Healthy Lifestyle

Healthy Lifestyle **>>** Participation **>>** **Physical Activities**

Issues Identified: Participating in recreational activities that involve physical exercise and fitness.

Proposed Indicator: **# 13 – Playing Sports**

Suggested Measure: Compare the desired participation rates in recreational activities with current participation rates.

Information Source: Existing data and suggested questions that could be used in a local survey are provided below. These are focused on children (6-14). Limitations to the existing data are noted below (see *).

A) RHS Adolescent/Adult/Child survey: http://www.naho.ca/firstnations/english/pdf/key_docs_adolescent.pdf
Question 68 - Outside of school hours, how often do you: …Take part in sports teams or lessons?
Note: Community level data for RHS survey exists; must be accessed by community.

B) http://www.statscan.ca/ >> (English / French) >> Community Profiles >> 2001 Aboriginal Peoples Survey Community Profiles >> Choose: Child / Saskatchewan / Choose a Community

How often child plays sports per week:	
Never or less than once (%)	
One or more times (%)	

C) For specific recreation information that includes past and upcoming events in the Athabasca region go to: http://www.nrcc.sk.ca/

How to use this measure:

Step 1) Identify the desired rate of participation in sports activities for the age group (example: 6-14; 15-18).

Step 2) Determine the current rate of participation for the age group, by using existing data (as in the table above) or by conducting a local survey. Suggested survey questions can be found in the Regional Health Survey (RHS) as well as the 2001 Aboriginal Peoples' Survey Community Profiles.

Step 3) Use the 'Indicator Calculation Tool' formula to calculate the measure.

Indicator Calculation Tool	Calculation Example
( ) current # of youth participating in sport activities	(375) current # of youth participating in sport activities
( ) desired # of youth participating in sport activities	(500) desired # of youth participating in sport activities
$$\frac{(\ \ )}{(\ \ )}$$ **X** 100 = % participating	$$\frac{375}{500}$$ **=** .75 **X** 100 = 75% participating

X = multiplied by   (   ) = Insert number here   ⎯⎯⎯ = divided by

What does this information mean?

Of the 500 identified as the desired participation number for the age group identified, 75% are currently participating in sports. This information could be used to set targets and determine what additional resources and strategies are needed to recruit the remaining 25% of youth into sports activities. Statistics on participation levels can be also used to support funding proposals.

** Limitations of the Existing Data:*

Existing data do not show the participation levels of all age groups, nor do they indicate the type of sports program or activities being participated in. As not all community members took part in the Regional Health Survey or the 2001 Aboriginal Peoples' Survey, the data may not accurately reflect the participation levels in a particular community, and should be used with caution.