

Getting Kids Active!

2010 PHYSICAL ACTIVITY MONITOR: FACTS & FIGURES



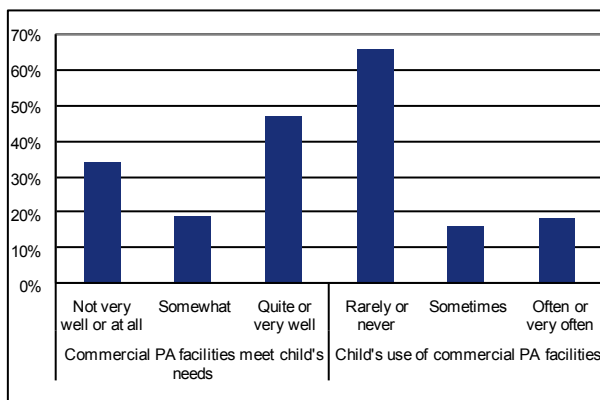
Availability, use, and utility of commercial facilities for physical activity or sport

The 2010 Physical Activity Monitor asked parents about the availability of commercial facilities in their community, such as the YW/YMCA or other commercial facilities that are available for their children to be active. In addition, parents were asked how well these facilities meet the needs of children and youth, as well as current use of these facilities. Just over three in five parents (61%) report that commercial facilities for physical activity and sport are available. Just less than one in five parents (18%) say that their children use these types of facilities often or very often, 16% sometimes use them, and 66% never or rarely use them. Almost half of parents (47%) indicate that these types of facilities meet their children's needs quite or very well, 19% say they somewhat meet their child's needs, and 34% report that they do not meet their child's needs very well or at all.

In terms of regional differences, parents living in the North are less likely than parents nationally to report that there are commercial facilities available for physical activity and sport, yet a greater proportion of parents in the North indicate that their child uses these types of facilities often or very often compared to the national average.

FIGURE 1

Child's use and suitability of commercial facilities for physical activity or sport, overall, 2010



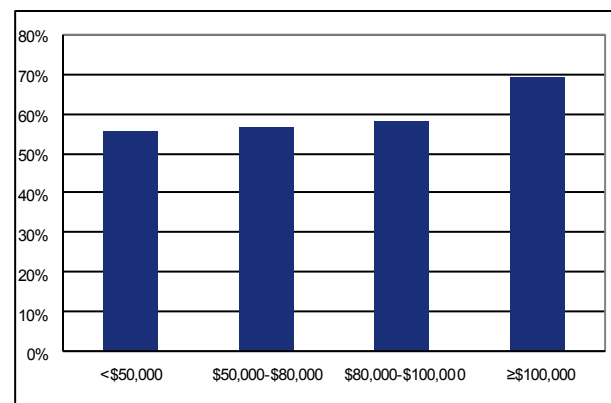
Physical Activity Monitor 2010, CFLRI

Age and Sex

There were no observed gender- or age-related differences for both parents and children with respect to reporting the availability of local commercial facilities for physical activity and sport, how well they meet their children's needs, or in reported use of these types of facilities.

FIGURE 2

Availability of commercial facilities for physical activity and sport, by household income



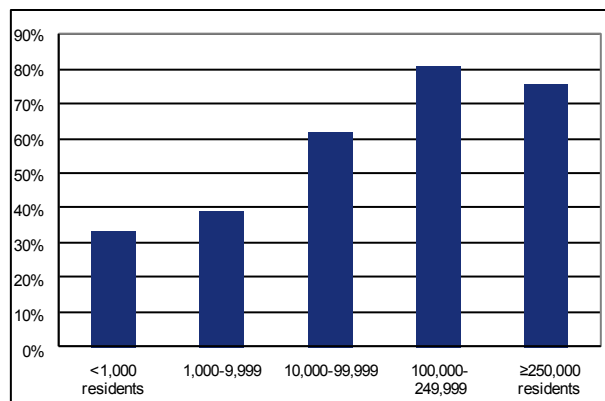
Physical Activity Monitor 2010, CFLRI

Socio-economic and demographic characteristics

Parents from the highest income households (≥\$100,000 per year) are most likely to indicate that commercial facilities for physical activity and sport are available for their children in the community. A similar relationship also appears with parent's education level, whereby parents with a university education are the most likely to say that these types of facilities exist. Generally speaking, there is an increase in the proportion of parents indicating the availability of local commercial facilities for physical activity and sport with increasing community size (from 33% of parents indicating availability of these types of facilities when living in communities with less than 1,000 residents to 75% of parents living in communities with 250,000 or more residents).

FIGURE 3

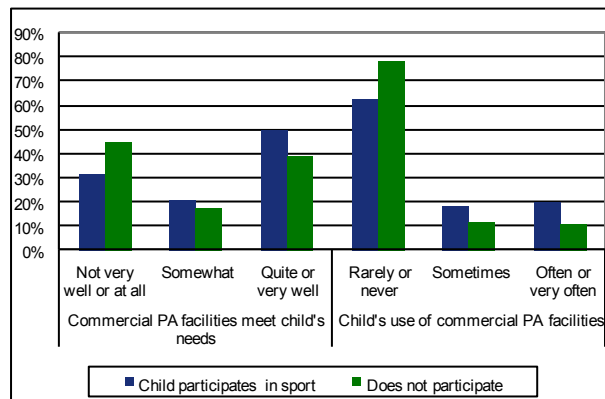
Availability of commercial facilities for physical activity and sport, by community size



Physical Activity Monitor 2010, CFLRI

FIGURE 4

Availability of commercial facilities for physical activity and sport, by child's sport participation



Physical Activity Monitor 2010, CFLRI

Although there are no significant differences in perceptions about the availability of commercial facilities for physical activity and sport or in perceptions about how these types of places meet their child's needs with parent's activity level, there are differences with respect to children's use of these types of facilities. More specifically, a greater proportion of parents with lower activity level (considered somewhat active) say that their child never or rarely use these types of places compared to those who are active.

Perceptions about the use and suitability of commercial facilities for physical activity and sport also differ by child's participation in sport. Parents whose child does not participate in sport are more likely to say that these types of facilities do not meet the child's needs very well or at all and to say that their child never or rarely use them, whereas children who do participate in sport are more likely to use them often or very often.

CANADIAN FITNESS & LIFESTYLE RESEARCH INSTITUTE

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



Production of this bulletin has been made possible through a financial contribution from the Public Health Agency of Canada, Sport Canada, and the Interprovincial Sport and Recreation Council. The views expressed herein do not necessarily represent the views of these agencies.