

## *Physical activity outside of school hours*

*2002 Health Behaviour in School-aged Children*

	<b>Activity Level</b>		
	<b>Higher</b>	<b>Moderate</b>	<b>Lower</b>
<i>TOTAL YOUTH</i>	34%	48%	19%
<i>AGE</i>			
11	31	50	20
12	31	49	20
13	34	49	17
14	37	46	17
15	35	44	21
<i>GRADE</i>			
6	31	50	19
7	31	49	20
8	36	46	18
9	36	47	18
10	35	43	22
<i>SEX</i>			
Boys	40	45	15
Girls	28	50	22
<i>PERCEIVED INCOME</i>			
Not very well off or not at all well off	32	48	21
Average	30	48	22
Quite or very well off	36	47	17
<i>SAFE NEIGHBOURHOOD</i>			
Never or only sometimes feel safe	30	45	26
Feel safe most of the time	31	50	19
Always feel safe	35	47	18
<i>NEIGHBOURHOOD IS A GOOD PLACE TO LIVE</i>			
OK, not that good or not good at all	28	47	24
Good place to live	31	49	19
Really good place to live	36	47	17

## *Sedentary behaviour*

2002 Health Behaviour in School-aged Children

	Hours per day watching TV, doing homework or using the computer		
	Less than 3 hours per day	3-6 hours per day	At least 6 hours per day
<i>TOTAL YOUTH</i>	7%	45%	48%
<i>AGE</i>			
11	10	45	45
12	8	46	46
13	5	46	49
14	4	42	53
15	6	46	48
<i>GRADE</i>			
6	10	45	45
7	6	47	47
8	4	44	52
9	5	44	52
10	6	46	48
<i>SEX</i>			
Boys	6	42	51
Girls	7	47	46
<i>PERCEIVED INCOME</i>			
Not very well off or not at all well off	8	43	49
Average	7	44	49
Quite or very well off	6	46	54
<i>SAFE NEIGHBOURHOOD</i>			
Never or only sometimes feel safe	7	39	54
Feel safe most of the time	6	45	49
Always feel safe	–	45	48
<i>NEIGHBOURHOOD IS A GOOD PLACE TO LIVE</i>			
OK, not that good or not good at all	6	40	54
Good place to live	6	45	49
Really good place to live	6	46	47

– Data unavailable due to insufficient sample size.

## *Class time physical activity*

2002 Health Behaviour in School-aged Children

	<b>Hours per week in class time physical activity</b>		
	<b>1 hour or less per week</b>	<b>2-4 hours per week</b>	<b>5 or more hours per week</b>
<i>TOTAL YOUTH</i>	45%	40%	15%
<i>AGE</i>			
11	50	39	11
12	48	40	12
13	43	44	13
14	41	44	15
15	43	34	23
<i>GRADE</i>			
6	50	38	12
7	45	43	12
8	41	46	12
9	40	41	19
10	45	27	27
<i>SEX</i>			
Boys	42	40	18
Girls	47	41	12
<i>PERCEIVED INCOME</i>			
Not very well off or not at all well off	49	37	14
Average	44	41	15
Quite or very well off	44	41	15
<i>SAFE NEIGHBOURHOOD</i>			
Never or only sometimes feel safe	49	34	17
Feel safe most of the time	43	43	13
Always feel safe	44	40	15
<i>NEIGHBOURHOOD IS A GOOD PLACE TO LIVE</i>			
OK, not that good or not good at all	46	39	14
Good place to live	45	40	16
Really good place to live	44	41	15

## *Free time physical activity at school*

2002 Health Behaviour in School-aged Children

	Hours per week in physical activity during free time at school		
	1 hour or less per week	2 – 4 hours per week	5 or more hours per week
<i>TOTAL YOUTH</i>	51%	31%	18%
<i>AGE</i>			
11	51	30	19
12	50	33	17
13	48	34	18
14	53	29	18
15	52	29	19
<i>GRADE</i>			
7	50	33	17
8	50	32	18
9	50	33	17
10	52	29	19
11	54	26	20
<i>SEX</i>			
Boys	44	33	24
Girls	57	30	13
<i>PERCIEVED INCOME</i>			
Not very well off or not at all well off	52	31	18
Average	51	31	18
Quite or very well off	50	32	18
<i>SAFE NEIGHBOURHOOD</i>			
Never or only sometimes feel safe	55	29	16
Feel safe most of the time	52	32	17
Always feel safe	50	31	16
<i>NEIGHBOURHOOD IS A GOOD PLACE TO LIVE</i>			
OK, not that good or not good at all	55	28	17
Good place to live	51	33	16
Really good place to live	49	31	19

