

Bulletin 6: Preferences for types of activities

2010-2011 Physical Activity Monitor



	Child prefers...		
	Physical activities	Quiet activities	Both quiet and physical activities
CHILD'S CHARACTERISTICS			
Total, 5 to 17 years			
Boys	27%	13%	59%
Girls	20%	19%	62%
5 to 12	26%	11%	63%
13 to 17	20%	23%	57%
Sport participation			
Yes, participates	27%	9%	64%
No, does not participate	14%	35%	51%
PARENT'S CHARACTERISTICS			
Total, 18+ years			
Fathers/male guardian	24%	17%	60%
Mothers/female guardian	24%	15%	61%
25 to 44	26%	13%	60%
45 to 64	21%	18%	61%
Education level			
Less than secondary	31%	18%	51%
Secondary	28%	17%	55%
College	23%	16%	61%
University	23%	15%	62%
Employment status			
Full-time/self-employed	24%	14%	62%
Part-time	23%	21%	56%
Student	-	-	48%
Homemaker	23%	17%	60%
Unemployed for some reason	23%	29%	48%
Retired	-	-	-
Activity level			
Inactive	21%	27%	53%
Somewhat active	21%	19%	61%
Moderately active	23%	15%	62%
Active	26%	13%	61%
HOUSEHOLD CHARACTERISTICS			
Household income			
Lowest quartile (<\$50,000/yr)	25%	19%	56%
2nd quartile (\$50,000-\$80,000)	25%	16%	60%
3rd quartile (\$80,000-\$100,000)	21%	13%	66%
Highest quartile (≥\$100,000/yr)	23%	15%	62%
Community size			
≥250,000 residents	21%	17%	62%
100,000-249,999	23%	16%	61%
10,000-99,999	24%	16%	60%
1,000-9,999	26%	15%	59%
<1,000 residents	28%	11%	61%

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Bulletin 6: Preferences for types of activities (cont'd)

2010-2011 Physical Activity Monitor



	Child prefers...		
	Physical activities	Quiet activities	Both quiet and physical activities
HOUSEHOLD CHARACTERISTICS			
Region			
Atlantic	26%	14%	60%
Newfoundland and Labrador	26%	12%	62%
Prince Edward Island	24%	14%	61%
Nova Scotia	26%	15%	59%
New Brunswick	26%	15%	60%
Quebec	25%	18%	57%
Ontario	24%	16%	60%
West	22%	14%	63%
Manitoba	24%	13%	63%
Saskatchewan	26%	11%	63%
Alberta	21%	15%	64%
British Columbia	22%	15%	63%
North	28%	12%	60%
Northwest Territories	25%	12%	63%
Yukon	29%	10%	61%
Nunavut	-	-	-

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Bulletin 6: Preferences for types of activities (cont'd)

2010-2011 Physical Activity Monitor



	When physically active, child prefers...			
	Organized sports and physical activities	Unorganized sport and physical activities	Both organized and unorganized	Neither organized nor unorganized
CHILD'S CHARACTERISTICS				
Total, 5 to 17 years				
Boys	18%	25%	52%	4%
Girls	23%	29%	45%	4%
5 to 12	15%	27%	55%	2%
13 to 17	28%	26%	39%	6%
Sport participation				
Yes, participates	25%	16%	57%	2%
No, does not participate	7%	60%	23%	10%
PARENT'S CHARACTERISTICS				
Total, 18+ years				
Fathers/male guardian	22%	28%	45%	5%
Mothers/female guardian	19%	26%	52%	3%
25 to 44	17%	27%	53%	3%
45 to 64	24%	26%	45%	5%
Education level				
Less than secondary	17%	34%	38%	-
Secondary	17%	31%	46%	6%
College	20%	27%	50%	4%
University	22%	25%	49%	3%
Employment status				
Full-time/self-employed	22%	27%	48%	3%
Part-time	18%	28%	47%	-
Student	-	-	-	-
Homemaker	-	27%	49%	-
Unemployed for some reason	-	30%	37%	-
Retired	-	-	-	-
Activity level				
Inactive	18%	29%	43%	10%
Somewhat active	21%	29%	47%	3%
Moderately active	22%	25%	49%	3%
Active	20%	26%	51%	3%
HOUSEHOLD CHARACTERISTICS				
Household income				
Lowest quartile (<\$50,000/yr)	18%	32%	43%	6%
2nd quartile (\$50,000-\$80,000)	17%	31%	49%	3%
3rd quartile (\$80,000-\$100,000)	19%	23%	56%	-
Highest quartile (≥\$100,000/yr)	26%	22%	49%	3%
Community size				
≥250,000 residents	21%	26%	49%	4%
100,000-249,999	22%	23%	51%	-
10,000-99,999	22%	26%	48%	4%
1,000-9,999	18%	30%	47%	4%
<1,000 residents	17%	31%	48%	-

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Bulletin 6: Preferences for types of activities (cont'd)

