

CAMPBELL SURVEY RESULTS
FOR YOUTH

Prepared for :

**Fitness Development Unit
Fitness Canada**

**George M. Torrance
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Note: In the following tables, any percentage with an estimated coefficient of variation greater than 33% is followed by a range indicating the approximate 95% confidence interval. These estimates should be treated with caution.

CAMPBELL SURVEY RESULTS FOR YOUTH

General Introduction

How active are Canadian youth? The Campbell Survey results presented in this report can help to answer that question and many others regarding the physical activity of Canadian youth.

The Campbell Survey on Well-Being in Canada was conducted by the Canadian Fitness and Lifestyle Research Institute in 1988. The essential purposes of that survey were threefold:

- to provide an update of the 1981 Canada Fitness Survey information
- to examine the contribution of exercise to health
- to investigate adherence over time to a regular exercise routine.

The Campbell Survey tells us about the participation rates and the most popular activities among Canadians. It also helps us to pinpoint the changes in their patterns of physical recreation and physical fitness between 1981 and 1988. As hinted by the survey's name, the advisory committee arrived at the design for the 1988 *well-being* survey by expanding the content of the 1981 Canada Fitness Survey to include more detailed information on such aspects of well-being as nutritional habits, physical and mental health, and attitudes toward physical activity.

The majority of the results were collected from 4000 Canadians by means of a questionnaire completed in select households by all members aged 10 and older. The anthropometric and fitness measurements were taken according to the Canadian Standardized Test of Fitness and collected by qualified fitness testers from household members between 7 and 69 who successfully completed the PAR-Q and agreed to the testing.

In 1990, the highlights of the Campbell Survey have been published in a 130-page report entitled *The Well-Being of Canadians: Highlights of the 1988 Campbell Survey*, written by Dr. T. Stephens and Ms. C.L. Craig. Fitness Canada's need for detailed information about special population groups has led to the publication of specific reports on the survey results as they pertain to youth, older adults, people with activity limitations, the working population, and finally, adults aged 25 to 44 with a maximum education level between grades 9 and 13.

Some of the results presented in these reports already appear in the 1990 report. However, they have the advantage of offering an analysis targeted to a population group and thus prevent the reader from having to extract information embedded in data for the whole population. The present report is part of that series and focuses on youth between the ages of 10 and 24, with comparisons with the adult population aged 25 to 44.

CAMPBELL SURVEY RESULTS FOR YOUTH AND YOUNG ADULTS

Executive Summary

- For the purposes of this report, youth and young adults are defined as those aged 10 to 24. The report compares physical activity behavior and attitudes for males and females in the 10–14, 15–19, and 20–24 age groups. For comparison purposes, the 25–44 age group is also included.
- Regular participation in physical activity is highest in the youngest group for both sexes and declines thereafter. In the youngest group, males are about 11% more likely to be regular participants than females and the discrepancy holds up in the next two age groups. However, by age 25–44, females have caught up and slightly surpassed males in following a regular pattern of activity. On energy expenditure measures of activity, however, males exceed females in all age brackets, with a 30% discrepancy in the 15–19 age bracket.
- The most popular activities in the 10–14 age group include cycling, swimming, walking, jogging, softball and baseball, and dancing. Alpine skiing and home exercise become important by age 20. In the 25–44 age group, gardening grows in popularity.
- Over half want to start a new activity in the next year. The most popular activities to start include swimming, tennis, exercise class or aerobics, baseball and weight training.
- Time watching TV is highest in the 10–14 age group, drops progressively through the next two age groups, but rises again in the 25–44 group. There is almost no relationship between time on physical activity with time watching TV. Heavy and light TV watchers have almost identical profiles in terms of time spent on physical activity.
- A significant minority of youth in the 10–19 age group hold part-time jobs. Part-time job holding has little systematic effect on physical activity participation.
- Family income appears to make little difference in the physical activity participation of youth aged 10–19.
- Friends are the main companions for activity in the three younger age groups. Classmates also figure significantly in the school age group. Family members become significant for women in the 20–24 age group and for men in the 25–44 group.
- For girls up to age 19, school is the most frequent location for physical activity; for boys, it is outdoors with no special facilities and recreational facilities. School drops off as a major location for both sexes after age 19. Home, outdoors with no special facilities, and recreation facilities/clubs all increase.
- Structured activities drop off rapidly after high school. Activity directed by an instructor is higher among girls than boys, but drops off rapidly after high school. Competitive activity with organized teams is higher among boys but also drops off sharply after school age.
- More than seven out of 10 respondents in the youngest age group rated their parents as providing encouragement for physical activity; about six of ten rated friends as supportive, and about half rated other immediate family members as supportive. The proportion listing parents as supportive dropped in the 15–19 age group and further in the 20–24 and 25–44 groups. Spouses and/or boy/girl friends increased in importance in succeeding age ranges.