## *Body mass index*

### *2002 Health Behaviour in School-aged Children*

	Healthy	Overweight	Obese
<i>TOTAL YOUTH</i>	81%	15%	4%
<i>ACTIVITY LEVEL<sup>1</sup></i>			
Higher	84	13	3
Moderate	79	16	5
Lower	78	15	7
<i>SEDENTARY ACTIVITIES</i>			
Less than 3 hours per day	86	11	--
3 – 6 hours a day	82	14	4
At least 6 hours a day	79	16	5
<i>CLASS TIME PHYSICAL ACTIVITY</i>			
1 hour or less per week	81	14	5
2 – 4 hours per week	81	15	4
5 or more hours per week	81	16	--
<i>FREE TIME PHYSICAL ACTIVITY AT SCHOOL</i>			
1 hour or less per week	80	15	5
2 – 4 hours per week	80	16	4
5 or more hours per week	83	14	3

1 Outside of school in structured and unstructured activities.

-- Data unavailable because of insufficient sample size.

## *Body image and body mass index*

2002 Health Behaviour in School-aged Children

	<b>much or a bit too thin</b>	<b>about the right size</b>	<b>a bit too fat</b>	<b>much too fat</b>
<i>TOTAL YOUTH</i>	15%	58%	25%	3%
<i>WEIGHT</i>				
Healthy weight	18	62	18	1
Overweight	--	29	61	9
Obese	--	20	54	19
<i>ACTIVITY LEVEL<sup>1</sup></i>				
Higher	15	61	21	2
Moderate	14	56	27	3
Lower	14	53	29	4
<i>SEDENTARY ACTIVITIES</i>				
Less than 3 hours per day	17	62	20	--
3 – 6 hours a day	14	58	25	3
At least 6 hours a day	14	56	26	4
<i>CLASS TIME PHYSICAL ACTIVITY</i>				
1 hour or less per week	15	56	25	4
2 – 4 hours per week	14	58	25	3
5 or more hours per week	15	58	25	--
<i>FREE TIME PHYSICAL ACTIVITY AT SCHOOL</i>				
1 hour or less per week	15	56	26	4
2 – 4 hours per week	14	58	25	3
5 or more hours per week	15	61	22	--

1 Outside of school in structured and unstructured activities.

-- Data unavailable because of insufficient sample size.

## *Perceived health status*

*2002 Health Behaviour in School-aged Children*

	<b>Believe health to be</b>		
	<b>Excellent</b>	<b>Good</b>	<b>Fair or Poor</b>
<i>TOTAL YOUTH</i>	29%	57%	14%
<i>ACTIVITY LEVEL<sup>1</sup></i>			
Higher	41	51	8
Moderate	25	60	14
Lower	19	60	21
<i>SEDENTARY ACTIVITIES</i>			
Less than 3 hours per day	40	50	11
3 – 6 hours a day	30	58	12
At least 6 hours a day	27	57	15
<i>CLASS TIME PHYSICAL ACTIVITY</i>			
1 hour or less per week	27	57	17
2 – 4 hours per week	30	59	12
5 or more hours per week	35	56	10
<i>FREE TIME PHYSICAL ACTIVITY AT SCHOOL</i>			
1 hour or less per week	26	58	17
2 – 4 hours per week	28	59	13
5 or more hours per week	40	52	7

<sup>1</sup> Outside of school in structured and unstructured activities.

