Difference between two estimates required for statistical significance

2005 Physical Activity Monitor, CFLRI

		Percentage tested[1]								
	Sample	10%	20%	30%	40%	50%	60%	70%	80%	90%
TOTAL, ADULTS (18+)	4836	1.2	1.6	1.8	2.0	2.0	2.0	1.8	1.6	1.2
mothers	2891	1.5	2.1	2.4	2.5	2.6	2.5	2.4	2.1	1.5
fathers	1945	1.9	2.5	2.9	3.1	3.1	3.1	2.9	2.5	1.9
18–24	105	8.1	10.8	12.4	13.3	13.5	13.3	12.4	10.8	8.1
mothers	54	11.3	15.1	17.3	18.5	18.9	18.5	17.3	15.1	11.3
fathers	51	11.6	15.5	17.8	19.0	19.4	19.0	17.8	15.5	11.6
25–44	3125	1.5	2.0	2.3	2.4	2.5	2.4	2.3	2.0	1.5
mothers	2016	1.9	2.5	2.8	3.0	3.1	3.0	2.8	2.5	1.9
fathers	1109	2.5	3.0	3.8	4.1	4.2	4.1	3.8	3.3	2.5
45–64	1567	2.1	2.8	3.2	3.4	3.5	3.4	3.2	2.8	2.1
mothers	795	2.9	3.9	4.5	4.8	4.9	4.8	4.5	3.9	2.9
fathers	772	3.0	4.0	4.6	4.9	5.0	4.9	4.6	4.0	3.0
65+	38	13.5	18.0	20.6	22.0	22.5	22.0	20.6	18.0	13.5
mothers	26	16.3	21.7	24.9	26.6	27.2	26.6	24.9	21.7	16.3
fathers	12	24.0	32.0	36.7	39.2	40.0	39.2	36.7	32.0	24.0
TOTAL, CHILDREN (5-17)	4654	1.2	1.6	1.9	2.0	2.0	2.0	1.9	1.6	1.2
girls	2223	1.8	2.4	2.7	2.9	2.9	2.9	2.7	2.4	1.8
boys	2431	1.7	2.2	2.6	2.8	2.8	2.8	2.6	2.2	1.7
5–12	2946	1.5	2.0	2.3	2.5	2.6	2.5	2.3	2.0	1.5
girls	1393	2.2	3.0	3.4	3.6	3.7	3.6	3.4	3.0	2.2
boys	1553	2.1	2.8	3.2	3.4	3.5	3.4	3.2	2.8	2.1
13–17	1708	2.0	2.7	3.1	3.3	3.4	3.3	3.1	2.7	2.0
girls	830	2.9	3.8	4.4	4.7	4.8	4.7	4.4	3.8	2.9
boys	878	2.8	3.7	4.3	4.6	4.7	4.6	4.3	3.7	2.8
REGION										
East	1007	2.6	3.5	4.0	4.3	4.4	4.3	4.0	3.5	2.6
Newfoundland	250	5.3	7.0	8.0	8.6	8.8	8.6	8.0	7.0	5.3
Prince Edward Island	252	5.2	7.0	8.0	8.6	8.7	8.6	8.0	7.0	5.2
Nova Scotia	254	5.2	7.0	8.0	8.5	8.7	8.5	8.0	7.0	5.2
New Brunswick	251	5.2	7.0	8.0	8.6	8.7	8.6	8.0	7.0	5.2
Quebec	565	3.5	4.7	5.3	5.7	5.8	5.7	5.3	4.7	3.5
Ontario	995	2.6	3.5	4.0	4.3	4.4	4.3	4.0	3.5	2.6
West	1784	2.0	2.6	3.0	3.2	3.3	3.2	3.0	2.6	2.0
Manitoba	250	5.3	7.0	8.0	8.6	8.8	8.6	8.0	7.0	5.3
Saskatchewan	975	2.7	3.6	4.1	4.3	4.4	4.3	4.1	3.6	2.7
Alberta	252	5.2	7.0	8.0	8.6	8.7	8.6	8.0	7.0	5.2
British Columbia	307	4.7	6.3	7.2	7.8	7.9	7.8	7.2	6.3	4.7
North	526	3.6	4.8	5.5	5.9	6.0	5.9	5.5	4.8	3.6
Yukon	266	5.1	6.8	7.8	8.3	8.5	8.3	7.8	6.8	5.1
Northwest Territories	254	5.2	7.0	8.0	8.5	8.7	8.5	8.0	7.04	5.2
Nunavut	6	33.9	45.3	51.9	55.4	56.6	55.4	51.9	45.3	33.9

