

# Getting Kids Active!

2010-2011 PHYSICAL ACTIVITY MONITOR: FACTS & FIGURES



## Availability of programs and places to be active in the community

The 2010-2011 Physical Activity Monitor asked parents about the availability of programs and places in their local community their child can be active. The majority of parents (95%) indicate that there were parks and outdoor spaces available for their children to be active and 94% cited local public facilities and programs available to do physical activities and sports, such as municipal swimming pools, arenas, or leagues.

Just less than two-thirds of parents (63%) reported that there are commercial facilities (including YM/YWCAs) and programs available in their community. Finally, almost four out of five parents (79%) claimed that there were *other* places available in the community, such as school yards after hours, where their children can be active.

TABLE 1

Availability of programs and places to be active by region

	Compared to the national average	
	Relatively <i>more</i> parents indicate availability	Relatively <i>fewer</i> parents indicate availability
Parks and outdoor spaces	Yukon	Newfoundland and Labrador, Prince Edward Island, Nova Scotia, Manitoba, Northwest Territories
Public programs and facilities	Yukon	Newfoundland and Labrador, Prince Edward Island, New Brunswick
Commercial facilities	Ontario	Newfoundland and Labrador, Prince Edward Island, Manitoba, Saskatchewan, Yukon, Northwest Territories
Other places to be active in the community	Manitoba, Saskatchewan, Alberta, British Columbia, Yukon, Northwest Territories	Newfoundland and Labrador, Quebec

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### Child characteristics

Although there are no significant differences in the availability of programs and places to be active in the community by child's age and sex, there are differences related to sport participation.

Relatively more parents who have children that participate in sport indicate the availability of public programs and facilities for physical activity, and *other* places in their local community compared to parents whose children do not participate in sport.

### Parental characteristics

There are no significant differences in reported availability of places to be active with parent's sex, age, or employment status, however, differences do appear with parent's education level. More specifically, parents with a university education are more likely to indicate that there are public and commercial programs and facilities available, as well as other places in the community for their children to be active, compared to those with a high school education or less (high school only for other places).

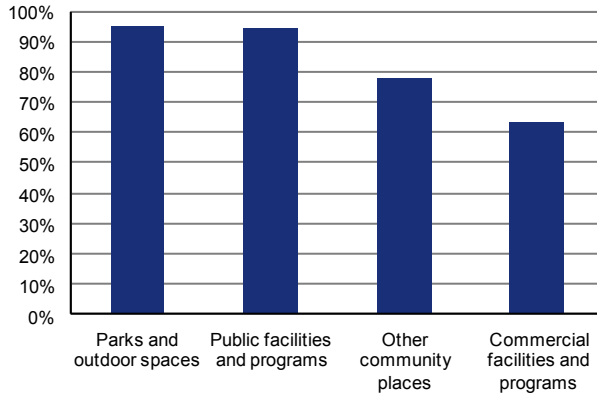
Similarly, a greater proportion of parents with a post-secondary education say that parks and outdoor spaces are available for sport and physical activity compared to parents with lower education.



A greater proportion of parents who are *at least* moderately active indicate that there are public physical activities and programs, parks and outdoor spaces, and other places to be active in the community for their children to participate in physical activities and sport compared to inactive parents. Similarly, relatively more parents who are moderately active indicate that commercial facilities and programs are available in the community compared to parents who are inactive.

FIGURE 1

Availability of programs and places to be active



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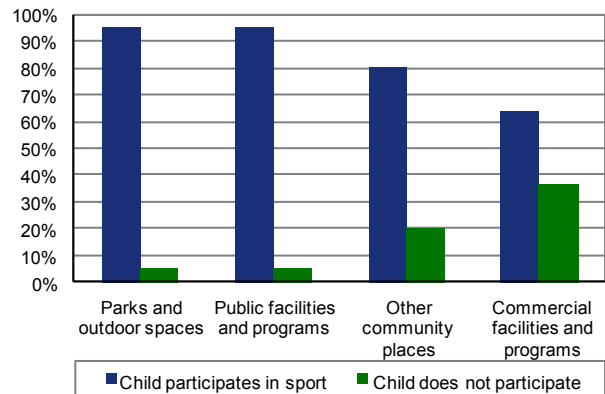
**Household characteristics**

A greater proportion of parents from the highest income households (highest income quartile, ≥\$100,000) cite the availability of public and commercial programs and facilities, as well as *other* places in the community to be active, compared to those with lower income (lowest two quartiles).

Parents residing in the smallest communities (less than 1,000 residents) are the least likely to indicate that there are public programs and facilities in their community, and those living in small communities (less than 10,000 residents) are also least likely to say that there are parks and outdoor spaces available for their children to be active. Similarly, parents in the smallest communities are also less likely than those in larger communities to say that there are other places to be active in the community, such as school yards after hours. There is a decrease in the proportion of parents who state that there are commercial programs and facilities available in the community with decreasing community size (from 76% of parents in the largest communities to 32% of parents from the smallest communities).

FIGURE 2

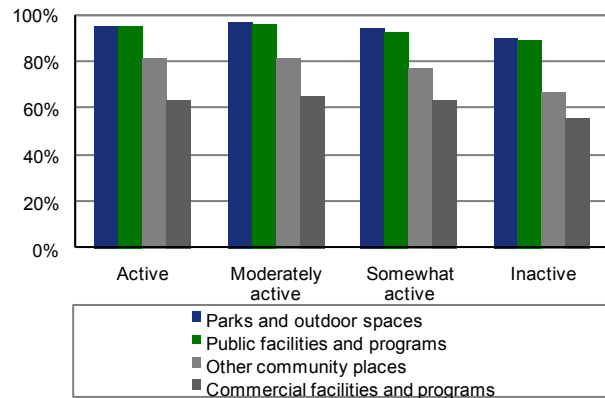
Availability of programs and places to be active by child's sport participation



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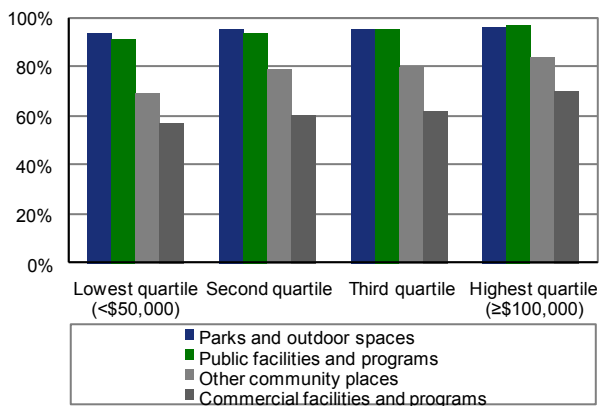
FIGURE 3

Availability of programs and places to be active by parent's activity level



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**FIGURE 4**  
Availability of programs and places to be active by household income



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