

# Getting Kids Active!

2010-2011 PHYSICAL ACTIVITY MONITOR: FACTS & FIGURES



## Satisfaction with 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. This bulletin further explores parent's views about how these places meet the needs of their children.

Roughly two-thirds of parents (64%) report that public facilities available for physical activity and sport meet the needs of their children *quite or very well*, whereas 22% indicate that they *somewhat* meet needs and 14% state that they *do not meet needs very well or at all*. Compared to the national average, relatively more parents from the Yukon say that the public facilities meet their children's needs *quite or very well*, whereas relatively fewer parents in Manitoba indicate this.

Similarly, roughly three out of five (61%) parents say that the parks and outdoor spaces in their community meet their children's needs *quite or very well*, 24% indicate that they *somewhat* do, and 15% of parents say that they *do not meet* their children's needs *well or at all*. Several differences appear regionally. Specifically, a greater proportion of parents in Alberta and the Yukon say that the parks and outdoor spaces in their community meet the needs of their children *quite or very well*, whereas a smaller proportion of parents in Newfoundland and Labrador, New Brunswick, Manitoba, and the Northwest Territories say this compared to the national average.

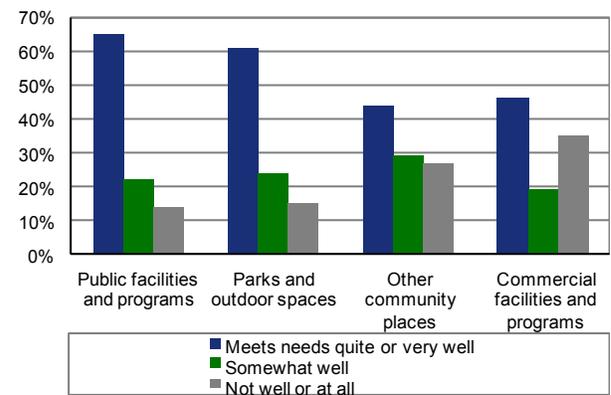
Almost half (46%) of parents indicate that commercial/private places for physical activity and sport meet their children's need *quite or very well*, 19% *somewhat well*, and 35% say that they *do not meet needs very well or at all*. A greater proportion of parents from the Yukon say that commercial/private facilities meet their children's needs *quite or very well*, whereas relatively fewer parents in Quebec indicate this. On the contrary, a greater proportion of parents in Quebec say that these facilities *do not meet* their children's needs *very well or at all*, whereas parents in Prince Edward Island and the Yukon are less likely than the average to say this.

Slightly more than two out of five parents (44%) state that other places to be active in the community (such as a school playground used outside of school hours) meet their children's activity needs *quite or very well*, whereas 29% of parents say that they *somewhat*

meet needs, and 27% indicate that they *do not meet needs very well or at all*. Compared to the national average, a greater proportion of parents in Alberta and the Yukon say that these other places meet their children's needs *quite or very well*. Parents in Prince Edward Island, Alberta, and the Yukon are less likely than the average to say that these places *do not meet* their children's needs *very well or at all*.

FIGURE 1

Level of satisfaction with places to be active, overall



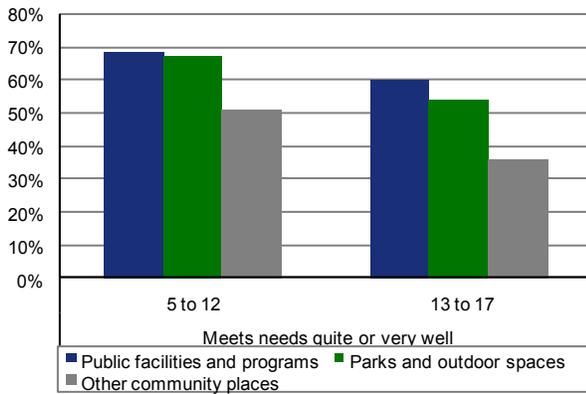
Physical Activity Monitor 2010-2011, CFLRI

## Child characteristics

Parents of girls are more likely to say that other places to be active in the community (such as a school playground used outside of school hours) *do not meet the needs* of their children *very well or at all*, compared to boys. A greater proportion of parents of younger children (5 to 12 years) indicate that public physical activity and sport facilities, parks and outdoor spaces, and other places in the community to be active meet their children's needs *quite or very well*, whereas a greater proportion of parents of teens (13 to 17 years) say that these types of places *do not meet* their children's needs *very well or at all*.