1 The difference between two numbers is statistically significant when it is greater than or equal to the value listed in the table beside the appropriate group. For example, let 33% of girls and 46% of boys agree on some factor. Is the difference (13) significant? To find out, take the lower percentage (33%) and find out the difference required to achieve significance for the corresponding group (girls). The value indicated at the intersection of the nearest percentage column and the group row (2.9) is the difference required to achieve significance. Since the difference between 33% and 46% is larger than 2.9, it is possible to state that boys are significantly more likely to agree compared to girls..

Difference between two estimates required for statistical significance (cont'd)

2005 Physical Activity Monitor, CFLRI

		Percentage tested								
	Sample	10%	20%	30%	40%	50%	60%	70%	80%	90%
COMMUNITY SIZE										
1 million or more	762	3.0	4.0	4.6	4.9	5.0	4.9	4.6	4.0	3.0
500,000–999,999	396	4.2	5.6	6.4	6.8	7.0	6.8	6.4	5.6	4.2
250,000–499,999	267	5.1	6.8	7.8	8.3	8.5	8.3	7.8	6.8	5.1
100,000–249,999	885	2.8	3.7	4.3	4.6	4.7	4.6	4.3	3.7	2.8
50,000–99,999	243	5.3	7.1	8.1	8.7	8.9	8.7	8.1	7.1	5.3
30,000–49,999	221	5.6	7.5	8.5	9.1	9.3	9.1	8.5	7.5	5.6
10,000–29,999	651	3.3	4.3	5.0	5.3	5.4	5.3	5.0	4.3	3.3
5,000–9,999	215	5.7	7.6	8.7	9.3	9.5	9.3	8.7	7.6	5.7
1,000–4,999	679	3.2	4.3	4.9	5.2	5.3	5.2	4.9	4.3	3.2
< 1,000	493	3.7	5.0	5.7	6.1	6.2	6.1	5.7	5.0	3.7
EDUCATION LEVEL										
Less than secondary	584	3.4	4.6	5.3	5.6	5.7	5.6	5.3	4.6	3.4
Secondary	1210	2.4	3.2	3.7	3.9	4.0	3.9	3.7	3.2	2.4
College	1439	2.2	2.9	3.3	3.6	3.7	3.6	3.3	2.9	2.2
University	1570	2.1	2.8	3.2	3.4	3.5	3.4	3.2	2.8	2.1
HOUSEHOLD INCOME										
< $20,000	390	4.2	5.6	6.4	6.9	7.0	6.9	6.4	5.6	4.2
$20,000–29,999	444	3.9	5.3	6.0	6.4	6.6	6.4	6.0	5.3	3.9
$30,000–39,999	465	3.9	5.1	5.9	6.3	6.4	6.3	5.9	5.1	3.9
$40,000–59,999	857	2.8	3.8	4.3	4.6	4.7	4.6	4.3	3.8	2.8
$60,000–79,999	754	3.0	4.0	4.6	4.9	5.0	4.9	4.6	4.0	3.0
$80,000–99,999	539	3.6	4.8	5.5	5.8	6.0	5.8	5.5	4.8	3.6
≥ $100,000	847	2.9	3.8	4.4	4.7	4.8	4.7	4.4	3.8	2.9
EMPLOYMENT STATUS										
Full-time worker	3365	1.4	1.9	2.2	2.3	2.4	2.3	2.2	1.9	1.4
Part-time worker	577	3.5	4.6	5.3	5.7	5.8	5.7	5.3	4.6	3.5
Unemployed	259	5.2	6.9	7.9	8.4	8.6	8.4	7.9	6.9	5.2
Homemaker	393	4.2	5.6	6.4	6.8	7.0	6.8	6.4	5.6	4.2
Student	139	7.1	9.4	10.8	11.5	11.8	11.5	10.8	9.4	7.1
Retired	79	9.4	12.5	14.3	15.3	15.6	15.3	14.3	12.5	9.4
FAMILY COMPOSITION										
Living with a partner	3661	1.4	1.8	2.1	2.2	2.3	2.2	2.1	1.8	1.4
Widowed, divorced, separated	731	3.1	4.1	4.7	5.0	5.1	5.0	4.7	4.1	3.1
Never married	449	3.9	5.2	6.0	6.4	6.5	6.4	6.0	5.2	3.9

