



OTHER CONSIDERATIONS



Participation in sedentary activities at school

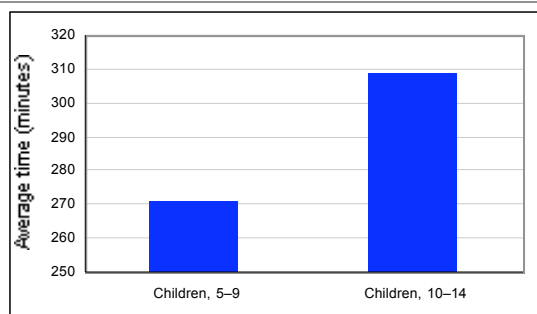
On average, parents report that children spend a total of 5 hours sitting at school on a typical school day.

Parental characteristics Parents living in communities with populations of 500,000 to 1,000,000 tend to say that their children spend fewer minutes sitting at school on average. Parents with a college or university education report that their children spend the least amount of time sitting at school on a typical school day. Homemakers report that their children spend the least amount of time sitting at school on a typical day whereas parents who are widowed, divorced or separated report that their children spend the most time sitting at school on a typical day.

Child characteristics Older children reportedly spend more time sitting at school on average than younger children do.

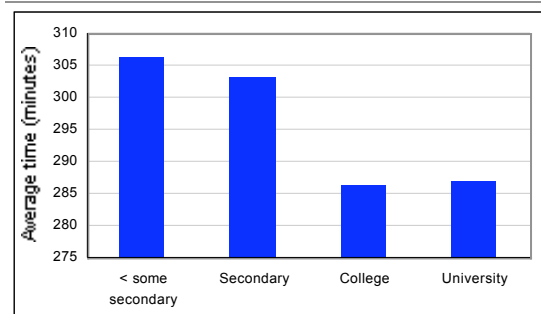
Implications These data are based on parents' reports and as such, likely represent a low estimate of the amount of time spent sitting at school. In a study examining the relationship between obesity, physical activity and hours of sleep in school children, excess weight was directly correlated with daily sitting hours.¹ This is an interesting result to keep in mind, as this study finds that on week days, Canadian children spend over half their waking hours sitting, with most school-time being sedentary, and after school hours spent watching television (2 hours), and playing video or computer games (one hour) (see topic entitled "Participation in sedentary activities at home"). Homework adds to this sedentary time. Furthermore, on the weekends, sedentary time at home increases substantially (see topic entitled "Participation in sedentary activities at home").

**SEDENTARY TIME AT SCHOOL
by child's age**



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**SEDENTARY TIME AT SCHOOL
by parents' education**



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Participation in sedentary activities at home

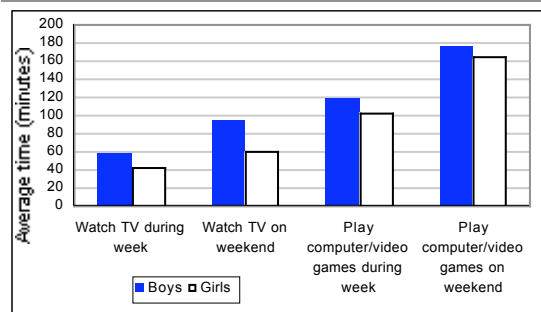
Overall, parents report that children spend almost 2 hours on average watching television and 50 minutes playing computer or video games on a typical day during the week. Children living in the Northwest Territories tend to spend the most time engaging in such activities during the week, with a reported daily average of 73 minutes playing computer of video games. On average, parents say that children spend a total of almost 3 hours per day watching television and 77 minutes on a typical weekend day playing computer/video games—together, an increase of nearly an hour and a half on average compared to time spent on these activities during the week.

Parental characteristics Mothers tend to report a significantly lower daily average of watching television and playing computer/video games during the week and weekend than do fathers. In general, children in families with higher incomes spend lower averages of time; parents in the highest income bracket report that children spend the least amount of time watching television on typical weekdays and weekend days. A similar relationship exists with respect to education, with those having a university education reporting that children spend the least amount of time watching television or playing computer/video games on a typical day during the week and weekend.