- There is a strong relationship between amount of social support and activity level in the 10–24 age range. Half of those with strong social support versus 20% of those with weak support reach the 3+ kcal/kg/day level in physical activity energy expenditure.
- Perceived barriers to activity increase with age. Lack of time due to work or school is cited as a barrier by over half beginning in the 15–19 age group. Lack of time due to family obligations emerges strongly in the 25–44 group, especially among women. Lack of self-discipline also emerges as a factor from age 15 on with women again being more likely to mention it than men.
- Having fun and seeking challenge are the spare time goals given most importance in the youngest group. Controlling weight emerges as a very high priority among teenage girls. That controlling weight should emerge as a fairly high priority for 10–14 year old girls, the top-ranked goal for their spare time for 15–19 year olds, and second-ranking for those 20–24 is a striking commentary on social pressures in this age range.
- Vigorous physical activity is seen as making its most important contributions to the spare time goals of feeling better physically, improving fitness, feeling better mentally and having fun. There is a sharp difference between the sexes on its importance to controlling weight and looking better. Many more females than males from age 15 on see vigorous physical activity helping to reach these goals.
- Children and youth have the most positive image of physical activity of any age group. They generally view it as fun, beneficial and pleasant (although girls are less likely to view physical activity as pleasant). Physical activity is ranked as the most important factor to their health by 10–14 year-old boys and 3rd most important after adequate sleep and a smoke-free environment by girls. It retains its position as second-most important for males and 4th most important for females in the 15–19 age group. After this, it drops in importance for both sexes, especially for young women, where, by age 20, it follows sleep, diet, weight control, stress reduction in importance.
- More females than males display low well-being and depression. Depression peaks at 28% in the 15–19 group for women and declines thereafter. Almost double the percentage of females as males register as depressed in the two youngest age groups.
- Within the 10–24 age group, both males and females who are physically active are much more likely to describe their health as very good or good than those who are inactive.
- In both sexes, the proportion who intend to exercise 3 times a week or more declines in each age cohort. In males, the big drop occurs after age 24, in females after age 19.

CAMPBELL SURVEY RESULTS FOR YOUTH AND YOUNG ADULTS

The following analysis is restricted to the 10–44 age group. In most of the tables, the age classification used is 10–14, 15–19, 20–24 and, for comparison purposes, 25–44.

Much of the change in physical activity participation from youth to young adulthood is structured by the role transitions from full-time student to full-time employment, and, in many cases, by marriage and family as well. It is thus useful to review the data from the Campbell Survey sample on main activity and marital status by age and sex.

1.0 Demography of Youth and Young Adults

Table Y1: Main Activity* by Age and Sex

| | Student full-time | Homemaker full-time | Employed full-time | Employed part-time |
|----------------|------------------------------|--------------------------------|-------------------------------|-------------------------------|
| Males | | | | |
| 10–14 | 94 | 0 (±1) | 0 (±1) | 16 |
| 15–19 | 84 | 0 (±1) | 8 | 26 |
| 20–24 | 25 | 0 (±1) | 66 | 10 |
| 25–44 | 3 | 1 (±1) | 91 | 2 |
| Females | | | | |
| 10–14 | 93 | 0 (±1) | 0 (±1) | 8 |
| 15–19 | 84 | 2 (±2) | 8 | 32 |
| 20–24 | 28 | 13 | 54 | 24 |
| 25–44 | 3 | 33 | 56 | 20 |

*Note: Respondents could check more than one activity, so totals will not add to 100%.

The main activity of most Canadians up to and including age 19 is full-time student. In the 15–19 age bracket, many also are employed part-time—about 26% of the males and 32% of the females. At age 20–24, the percentage who are full-time students drops to 25% of the males and 28% of the females. About two-thirds of the males and 54% of the females are employed full-time. About another quarter of the women are employed part-time. By the time they reach the 25–44 age group, 91% of the men and 56% of the women are employed full-time. About a third of the women are full-time homemakers and one-fifth are employed part-time.

Table Y2: Marital Status by Age and Sex

| | Single | Married |
|----------------|---------------|----------------|
| Males | | |
| 10–14 | 100 | 0 (±1) |
| 15–19 | 98 | 2 (±2) |
| 20–24 | 80 | 19 |
| 25–44 | 20 | 75 |
| Females | | |
| 10–14 | 100 | 0 (±1) |
| 15–19 | 98 | 3 (±2) |
| 20–24 | 62 | 38 |
| 25–44 | 15 | 78 |

Up to the 20–24 age group, 98% of the members of both sexes are single. By age 20–24, 38% of the women are married compared to 19% of the men. In the 25–44 age group roughly three-quarters of both sexes are married, the rest either single or divorced, separated or widowed.

2.0 Current Level of Physical Activity

2.1 Pattern of Activity

The active living philosophy encourages incorporating physical activity as a regular part of one's way of life. A measure of this combines the average frequency of participation with the average duration, regardless of the intensity. The following table shows the percentage of youth and young adults who participate in physical activity on average every other day for at least 30 minutes at a time, and the percent who fail to reach this target level.

Table Y3: Pattern of Leisure Physical Activity by Age and Sex

| | Every other day > 30 min | Less than this |
|----------------|-----------------------------|-------------------|
| Males | | |
| 10–14 | 72 | 28 |
| 15–19 | 71 | 29 |
| 20–24 | 51 | 49 |
| 25–44 | 44 | 56 |
| Females | | |
| 10–14 | 61 | 39 |
| 15–19 | 55 | 45 |
| 20–24 | 50 | 59 |
| 25–44 | 44 | 56 |

Regular participation in physical activity is highest in the youngest group for both sexes and declines thereafter. In the youngest group, males are about 11% more likely to be regular participants than females and the discrepancy holds up in the next two age groups. However, by age 25–44, females have caught up and slightly surpassed males in following a regular pattern of activity.

2.2 Energy Expenditure

Table Y4: Activity Level (Energy Expenditure) by Age and Sex (from Well-Being report, Table 1, p. 51)

| | Inactive | Moderate | Active |
|----------------|----------|----------|--------|
| Males | | | |
| 10–14 | 13 | 15 | 72 |
| 15–19 | 15 | 16 | 69 |
| 20–24 | 33 | 21 | 47 |
| 25–44 | 41 | 26 | 33 |
| Females | | | |
| 10–14 | 23 | 28 | 49 |
| 15–19 | 30 | 30 | 39 |
| 20–24 | 46 | 28 | 26 |
| 25–44 | 54 | 25 | 20 |

As the Well-Being report shows, energy expenditure in physical activity is highest in the young, decreasing in each age cohort up to age 65 when it starts to increase again. A higher proportion of young males than females are in the active category, and in both sexes there is a decline with age. In males, the drop tends to occur one age grade later than the females. The proportion of 15–19 year old males who are active is almost as high as in the 10–14 group, but in females the drop begins in the 15–19 category. Unlike the frequency measure of physical activity, the gap between males and females remains substantial in the 25–44 age range.