## *Alcohol consumption*

*2002 Health Behaviour in School-aged Children*

	<b>Never Drink</b>			
	<b>Beer</b>	<b>Wine</b>	<b>Liquor</b>	<b>Beer or wine or liquor</b>
<i>TOTAL YOUTH</i>	64%	64%	66%	49%
<i>ACTIVITY LEVEL<sup>1</sup></i>				
Higher	57	61	60	44
Moderate	66	64	69	50
Lower	68	68	69	53
<i>SEDENTARY ACTIVITIES</i>				
Less than 3 hours per day	68	68	71	55
3 – 6 hours a day	64	65	67	49
At least 6 hours a day	63	63	64	48
<i>CLASS TIME PHYSICAL ACTIVITY</i>				
1 hour or less per week	67	66	69	52
2 – 4 hours per week	64	63	66	48
5 or more hours per week	55	59	56	42
<i>FREE TIME PHYSICAL ACTIVITY AT SCHOOL</i>				
1 hour or less per week	66	66	68	51
2 – 4 hours per week	64	64	65	48
5 or more hours per week	57	59	59	44

<sup>1</sup> Outside of school in structured and unstructured activities.

## Quality of life

### 2002 Health Behaviour in School-aged Children

	Quality rating out of 10		
	0-6	7 or 8	9 or 10
<i>TOTAL YOUTH</i>	21%	45%	33%
<i>ACTIVITY LEVEL<sup>1</sup></i>			
Higher	15	45	40
Moderate	23	46	31
Lower	29	44	27
<i>SEDENTARY ACTIVITIES</i>			
Less than 3 hours per day	18	38	44
3 – 6 hours a day	20	46	34
At least 6 hours a day	23	46	31
<i>CLASS TIME PHYSICAL ACTIVITY</i>			
1 hour or less per week	24	44	32
2 – 4 hours per week	20	47	33
5 or more hours per week	19	44	38
<i>FREE TIME PHYSICAL ACTIVITY AT SCHOOL</i>			
1 hour or less per week	24	46	31
2 – 4 hours per week	21	45	33
5 or more hours per week	16	44	40

1 Outside of school in structured and unstructured activities.

## Self confidence

2002 Health Behaviour in School-aged Children

	I have confidence in myself		
	agree	neither agree nor disagree	disagree
<i>TOTAL YOUTH</i>	78%	14%	8%
<i>ACTIVITY LEVEL<sup>1</sup></i>			
Higher	84	10	6
Moderate	77	15	8
Lower	70	17	13
<i>SEDENTARY ACTIVITIES</i>			
Less than 3 hours per day	84	8	8
3 – 6 hours a day	80	13	7
At least 6 hours a day	76	15	9
<i>CLASS TIME PHYSICAL ACTIVITY</i>			
1 hour or less per week	76	14	9
2 – 4 hours per week	79	14	7
5 or more hours per week	83	11	6
<i>FREE TIME PHYSICAL ACTIVITY AT SCHOOL</i>			
1 hour or less per week	75	16	9
2 – 4 hours per week	80	13	7
5 or more hours per week	85	9	6

1 Outside of school in structured and unstructured activities.

## *Belief of teacher's opinion about school performance*

2002 Health Behaviour in School-aged Children

	Believe teacher thinks performance is...		
	very good	good	average or below average
<i>TOTAL YOUTH</i>	28%	40%	31%
<i>ACTIVITY LEVEL<sup>1</sup></i>			
Higher	32	38	30
Moderate	26	42	32
Lower	24	38	38
<i>SEDENTARY ACTIVITIES</i>			
Less than 3 hours per day	31	37	32
3 – 6 hours a day	29	41	30
At least 6 hours a day	26	39	35
<i>CLASS TIME PHYSICAL ACTIVITY</i>			
1 hour or less per week	27	39	34
2 – 4 hours per week	28	41	31
5 or more hours per week	30	39	31
<i>FREE TIME PHYSICAL ACTIVITY AT SCHOOL</i>			
1 hour or less per week	27	40	33
2 – 4 hours per week	27	41	32
5 or more hours per week	30	39	31

