

Getting Kids Active!

2010 PHYSICAL ACTIVITY MONITOR: FACTS & FIGURES



Availability, use, and utility of non-designated physical activity facilities

The 2010 Physical Activity Monitor asked parents' about other places in the community where children can be active that may not necessarily be designated for physical activity, such as a school yard used outside of school hours or community centre. More than three-quarters of parents (78%) report that these types of places are available in the community where children can be active. Although 44% of parents say that these types of places meet the needs of their children quite or very well, 29% of parents say that they somewhat meet their needs, and 27% say that they do not meet needs very well or at all. One-quarter of parents (25%) indicate that their child actually makes use of these places often or very often, 26% sometimes do, while 49% rarely or never use these types of places.

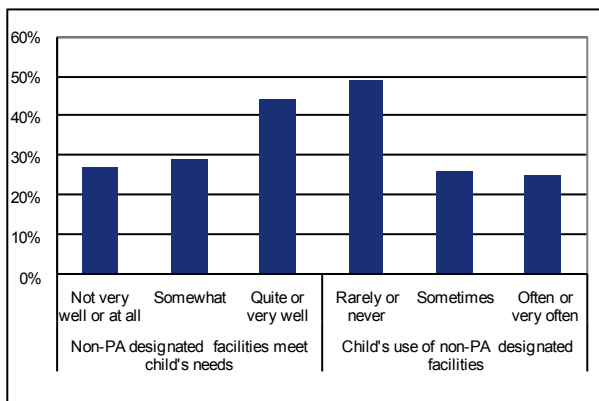
average to indicate that their child use these other places often or very often.

Parent's age and sex

There are no significant parental differences by age or gender in reporting the availability of these non-designated physical activity facilities in the community where children can be active. A greater proportion of younger parents (those aged 25 to 44 years) indicate that these other types of places meet their child's needs quite or very well and that their child use them often or very often, whereas older parents (aged 45 to 64 years) are more likely to say that these places do not meet their child's needs very well or at all or to say that their child rarely or never use these types of places.

FIGURE 1

Child's use and suitability of non-designated physical activity facilities, overall, 2010

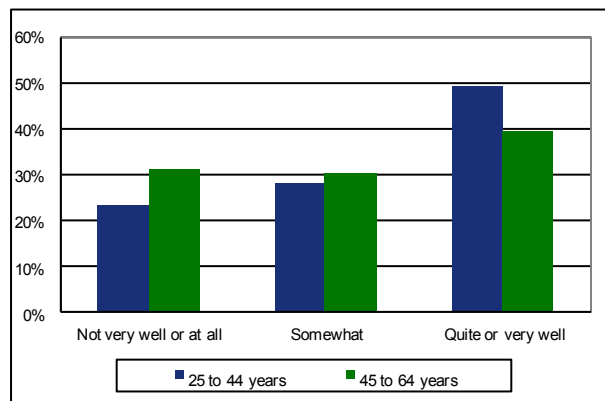


Physical Activity Monitor 2010, CFLRI

Compared to the national average, a lower proportion of parents living in Quebec indicate that these types of non-designated facilities are available in their community for children to be active. In contrast, relatively more parents living in the West indicate that these types of places are available, and say that these places meet their child's activity needs quite or very well compared to the national average. Northern parents are more likely than the

FIGURE 2

Suitability of non-designated physical activity facilities, by parent's age



Physical Activity Monitor 2010, CFLRI

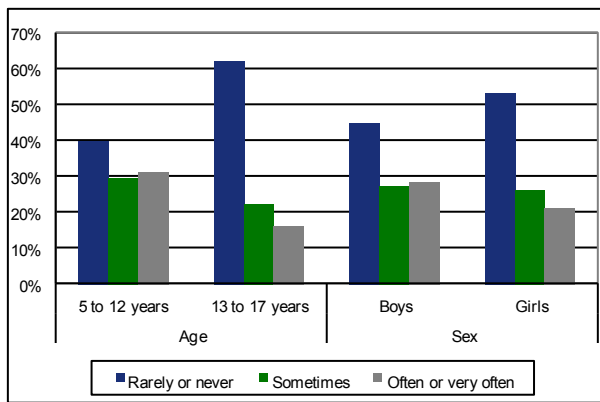
Child's age and sex

While there were no gender- or age-related differences in reporting the availability of other places in the community where children can be active, there are certain age and gender differences pertaining to use or suitability of these types of places.

