

# Getting Kids Active!

2010-2011 PHYSICAL ACTIVITY MONITOR: FACTS & FIGURES



## Children's use of places to be active in the community

Bulletin 7 of the 2010-2011 Physical Activity Monitor asked parents about the availability of programs and places in their local community that their child can be active, and Bulletin 9 will report on parents' views about how these places meet the children's needs. This bulletin further explores children's use of these places to be active.

Roughly one-third (37%) of parents say that their children *often* or *very often* use parks and outdoor spaces in their community, whereas 32% say that their children *sometimes* do, and 31% say that they *rarely* or *never* do. A greater proportion of parents in the Yukon say that their children *often* or *very often* use parks and outdoor spaces to be active, whereas a smaller proportion of parents in Prince Edward Island and New Brunswick say this, compared to the national average.

Less than one-third of parents (29%) report that their children *often* or *very often* use public facilities for physical activity and sport, whereas 32% *sometimes* use them, and 39% *rarely* or *never* use these facilities. Compared to the national average, relatively more parents from the Territories say that their children *often* or *very often* use public facilities to be active, whereas parents in the Territories and Newfoundland and Labrador are less likely than the average to say that their children *rarely* or *never* do.

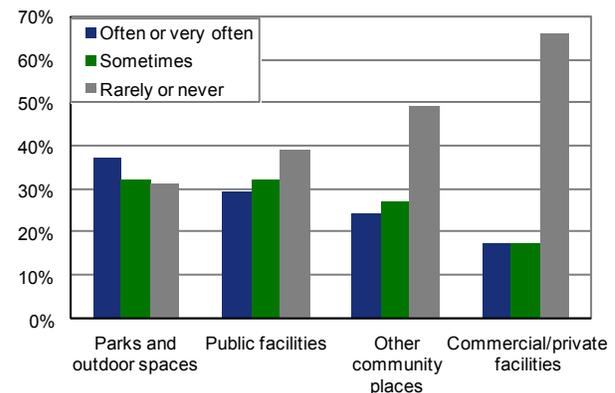
Equal proportions of parents say that their children *often* or *very often* use or *sometimes* use commercial/private facilities to be active (17% and 17%, respectively). The majority of parents (66%) say that their children *rarely* or *never* use these types of facilities. Compared to the national average, a greater proportion of parents in the Yukon say that their children *often* or *very often* use commercial/private facilities for physical activity and sport. A greater proportion of parents living in Quebec say that their children *rarely* or *never* use these types of facilities, whereas parents in Prince Edward Island and the Territories are less likely than the average to say this.

Almost one quarter (24%) of parents indicate that their children *often* or *very often* use other places to be active in the community (such as school yards after hours), 27% *somewhat* do, and 49% say that their children *rarely* or *never* use these types of places to be active. A greater proportion of parents from the Northwest

Territories say that their children *often* or *very often* use other places in the community to be active whereas relatively fewer parents in Alberta and the Territories say that their children *rarely* or *never* use this type of place to be active.

FIGURE 1

Use of places to be active, overall



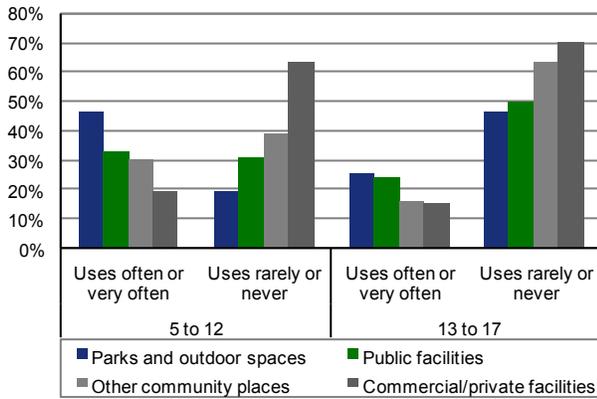
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## Child characteristics

Parents of boys are more likely to say that their children *often* or *very often* use public facilities for physical activity, whereas parents of girls are more likely to say that their children *rarely* or *never* use other places in the community to be active. A greater proportion of parents of younger children (5 to 12 years) indicate that their children *often* or *very often* use public physical activity and sport facilities, parks and outdoor spaces, and other places in the community to be active, whereas a greater proportion of parents of teens (13 to 17 years) say that their children *rarely* or *never* use these public facilities, commercial/private facilities, parks and outdoor spaces, and other places in the community.