2.3 Individual Activity Change from 1981

Based on changes in activity reported for the same individuals in the 1981 Canada Fitness Survey and the 1988 Campbell Survey, the Well-Being report was able to characterize individuals as adhering, starting, lapsing or resisting in terms of their physical activity level. Because of small numbers, it is necessary to combine categories in the following table and to restrict the age to those over 15.

Table Y5: Individual Activity Change by Age and Sex

| | Adhere/ Start | Lapse/ Resist |
|----------------|--------------------------|--------------------------|
| Males | | |
| 15–19 | 76 | 24 |
| 20–24 | 67 | 33 |
| 25–44 | 59 | 41 |
| Females | | |
| 15–19 | 72 | 28 |
| 20–24 | 57 | 43 |
| 25–44 | 47 | 53 |

In both sexes, the proportion who adhered to or started an active lifestyle is lower in each succeeding age group, while the proportion who lapsed or resisted is higher.

Table Y6 below shows the respondents' self-report of whether they are more active, less active or the same as three to four years ago.

Table Y6: Self-Perceived Activity Level Compared with 3–4 Years Ago by Age and Sex

| | More active | Less active | Same: always/never active |
|----------------|------------------------|------------------------|--|
| Males | | | |
| 10–14 | 72 | 6 | 22 |
| 15–19 | 44 | 29 | 28 |
| 20–24 | 28 | 53 | 20 |
| 25–44 | 22 | 48 | 30 |
| Females | | | |
| 10–14 | 57 | 13 | 30 |
| 15–19 | 40 | 42 | 19 |
| 20–24 | 32 | 52 | 16 |
| 25–44 | 28 | 46 | 26 |

Boys and girls 10–14 both say they are more active than 3–4 years ago. However, there is a rapid increase in those reporting that they are less active thereafter. Again, females show an earlier shift to less activity, with 42% of females in the 15–19 age group saying they are doing less compared with 29% of the males. The percent saying they are doing less than they were three to four years ago plateaus in the 20–24 group and declines slightly thereafter.

2.4 Part-Time Jobs, Family Income and Physical Activity

As noted above, a significant minority of youth in the 10–19 age group hold part-time jobs. Does holding a part-time job decrease physical activity among school-age youth? The following table compares activity level between those with and without jobs for the combined male and female 10–19 age group.

Table Y7: Activity Level (Energy Expenditure) by Part-Time Jobs (10–19 Age Group, Both Sexes Combined)

| | PT Job | No Job |
|----------|--------|--------|
| Inactive | 21 | 16 |
| Moderate | 21 | 27 |
| Active | 58 | 57 |

Although slightly more job-holders are inactive, more are also active with the main difference in the moderate activity category. Evidently, part-time job holding has little systematic effect on physical activity participation.

Similarly, family income appears to make little difference in youth's physical activity. As the following table shows, those with family income of less than \$25,000 are almost as active as those with higher family income.

Table Y8: Activity Level (Energy Expenditure) by Family Income (10–19 Age Group, Both Sexes Combined)

| | < \$25,000 | > \$25,000 |
|----------|------------|------------|
| Inactive | 20 | 18 |
| Moderate | 23 | 24 |
| Active | 57 | 58 |

2.5 Types of Activities

Table Y9 in the appendix provides a detailed breakdown of the proportion reporting that they participated in different activities at least once in the past year. The most popular activities for each age/sex group are summarized in the following table along with the percent participating.

Table Y10: Most Popular Activities by Age and Sex

| | | 10-14 | | | | 15-19 | |
|---------|----|---------|---------|---------|----|---------|---------|
| | | Males | Females | | | Males | Females |
| Cycle | 90 | Swim | 87 | Cycle | 73 | Walk | 75 |
| Swim | 78 | Cycle | 86 | Swim | 58 | Swim | 69 |
| Skate | 61 | Skate | 65 | Walk | 51 | Cycle | 67 |
| Ball | 59 | Walk | 63 | Alp Ski | 48 | Dance | 58 |
| Walk | 58 | Jog | 48 | Jog | 46 | Home ex | 46 |
| Jog | 56 | Dance | 46 | Ball | 44 | Jog | 37 |
| | | 20-24 | | | | 25-44 | |
| | | Males | Females | | | Males | Females |
| Walk | 51 | Walk | 77 | Garden | 64 | Walk | 77 |
| Swim | 50 | Dance | 62 | Walk | 60 | Garden | 62 |
| Cycle | 49 | Swim | 61 | Cycle | 44 | Swim | 49 |
| Weights | 40 | Cycle | 54 | Swim | 43 | Cycle | 45 |
| Dance | 39 | Home ex | 45 | Golf | 33 | Dance | 43 |
| Ball | 34 | Garden | 35 | Dance | 31 | Home ex | 40 |

There are some interesting differences across age groups and sexes. In the 10-14 age group, the same activities are listed by both sexes except for baseball by the boys and dancing for the girls. Skating, which is third in popularity with both sexes in the 10-14 group, drops off the list in the 15-19 group and thereafter. Home exercise appears on the girls' list in the 15-19 group and remains there. Weight training makes a momentary appearance with males aged 20-24. Gardening makes its appearance with females in the 20-24 age group and gains rapidly in popularity with both sexes thereafter.

