

Getting Kids Active!

2010-2011 PHYSICAL ACTIVITY MONITOR: FACTS & FIGURES



Methods for the 2010-2011 Physical Activity Monitor

The Physical Activity Monitors (PAM) are national, random-digit dialing telephone-based surveys of a representative population sample, which have been developed by the Canadian Fitness and Lifestyle Research Institute. The surveys strengths include its national scope and the fact that they are representative of various specific populations, however, the surveys are cross-sectional in nature so associations but not causal relationships may be determined.

The Physical Activity Monitors are funded by the Public Health Agency of Canada, Sport Canada of Canadian Heritage, and the provincial and territorial government departments responsible for physical activity, sport, and recreation through the auspices of the Interprovincial Sport and Recreation Council. The content in this bulletin series does not necessarily reflect the views of these organizations.

Questionnaire content

The 2010-2011 PAM focuses on physical activity and sport opportunities available to Canadian children and youth. The content was determined by the Institute in collaboration with the Monitoring Program Advisory Committee comprised of representatives of the government funders. The data from this study are published in a series of bulletins which are designed to describe prevalence data by updating previously released data where available on:

- Sport participation of children and youth
- Active pursuits after school
- Sedentary pursuits after school
- Access to after school programs
- Parental involvement in physical activity
- Physical environments support physical activity (public and commercial facilities and programs, local parks, other places to be active)
- Active transportation
- Preferences for types of activities
- Opportunities at school (physical education and other opportunities)
- Barriers

Data collection and survey design

Data for the 2010-2011 PAM was collected from April 2010 to March 2012. Interviewing for the Physical Activity Monitors was conducted by the Institute for Social Research (ISR) at York University, Toronto, Canada on behalf of the Canadian Fitness and Lifestyle Research Institute. The Physical Activity Monitors use Computer-Assisted Telephone Interviewing (CATI) software, which involves immediate data entry electronically and facilitates data quality by enabling coding through programmed lists or coding of question order. Through ISR, all survey questions as well as procedures undergo ethics review by the York University the *Human Participants in Research Committee*, York University's Ethics Review Board. This Review Board conforms to the standards of the Canadian Tri-Council Research Ethics guidelines. This iteration of the Physical Activity Monitor has also undergone and received ethics approval from Health Canada's Research Ethics Board.

The 2010-2011 PAM is designed to collect information on just over 7,000 young people aged 5 to 17 years, through parental reports. The Physical Activity Monitors sampling procedures usually apply a two-stage probability selection process to select a survey respondent. The first stage involves the selection of households by randomly selecting telephone numbers. The second stage of sample selection involves the random selection of an eligible respondent (18 years of age or older, who this iteration of the survey is also a parent or legal guardian) in the household. Information on the age, the number of such adults in the household is obtained, and when there is more than one eligible adult living in the household, a respondent is selected based on the nearest birthday, as this method yields a representative sample. For this survey, an eligible child aged 5 to 17 was also selected at random and data collected by proxy interview of the selected parent or legal guardian. Although the response rate varies year to year and is generally lower now than that experienced in 1995-1999, there is no indication that this has introduced a differential non response bias.¹



The final sample size for the 2010-2011 PAM was roughly 7,100. The sample take by region is shown in Table 1.

TABLE 1
Sample taken by region

| Region | Parents |
|---------------------------|---------|
| Canada | 7,104 |
| Atlantic | 1,796 |
| Newfoundland and Labrador | 453 |
| Prince Edward Island | 449 |
| Nova Scotia | 447 |
| New Brunswick | 447 |
| Quebec | 856 |
| Ontario | 1,734 |
| West | 1,800 |
| Manitoba | 448 |
| Saskatchewan | 447 |
| Alberta | 458 |
| British Columbia | 447 |
| North | 918 |
| Yukon | 449 |
| Northwest Territories | 447 |
| Nunavut | 22 |

2010-2011 Physical Activity Monitor, CFLRI

Data analysis

The samples for Physical Activity Monitors are generally designed to represent the adult population in Canada as a whole; in 2010-2011 it is designed to represent the population of young people 5 to 17 years old. The household weight is derived from the number of the adults in the household taking into account the number of households in the province or territory. The probability of a member of the household being selected varies inversely with the number of eligible people living in that household. Generally, the data is weighted to offset selection bias. A provincial weight is applied to the record to represent the provincial or territorial

References

¹ Craig CL, Cameron C, Griffiths J, Bauman A, Tudor-Locke C, Andersen RE. Non-response bias in physical activity trend estimates. *BMC Public Health*. 2009 Nov 22;9:425.

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population. The national sample weight is comprised of a household weight multiplied by a provincial weight. Finally, a post-stratified age and sex adjustment is made to the national sample weight to reflect the latest census distributions for age and sex (and in this survey of households with parents).

Given the nature of the sample design, complex sampling methods are required to take into account stratification by province or territory within Canada. As such, the Complex Sample cross tabulation procedure is used to calculate frequencies and prevalence estimates by participant characteristics. All numbers have a statistical error associated with them by virtue of the random selection of the sample. 'Don't know' and 'refused' generally amount to less than 3%. In such cases, these categories are excluded in analyses as they have a negligible effect on the estimates of the distribution of categories. With each estimate, 95% confidence intervals surrounding the estimates are used to determine significant differences between estimates.