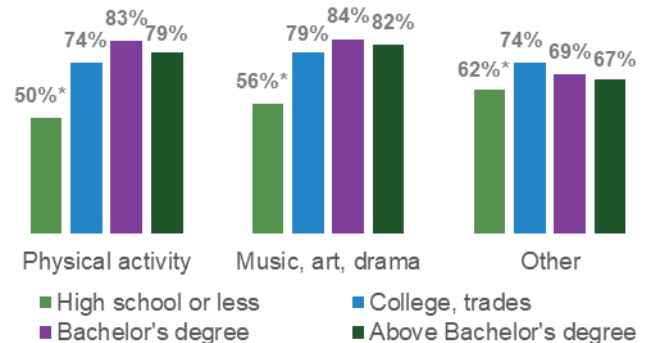
- In 2019, the percentage of children aged 3-17 who reported participating in physical activity involving a coach/instructor increased as household income increased, however this difference was not statistically significant.
- There were no statistically significant differences by household income in the percentage of children aged 3-17 who reported participating in music, drama or art clubs or lessons; or other organized clubs, groups or programs in the past 7 days.



Percentage of children aged 3-17 who participated in physical activity; music, art or drama; or other organized clubs, groups or programs in the past 7 days, by household income group, Halton Region, 2019

Parents' education

- In 2019, when compared to children whose parents had higher levels of education, children whose parents' highest level of education was high school or less were less likely to participate in physical activity involving a coach or instructor as well as in music, drama or art clubs or lessons within the past 7 days. These differences were **statistically significant** for physical activity involving a coach/instructor when comparing children whose parents' highest level of education was high school or less to those whose parents' highest level of education was a Bachelor's degree or above Bachelor's degree.



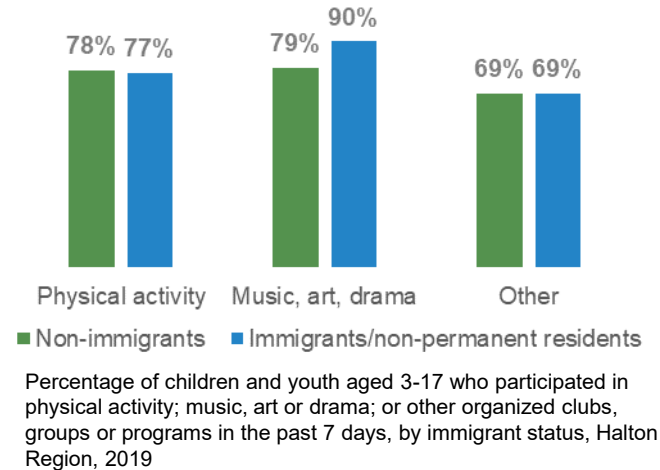
Percentage of children aged 3-17 who participated in physical activity; music, art or drama; or other clubs, groups or programs in the past 7 days, by parents' highest level of education, Halton Region, 2019



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Immigrant status

- In 2019, there were no statistically significant differences by immigrant status in the percentage of children aged 3-17 who reported participating in physical activity involving a coach/instructor; or other organized clubs, groups or programs, in the past 7 days.
- Children aged 3-17 who were immigrants or non-permanent residents were more likely than those who were born in Canada to report participating in music, drama or art clubs or lessons in the past 7 days, however these differences were not statistically significant.



About CHSCY

- The Canadian Health Survey on Children and Youth (CHSCY) explores issues that have an impact on the physical and mental health of children and youth. CHSCY was developed by Statistics Canada, the Public Health Agency of Canada, and the Offord Centre.
- CHSCY is an occasional and voluntary survey that is designed to provide reliable estimates at the provincial level and across age groups. CHSCY was first conducted in 2019 and included 50,000 children and youth ages 1-17 from across Canada's provinces and territories, including 1,138 children and youth in Halton and 22,651 children and youth in Ontario.³
- In 2019, CHSCY was administered as a cross-sectional survey, meaning that respondents were surveyed at a single point in time.³ In 2023, a longitudinal component is being added to the cross-sectional survey, and respondents from the previous cycle (2019) will be resurveyed to assess changes in health and well-being over time.⁴
- Two questionnaires were used to collect survey data. One questionnaire was administered to the Person Most Knowledgeable (PMK) about the selected child or youth aged 1 to 17.⁵ A separate questionnaire was administered directly to the selected youth aged 12 to 17.⁵ Youth aged 15 to 17 could be identified as their own PMK if they lived on their own or did not live with a parent.⁵
- For more information on CHSCY methodology and limitations, see the CHSCY Data Notes and Data Interpretation Guide at www.halton.ca/For-Residents/Public-Health/Health-Statistics.

Data notes

Definitions:

Physical activity includes physical activities involving a coach or instructor. **Music, art or drama** includes any music, drama or art club or lesson. **Other** includes any other organized clubs, groups or programs besides those involving physical activity, music, drama or art.

Data notes:

Participation in organized sports was reported by the Person Most Knowledgeable for children ages 3-11 and directly by youth for those ages 12-17.

Data Source: Canadian Health Survey on Children and Youth [2019], Statistics Canada, Share File, Ontario MOHLTC

Estimates marked with an asterisk (*) should be interpreted with caution due to high variability.

References

1. SickKids. 2014. Organized sports: A winning formula for children. Accessed November 2023 from <https://www.aboutkidshealth.ca/article?contentid=1953&language=english#:~:text=Organized%20sports%20can%20improve%20a,sport%20is%20afe%20and%20enjoyable>.
2. GrBoelens, M., Smit, M.S., Raat, H., Bramer, W.M., Jansen, W. 2022. Impact of organized activities on mental health in children and adolescents: An umbrella review. *Prev Med Rep* 25: 101687
3. Statistics Canada. 2019. Canadian Health Survey on Children and Youth. Accessed May 2023 from <https://www23.statcan.gc.ca/imdb/p2SV.pl?Function=getSurvey&Id=1215270>
4. Statistics Canada. 2023. Canadian Health Survey on Children and Youth. Accessed May 2023 from <https://www23.statcan.gc.ca/imdb/p2SV.pl?Function=getSurvey&SDDS=5233#a2>
5. Statistics Canada. 2020. 2019 Canadian Health Survey on Children and Youth (CHSCY): User Guide.

For more health indicator and health status reports, visit the Halton Health Statistics webpage at halton.ca.

Last updated: November 2023