

Bulletin 11: Reasons for participating in physical activity

2010-2011 Physical Activity Monitor



	Child participates in activities...					
	For personal satisfaction	To help accomplish a specific goal	Because his/her friends do	To please others (including teachers)	For all of these reasons	For none of these reasons
CHILD'S CHARACTERISTICS						
Total, 5 to 17 years						
Boys	29%	13%	10%	4%	39%	5%
Girls	32%	13%	9%	4%	36%	6%
5 to 12	32%	11%	10%	3%	40%	5%
13 to 17	29%	16%	9%	5%	34%	6%
Sport participation						
Yes, participates	32%	14%	8%	2%	40%	3%
No, does not participate	26%	10%	14%	8%	30%	12%
PARENT'S CHARACTERISTICS						
Total, 18+ years						
Fathers/male guardian	28%	12%	11%	4%	38%	6%
Mothers/female guardian	33%	14%	9%	4%	36%	5%
25 to 44	29%	13%	10%	4%	39%	6%
45 to 64	33%	13%	9%	4%	35%	5%
Education level						
Less than secondary	17%	20%	12%	-	36%	-
Secondary	28%	15%	10%	5%	37%	6%
College	29%	13%	10%	4%	39%	5%
University	35%	12%	9%	3%	36%	5%
Employment status						
Full-time/self-employed	31%	12%	9%	4%	39%	5%
Part-time	35%	10%	8%	-	37%	-
Student	-	-	-	-	-	-
Homemaker	32%	-	-	-	33%	-
Unemployed for some reason	-	-	-	-	39%	-
Retired	-	-	-	-	-	-
Activity level						
Inactive	29%	12%	13%	-	33%	8%
Somewhat active	30%	13%	12%	5%	35%	6%
Moderately active	33%	12%	9%	4%	37%	5%
Active	31%	14%	8%	3%	39%	5%
HOUSEHOLD CHARACTERISTICS						
Household income						
Lowest quartile (<\$50,000/yr)	30%	14%	10%	5%	35%	6%
2nd quartile (\$50,000-\$80,000)	27%	14%	10%	4%	39%	6%
3rd quartile (\$80,000-\$100,000)	31%	15%	9%	-	38%	4%
Highest quartile (≥\$100,000/yr)	32%	11%	10%	3%	39%	4%
Community size						
≥250,000 residents	32%	11%	9%	4%	37%	6%
100,000-249,999	30%	14%	9%	-	40%	5%
10,000-99,999	32%	14%	8%	4%	36%	5%
1,000-9,999	27%	13%	11%	5%	37%	6%
<1,000 residents	30%	15%	10%	4%	37%	4%

- Data not available due to insufficient data in cell.

Bulletin 11: Reasons for participating in physical activity

2010-2011 Physical Activity Monitor



	Child participates in activities...					
	For personal satisfaction	To help accomplish a specific goal	Because his/her friends do	To please others (including teachers)	For all of these reasons	For none of these reasons
HOUSEHOLD CHARACTERISTICS						
Region						
Atlantic	25%	12%	11%	2%	45%	5%
Newfoundland and Labrador	24%	12%	11%	-	48%	-
Prince Edward Island	23%	8%	13%	-	48%	-
Nova Scotia	25%	10%	11%	-	45%	-
New Brunswick	27%	15%	11%	-	41%	-
Quebec	36%	19%	9%	4%	24%	7%
Ontario	30%	11%	10%	4%	39%	6%
West	28%	12%	9%	4%	43%	4%
Manitoba	24%	13%	9%	-	46%	-
Saskatchewan	27%	13%	12%	-	41%	-
Alberta	26%	13%	10%	-	41%	-
British Columbia	31%	10%	7%	-	45%	-
North	24%	9%	16%	5%	41%	
Northwest Territories	24%	10%	18%	-	40%	-
Yukon	27%	9%	7%	-	49%	-
Nunavut	-	-	-	-	-	-

- Data not available due to insufficient data in cell.