Difference between two estimates required for statistical significance (cont'd)

2005 Physical Activity Monitor, CFLRI

		Percentage tested[1]								
	Sample	10%	20%	30%	40%	50%	60%	70%	80%	90%
PARENT'S ACTIVITY LEVEL										
Active	1720	2.0	2.7	3.1	3.3	3.3	3.3	3.1	2.7	2.0
Moderately active	1047	2.6	3.4	3.9	4.2	4.3	4.2	3.9	3.4	2.6
Somewhat active	1029	2.6	3.5	4.0	4.2	4.3	4.2	4.0	3.5	2.6
Sedentary	1081	2.5	3.4	3.9	4.1	4.2	4.1	3.9	3.4	2.5
PARENT'S PARTICIPATION IN SPORT										
Participates in sport	1230	2.4	3.2	3.6	3.9	4.0	3.9	3.6	3.2	2.4
Does not participate	3639	1.4	1.8	2.1	2.3	2.3	2.3	2.1	1.8	1.4
Type of Sport Participant										
Player	1042	2.6	3.4	3.9	4.2	4.3	4.2	3.9	3.4	2.6
Other	147	6.9	9.1	10.5	11.2	11.4	11.2	10.5	9.1	6.9
Type of Sport Participation										
Competitive, structured	753	3.0	4.0	4.6	4.9	5.1	4.9	4.6	4.0	3.0
Competitive, unstructured	45	12.4	16.5	18.9	20.2	20.7	20.2	18.9	16.5	12.4
Noncompetitive, structured	144	6.9	9.2	10.6	11.3	11.5	11.3	10.6	9.2	6.9
Noncompetitive, unsctructured	93	8.6	11.5	13.2	14.1	14.4	14.1	13.2	11.5	8.6
Level of competition										
Local	586	3.4	4.6	5.2	5.6	5.7	5.6	5.2	4.6	3.4
Provincial	132	7.2	9.7	11.1	11.8	12.1	11.8	11.1	9.7	7.2
National	47	12.1	16.2	18.5	19.8	20.2	19.8	18.5	16.2	12.1
Use of coach										
Yes	427	4.0	5.4	6.1	6.6	6.7	6.6	6.1	5.4	4.0
No	785	3.0	4.0	4.5	4.8	4.9	4.8	4.5	4.0	3.0
CHILD'S PARTICIPATION IN SPORT										
Participates in sport	3439	1.4	1.9	2.2	2.3	2.4	2.3	2.2	1.9	1.4
Does not participate	1197	2.4	3.2	3.7	3.9	4.0	3.9	3.7	3.2	2.4
Type of Sport Participant										
Player	3304	1.4	1.9	2.2	2.4	2.4	2.4	2.2	1.9	1.4
Other	58	10.9	14.6	16.7	17.8	18.2	17.8	16.7	14.6	10.9
Type of Sport Participation										
Competitive, structured	2596	1.6	2.2	2.5	2.7	2.7	2.7	2.5	2.2	1.6
Competitive, unstructured	29	15.4	20.6	23.6	25.2	25.7	25.2	23.6	20.6	15.4
Noncompetitive, structured	533	3.6	4.8	5.5	5.9	6.0	5.9	5.5	4.8	3.6
Noncompetitive, unsctructured	89	8.8	11.8	13.5	14.4	14.7	14.4	13.5	11.8	8.8
Level of competition										
Local	1898	1.9	2.5	2.9	3.1	3.2	3.1	2.9	2.5	1.9
Provincial	495	3.7	5.0	5.7	6.1	6.2	6.1	5.7	5.0	3.7
National	73	9.7	13.0	14.9	15.9	16.2	15.9	14.9	13.0	9.7
Use of coach										
Yes	3078	1.5	2.0	2.3	2.4	2.5	2.4	2.3	2.0	1.5
No	324	4.6	6.2	7.1	7.5	7.7	7.5	7.1	6.2	4.6

