

Getting Kids Active!

2010-2011 PHYSICAL ACTIVITY MONITOR: FACTS & FIGURES



Access to after school programs

In the 2010-2011 Physical Activity Monitor, Canadian parents were asked to report on whether their child had access to supervised programs after school. According to parents, slightly less than one-third (30%) of children have access to such programs. When comparing to the national average, a greater proportion of parents residing in Newfoundland and Labrador, Yukon and the Northwest Territories report that their child has access to supervised programs after school, whereas Quebec residents are less likely to report this.

Parents were also asked to specify how many days their child attends an after school program, where it is offered and its primary purpose. With respect to how often their child attends a program:

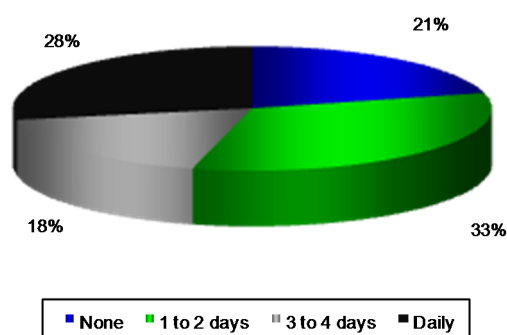
- 21% never attend;
- 33% attend 1 to 2 days per week;
- 18% attend 3 to 4 days per week; and
- 28% attend daily.

When looking at this by region, parents residing in Quebec are more likely than the average to indicate that their child participates in these programs *daily*, whereas children from the Northwest Territories are more likely to attend 3 or 4 days out of the week.

According to parents, the majority of these programs were offered at school (62%). To a lesser extent these programs were offered at a community or recreation centre (17%), home or daycare (9%), or offered elsewhere (13%). Compared to the national average, fewer parents in New Brunswick indicate that these programs are offered at school, whereas parents residing in Quebec were more likely to report this.

FIGURE 1

Number of days/week attending after school programs, overall

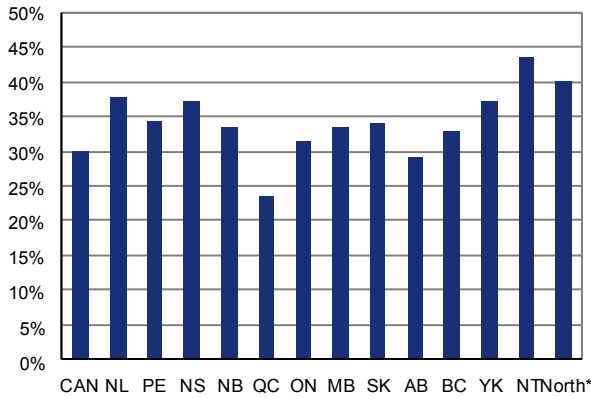


2010-2011 Physical Activity Monitor, CFLRI

Physical activity was most frequently cited by parents (41%) as the primary purpose of these after school programs, followed by daycare (29%), and homework or tutoring (17%). Few parents (13%) indicated that these programs served some other purpose. Parents also noted, however, that the majority of these programs (75%) included a physical activity component even if not for the primary purpose.

The primary purpose of after school programs also differed by region; specifically, parents from Newfoundland and Labrador and Saskatchewan were more likely to indicate that the physical activity was primary purpose of these programs, whereas Quebec residents were less likely to report this. Conversely, Quebec parents were more likely than Canadians overall to state that the intended purpose of the programs was to provide daycare. Two-thirds (67%) of parents report that the program charges a fee.

FIGURE 2
Access to after school programs by region

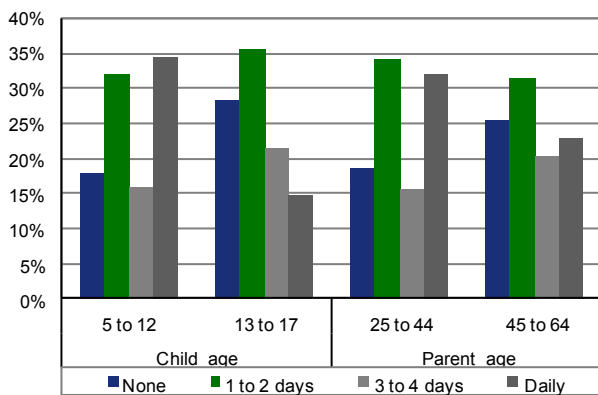


* The North includes Nunavut, Northwest Territories, and Yukon. Data for Nunavut is suppressed in the chart due to cell size.
2010-2011 Physical Activity Monitor, CFLRI