The respondents were asked if there were any exercise or sports activities they would like to start next year and given two choices of which activity.

Table Y11: Percent Wanting to Start An Activity by Age and Sex

| | 10-14 | 15-19 | 20-24 | 25-44 |
|----------------|-------|-------|-------|-------|
| Males | 54 | 53 | 61 | 52 |
| Females | 63 | 63 | 68 | 60 |

Females are more likely to want to start a new activity than males. The proportion wanting to start an activity is fairly constant across age groups with a slight decline from the 20-24 age group to the 25-44.

2.6 Activities They Would Like to Start

The numbers naming any given activity were too small to report in detail but the following gives the combined most popular choices.

- Swimming
- Tennis
- Exercise class/aerobics
- Baseball
- Weight training
- Jogging
- Alpine skiing

Swimming was the most popular choice, followed by tennis. Exercise class/aerobics was third, baseball fourth. Weight training emerged next followed by jogging and alpine skiing. There were some differences by sex, with those wishing to start aerobics classes being almost entirely women and a female majority in tennis and swimming. Baseball had a slight male majority while alpine skiing and weight training were popular with both.

2.7 TV Time Versus Physical Activity

The following table shows the proportion of the combined 10–44 age group spending less than 10 hours a week, and more than 10 hours a week on physical activity and watching TV by age and sex. Time on physical activity is highest in the 10–14 age group and drops steadily thereafter. Time watching TV is also highest in the 10–14 age group, drops progressively through the next two age groups, but rises again in the 25–44 group. In general, females spend less time doing both physical activity and watching TV than males.

Table Y12: Time Spent on Physical Activity and Watching TV by Age and Sex

| | Physical activity | | Watching TV | |
|----------------|-------------------|---------|-------------|---------|
| | < 10 hr | > 10 hr | < 10 hr | > 10 hr |
| Males | | | | |
| 10–14 | 39 | 61 | 48 | 52 |
| 15–19 | 37 | 63 | 58 | 42 |
| 20–24 | 55 | 45 | 66 | 34 |
| 25–44 | 67 | 32 | 56 | 44 |
| Females | | | | |
| 10–14 | 60 | 40 | 51 | 49 |
| 15–19 | 64 | 36 | 69 | 31 |
| 20–24 | 73 | 27 | 65 | 35 |
| 25–44 | 79 | 21 | 66 | 34 |

The next table cross-tabulates time on physical activity with time watching TV for the combined 10–44 age group. There is almost no relationship between the two. Heavy and light TV watchers have almost identical profiles in terms of time spent on physical activity.

Table Y13: Time Spent on Physical Activity by Time Watching TV, 10–44 Age Group, Both Sexes Combined

| Physical activity | Watching TV | | |
|-------------------|-------------|-----|--------|
| | < 5 hr | 5–9 | 10+ hr |
| < 5 hr | 41 | 42 | 42 |
| 5–9 | 26 | 28 | 28 |
| 10+ hr | 33 | 30 | 30 |

3.0 Context of Physical Activity

3.1 Usual Companion

Table Y14: Usual Companion for Physical Activity by Age and Sex

| | No one | Friends | Family | Classmates |
|----------------|--------|---------|--------|------------|
| Males | | | | |
| 10–14 | 14 | 55 | 8 | 19 |
| 15–19 | 13 | 67 | 3 (±2) | 13 |
| 20–24 | 33 | 56 | 3 (±2) | 2 (±2) |
| 25–44 | 31 | 41 | 19 | 1 (±1) |
| Females | | | | |
| 10–14 | 8 | 56 | 4 | 26 |
| 15–19 | 25 | 50 | 8 | 17 |
| 20–24 | 31 | 45 | 17 | 1 (±2) |
| 25–44 | 35 | 32 | 25 | 0 (±1) |

The proportion doing physical activity alone is small in the youngest age group but rises in the 15–19 age group for females and the 20–24 group for males. Friends are the main companions for activity in the three younger age groups. Classmates also figure significantly in the school age group. Family members become significant for women in the 20–24 age group and for men in the 25–44 group.

3.2 Usual Location

Table Y15: Usual Location of Physical Activity by Age and Sex

| | Home | Outside/ Park | Rec Facil | School |
|----------------|------|------------------|--------------|--------|
| Males | | | | |
| 10–14 | 20 | 32 | 18 | 26 |
| 15–19 | 17 | 25 | 29 | 22 |
| 20–24 | 24 | 24 | 34 | 10 |
| 25–44 | 23 | 33 | 35 | 3 |
| Females | | | | |
| 10–14 | 16 | 19 | 20 | 43 |
| 15–19 | 24 | 23 | 22 | 29 |
| 20–24 | 27 | 34 | 27 | 9 |
| 25–44 | 28 | 35 | 30 | 3 |

For girls up to age 19, school is the most frequent location for physical activity; for boys it is outdoors with no special facilities and recreational facilities. School drops off as a major location for both sexes after age 19. Home, outdoors with no special facilities, and recreation facilities/clubs all increase. The proportion using recreational facilities or clubs is higher for men than women while women are more likely to exercise at home.