FIGURE 2

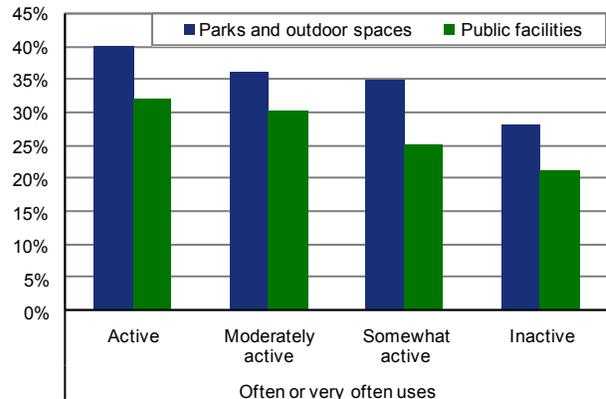
Use of places to be active, by child's age and gender



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FIGURE 3

Use of places to be active by parent's activity level



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Relatively more parents who have children that participate in sport indicate that their children *often* or *very often* use public and commercial/private facilities for physical activity, parks and outdoor spaces, and other places to be active in the community compared to parents whose children do not participate in sport.

**Parental characteristics**

Relatively more mothers say that their children *often* or *very often* use public facilities for physical activity and sport, whereas more fathers say that their children *rarely* or *never* use public facilities or commercial/private facilities. A greater proportion of younger parents (25 to 44 years) report that their children *often* or *very often* use public physical activity and sport facilities, parks and outdoor spaces, and other places to be active, whereas older parents are more likely to say that their children *rarely* or *never* use these places.

Relatively more parents with a high school education indicate that their children *rarely* or *never* use public facilities to be active compared to those with a university education. Compared to the average, a greater proportion of homemakers report that their children *often* or *very often* use parks and outdoors spaces to be active.

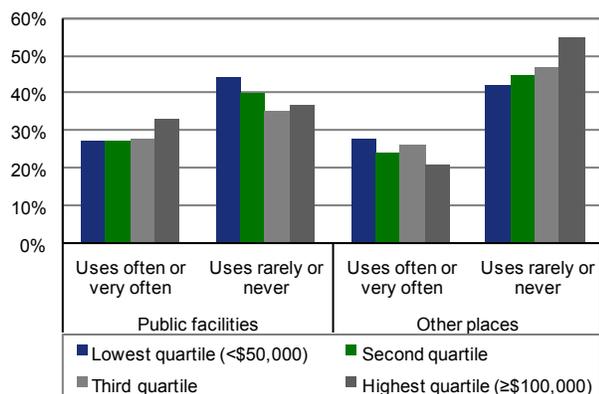
A greater proportion of parents who are active indicate that their children *often* or *very often* use public facilities for physical activity and sport and parks or outdoor spaces, compared to inactive parents.

**Household characteristics**

A greater proportion of parents from the highest income households ( $\geq \$100,000$ ) report that their children's *often* or *very often* use public physical activity and sport facilities, whereas those from lower income are more likely to say that their children *rarely* or *never* use these type of places. The opposite relationship appears when considering other places to be active in the community; parents from the lowest income households are more likely to say that their children *often* or *very often* use these types of places, whereas parents from the highest income households are most likely to say that their children *rarely* or *never* use this type of place to be active.

Parents residing in largest communities ( $\geq 250,000$  residents) are more likely to indicate that their children *often* or *very often* use parks and outdoor spaces to be active compared to those in smaller communities (those with 1,000 to 9,999 residents), whereas the opposite is true for those indicating that their children *rarely* or *never* use these places to be active.

FIGURE 4  
Use of places to be active by household income



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Production of this bulletin has been made possible through a financial contribution from the Public Health Agency of Canada, Sport Canada, and the Interprovincial Sport and Recreation Council. The views expressed herein do not necessarily represent the views of these agencies.