1 Outside of school in structured and unstructured activities.

## Close friends

2002 Health Behaviour in School-aged Children

	3 or more close friends of the same sex		3 or more close friends of the opposite sex	
	Boys	Girls	Boys	Girls
<i>TOTAL YOUTH</i>	88%	91%	63%	63%
<i>ACTIVITY LEVEL<sup>1</sup></i>				
Higher	92	92	70	71
Moderate	86	90	60	62
Lower	82	87	55	57
<i>SEDENTARY ACTIVITIES</i>				
Less than 3 hours per day	87	86	55	57
3 – 6 hours a day	87	91	62	62
At least 6 hours a day	88	90	65	65
<i>CLASS TIME PHYSICAL ACTIVITY</i>				
1 hour or less per week	85	89	59	61
2 – 4 hours per week	90	91	63	63
5 or more hours per week	91	88	72	68
<i>FREE TIME PHYSICAL ACTIVITY AT SCHOOL</i>				
1 hour or less per week	85	89	57	59
2 – 4 hours per week	89	90	65	66
5 or more hours per week	90	90	72	74

<sup>1</sup> Outside of school in structured and unstructured activities.

## *Days per week out with friends right after school*

2002 Health Behaviour in School-aged Children

	Days per week		
	0 days	1 or 2 days	3-5 days
<i>TOTAL YOUTH</i>	13%	32%	56%
<i>ACTIVITY LEVEL<sup>1</sup></i>			
Higher	7	26	67
Moderate	12	36	52
Lower	23	32	45
<i>SEDENTARY ACTIVITIES</i>			
Less than 3 hours per day	13	29	58
3 – 6 hours a day	13	33	54
At least 6 hours a day	12	31	57
<i>CLASS TIME PHYSICAL ACTIVITY</i>			
1 hour or less per week	15	33	52
2 – 4 hours per week	10	32	58
5 or more hours per week	9	28	63
<i>FREE TIME PHYSICAL ACTIVITY AT SCHOOL</i>			
1 hour or less per week	16	34	50
2 – 4 hours per week	10	32	59
5 or more hours per week	7	26	67

1 Outside of school in structured and unstructured activities.

## *Evenings spent out with friends*

2002 Health Behaviour in School-aged Children

	Evenings per week		
	0 evenings	1 evening	2-7 evenings
<i>TOTAL YOUTH</i>	13%	14%	73%
<i>ACTIVITY LEVEL<sup>1</sup></i>			
Higher	8	10	82
Moderate	12	16	72
Lower	25	16	59
<i>SEDENTARY ACTIVITIES</i>			
Less than 3 hours per day	18	17	66
3 – 6 hours a day	13	15	72
At least 6 hours a day	13	13	74
<i>CLASS TIME PHYSICAL ACTIVITY</i>			
1 hour or less per week	17	15	69
2 – 4 hours per week	11	14	75
5 or more hours per week	10	12	79
<i>FREE TIME PHYSICAL ACTIVITY AT SCHOOL</i>			
1 hour or less per week	17	15	68
2 – 4 hours per week	11	15	75
5 or more hours per week	9	9	82

1 Outside of school in structured and unstructured activities.

## *Communicating with friends*

2002 Health Behaviour in School-aged Children

	Times per week		
	rarely or never	1 or 2 days per week	3 or more days per week
<i>TOTAL YOUTH</i>	10%	16%	74%
<i>ACTIVITY LEVEL<sup>1</sup></i>			
Higher	8	14	78
Moderate	9	17	74
Lower	13	18	69
<i>SEDENTARY ACTIVITIES</i>			
Less than 3 hours per day	20	24	57
3 – 6 hours a day	9	18	73
At least 6 hours a day	9	14	78
<i>CLASS TIME PHYSICAL ACTIVITY</i>			
1 hour or less per week	11	17	72
2 – 4 hours per week	8	16	76
5 or more hours per week	8	15	77
<i>FREE TIME PHYSICAL ACTIVITY AT SCHOOL</i>			
1 hour or less per week	10	17	73
2 – 4 hours per week	8	15	76
5 or more hours per week	9	14	77