Physical activity levels of adults

Statistics Canada, Canadian Community Health Survey, 2005

	Moderately active or more (1.5 + KKD[1])	Inactive (0 – 1.4 KKD)
TOTAL, ADULTS (20+)	49%	51%
women	48	52
men	52	48
20–24	61	39
women	57	43
men	65	35
25–44	50	50
women	50	50
men	51	49
45–64	48	52
women	48	52
men	49	51
65+	43	57
women	37	63
men	50	50
REGION		
East	44	56
Newfoundland	42	58
Prince Edward Island	40	60
Nova Scotia	46	54
New Brunswick	44	56
Quebec	46	54
Ontario	50	50
West	53	47
Manitoba	46	54
Saskatchewan	47	53
Alberta	52	48
British Columbia	57	43
North[2]	49	51
EDUCATION LEVEL		
Less than secondary	37	63
Secondary	48	52
Some-post secondary	53	47
Post-secondary graduation	53	47

1 Kilocalories/kilogram of body weight/day; an energy expenditure of 1.5 KKD is roughly equivalent to one half hour of walking every day.

Physical activity levels of adults (cont'd)

Statistics Canada, Canadian Community Health Survey, 2005

	Moderately active or more (1.5 + KKD[1])	Inactive (0 – 1.4 KKD)
HOUSEHOLD INCOME		
< $15,000	41%	59%
$15,000–29,999	41	59
$30,000–49,999	45	55
$50,000–79,999	50	50
≥ $80,000	58	42
EMPLOYMENT STATUS		
Working, non-student	49	51
Working, student	61	39
Student, not working	60	40
Non-student, not working	50	50
MARITAL STATUS		
Living with partner	49	51
Widowed, divorced or separated	43	57
Never married	56	44

1 Kilocalories/kilogram of body weight/day; an energy expenditure of 1.5 KKD is roughly equivalent to walking one half hour every day.

Popularity of physical recreation activities of adults, age 20+

Statistics Canada, Canadian Community Health Survey, 2005

Rank, 2005	Activity	Percent of population[1]		
		Total	Men	Women
1	Walking	71%	65%	76%*
2	Gardening, yard work	49	54*	44
3	Home exercise	33	29	37*
4	Swimming	22	21	22
5	Bicycling	20	24*	16
6	Social dancing	18	15	20*
7	Weight training	17	20*	14
8	Jogging, running	16	18*	13
9	Golfing	11	17*	6
10	Exercise classes, aerobics	10	5	16*
11	Fishing	9	14*	5
12	Bowling	8	9	8
13	Skating	6	7*	5
14	Soccer	5	8*	3
15	Basketball	5	8*	2
16	Hockey	5	9*	1
17	In-line skating	4	5	4
18	Baseball, softball	4	7*	2
19	Skiing, snowboarding	4	5*	3
20	Volleyball	4	4	3
21	Tennis	4	5*	3

1 Percentage of Canadians who participated at least once in given activity within last 3 months.

* Significantly greater than other sex.