Child's characteristics On average, boys spend more time than girls watching television and playing computer/video games on both weekdays and weekend days. Older children tend to spend more time watching television and playing computer/video games on week and weekend days than do younger children.

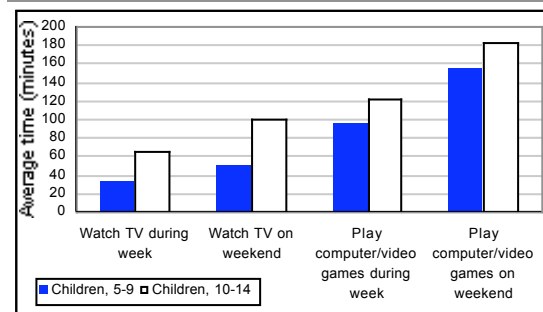
Implications Studies examining the relationship between television viewing and physical activity are generally mixed. However, Gortmaker (1996) found that time spent viewing television affects overweight among children and that reducing television watching could help prevent this.² Data from this survey reveal that older boys spend more time participating in sedentary activities and indeed prefer sedentary activities over active ones (see topic entitled “Barriers towards physical activity – prefer sedentary activities”). Data from other Canadian surveys are consistent with this finding, indicating that physical inactivity levels among children and youth tend to decrease with age.³ This underscores that a dual approach of increasing physical activity and decreasing television time is warranted to reduce address the issue of rising overweight and obesity.

**SEDENTARY BEHAVIOURS AT HOME
by child's gender**



2003 Capacity study of physical activity awareness, CFLRI

**SEDENTARY BEHAVIOURS AT HOME
by child's age**



2003 Capacity study of physical activity awareness, CFLRI

References

- ¹ Giugliano, R. and Carneiro, E.C. (2004). *Factors associated with obesity in school children*. Journal of Pediatrics (Rio J). 80(1): 17-22.
- ² Gortmaker, S.L., Must, A., Sobol, A.M., Peterson, K., Colditz, G.A., Dietz, W.H. (1996). Television viewing as a cause of increasing obesity among children in the United States, 1986-1990. Arch. Pediatr. Adolesc., 150, 356-362.
- ³ Craig, C.L., Cameron, C., Russell, S.J., & Beaulieu, A. (2001). *Increasing physical activity: Supporting children's participation*. Ottawa, ON: Canadian Fitness and Lifestyle Research Institute.

Participation in sedentary activities at school

2003 Capacity study of physical activity awareness, CFLRI

	Average mins
TOTAL, PARENTS (18+)	292
mothers	293
fathers	292
25–44	291
mothers	291
fathers	290
45–64	296
mothers	297
fathers	294
TOTAL, CHILDREN (5–14)	292
boys	293
girls	291
5–9	271
boys	272
girls	270
10–14	309
boys	308
girls	309
REGION	
East	282
Newfoundland	–
Prince Edward Island	–
Nova Scotia	–
New Brunswick	–
Quebec	296
Ontario	298
West	280
Manitoba	–
Saskatchewan	–
Alberta	281
British Columbia	277
North	284
Yukon	289
Northwest Territories	300
Nunavut	–
PARENT'S ACTIVITY LEVEL	
High	291
Moderate	294
Low	296
Lowest	288

– Data unavailable because of insufficient sample size.

Participation in sedentary activities at school (cont'd)

2003 Capacity study of physical activity awareness, CFLRI

	Average mins
<i>PARENT'S EDUCATION LEVEL</i>	
Less than secondary	306
Secondary	303
College	286
University	287
<i>HOUSEHOLD INCOME</i>	
< \$20,000	297
\$20,000–29,999	293
\$30,000–39,999	289
\$40,000–59,999	300
\$60,000–79,999	280
\$80,000–99,999	294
≥ \$100,000	282
<i>PARENT'S EMPLOYMENT STATUS</i>	
Full-time worker	294
Part-time worker	285
Unemployed	302
Homemaker	262
Student	–
Retired	–
<i>COMMUNITY SIZE</i>	
< 1,000	298
1,000–4,999	298
5,000–9,999	282
10,000–29,999	283
30,000–49,999	–
50,000–99,999	278
100,000–249,999	283
250,000–499,999	302
500,000–1,000,000	268
> 1,000,000	306
<i>FAMILY COMPOSITION</i>	
Living with a partner	290
Widowed, divorced, separated	308
Never married	289

– Data unavailable because of insufficient sample size.