2010-2011 Physical Activity Monitor



	When physically active, child prefers...			
	Organized sports and physical activities	Unorganized sport and physical activities	Both organized and unorganized	Neither organized nor unorganized
HOUSEHOLD CHARACTERISTICS				
Region				
Atlantic	21%	29%	48%	3%
Newfoundland and Labrador	17%	29%	51%	-
Prince Edward Island	24%	24%	50%	-
Nova Scotia	23%	28%	46%	-
New Brunswick	20%	30%	48%	-
Quebec	23%	28%	45%	-
Ontario	20%	27%	49%	4%
West	19%	24%	52%	3%
Manitoba	21%	24%	52%	-
Saskatchewan	18%	20%	59%	-
Alberta	17%	27%	51%	4%
British Columbia	20%	23%	50%	-
North	17%	29%	52%	-
Northwest Territories	18%	25%	55%	-
Yukon	17%	26%	55%	-
Nunavut	-	-	-	-

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Bulletin 6: Preferences for types of activities (cont'd)

2010-2011 Physical Activity Monitor



	When active, child prefers...			
	Vigorous activities	Moderate activities	Both vigorous and moderate	Neither vigorous nor moderate
CHILD'S CHARACTERISTICS				
Total, 5 to 17 years				
Boys	33%	23%	41%	2%
Girls	22%	36%	39%	4%
5 to 12	28%	27%	43%	1%
13 to 17	26%	32%	36%	5%
Sport participation				
Yes, participates	31%	24%	43%	1%
No, does not participate	16%	44%	32%	8%
PARENT'S CHARACTERISTICS				
Total, 18+ years				
Fathers/male guardian	30%	30%	36%	4%
Mothers/female guardian	25%	29%	44%	3%
25 to 44	27%	29%	42%	2%
45 to 64	28%	29%	39%	4%
Education level				
Less than secondary	30%	31%	32%	-
Secondary	27%	28%	40%	5%
College	27%	30%	40%	3%
University	28%	29%	41%	2%
Employment status				
Full-time/self-employed	28%	29%	41%	2%
Part-time	24%	30%	43%	-
Student	-	-	-	-
Homemaker	20%	26%	52%	-
Unemployed for some reason	23%	43%	25%	-
Retired	-	-	-	-
Activity level				
Inactive	22%	38%	33%	7%
Somewhat active	24%	33%	39%	4%
Moderately active	26%	29%	43%	2%
Active	30%	26%	41%	2%
HOUSEHOLD CHARACTERISTICS				
Household income				
Lowest quartile (<\$50,000/yr)	25%	34%	37%	5%
2nd quartile (\$50,000-\$80,000)	25%	31%	42%	2%
3rd quartile (\$80,000-\$100,000)	26%	31%	42%	-
Highest quartile (≥\$100,000/yr)	32%	26%	40%	3%
Community size				
≥250,000 residents	28%	29%	39%	3%
100,000-249,999	26%	31%	40%	-
10,000-99,999	28%	30%	40%	3%
1,000-9,999	27%	28%	42%	3%
<1,000 residents	28%	30%	40%	-

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Bulletin 6: Preferences for types of activities (cont'd)

2010-2011 Physical Activity Monitor



	When active, child prefers...			
	Vigorous activities	Moderate activities	Both vigorous and moderate	Neither vigorous nor moderate
HOUSEHOLD CHARACTERISTICS				
Region				
Atlantic	25%	28%	44%	3%
Newfoundland and Labrador	24%	29%	43%	-
Prince Edward Island	26%	27%	44%	-
Nova Scotia	25%	28%	44%	-
New Brunswick	26%	26%	46%	-
Quebec	26%	33%	38%	-
Ontario	28%	29%	39%	4%
West	27%	27%	43%	3%
Manitoba	26%	27%	45%	-
Saskatchewan	31%	25%	42%	-
Alberta	27%	27%	43%	-
British Columbia	27%	28%	42%	-
North	29%	22%	46%	-
Northwest Territories	29%	24%	45%	-
Yukon	27%	24%	47%	-
Nunavut	-	-	-	-

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Bulletin 6: Preferences for types of activities (cont'd)