FIGURE 2

Level of satisfaction (meets needs quite or very well) with places to be active by child's age



Physical Activity Monitor 2010-2011, CFLRI

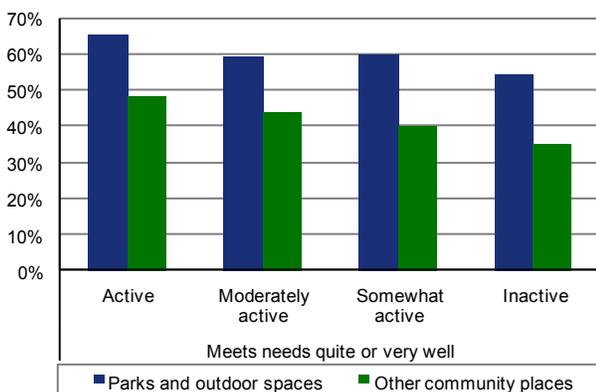
Relatively more parents who have children that participate in sport indicate that the public and commercial/private facilities for physical activity and sport, parks and outdoor spaces, and other places to be active in the community meet their children's needs *quite* or *very well* compared to parents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

**Parental characteristics**

Relatively more mothers say that the parks and outdoor spaces meet their children's needs *quite* or *very well*. A greater proportion of older parents (45 to 64 years) report that the public physical activity and sport facilities, local parks and outdoor spaces, and other places to be active *do not meet* their children's needs *very well* or *at all* compared to younger parents (25 to 64 years), whereas these younger parents are more likely to say that the parks and outdoor spaces, and other places in the community to be active meet their children's needs *quite* or *very well*. A greater

FIGURE 3

Level of satisfaction (meets needs quite or very well) with places to be active by parent's activity level



Physical Activity Monitor 2010-2011, CFLRI

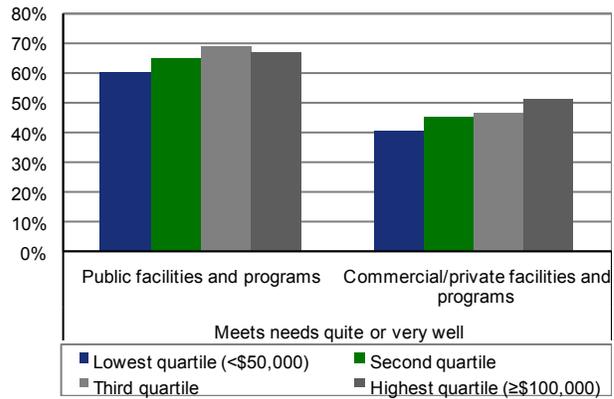
proportion of parents who are active indicate that the parks and outdoor spaces, and other places to be active in the community meet their children's needs *quite* or *very well* compared to inactive parents.

**Household characteristics**

A greater proportion of parents from the high income households ( $\geq \$80,000$ ) report that public physical activity and sport facilities meet their children's needs *quite* or *very well*, whereas those from lower income (lowest quartile  $< \$50,000$ ) are more likely to say that they *do not meet* their children's needs *very well* or *at all*. Similarly, parents from the highest income households say that commercial/private physical activity and sport facilities meet their children's needs *quite* or *very well* compared to those from the lowest quartile.

FIGURE 4

Level of satisfaction (meets needs quite or very well) with places to be active by household income



Physical Activity Monitor 2010-2011, CFLRI

Parents residing in larger communities ( $\geq 10,000$  residents) are more likely to indicate that public facilities in their community meet their children's needs *quite* or *very well* compared to those in smaller communities. Similarly, a greater proportion of parents living in the largest communities ( $\geq 250,000$  residents) say that the parks and outdoor spaces meet the needs of their children *quite* or *very well* compared to those living in communities with less than 10,000 residents.

**CANADIAN FITNESS & LIFESTYLE RESEARCH INSTITUTE**

201-185 Somerset Street West • Ottawa, ON K2P 0J2 • (613) 233-5528 • info@cflri.ca  
<http://www.cflri.ca/>



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.