Participation in sedentary activities at home

2003 Capacity study of physical activity awareness, CFLRI

	Watch television during week	Watch television on weekend	Play computer/ video games during week	Play computer/ video games on weekend
	Average mins	Average mins	Average mins	Average mins
<i>TOTAL, PARENT'S (18+)</i>	50	77	110	170
mothers	45	72	102	162
fathers	55	83	120	179
25-44	48	74	107	168
mothers	43	69	102	163
fathers	55	81	115	176
45-64	54	87	120	175
mothers	53	85	106	158
fathers	55	89	129	187
<i>TOTAL, CHILDREN (5-14)</i>	50	77	110	170
boys	57	93	117	175
girls	43	60	102	165
5-9	32	50	96	155
boys	39	64	96	154
girls	25	37	95	155
10-14	65	100	122	183
boys	70	116	133	191
girls	58	81	109	174
<i>REGION</i>				
East	50	90	120	190
Newfoundland	–	–	–	–
Prince Edward Island	–	–	–	–
Nova Scotia	–	–	–	–
New Brunswick	–	–	–	–
Quebec	48	74	108	165
Ontario	47	68	108	169
West	52	82	112	171
Manitoba	–	–	–	–
Saskatchewan	–	–	–	–
Alberta	50	80	99	152
British Columbia	44	66	119	176
North	58	88	105	179
Yukon	33	55	106	175
Northwest Territories	73	92	113	182
Nunavut	–	–	–	–
<i>PARENTS ACTIVITY LEVEL</i>				
High	48	72	110	170
Moderate	53	80	106	155
Low	54	82	111	179
Lowest	45	79	116	183

– Data unavailable because of insufficient sample size.

Participation in sedentary activities at home (cont'd)

2003 Capacity study of physical activity awareness, CFLRI

	Watch television during week	Watch television on weekend	Play computer/ video games during week	Play computer/ video games on weekend
	Average mins	Average mins	Average mins	Average mins
<i>PARENT'S EDUCATION LEVEL</i>				
Less than secondary	73	109	139	202
Secondary	59	89	119	190
College	47	71	112	165
University	40	66	96	153
<i>HOUSEHOLD INCOME</i>				
< \$20,000	57	96	142	203
\$20,000–29,999	46	69	117	199
\$30,000–39,999	60	82	122	184
\$40,000–59,999	51	88	113	167
\$60,000–79,999	50	76	109	166
\$80,000–99,999	53	70	107	173
≥ \$100,000	39	63	94	146
<i>PARENT'S EMPLOYMENT STATUS</i>				
Full-time worker	47	74	110	167
Part-time worker	57	82	112	174
Unemployed	72	102	132	199
Homemaker	49	81	94	160
Student	–	–	–	191
Retired	–	–	–	261
<i>COMMUNITY SIZE</i>				
< 1,000	61	95	126	199
1,000–4,999	51	78	109	160
5,000–9,999	48	75	84	151
10,000–29,999	46	72	120	195
30,000–49,999	40	60	133	162
50,000–99,999	57	92	114	186
100,000–249,999	43	56	113	170
250,000–499,999	40	64	104	154
500,000–1,000,000	48	78	96	150
> 1,000,000	53	83	113	178
<i>FAMILY COMPOSITION</i>				
Living with a partner	49	76	110	168
Widowed, divorced, separated	56	87	114	188
Never married	44	74	113	177

– Data unavailable because of insufficient sample size.