



Kids CAN PLAY!

ENCOURAGING CHILDREN TO BE ACTIVE AT HOME, AT SCHOOL, AND IN THEIR COMMUNITIES

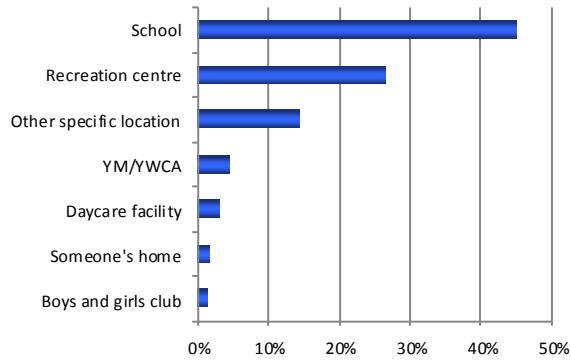
Primary location and fees for after school programming

The Canadian Fitness and Lifestyle Research Institute studies physical activity levels of children and youth through a study called CANPLAY (the Canadian Physical Activity Levels Among Youth Study) using pedometers to measure daily steps. The CANPLAY study also asked a subsample of Canadian parents about access to a supervised after school program for children and youth, and described these findings in an earlier bulletin in this series (Bulletin 6). Among the 52% of parents who indicated that their child had access to a supervised after school program, questions were also asked about the primary location of this programming. This current bulletin summarizes the study's findings in this regard.

Many after school programs are located in the school environment (45%), followed by a recreation centre (26%). Less than 5% operate out of an YW/YMCA (4%), daycare facility (3%), boys and girls clubs (1%), or in an individual's home (1%). In addition, 14% indicate another type of venue such as at a pool, rink, field and so on. Compared to the national average, a greater proportion of children and youth living in the Atlantic indicate that the after school program is primarily available at school, yet fewer living in the West indicate this. A greater proportion of children living in the West and North identify a recreation centre as the primary location of the after school program, compared to the national average.

FIGURE 1

Location of after school programming, overall



CANPLAY study, 2014-2015, CFLRI

Child characteristics

Relatively more girls than boys identified other type of venues such as a pool, arena, field, and so on as the primary location of the after school programs. Older teens (15 to 19 year olds) are more likely than young children (5 to 10 years) to indicate after school programs at school, whereas the opposite relationship is true for recreation centres. Children who participate in organized physical activity or sport in general are more likely to indicate other types of venues like a pool, arena, or field as examples, as the primary location of after school programs, compared to those who do not participate in organized activities.



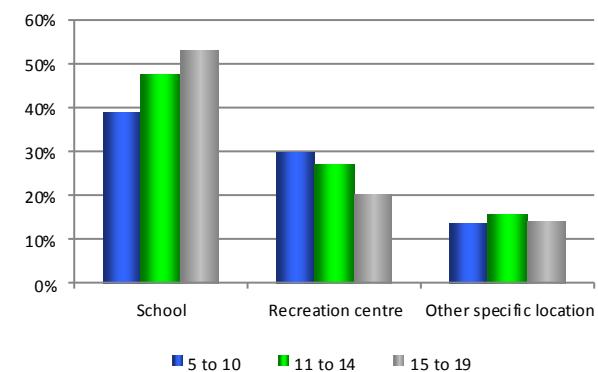
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FIGURE 2

Location of after school programming by age of child



CANPLAY study, 2014-2015, CFLRI

Parent and household characteristics

There are no significant differences in reported location of after school programs in relation to most parental and household characteristics. One exception, however, is that a greater proportion of children whose parents consider themselves substantially more active than their peers identify some other type of venue for after school programming compared to those whose parents consider themselves slightly less active.

Primary location of after school programming by steps taken daily

Overall average steps taken do not vary significantly based on primary location identified for the after school programming. Indeed, average steps taken are similar regardless of child, parent and household characteristics. One exception to this is among children living in the North, whereby children who identify after school programming at a recreation centre take more steps on average than those that identify school as a primary location.

From a different perspective, relationships between average steps taken and the child, parent, and household characteristics are generally similar within each location, with several exceptions.

Significant gender differences in steps that appear when the after school programming is at school are not significant when the programming takes place at a recreational facility. Similarly, the step differences between those who participate in organized physical activity generally and those who do not, is significant when the programming is at a recreational centre, however, is not significant when programming is at school. Income-related step differences also exist when the primary location is a recreation centre but is not significant when at school.

Fees for after school programming

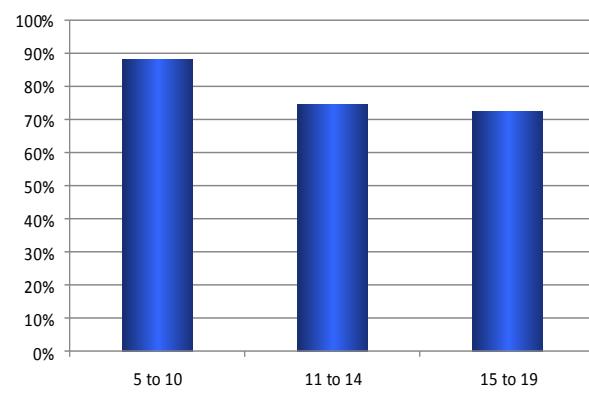
The majority of parents (80%) indicate that there is a fee charged for the after school programming. Parents living in the Atlantic and the North are less likely than the average to say that the after school programs charges a fee.

Child characteristics

Although there are no gender differences, age-related differences exist in reports of a levy on programming fees, whereby parents of younger children (5 to 10 year olds) are most likely to indicate this. A greater proportion of children who participate in organized physical activity and sport in general also indicate that the after school programming charges a fee.

FIGURE 3

Fees for after school programming by age of child



CANPLAY study, 2014-2015, CFLRI

Parent and household characteristics

Parents with a university education are most likely to indicate that a fee is levied for the after school programming. Similarly, those living in the highest income households are also more likely to report this compared to those living in households yielding a range of \$30,000 to \$59,999 per year.

Fees associated with after school programming by steps taken daily

There is no overall difference in the average steps taken between children who participate in after school programming with a fee or those without a fee. This lack of a significant difference also exists with all child, parent and household characteristics.

Relationships between the steps taken on average and child, parent, and household characteristics are generally similar between those who indicate that after school programming charge a fee and those who don't, with several exceptions. Gender differences in steps taken appear among children who say that after school programming charges a fee, however, these gender differences are not significant when the programming does not charge a fee. The step difference between those who participate in organized physical activity generally and those who do not is significant when the programming charges a fee, but is not significant when no fee is levied.

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