

Getting Kids Active!

2010-2011 PHYSICAL ACTIVITY MONITOR: FACTS & FIGURES



Opportunities at school to be active

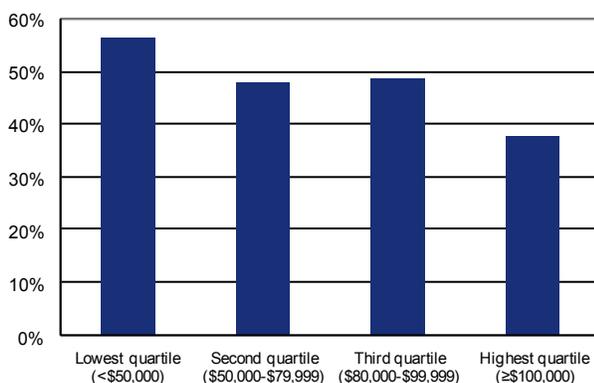
The 2010-2011 Physical Activity Monitor asked parents about certain opportunities at school to support their child being active. Specifically, parents were asked to indicate whether their children acquire sufficient amounts of physical activity through physical education classes offered at school. Parents were also asked to report on the availability of other physical activity and sports programs offered outside of these physical education classes. In addition, parents were asked whether their children participate in these programs and the extent to which these programs meet their children's physical activity needs.

Physical education classes

According to parents, 47% of children acquire enough activity through physical education classes offered at school. There are no regional, no age-related, and no-gender related differences with respect to parent's views about the amount of physical activity available through physical education programs. Parents from the highest income households (\$100,000 or more per year) are least likely to indicate that their children achieve adequate amounts of physical activity through physical education classes.

FIGURE 1

Physical activity available through physical education by household income



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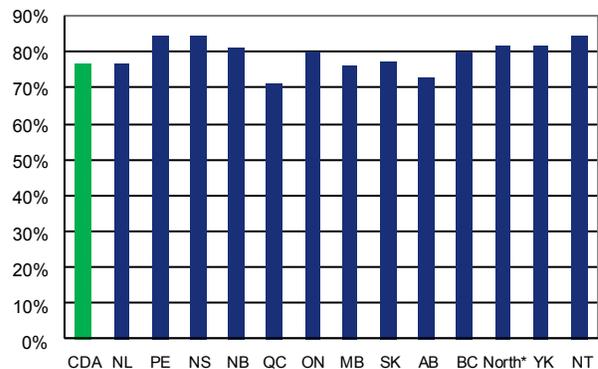
With increasing education level or increasing household income, there are general decreases in the proportion of parents who indicate that their children achieve adequate amounts of physical activity through physical education. Active parents are less likely to say that their children acquire enough physical activity through physical education classes at school compared to less active parents.

Other physical activity outside of physical education

Availability - The majority (77%) of parents also report that there are other physical activity and sports programs at their children's school outside of physical education classes. Regional differences in parent's reports about the availability of these programs exist. Compared to the national average, a greater proportion of parents living in Prince Edward Island, Nova Scotia, and Northwest Territories indicate the availability of these types of programs, whereas a lower proportion of parents residing in Quebec cite this. Slightly more mothers than fathers indicate that these programs are available at their children's school.

FIGURE 2

Availability of other physical activity and sport programming at school by region



* The North includes Nunavut, Northwest Territories, and Yukon. Data for Nunavut is suppressed in the chart due to cell size.

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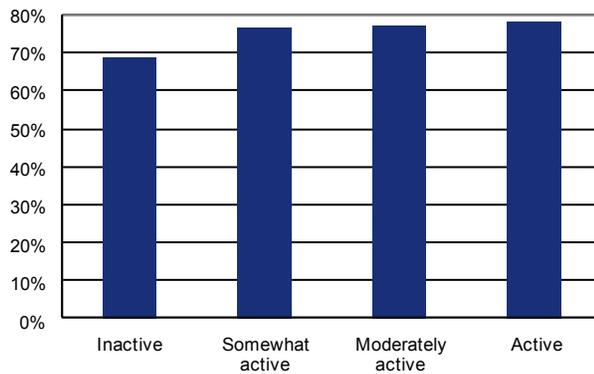


Older parents (45 to 64 years) and parents of older children (13 to 17 years) are more likely to report the availability of other physical activity and sport programs at their children’s school.

Parents from the highest income households are most likely to report the availability of other programs at school for physical activity and sport outside of physical education classes. Similarly, a greater proportion of parents with a post-secondary education report this compared to those with less than a high school education. A greater proportion of active parents indicate that these types of programs are available at school compared to inactive parents. Similarly, relatively more children and youth who participate in sport indicate that these programs are available compared to those who do not participate.

