

Getting Kids Active!

2010-2011 PHYSICAL ACTIVITY MONITOR: FACTS & FIGURES



Children's active and sedentary pursuits during the after school period

The 2010-2011 Physical Activity Monitor examined young people's participation in a variety of activities during the after school period. Specifically, parents were asked to report on both active and sedentary pursuits. Active pursuits involve activities which require a higher energy expenditure such as doing chores, playing outdoors or participating in organized or unorganized physical activity and sport. Sedentary pursuits include activities such as watching TV, reading, or doing homework. For the purposes of the study, we define after school as the time between the end of the school day and before dinner.

According to parents, between the time that school ends and dinner:

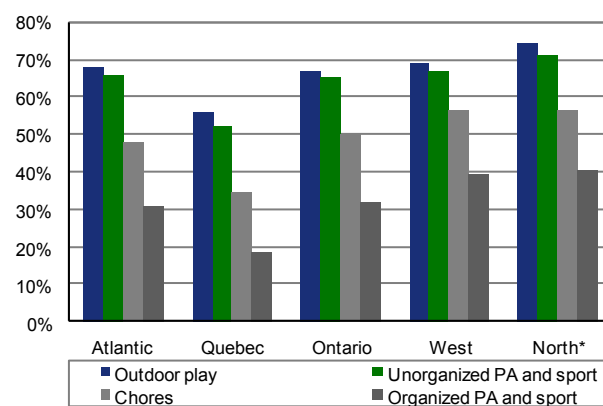
- 73% watch TV, read, or play computer/video games;
- 65% do homework;
- 65% play outdoors;
- 63% participate in unorganized physical activities or sport;
- 48% do chores;
- 31% participate in organized physical activities or sport.

Region

Regional differences in the types of activities children and youth engage in after school were apparent in 2010-11 and are listed in Table 1.

FIGURE 1

Participation in active pursuits after 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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Child characteristics

Differences in active and sedentary pursuits were apparent by child sex and age, notably, girls are more likely than boys to use the time after school to complete homework, whereas boys are more likely to spend this time engaged in unorganized activities and play outdoors.

TABLE 1 Regional differences in after school activities

After school activities	More likely to participate in activities**	Less likely to participate in activities**
Organized physical activity and sport	Newfoundland and Labrador, Saskatchewan, British Columbia, North*	New Brunswick, Quebec
Unorganized physical activity and sport	Newfoundland and Labrador, Saskatchewan, North*	Quebec
Outdoor play	Newfoundland and Labrador, North*	Quebec
Homework		Manitoba, Saskatchewan, North*
Chores	Manitoba, Saskatchewan, Alberta, British Columbia, North*	Quebec

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

**Compared to the national average

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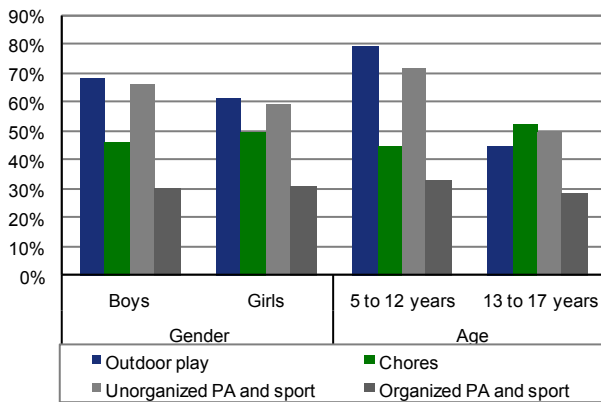
Older children (aged 13 to 17 years) are more likely to do chores after school whereas a greater proportion of young children (aged 5 to 12 years) play outdoors and participate in organized and unorganized physical activities and sports. With respect to sport participation, a greater proportion of children and youth that participate in sport also participate in organized and unorganized activities. Sport participants are also more likely to play outdoors and do homework during the after school period.

Parental and household characteristics

There were few differences by parental sex and age in the types of activities children and youth engage in after school, mainly; fathers are more likely to say that their children spend this time doing homework, and relatively more young parents (aged 25 to 44 years) compared to older parents (aged 45 to 64 years) say that their child plays outdoors or participates in unorganized activities after school. Participation in after school activities also varied by parent’s activity level, specifically, children of active parents are more likely to spend their time after school playing outdoors and to participate in organized and unorganized physical activity and sport; whereas, children of inactive parents are more likely to spend this time in sedentary activities (e.g., watching TV, reading, or playing video/computer games).

FIGURE 2

Participation in active pursuits by child’s age and sex



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Table 2 describes differences by parental and household characteristics in the types of activities children and youth engage during the after school period.

TABLE 2

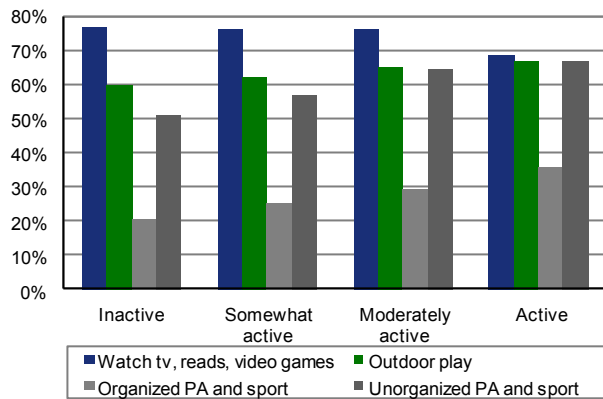
Socio-economic and demographic differences in the type of activities children and youth engage in after school

Time spent after school	Groups signifying a greater proportion
Homework	-Children in largest communities (≥250,000 residents) vs. those from smaller (1000-9,999 residents)
Watch TV, read, play video/computer games	-No significant differences
Chores	-Children from lowest income households (<\$50,000/year) vs. those from highest (≥\$100,000/year) -Children from the smallest communities (<1,000 residents) most likely -Children of retired parents* -Children of parents with a secondary level education or less (in fact those with parents with a university education are least likely to report this)
Play outdoors	-Children from lower income households (\$50,000-\$80,000/year) vs. those from the highest (≥\$100,000/year) -Children from small communities (<10,000 residents) vs. those from largest communities (≥250,000 residents)
Organized activities	-Children whose parents have a university level education compared to those with a secondary school education or less -Generally, increases with increasing parental income and education
Unorganized activities	-Children from small to medium sized communities (<100,000 residents) vs. those from the largest communities (≥250,000 residents)

*Compared to the national average

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FIGURE 3
Participation in certain active and sedentary pursuits after school by parent activity level



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