

Supplementary material

Étude des blessures subies au cours de la pratique d'activités récréatives et sportives au Québec (ÉBARS)

The *Étude des blessures subies au cours de la pratique d'activités récréatives et sportives au Québec* (ÉBARS) was a telephone-based survey focused on capturing self-reported injuries sustained during sport and recreation. Its primary objectives included estimating injury frequency requiring healthcare professional consultation and documenting participation in sport and recreation. As part of the methodology of the ÉBARS, the injury incidence rates, incorporating participation data, are extrapolated using statistical inference to represent the wider population.

Both ÉBARS (2009-2010 and 2015-2016) studies employed a two-stage proportionate stratified sampling plan. In the first stage, three region-based strata were formed: the Montreal census metropolitan area (CMA), other CMAs in Quebec, and the remaining areas of Quebec. Sample sizes in each stratum were determined proportionally based on the square root of the respective stratum's household count.

In the second stage, random sampling with variable age-based probabilities was employed. Over-sampling occurred for age groups 6-17 years and 18-34 years, recognized as more susceptible to sport-related injuries based on previous surveys. The objective was to survey a maximum of adults aged 18-74 years and systematically assess children aged 6-17 years within households.

An important distinction between the two editions of the ÉBARS lies in the survey methods: the 2015-2016 edition utilized both landlines and cellular phone lines, whereas the 2009-2010 edition exclusively used landlines.

People living in Nord-du-Québec, the Terres-Cries-de-la-Baie-James region, Nunavik and on First Nations reserves, as well as members of the Canadian Armed Forces, were excluded from the ÉBARS surveys. Respectively, 8513 and 9466 people aged 6-74 years were surveyed in 2009-2010 and 2015-2016. The ÉBARS methodology included applying survey weighting to extrapolate findings from the sample to the entire targeted population. While the methodology of the ÉBARS was designed for the sample to be as representative as possible of the population, certain limitations of the study such as low response rates (57.1 and 36.5%, respectively, in 2009-2010 and 2015-2016) may have impacted the representativeness of the sample. Despite these limitations, the ÉBARS data on sport and recreation participation are the most comprehensive available for the analyzed period and exhibit comparability between editions.

Reports (in French)

Étude des blessures subies au cours de la pratique d'activités récréatives et sportives au Québec en 2015-2016 :

https://www.inspq.qc.ca/sites/default/files/publications/2525_blessures_activites_recreatives_sportives.pdf

Étude des blessures subies au cours de la pratique d'activités récréatives et sportives au Québec en 2009-2010 :

<https://numerique.banq.qc.ca/patrimoine/details/52327/2222005>