3.3 Structure of Activity

Table Y16: Percent by Age And Sex Indicating Activity Was Structured

| | Scheduled | Directed | Competitive | Casual |
|----------------|-----------|----------|-------------|--------|
| Males | | | | |
| 10-14 | 52 | 45 | 36 | 37 |
| 15-19 | 48 | 35 | 34 | 38 |
| 20-24 | 30 | 9 | 17 | 44 |
| 25-44 | 33 | 6 | 15 | 41 |
| Females | | | | |
| 10-14 | 57 | 57 | 30 | 19 |
| 15-19 | 46 | 38 | 21 | 34 |
| 20-24 | 27 | 13 | 7 | 41 |
| 25-44 | 29 | 17 | 5 | 40 |

Structured activities drop off rapidly after high school. The proportion whose activity was scheduled at specific times drops while that which was casual and freely scheduled increases. Activity directed by an instructor is higher among girls than boys, but drops off rapidly after high school to be resumed somewhat among women in the 25-44 age group, probably reflecting the popularity of aerobics classes. Competitive activity with organized teams is higher among boys but drops off sharply after school age.

3.4 Social Support for Physical Activity

Respondents were asked how much various people encouraged them to participate regularly in vigorous physical activity on a five-point scale from "encourages me/very supportive" to "discourages me/very negative." The top two scale categories were combined to derive the following table.

Table Y17: Percent Indicating Support from Following Sources

| | Spouse/ boy/girl- friend | Parents | Other family | Friends |
|----------------|--------------------------------|---------|-----------------|---------|
| Males | | | | |
| 10-14 | 17 | 75 | 50 | 58 |
| 15-19 | 30 | 57 | 44 | 59 |
| 20-24 | 40 | 37 | 36 | 52 |
| 25-44 | 47 | 23 | 26 | 39 |
| Females | | | | |
| 10-14 | 21 | 72 | 49 | 64 |
| 15-19 | 44 | 57 | 41 | 60 |
| 20-24 | 54 | 36 | 34 | 51 |
| 25-44 | 51 | 26 | 29 | 41 |

More than seven out of 10 respondents in the youngest age group rated their parents as supportive, about six of ten rated friends as supportive, and about half rated other immediate family members as supportive. The proportion listing parents as supportive dropped in the 15-19 age group and further in the 20-24 and 25-44 groups. Spouses and/or boy/girl friends increased in importance in succeeding age ranges.

The following shows the combined index of social support used in the Well-Being report. It was necessary to combine the neutral and discourage categories because the size of the discourage

category was small. Consistent with the above, overall support was highest in the 10–14 age group and declined to a low in the 20–24 age group before increasing slightly in the 25–44.

Table Y18: Index of Social Support by Age and Sex

| | Encourage | Neutral/ Discourage |
|----------------|------------------|--------------------------------|
| Males | | |
| 10–14 | 37 | 63 |
| 15–19 | 30 | 70 |
| 20–24 | 22 | 79 |
| 25–44 | 23 | 78 |
| Females | | |
| 10–14 | 39 | 61 |
| 15–19 | 33 | 67 |
| 20–24 | 30 | 70 |
| 25–44 | 30 | 70 |

The following shows the impact of social support on activity level among the 10–24 age group as a whole. There is a strong relationship. The proportion of actives ranges from 51% among those with the best social support to 20% among those with the weakest. The proportion of inactives increases from 24% of those with good social support to 51% among those with the weakest.

**Table Y19: Activity Level (Energy Expenditure) by Social Support
(Both sexes, Age 10–24)**

| Activity level | Social support | | |
|-----------------------|-----------------------|----------------|-------------------|
| | Encourage | Neutral | Discourage |
| Active | 51 | 30 | 20 |
| Moderate | 25 | 32 | 29 |
| Inactive | 24 | 36 | 51 |

4.0 Barriers to Participation

Table Y20: Percent Indicating Barrier Was Important in Preventing More Participation

| | Male | | | |
|------------------------|--------|--------|--------|-------|
| | 10–14 | 15–19 | 20–24 | 25–44 |
| time - work/school | 34 | 50 | 68 | 63 |
| time - family | 17 | 16 | 13 | 35 |
| time - other interests | 26 | 31 | 25 | 25 |
| energy | 19 | 15 | 19 | 21 |
| skills | 18 | 8 | 9 | 9 |
| programs/leaders | 16 | 13 | 9 | 9 |
| partner | 16 | 17 | 14 | 12 |
| support family/friends | 20 | 9 | 6 | 7 |
| babysitting | 4 (±3) | 2 (±2) | 2 (±2) | 6 |
| cost | 19 | 19 | 22 | 18 |
| self-discipline | 18 | 21 | 26 | 30 |
| ill at ease | 13 | 6 | 7 | 7 |
| illness/disability | 9 | 9 | 9 | 8 |
| fear of injury | 13 | 5 | 5 | 5 |

| | Female | | | |
|------------------------|--------|--------|-------|-------|
| | 10–14 | 15–19 | 20–24 | 25–44 |
| time - work/school | 38 | 69 | 62 | 57 |
| time - family | 18 | 18 | 23 | 50 |
| time - other interests | 28 | 28 | 12 | 19 |
| energy | 17 | 22 | 31 | 33 |
| skills | 21 | 17 | 16 | 18 |
| programs/leaders | 24 | 17 | 15 | 10 |
| partner | 19 | 17 | 18 | 16 |
| support family/friends | 15 | 12 | 9 | 9 |
| babysitting | 9 | 4 (±3) | 7 | 16 |
| cost | 20 | 17 | 27 | 23 |
| self-discipline | 17 | 35 | 45 | 41 |
| ill at ease | 19 | 14 | 16 | 15 |
| illness/disability | 12 | 12 | 8 | 10 |
| fear of injury | 13 | 3 (±2) | 4 | 6 |

Lack of time due to work or school emerges strongly in the 15–19 age group, much more in girls than boys. Lack of time due to family obligations emerges strongly in the 25–44 group, especially among women. Women are more likely to cite lack of self-discipline.