A greater proportion of parents of young children (ages 5 to 12) say that these places meet their child’s needs quite or very well and that their children use these places often or very often, whereas a greater proportion of parents of teens (ages 13 to 17) indicate that these places do not meet their child’s needs very well or at all and that their child rarely or never use these types of places. A greater proportion of parents of girls say that their child rarely or never use these types of places, whereas parents of boys are more likely to indicate that they use them often or very often.

FIGURE 3

Child’s use of non-designated physical activity facilities, by child’s age and sex



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Socio-economic and demographic characteristics

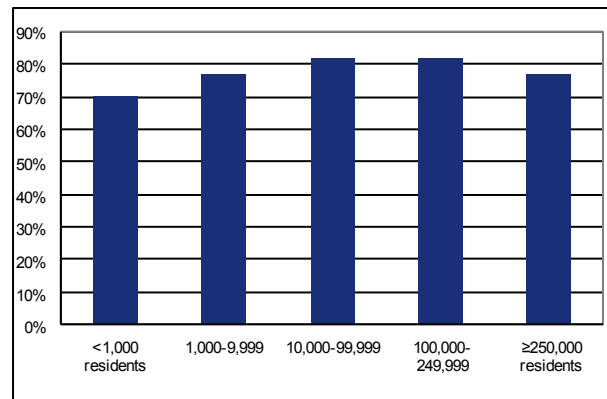
A greater proportion of parents from high income households (≥\$100,000 per year) report having other places that may not specifically designated for physical activity available in their community compared to those from the lowest income households (<\$50,000 per year); they are, however, more likely than parents from lower income households (<\$80,000 per year) to say that children rarely or never use these types of places. Further, parents from the lowest income households (<\$50,000) are more likely than those from high income households (≥\$100,000 per year) to say that their child use these places often or very often. A greater proportion of parents with a university education indicate availability of these types of places in the community where their children can be active compared to those with a high school education. Generally speaking, parents from smaller communities are less likely than those from larger communities to report the availability of these types of places to be active.

Activity level and sport participation

Inactive parents are least likely to say that these types of places are available in the community. In addition, they are less likely than active parents to say that these types of places meet their child’s needs quite or very well.

FIGURE 4

Availability of non-designated physical activity facilities, by community size

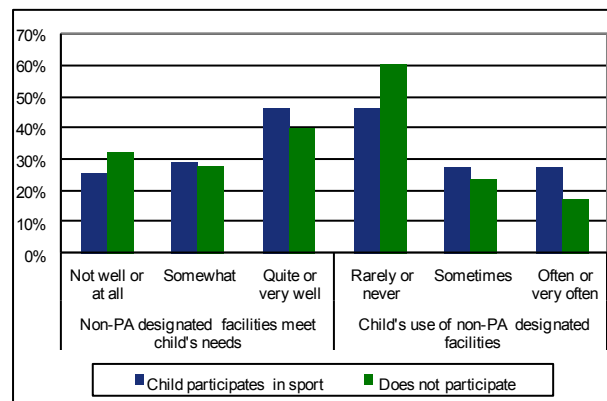


Physical Activity Monitor 2010, CFLRI

There is no difference in perceptions of availability of these types of places between parents whose children participate in sport and those who do not. However, a greater proportion of parents of children who participate in sport say that their children use these types of places often or very often, whereas a greater proportion of parents of children who do not participate say that their child rarely or never use these type of places, and they do not meet their child’s needs well or at all.

FIGURE 5

Child’s use and suitability of non-designated physical activity facilities, by child’s participation in sport



Physical Activity Monitor 2010, CFLRI

Trends

There were no significant changes since 2000 in the proportion of parents who indicate the availability, use, or suitability of other places that may not specifically designated for physical activity.

Regarding availability of these types of places, there has been a slight increase from 2000 among specific groups, namely among fathers (or male guardians), parents with less than a high school education, those residing in Quebec in 2010.

In terms of perceptions of how these places meet their child's needs, differences appear over time among specific groups. Compared to 2000, a slightly higher proportion of parents living in the Atlantic and those with less than high school education say that these places meet their child's activity needs quite or very well in 2010, whereas relatively fewer parents of boys and those living in Atlantic, Ontario or in the North say that these places do not meet their child's needs well or very well compared to a decade ago.

Regarding their child's use of these other types of places to be active, a smaller proportion of parents in the North indicate that their child never or rarely use these types of places in 2000 compared to 2010.

Generally speaking, the relationships that appeared in 2000 also appear in 2010, however, a few new relationships have emerged. Although not significant in 2000, a greater proportion of parents of girls indicate that these types of places do not meet their child's needs very well or at all and on the contrary, relatively more boys now use these places often or very often in 2010. Moreover, the relationship between income and suitability that appears in 2010 did not appear previously.

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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