Child characteristics

According to parents, young children (aged 5 to 12 years) are more likely than older children (aged 13 to 17 years old) to have access to supervised after school programs. They are also more likely to attend these programs daily and to participate in programs that charge a fee. Older children, however, are more likely to never attend after school programs but are more likely than younger children to attend programs offered at school and to participate in programs where physical activity is the primary purpose (64% vs. 31%).

FIGURE 3
Number of days attending after school programs by child and parental age



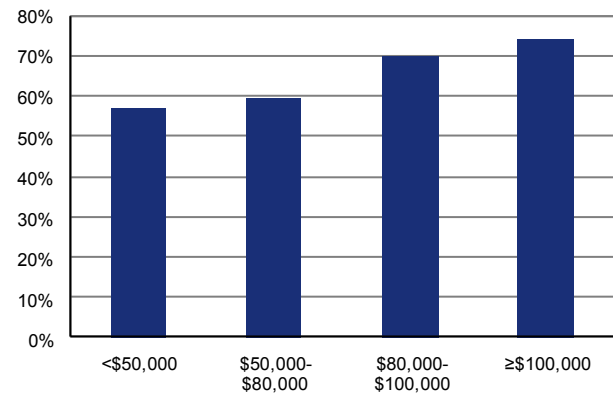
2010-2011 Physical Activity Monitor, CFLRI

Differences in availability of after school programs and attendance by child sport participation were also noted; specifically, children who are sport participants are more likely to have access to supervised after school programs, whereas non-participants are more likely to never make use of these after school programs.

Parent and household characteristics

No-age related differences in access to after school programs were apparent. Parents aged 25 to 44 years are more likely than their older counterparts (45 to 64) to indicate their child attends an after school program daily, and that the primary purpose is for daycare. Gender differences were apparent whereby fathers are more likely to report their child having access to supervised after school programs.

FIGURE 4
Percentage of children attending after school programs that require a fee by parental income



2010-2011 Physical Activity Monitor, CFLRI

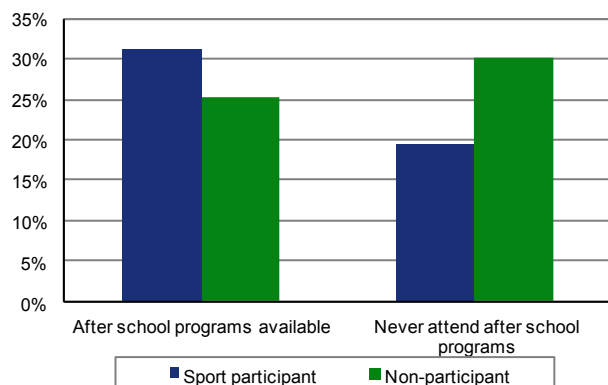
Table 1 lists additional parental and household differences in the availability, attendance, intended purpose, location and cost of after school programs by parental and household characteristics.

TABLE 1
Socio-economic and -demographic differences in availability and structure of after school programs

Groups signifying a greater proportion...	
Household income	
Children from highest income households (\geq \$100,000/year) (compared to those from lowest)	-never attend after school programs -attend programs that require a fee
Children from lowest income households ($<$ \$50,000/year) (compared to those from highest)	-attend once or twice a week
Parental education	
Children of parents with university level education	-indicate that these programs require a fee (compared to those with a secondary school education) -say that the primary purpose of the program is for daycare (compared to those with a college education)
Community size	
Children residing in the largest communities (250,000+ residents) (compared to those from smaller communities)	-have access to after school programs (vs. 10,000-99,999 and $<$ 1,000 residents) -attend programs that require a fee (vs. 1,000-9,999 residents)

Physical Activity Monitor 2010-2011, CFLRI

FIGURE 5
Percentage having access to and never using after school programs by child sport participation



2010-2011 Physical Activity Monitor, CFLRI

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.