5.0 Attitudes toward Physical Activity

5.1 Goals for Spare Time

The second question on the Campbell Survey asked respondents to rate the importance of various listed goals for their spare time. Appendix table Y21 gives a detailed breakdown of the percentage indicating that each goal was important by age and sex. Table Y22 summarizes the top five goals.

Table Y22: Top Five Goals for Spare Time in Each Age–Sex Group

| | 10–14 | | 15–19 | | 20–24 | | 25–44 | |
|------------------------|-------|--|------------------------|----|-------|--|-------|--|
| | Males | | Females | | | | | |
| Have fun | 88 | | Challenge | 88 | | | | |
| Challenge | 84 | | Have fun | 82 | | | | |
| Fitness | 79 | | Feel better physically | 84 | | | | |
| Get outdoors | 79 | | Fitness | 76 | | | | |
| Feel better physically | 79 | | Control weight | 73 | | | | |
| | | | Socialize | 73 | | | | |
| | | | | | | | | |
| Have fun | 80 | | Control weight | 83 | | | | |
| Feel better physically | 79 | | Feel better mentally | 81 | | | | |
| Socialize | 76 | | Feel better physically | 80 | | | | |
| Challenge | 72 | | Socialize | 79 | | | | |
| Feel independent | 70 | | Feel independent | 76 | | | | |
| | | | | | | | | |
| | | | | | | | | |
| Feel better mentally | 83 | | Feel better mentally | 81 | | | | |
| Feel better physically | 79 | | Control weight | 80 | | | | |
| Challenge | 76 | | Feel better physically | 79 | | | | |
| Have fun | 76 | | Socialize | 73 | | | | |
| Get outdoors | 75 | | Have fun | 73 | | | | |
| | | | | | | | | |
| | | | | | | | | |
| Feel better mentally | 82 | | Feel better mentally | 87 | | | | |
| Feel better physically | 77 | | Feel better physically | 82 | | | | |
| Get outdoors | 73 | | Control weight | 72 | | | | |
| Relax | 68 | | Get outdoors | 72 | | | | |
| Feel independent | 68 | | Relax | 72 | | | | |

Relaxing is not an important goal for either sex in the youngest age group. It becomes more important with age, especially from age 25 on. Socializing is important in the younger groups, less important later. Feeling better physically starts as an important goal in the 10–14 age group and stays important. Feeling better mentally becomes more important with age among both groups, starting out lower but becoming more important than feeling better physically. Having fun is an important goal for both sexes up to age 25 when it drops off substantially.

The big difference between females and males is the importance of controlling weight as a goal for spare time. It is in the top five for all female age groups but for none of the male groups. That controlling weight should emerge as a fairly high priority for 10–14 year old girls, as the top-ranked goal for their spare time for 15–19 year olds, and second-ranking for the 20–24 age group is a striking commentary on social pressures in this age range.

5.2 Extent to which Physical Activity Helps Reach Goals

A detailed table (Y23) describing the extent to which vigorous physical activity helps to achieve spare time goals is presented in the appendix. In general, vigorous physical activity is seen as making its most important contributions to feeling better physically, improving fitness, feeling better mentally and having fun. There is a sharp difference between the sexes on its importance to controlling weight and looking better. Many more females than males from age 15 on see vigorous physical activity helping to reach these goals.

5.3 Positive Perceptions of Physical Activity

The Campbell Survey asked a question (Q 19) about how people felt about participating in vigorous physical activity. On a five-point scale, they asked whether it was:

- boring fun
- beneficialharmful
- unpleasant....pleasant
- convenient ...inconvenient
- painful not painful
- easy difficult

Responses were recorded into positive (top two scale points), neutral (middle scale point) and negative (bottom two scale points). The following table shows the percent giving a positive response in each of the four age–sex groups.

Table Y24: Percent Giving Positive Response to Vigorous Physical Activity

| | Males | | | |
|-------------|----------------|--------------|--------------|--------------|
| | 10–14 | 15–19 | 20–24 | 25–44 |
| Fun | 74 | 70 | 71 | 61 |
| Beneficial | 71 | 83 | 89 | 84 |
| Pleasant | 76 | 60 | 62 | 60 |
| Convenient | 54 | 50 | 37 | 32 |
| Not painful | 68 | 51 | 48 | 51 |
| Easy | 51 | 41 | 38 | 30 |
| | Females | | | |
| | 10–14 | 15–19 | 20–24 | 25–44 |
| Fun | 72 | 65 | 59 | 53 |
| Beneficial | 75 | 88 | 85 | 82 |
| Pleasant | 67 | 60 | 52 | 54 |
| Convenient | 54 | 41 | 29 | 29 |
| Not painful | 54 | 47 | 40 | 44 |
| Easy | 42 | 33 | 24 | 22 |

Boys are most positive about physical activity being fun. The biggest discrepancy between the sexes is in the 20–24 age group. Perceptions of physical activity as fun hold up well in males until age 25, then decline slightly. In females the decline begins earlier. The perception of physical activity as beneficial increases in both sexes from 10–14 to 15–19 and remains strong thereafter. In most cases girls are slightly less likely to see physical activity as pleasant. The perception of physical activity as convenient drops off after age 14. The drop-off is particularly rapid after age 20. Perception of physical activity as painful increases with age. The perception of physical activity as easy also drops off after age 14.

