

# Getting Kids Active!

2010 PHYSICAL ACTIVITY MONITOR: FACTS & FIGURES



## Sedentary 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. Bulletin 4 in this series explored participation in active pursuits after school, and this bulletin explores more sedentary pursuits (for example: watching TV, reading, or doing homework) participated in after school. Here, after school is defined as the time between the end of the school day and before dinner.

### Participation in sedentary activities afterschool

Three quarters (73%) of children and youth watch television read, or play video and computer games and two thirds (65%) do homework between the end of the school day and the time they have dinner. The popularity of watch television read, or play video and computer games as a choice of afterschool activity is relatively constant across the country. However, children and youth living in the North are less likely to do homework.

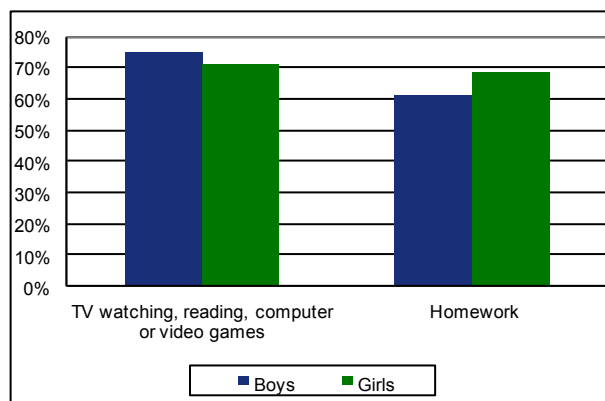
### Sex and Age

There are no significant relationships between age or gender and the type of sedentary activities young people pursue after school,

with the exception being that a higher proportion of girls (compared to boys) reported doing homework during this time.

FIGURE 2

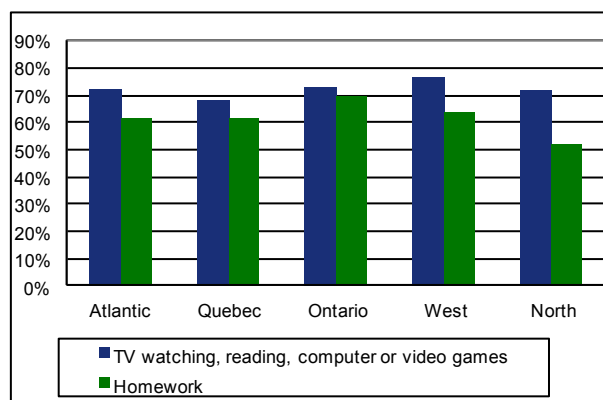
Participation in sedentary pursuits after school by child's gender, 2010



Physical Activity Monitor 2010, CFLRI

FIGURE 1

Participation in sedentary pursuits after school by region, 2010



Physical Activity Monitor 2010, CFLRI

### Socio-economic and demographic characteristics

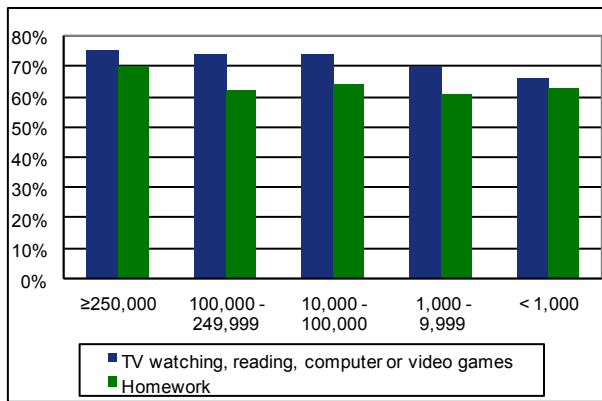
A greater proportion of children and youth living in the large communities ( $\geq 250,000$  residents) do homework between the time school ends and compared to young people living in small communities (1,000 to 9,999 residents). A greater proportion of children and youth from lower income households (second lowest quartile of income) watch television, read, or play video or computer games compared to those from higher income households.

### Activity level and sport participation

There are no significant relationships between sedentary activities after school and parent's activity level and children's participation in sport.

FIGURE 3

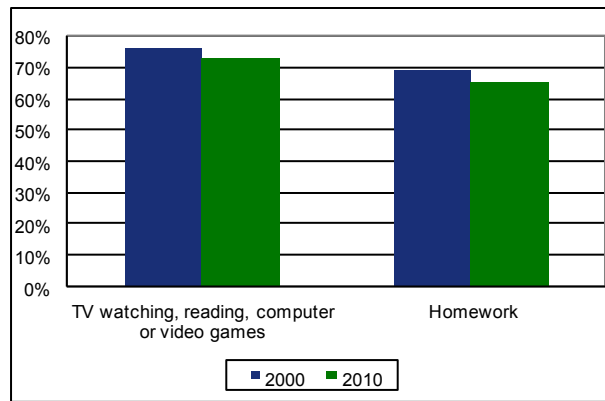
Participation in sedentary pursuits after school by community size, 2010



Physical Activity Monitor 2010, CFLRI

FIGURE 4

Participation in sedentary pursuits after school, trend overall from 2000-2010



Physical Activity Monitor 2010, CFLRI

**Trends**

Overall, the likelihood of doing homework, and watching TV, reading or playing computer or video games has decreased slightly between 2000 and 2010. The percentage doing homework has decreased among girls, older children, among those whose parents are moderately active or active, among those whose parents have a college education. Decreases were also observed in the North and Atlantic. The proportion of children and youth watching TV, reading and playing video or computer games decreased among those residing in Ontario, boys overall, teenagers (13-17 years), those living in the lower (second lowest quartile) and highest income households, among those whose parents had less than secondary education and among those who are active. New relationships have emerged among children and youth with respect to the prevalence TV watching, reading or playing computer or video where boys are no longer more likely than girls to engage in these types of activities.

**CANADIAN FITNESS & LIFESTYLE RESEARCH INSTITUTE**

201-185 Somerset Street West • Ottawa, ON K2P 0J2 • (613) 233-5528 • info@cflri.ca  
http://www.cflri.ca/



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