FIGURE 3

Availability of other physical activity and sport programming at school by parent’s activity level



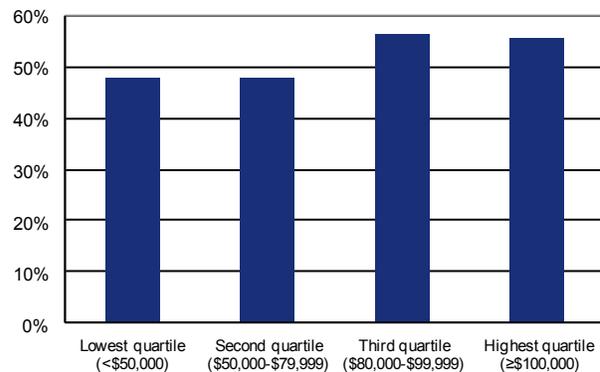
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Participation – More than a half of parents (53%) say that their children participate in the physical activity and sport programs (outside of physical education) at school. Compared to the national average, relatively more parents living in Saskatchewan and the Northwest Territories indicate that their children participate in these types of programs, whereas relatively fewer parents living in Quebec state this. Although there are no significant differences by children’s age, more boys than girls participate in these programs. A greater proportion of parents from the highest income households (\$100,000 or more per year) indicate that their children participate in these programs compared to those from lower incomes. Children who participate in sport are more likely than non-participants to also take part in these programs. Compared to parents who are somewhat active, relatively more active parents report that their children participate in these types of school programs, outside of physical education classes.

Meeting needs - When asked to indicate how well these school programs (outside of physical education classes) meet their children’s needs, 43% of parents say that the programs meet their children’s needs *quite or very well* whereas 19% indicate these programs *do not meet* their children’s needs *at all*. Roughly two in five parents (38%) say that these programs meet their children’s

FIGURE 4

Participation in other physical activity and sport programming at school by household income



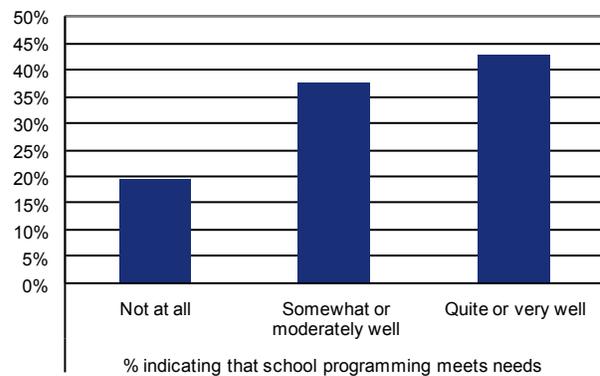
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needs *somewhat or moderately well*. Compared to the national average, relatively fewer parents living in Newfoundland and Labrador indicate that these programs meet their children’s needs *quite or very well*, whereas relatively more parents living in Quebec say this. On the contrary, parents living in Newfoundland and Labrador or British Columbia are more likely than the average to indicate that they *somewhat or moderately* meet their needs, whereas those residing in Quebec are less likely to say this.

A greater proportion of parents of older children (13 to 17 years) indicate that these other programs meet their children’s needs *quite or very well*, whereas parents of younger children are more likely to say that these programs meet their children’s needs *somewhat or moderately well*.

FIGURE 5

Other physical activity and sport programming at school meeting child’s needs, overall

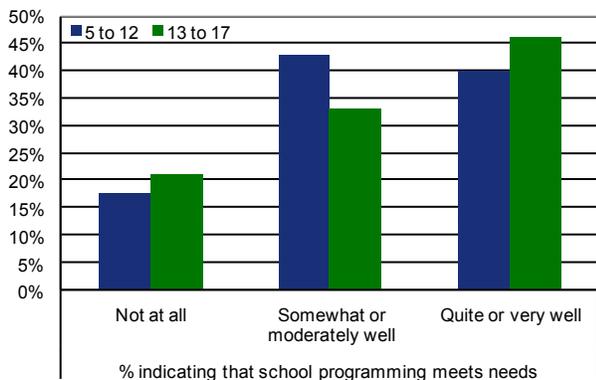


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Children who participate in sport are reportedly more likely to indicate that these other programs meet their activity needs *quite* or *very* well, whereas parents of children who do not participate are more likely to say that these programs *do not meet* their children’s needs *at all*.

FIGURE 6

Other physical activity and sport programming at school meeting child’s needs by child’s age



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