5.4 Importance of Factors to Health

Table Y25: Percent Saying Factor Is Important to Health

| | 10–14 | 15–19 | 20–24 | 25–44 |
|------------------------|-------|-------|-------|-------|
| Males | | | | |
| Sleep | 80 | 77 | 80 | 84 |
| Diet | 65 | 58 | 64 | 74 |
| Weight | 65 | 53 | 63 | 68 |
| Social participation | 47 | 51 | 44 | 33 |
| Stress control | 47 | 55 | 59 | 75 |
| Physical activity | 83 | 72 | 66 | 63 |
| Smoke-free environment | 78 | 62 | 61 | 57 |
| Females | | | | |
| Sleep | 84 | 83 | 91 | 92 |
| Diet | 59 | 71 | 76 | 84 |
| Weight | 70 | 80 | 85 | 82 |
| Social participation | 54 | 59 | 48 | 43 |
| Stress control | 49 | 59 | 71 | 77 |
| Physical activity | 74 | 65 | 60 | 58 |
| Smoke-free environment | 89 | 62 | 57 | 63 |

Adequate sleep is seen as important in all groups. A good diet is seen as increasingly important after age 14 in women and after age 19 in men, with women giving it greater importance. Maintaining proper weight receives considerably more importance from women than men with perceived importance increasing with age. The perceived importance of physical activity and a smoke-free environment tends to be high in the younger age groups and declines thereafter.

5.5 Emotional Well-Being and Depression

The Campbell Survey used two scales designed to measure emotional well-being, the Bradburn Affect Balance Scale and the CES-Depression scale. The following table reviews data on the younger age groups from the Well-Being report.

Table Y26: Percent with Positive Well-Being on Bradburn Scale and Percent Depressed on Depression Scale

| | 10–14 | 15–19 | 20–24 | 25–44 |
|----------------------------|-------|-------|-------|-------|
| Positive well-being | | | | |
| Male | 26 | 26 | 24 | 29 |
| Female | 18 | 17 | 17 | 31 |
| Depression | | | | |
| Male | 11 | 22 | 19 | 9 |
| Female | 22 | 28 | 21 | 15 |

In general, more females than males display low well-being and depression. Depression peaks at 28% in the 15–19 group for women and declines thereafter. Almost double the percentage of females as males register as depressed in the youngest age group.

5.6 Self-Rated Health Status

Table Y27: Self-Rated Health Status by Age and Sex (from Well-Being report, Table 18, p. 16)

| | Male | | | |
|--------------|--------|-------|-------|-------|
| | 10–14 | 15–19 | 20–24 | 25–44 |
| Very good | 39 | 31 | 19 | 22 |
| Good | 38 | 38 | 44 | 44 |
| Average/Poor | 22 | 31 | 36 | 35 |
| | Female | | | |
| Very good | 40 | 17 | 15 | 23 |
| Good | 34 | 40 | 33 | 40 |
| Average/Poor | 26 | 44 | 52 | 37 |

Self-rated health status is highest in the 10–14 group and both sexes have similar ratings. The proportion rating their health as very good declines sharply in women in the 15–19 age group and in men in the 20–24 age group. There is a slight increase again in the 25–44 age group in both sexes.

Table Y28: Self-rated Health Status by Activity Level And Sex (Combined 10–24 age group)

| | Inactive | Moderate | Active |
|----------------|----------|----------|--------|
| Male | | | |
| Very good/good | 49 | 64 | 78 |
| Average/poor | 51 | 36 | 22 |
| Female | | | |
| Very good/good | 43 | 59 | 70 |
| Average/poor | 57 | 41 | 30 |

Within the 10–24 age group, both males and females who are physically active are much more likely to describe their health as very good or good than those who are inactive. Active males are slightly more likely to rate their health highly than active females.

6.0 Intention for the Future

Table Y29: Intentions for Frequency of Participation in Next Year by Age and Sex

| | < 3 times/week | > 3 times/week |
|----------------|----------------|----------------|
| Males | | |
| 10–14 | 35 | 65 |
| 15–19 | 39 | 61 |
| 20–24 | 45 | 55 |
| 25–44 | 60 | 40 |
| Females | | |
| 10–14 | 38 | 62 |
| 15–19 | 40 | 60 |
| 20–24 | 56 | 44 |
| 25–44 | 57 | 43 |

In both sexes, the proportion who intend to exercise 3 times a week or more declines in each age cohort. In males, the big drop occurs after age 24, in females after age 19.

Appendix

Table Y9: Percent Participating in Individual Activities

| | 10–14 | 15–19 | 20–24 | 25–44 |
|-----------------------------|--------|--------|-------|--------|
| Walking | | | | |
| Male | 58 | 51 | 51 | 60 |
| Female | 63 | 75 | 77 | 77 |
| Bicycling | | | | |
| Male | 90 | 73 | 49 | 44 |
| Female | 86 | 67 | 54 | 45 |
| Jogging | | | | |
| Male | 56 | 46 | 33 | 22 |
| Female | 49 | 37 | 26 | 13 |
| Home exercise | | | | |
| Male | 36 | 33 | 34 | 28 |
| Female | 32 | 46 | 45 | 40 |
| Exercise class | | | | |
| Male | 24 | 15 | 8 | 7 |
| Female | 27 | 30 | 30 | 27 |
| Skating | | | | |
| Male | 61 | 35 | 31 | 29 |
| Female | 65 | 34 | 26 | 25 |
| Cross-country skiing | | | | |
| Male | 26 | 21 | 15 | 18 |
| Female | 33 | 26 | 17 | 19 |
| Alpine skiing | | | | |
| Male | 40 | 48 | 28 | 26 |
| Female | 43 | 35 | 27 | 18 |
| Hockey | | | | |
| Male | 44 | 40 | 28 | 19 |
| Female | 7 | 3 (±4) | 5 | 1 (±1) |
| Swimming | | | | |
| Male | 78 | 58 | 50 | 43 |
| Female | 87 | 69 | 61 | 49 |
| Gardening | | | | |
| Male | 34 | 40 | 34 | 64 |
| Female | 26 | 29 | 35 | 62 |
| Golf | | | | |
| Male | 15 | 28 | 33 | 33 |
| Female | 5 (±4) | 10 | 11 | 14 |
| Tennis | | | | |
| Male | 25 | 33 | 25 | 17 |
| Female | 16 | 27 | 17 | 10 |
| Weight training | | | | |
| Male | 22 | 39 | 40 | 17 |
| Female | 5 (±4) | 19 | 18 | 9 |

