

# Getting Kids Active!

2010 PHYSICAL ACTIVITY MONITOR: FACTS & FIGURES



## Children's active pursuits during the after school period

The 2010 Physical Activity Monitor examined young people's participation in a variety of activities during the after school period. Specifically, parents were asked to report on the types of activities which require energy expenditure such as doing chores, playing outdoors or participating in organized or unorganized physical activity and sport. Here, we define after school as the time between the end of the school day and before dinner.

According to parents, between the time that school ends and dinner:

- 64% of children and youth play outdoors;
- 62% participate in unorganized physical activity and sport;
- 48% do chores; and,
- 30% of children and youth participate in organized physical activity and sport.

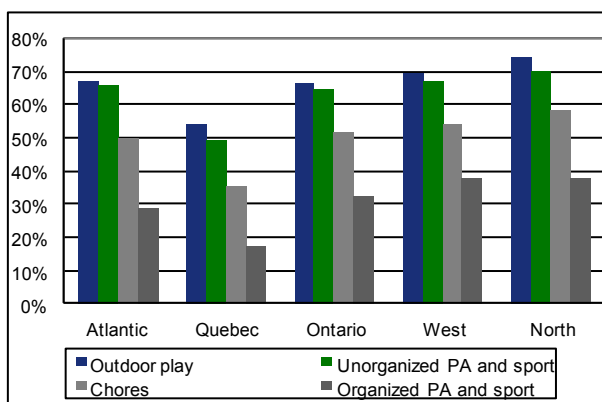
Compared to the national average, a greater proportion of children and youth living in the West participate in organized physical activity and sport after school, whereas fewer of those residing in Quebec do so. Relatively more children and youth who reside in

the North play outdoors and participate in unorganized physical activity and sport during this time period, whereas relatively fewer young people living in Quebec do so. Similarly, relatively fewer children and youth living in Quebec do chores between the time school ends and dinner compared to the national average.

### Sex and Age

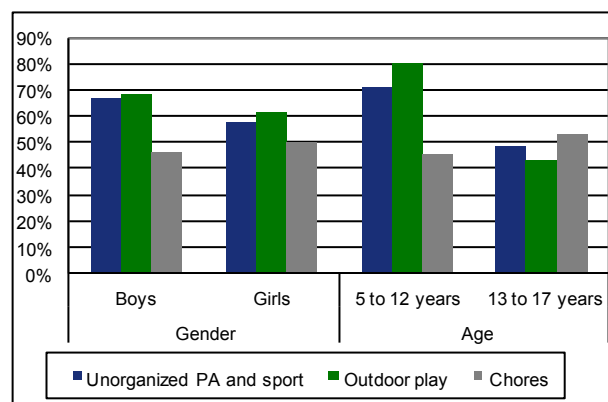
There are no significant differences in participation rates in organized physical activities and sports by age or sex, however, participation in unorganized physical activity and sport during the after school period is higher among 5 to 12 year olds (compared to older teens) and is higher among boys than girls. A greater proportion of 13 to 17 year olds do chores during this time compared to their younger counterparts. Relatively more boys and younger children play outdoors between the end of the school day and before dinner than do girls and older children. Not surprisingly, children of younger parents are also more likely to play outdoors and participate in unorganized physical activities and sports after school than are children of older parents.

**FIGURE 1**  
Participation in active pursuits after school by region, 2010



Physical Activity Monitor 2010, CFLRI

**FIGURE 2**  
Participation in active pursuits after school by child's age and sex, 2010



Physical Activity Monitor 2010, CFLRI

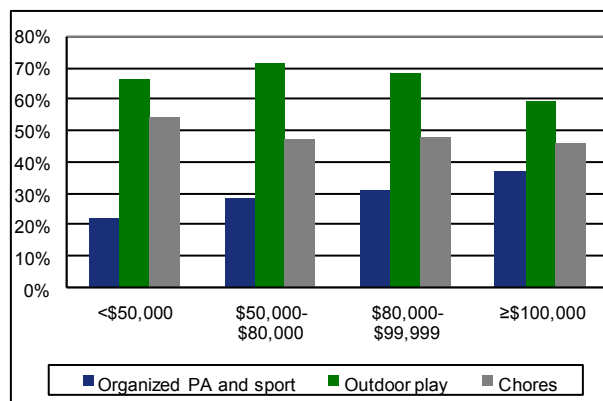
### Socio-economic and demographic characteristics

Participation in organized physical activity and sport between the end of the school day and before dinner is related to socio-economic status. Participation in organized activity after school increases by parent's education level, and is higher among those living in higher household incomes. Unlike the findings for organized activities, there are no differences in the proportions of children and youth who participate in unorganized physical activity after school by parental education or household income.