2010-2011 Physical Activity Monitor



	When physically active, child prefers...			
	Competitive activities	Non-competitive activities	Both competitive and non-competitive	Neither competitive nor non-competitive
CHILD'S CHARACTERISTICS				
Total, 5 to 17 years				
Boys	24%	26%	47%	3%
Girls	15%	40%	42%	4%
5 to 12	16%	34%	47%	3%
13 to 17	25%	31%	40%	4%
Sport participation				
Yes, participates	24%	24%	51%	2%
No, does not participate	7%	60%	24%	9%
PARENT'S CHARACTERISTICS				
Total, 18+ years				
Fathers/male guardian	22%	32%	43%	4%
Mothers/female guardian	18%	34%	45%	3%
25 to 44	18%	34%	45%	3%
45 to 64	21%	31%	44%	3%
Education level				
Less than secondary	19%	32%	41%	-
Secondary	18%	32%	43%	7%
College	20%	32%	45%	4%
University	20%	34%	43%	2%
Employment status				
Full-time/self-employed	20%	32%	45%	3%
Part-time	14%	33%	47%	-
Student	-	-	-	-
Homemaker	16%	42%	39%	-
Unemployed for some reason	-	30%	39%	-
Retired	-	-	-	-
Activity level				
Inactive	16%	38%	39%	7%
Somewhat active	18%	35%	43%	3%
Moderately active	21%	32%	44%	3%
Active	20%	31%	46%	3%
HOUSEHOLD CHARACTERISTICS				
Household income				
Lowest quartile (<\$50,000/yr)	17%	37%	41%	5%
2nd quartile (\$50,000-\$80,000)	16%	37%	44%	4%
3rd quartile (\$80,000-\$100,000)	20%	31%	47%	-
Highest quartile (≥\$100,000/yr)	25%	29%	44%	2%
Community size				
≥250,000 residents	21%	33%	43%	3%
100,000-249,999	20%	28%	48%	-
10,000-99,999	20%	33%	44%	3%
1,000-9,999	16%	35%	44%	5%
<1,000 residents	23%	32%	43%	3%

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Bulletin 6: Preferences for types of activities (cont'd)

2010-2011 Physical Activity Monitor



	When physically active, child prefers...			
	Competitive activities	Non-competitive activities	Both competitive and non-competitive	Neither competitive nor non-competitive
HOUSEHOLD CHARACTERISTICS				
Region				
Atlantic	20%	31%	45%	4%
Newfoundland and Labrador	16%	34%	47%	-
Prince Edward Island	25%	31%	40%	-
Nova Scotia	23%	28%	45%	-
New Brunswick	18%	33%	46%	-
Quebec	18%	39%	39%	-
Ontario	20%	31%	46%	3%
West	20%	30%	46%	4%
Manitoba	22%	26%	47%	-
Saskatchewan	20%	25%	51%	-
Alberta	20%	33%	43%	-
British Columbia	19%	31%	46%	-
North	19%	30%	47%	-
Northwest Territories	18%	29%	49%	-
Yukon	17%	34%	47%	-
Nunavut	-	-	-	-

- Data not available due to insufficient data in cell.

Bulletin 6: Preferences for types of activities (cont'd)

2010-2011 Physical Activity Monitor



	Child prefers activities that...		
	Require a low level of skill	Constantly challenge skills	A combination of both
CHILD'S CHARACTERISTICS			
Total, 5 to 17 years			
Boys	11%	30%	59%
Girls	11%	25%	64%
5 to 12	10%	24%	66%
13 to 17	12%	33%	55%
Sport participation			
Yes, participates	6%	32%	62%
No, does not participate	24%	16%	60%
PARENT'S CHARACTERISTICS			
Total, 18+ years			
Fathers/male guardian	11%	27%	62%
Mothers/female guardian	11%	28%	61%
25 to 44	10%	25%	65%
45 to 64	12%	31%	58%
Education level			
Less than secondary	15%	27%	59%
Secondary	11%	25%	64%
College	10%	27%	62%
University	11%	29%	60%
Employment status			
Full-time/self-employed	10%	28%	63%
Part-time	13%	22%	65%
Student	-	-	60%
Homemaker	13%	29%	58%
Unemployed for some reason	-	26%	57%
Retired	-	-	55%
Activity level			
Inactive	16%	24%	60%
Somewhat active	13%	25%	62%
Moderately active	10%	26%	64%
Active	10%	30%	60%
HOUSEHOLD CHARACTERISTICS			
Household income			
Lowest quartile (<\$50,000/yr)	11%	27%	62%
2nd quartile (\$50,000-\$80,000)	12%	26%	61%
3rd quartile (\$80,000-\$100,000)	11%	25%	63%
Highest quartile (≥\$100,000/yr)	10%	31%	59%
Community size			
≥250,000 residents	11%	28%	61%
100,000-249,999	11%	24%	66%
10,000-99,999	10%	28%	62%
1,000-9,999	13%	29%	59%
<1,000 residents	10%	29%	61%

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Bulletin 6: Preferences for types of activities (cont'd)

2010-2011 Physical Activity Monitor



	Child prefers activities that...		
	Require a low level of skill	Constantly challenge skills	A combination of both
HOUSEHOLD CHARACTERISTICS			
Region			
Atlantic	10%	26%	64%
Newfoundland and Labrador	8%	27%	65%
Prince Edward Island	7%	26%	67%
Nova Scotia	11%	25%	64%
New Brunswick	11%	25%	63%
Quebec	12%	26%	62%
Ontario	12%	28%	59%
West	9%	28%	63%
Manitoba	8%	30%	62%
Saskatchewan	8%	26%	65%
Alberta	8%	30%	62%
British Columbia	10%	27%	63%
North	8%	30%	62%
Northwest Territories	10%	27%	64%
Yukon	-	29%	65%
Nunavut	-	-	-

- Data not available due to insufficient data in cell.