| | 10-14 | 15-19 | 20-24 | 25-44 |
|-----------------------|---------------|---------------|---------------|--------------|
| Baseball | | | | |
| Male | 59 | 44 | 35 | 25 |
| Female | 41 | 30 | 23 | 10 |
| Social dancing | | | | |
| Male | 25 | 38 | 39 | 31 |
| Female | 46 | 58 | 62 | 43 |
| Fishing | | | | |
| Male | 8 | 3 (± 2) | 6 | 9 |
| Female | 2 (± 2) | 2 (± 2) | 3 (± 2) | 3 |
| Volleyball | | | | |
| Male | 6 | 8 | 5 | 4 |
| Female | 16 | 16 | 8 | 3 |
| Bowling | | | | |
| Male | 26 | 25 | 28 | 20 |
| Female | 33 | 27 | 31 | 19 |
| Other | | | | |
| Male | 67 | 57 | 44 | 44 |
| Female | 72 | 57 | 37 | 30 |

Table Y21: Percent Indicating Goal Is Important

| | Males | | | |
|------------------------|--------------|--------------|--------------|--------------|
| | 10-14 | 15-19 | 20-24 | 25-44 |
| Relax | 41 | 44 | 61 | 68 |
| Socialize | 70 | 76 | 67 | 49 |
| Have fun | 88 | 80 | 77 | 59 |
| Earn money | 55 | 65 | 54 | 41 |
| Get outdoors | 79 | 68 | 75 | 73 |
| Compete | 57 | 45 | 38 | 36 |
| Feel independent | 68 | 70 | 70 | 68 |
| Feel better mentally | 66 | 65 | 83 | 82 |
| Feel better physically | 79 | 79 | 79 | 77 |
| Fitness | 79 | 68 | 71 | 61 |
| Challenge | 84 | 72 | 76 | 66 |
| Control weight | 67 | 57 | 62 | 55 |
| Take risks | 63 | 65 | 58 | 36 |

| | Females | | | |
|------------------------|----------------|--------------|--------------|--------------|
| | 10-14 | 15-19 | 20-24 | 25-44 |
| Relax | 40 | 57 | 66 | 72 |
| Socialize | 73 | 79 | 73 | 62 |
| Have fun | 82 | 76 | 73 | 55 |
| Earn money | 59 | 56 | 51 | 36 |
| Get outdoors | 71 | 71 | 68 | 72 |
| Compete | 40 | 28 | 25 | 21 |
| Feel independent | 67 | 76 | 68 | 68 |
| Feel better mentally | 64 | 81 | 84 | 87 |
| Feel better physically | 84 | 80 | 79 | 82 |
| Fitness | 76 | 65 | 63 | 62 |
| Challenge | 85 | 73 | 70 | 67 |
| Control weight | 73 | 83 | 80 | 72 |
| Take risks | 52 | 47 | 35 | 25 |

Table Y23: Percent Saying Vigorous Physical Activity Helps in Reaching Spare Time Goals

| | Males | | | |
|------------------------|--------------|--------------|--------------|--------------|
| | 10-14 | 15-19 | 20-24 | 25-44 |
| Relax | 48 | 57 | 75 | 75 |
| Socialize | 71 | 62 | 59 | 54 |
| Have fun | 84 | 77 | 80 | 73 |
| Earn money | 26 | 18 | 10 | 8 |
| Get outdoors | 79 | 61 | 69 | 72 |
| Compete | 60 | 51 | 42 | 32 |
| Feel independent | 58 | 46 | 47 | 40 |
| Feel better mentally | 68 | 64 | 79 | 82 |
| Feel better physically | 84 | 83 | 86 | 88 |
| Challenge | 70 | 69 | 64 | 55 |
| Look better | 66 | 68 | 65 | 65 |
| Control weight | 59 | 52 | 56 | 61 |
| Take risks | 57 | 53 | 46 | 32 |
| Fitness | 76 | 80 | 84 | 85 |
| CV fitness | 66 | 70 | 80 | 84 |
| Strength | 83 | 81 | 81 | 81 |
| Flexibility | 75 | 66 | 70 | 78 |

| | Females | | | |
|------------------------|----------------|--------------|--------------|--------------|
| | 10-14 | 15-19 | 20-24 | 25-44 |
| Relax | 47 | 72 | 70 | 73 |
| Socialize | 77 | 65 | 57 | 52 |
| Have fun | 83 | 73 | 71 | 60 |
| Earn money | 17 | 14 | 8 | 6 |
| Get outdoors | 66 | 72 | 72 | 67 |
| Compete | 45 | 31 | 15 | 12 |
| Feel independent | 49 | 54 | 49 | 42 |
| Feel better mentally | 62 | 77 | 81 | 83 |
| Feel better physically | 84 | 87 | 92 | 90 |
| Challenge | 72 | 66 | 62 | 51 |
| Look better | 68 | 78 | 86 | 84 |
| Control weight | 64 | 82 | 82 | 80 |
| Take risks | 51 | 49 | 29 | 21 |
| Fitness | 80 | 84 | 92 | 88 |
| CV fitness | 64 | 76 | 87 | 88 |
| Strength | 77 | 83 | 88 | 83 |
| Flexibility | 76 | 83 | 89 | 82 |