

Sports: More than just a game



In 2023, **55%** of Canadians reported participating in at least one sport in the previous 12 months.

Men were more likely than women to participate in a sport.



Korean, Chinese and Arab Canadians were more likely than the overall Canadian population to participate in a sport.



TO EACH THEIR OWN SPORT!

Swimming was the most popular sport among women, while cycling was most popular among men.

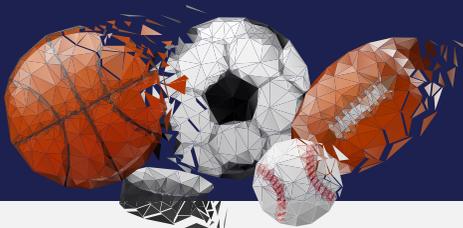
The most popular sport varied among the different racialized groups.

 **Swimming**
West Asians, Koreans

 **Cycling**
Latin Americans

 **Running**
South Asian, Chinese, Blacks, Southeast Asians, Japanese

 **Soccer** Arabs
 **Basketball** Filipinos



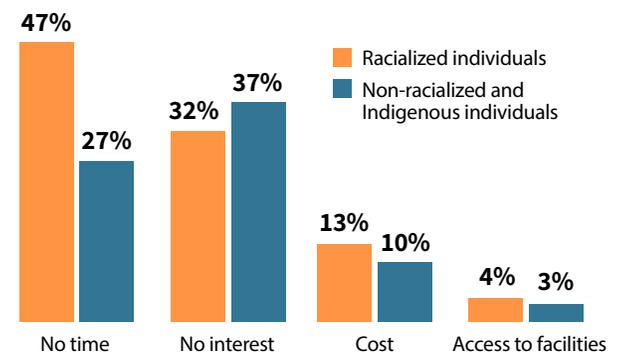
Racialized non-immigrants (66%) were more likely than racialized immigrants (48%) to participate in a sport.



Health and fun were the top reasons for participating in sports among all population groups.

THE SPRINT AGAINST TIME

Among both racialized women and men who said that they had not participated in sport in the previous 12 months, lack of time was the main reason given.



Note: The data in this infographic are for the population aged 15 years and older.
Source: Statistics Canada, Survey Series on People and their Communities – Sport, Workplace Culture, Political Engagement and Shared Values, 2023.