1 Outside of school in structured and unstructured activities.

## *Parental understanding*

*2002 Health Behaviour in School-aged Children*

	<b>My parents understand me</b>		
	<b>agree</b>	<b>neither agree nor disagree</b>	<b>disagree</b>
<i>TOTAL YOUTH</i>	79%	13%	9%
<i>ACTIVITY LEVEL<sup>1</sup></i>			
Higher	81	11	8
Moderate	78	13	9
Lower	74	16	10
<i>SEDENTARY ACTIVITIES</i>			
Less than 3 hours per day	79	13	8
3 – 6 hours a day	79	13	8
At least 6 hours a day	78	13	9
<i>CLASS TIME PHYSICAL ACTIVITY</i>			
1 hour or less per week	78	12	10
2 – 4 hours per week	79	14	7
5 or more hours per week	78	13	9
<i>FREE TIME PHYSICAL ACTIVITY AT SCHOOL</i>			
1 hour or less per week	77	13	10
2 – 4 hours per week	79	14	7
5 or more hours per week	82	11	7

<sup>1</sup> Outside of school in structured and unstructured activities.

## *Importance of parental opinion*

*2002 Health Behaviour in School-aged Children*

	What my parents think is important		
	agree	neither agree nor disagree	disagree
<i>TOTAL YOUTH</i>	73%	18%	9%
<i>ACTIVITY LEVEL<sup>1</sup></i>			
Higher	76	16	8
Moderate	74	18	8
Lower	68	21	11
<i>SEDENTARY ACTIVITIES</i>			
Less than 3 hours per day	74	15	10
3 – 6 hours a day	74	18	8
At least 6 hours a day	73	18	9
<i>CLASS TIME PHYSICAL ACTIVITY</i>			
1 hour or less per week	72	19	10
2 – 4 hours per week	74	18	8
5 or more hours per week	77	15	9
<i>FREE TIME PHYSICAL ACTIVITY AT SCHOOL</i>			
1 hour or less per week	71	19	10
2 – 4 hours per week	75	18	7
5 or more hours per week	76	15	9

<sup>1</sup> Outside of school in structured and unstructured activities.

## *Parental expectations at school*

2002 Health Behaviour in School-aged Children

	<b>My parents expect too much of me at school</b>		
	<b>agree</b>	<b>neither agree nor disagree</b>	<b>disagree</b>
<i>TOTAL YOUTH</i>	26%	27%	47%
<i>ACTIVITY LEVEL<sup>1</sup></i>			
Higher	28	26	47
Moderate	25	27	47
Lower	26	27	46
<i>SEDENTARY ACTIVITIES</i>			
Less than 3 hours per day	20	24	56
3 – 6 hours a day	25	26	49
At least 6 hours a day	28	28	44
<i>CLASS TIME PHYSICAL ACTIVITY</i>			
1 hour or less per week	25	27	48
2 – 4 hours per week	26	27	47
5 or more hours per week	30	25	45
<i>FREE TIME PHYSICAL ACTIVITY AT SCHOOL</i>			
1 hour or less per week	26	27	48
2 – 4 hours per week	26	27	47
5 or more hours per week	29	26	45

1 Outside of school in structured and unstructured activities.

## *Parental expectations*

2002 Health Behaviour in School-aged Children

	<b>My parents expect too much of me</b>		
	<b>agree</b>	<b>neither agree nor disagree</b>	<b>disagree</b>
<i>TOTAL YOUTH</i>	23%	27%	50%
<i>ACTIVITY LEVEL<sup>1</sup></i>			
Higher	23	25	52
Moderate	23	28	49
Lower	23	29	48
<i>SEDENTARY ACTIVITIES</i>			
Less than 3 hours per day	20	27	53
3 – 6 hours a day	22	26	52
At least 6 hours a day	24	28	47
<i>CLASS TIME PHYSICAL ACTIVITY</i>			
1 hour or less per week	23	27	51
2 – 4 hours per week	21	29	50
5 or more hours per week	28	23	49
<i>FREE TIME PHYSICAL ACTIVITY AT SCHOOL</i>			
1 hour or less per week	22	27	50
2 – 4 hours per week	22	28	49
5 or more hours per week	25	24	50

1 Outside of school in structured and unstructured activities.