

# Getting Kids Active!

2010-2011 PHYSICAL ACTIVITY MONITOR: FACTS & FIGURES



## Transportation among children and youth

The 2010-2011 Physical Activity Monitor explored modes of transportation among children and youth. Parents were asked to indicate how their children regularly commute to and from school. According to parents, 62% of children and youth (aged 5 to 17 years) use solely inactive means to travel to and from school, whereas approximately one-quarter (24%) use solely active modes. Fewer parents (13%) indicate that their child uses a combination of active and inactive modes of transportation to travel to school.

To further breakdown these categories, of the 24% that use only active modes of transportation to and from school, 21% only walk, 1% only bike and 3% use a combination of walking and bicycling. Of the 62% who use only inactive modes, 34% take a bus or train, 23% commute by car, and 5% use a combination of inactive modes.

### Region

Table 1 lists regional differences in the type of method of transportation used by children and youth to commute to and from school.

TABLE 1

Regional differences in transportation among children and youth

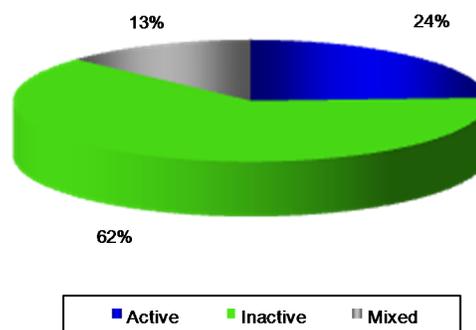
Method of transportation	More likely*	Less likely*
<b>Active only</b>	British Columbia	Newfoundland and Labrador, Prince Edward Island, Nova Scotia, New Brunswick, Yukon
Walking only	British Columbia	Newfoundland and Labrador, New Brunswick, Yukon
Biking only	-	-
Mixed active	-	-
<b>Inactive only</b>	Newfoundland and Labrador, Prince Edward Island, Nova Scotia, New Brunswick, Quebec, Yukon	British Columbia, Northwest Territories
Car	Alberta, British Columbia, Northwest Territories	Ontario
Bus/train	Newfoundland and Labrador, Prince Edward Island, Nova Scotia, New Brunswick, Quebec	Manitoba, British Columbia, Northwest Territories
Mixed inactive	Yukon	-
<b>Mixed active/inactive</b>	Northwest Territories	-

\*Compared to the national average

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FIGURE 1

Child's usual mode of transportation to and from school, overall

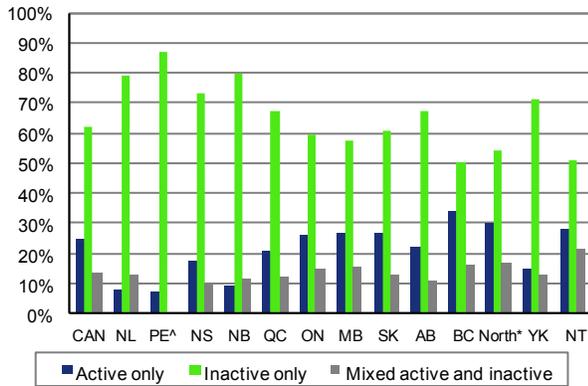


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FIGURE 2

Child's usual mode of transportation to and from school, by region



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

^Data unavailable due to cell size.

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Child characteristics

With respect to child's age and gender, boys are more likely than girls to use a combination of active modes (biking and walking) to commute to and from school. According to parents, children aged 5 to 12 years are more likely than their older counterparts (those aged 13 to 17 years) to travel to and from school by car only, whereas older children are more likely to travel by bus or to use a combination of inactive modes.

Parent and household characteristics

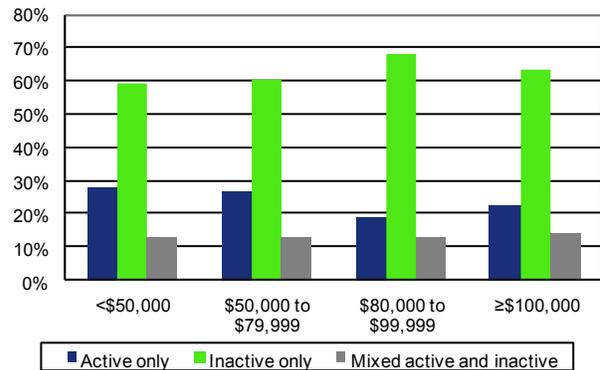
There were no significant differences in reports of child's usual mode of transportation to and from school with parent's age. Gender differences among parents were apparent, whereby fathers are more likely than mothers to indicate that their child travels by car.

A greater proportion of parents from the lowest income households (<\$50,000 annually) say that their children commute actively, and more specifically walk compared to those from higher income households (≥\$80,000 and \$80,000 to \$100,000 respectively). Conversely, parents from mid-to-high income households (\$80,000 to \$100,000 annually) are more likely than those from lower income households (<\$80,000 annually) to say their child uses solely inactive modes of transportation to commute to school. Specifically, children and youth from the highest income households (highest quartile, ≥\$100,000 per year) are more likely than those from the lowest (lowest quartile, <\$50,000) to commute by car. Parents with a university education are least likely to say their children commute by bus or train.

Children's transportation also varies by community size. There is a general increase in the proportion of parents saying that their children actively commute, and more specifically walking in particular, with increasing community size. Conversely, there is a general decrease in the proportion saying that their children usually use inactive modes of transportation with increasing community size, and in particular those indicating that their child commutes by bus or train. Parents in the some larger communities (≥250,000 and 10,000 to 99,999 residents), however, are generally most likely to indicate that their children take a car to get to and from school, whereas those in the smallest communities (<1,000 residents) are generally least likely to report that their child uses a mix of active and inactive mode of transportation.

FIGURE 3

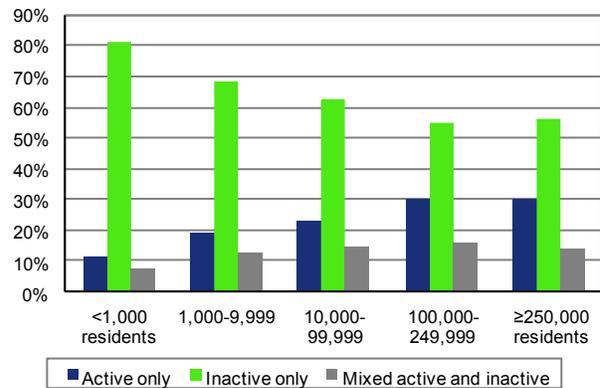
Child's usual mode of transportation to and from school, by household income



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FIGURE 4

Child's usual mode of transportation to and from school, by community size



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