Children of parents with a university education and from the highest household incomes are less likely to do chores during the after school period than are their counterparts whose parents reported lower education (< secondary school) and income status (<\$50,000). Children from the highest income households ( $\geq$  \$100,000 per year) were reportedly less likely to play outside during the after school period than were those from where the household income was \$50,000 to \$80,000.

FIGURE 3

Participation in certain active pursuits after school by household income, 2010



Physical Activity Monitor 2010, CFLRI

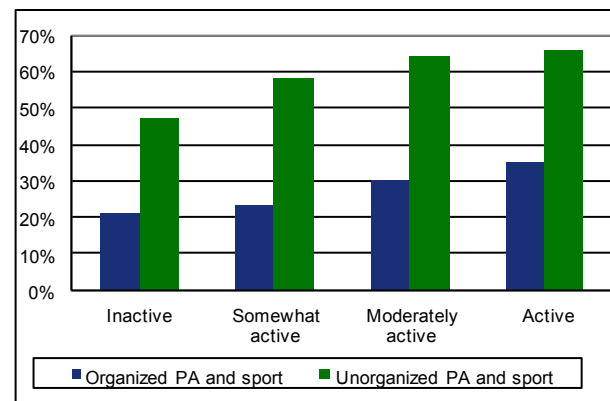
Participation in afterschool activities varies by community size. Young people residing in larger communities ( $\geq$ 250,000 residents) are generally less likely to indicate that they participate in unorganized physical activity and sport during the after school period. Relatively fewer young people living in large communities do chores or play outdoors during this time period compared to those living in small communities (<1,000 and <10,000 residents, respectively).

### Activity level and sport participation

A greater proportion of active parents indicate that their children and youth participate in organized physical activity and sport after school compared to inactive parents. Participation rates in this type of unorganized activity also increase as parent's activity level increases. Furthermore, the relationship between children's participation in unorganized physical activity and sport is stronger than that observed for organized activity.

FIGURE 4

Participation in certain active pursuits after school by parent's activity level, 2010



Physical Activity Monitor 2010, CFLRI

Although there are no significant relationships between playing outside, doing chores, or participating in unorganized physical activity and sport after school and child's sport participation, a greater proportion of children and youth that participate in sport at any time also participate in organized physical activity and school after school.

### Trends

The proportion of Canadian children and youth who play outside between the end of the school day and dinner has decreased since 2000. This decrease is evident among both boys and girls and among younger and older children over the decade, and is observed in the Atlantic and central Canada (Quebec and Ontario). The decrease also appears among children and youth whose parents have a secondary school education or higher, and among the lowest and highest income households.

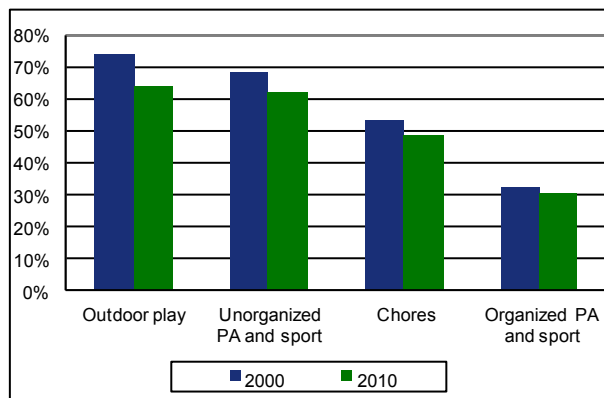
Overall, the likelihood of doing chores has decreased slightly between 2000 and 2010. Doing chores during the after school period has decreased among girls, among those whose parents are between the ages of 25-44 years, have secondary level education, and who are active.

After decreasing between 2000 and 2005, the proportion of young people who participate in organized physical activity and sport during the after school period increased by 2010 to the 2000 level. Furthermore, the proportion of Canadian children and youth who reportedly engage in unorganized physical activity and sport during the afterschool period has decreased since 2000. This is true for both boys and girls and for younger children (aged 5 to 12 years). Significant decreases in participation in these types of unorganized activity have occurred among children and youth living in lowest income households (lowest quartile), among those whose parents have a college education, and those who live in central Canada (Quebec and Ontario).

A new relationship has emerged in 2010, specifically children from the lowest income households are now less likely compared to those from the highest income households to participate in organized activity.

**FIGURE 5**

Participation in active pursuits after school, trends over time, 2000-2010



*Physical Activity Monitor 2010, CFLRI*

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