Popularity of physical recreation activities of adults, by age

Statistics Canada, Canadian Community Health Survey, 2005

	20–24		25–44		45–64		65+	
	Top activities	**%**	**Top activities**	**%**	**Top activities**	**%**	**Top activities**	**%**
1.	Walking	67	Walking	71	Walking	73	Walking	67
2.	Jogging, running	42	Gardening	50	Gardening	56	Gardening	42
3.	Home exercise	42	Home exercise	35	Home exercise	31	Home exercise	29
4.	Weight training	37	Swimming	27	Bicycling	18	Swimming	10
5.	Social dancing	34	Bicycling	26	Swimming	18	Social dancing	10
6.	Swimming	32	Weight training	22	Social dancing	16	Bicycling	8
7.	Gardening	31	Jogging, running	21	Weight training	12	Golfing	7
8.	Bicycling	28	Social dancing	19	Golfing	11	Exercise classes	6
9.	Basketball	19	Golfing	13	Exercise classes	10	Bowling	5
10.	Bowling	16	Fishing	11	Jogging, running	9	Fishing	4
11.	Exercise classes	16	Exercise classes	11	Fishing	9	Weight training	4
12.	In-line skating	15	Bowling	10	Bowling	6	Jogging, running	1
13.	Soccer	15	Skating	9	Skating	3	Tennis	1
14.	Golfing	13	Soccer	8	Skiing, snowboarding	3	Skating	1
15.	Fishing	12	Hockey	7	Tennis	3	Skiing, snowboarding	1
16.	Volleyball	12	Baseball, softball	7	Baseball, softball	2		
17.	Baseball, softball	11	Basketball	7	Soccer	2		
18.	Hockey	10	In-line skating	6	Hockey	2		
19.	Skiing, snowboarding	10	Skiing, snowboarding	6	Basketball	2		
20.	Tennis	9	Volleyball	5	In-line skating	2		
21.	Skating	9	Tennis	5	Volleyball	2		

Popularity of physical recreation activities of youth, age 12–19

Statistics Canada, Canadian Community Health Survey, 2005

Rank, 2005	Activity	Percent of children[1]		
		Total	Boys	Girls
1	Walking	66%	56%	76%*
2	Jogging, running	56	58*	54
3	Bicycling	49	57*	40
4	Swimming	45	44	46
5	Home exercise	43	41	46*
6	Basketball	43	50*	35
7	Soccer	35	39*	31
8	Popular or social dancing	32	20	43*
9	Volleyball	31	29	34*
10	Gardening, yard work	31	37*	24
11	Weight training	30	42*	17
12	Bowling	20	20	20
13	In-line skating	19	19	19
14	Baseball, softball	17	21*	13
15	Skating	17	17	16
16	Ice hockey	16	26*	5
17	Skiing, snowboarding	15	19*	12
18	Tennis	13	15*	12
19	Fishing	13	17*	8
20	Exercise classes	12	9	16*
21	Golfing	11	18*	5

1 Percentage who participated at least once in last 3 months.

* Significantly greater than other sex.

Popularity of physical recreation activities of youth, by age

Statistics Canada, Canadian Community Health Survey, 2005

	12–14		15–17		18–19	
	Top activities	**%**	**Top activities**	**%**	**Top activities**	**%**
1.	Walking	64	Walking	67	Walking	65
2.	Jogging, running	59	Jogging, running	57	Jogging, running	50
3.	Bicycling	59	Bicycling	47	Home exercise	46
4.	Basketball	55	Home exercise	46	Swimming	38
5.	Swimming	52	Swimming	43	Bicycling	36
6.	Soccer	44	Basketball	41	Weight training	35
7.	Volleyball	41	Weight training	37	Social dancing	34
8.	Home exercise	38	Soccer	34	Gardening	29
9.	Gardening	33	Social dancing	33	Basketball	26
10.	Social dancing	29	Volleyball	31	Soccer	23
11.	In-line skating	23	Gardening	30	Bowling	19
12.	Skating	21	Bowling	20	Volleyball	17
13.	Bowling	21	In-line skating	18	In-line skating	17
14.	Baseball, softball	20	Baseball, softball	17	Exercise classes	15
15.	Weight training	19	Hockey	16	Baseball, softball	12
16.	Skiing, snowboarding	19	Skating	16	Golfing	12
17.	Hockey	18	Skiing, snowboarding	15	Hockey	12
18.	Tennis	16	Exercise classes	14	Skiing, snowboarding	12
19.	Fishing	14	Tennis	13	Skating	12
20.	Golf	11	Fishing	13	Fishing	10
21.	Exercise classes	9	Golfing	11	Tennis	10

Sport participation among children and youth

2005 Physical Activity Monitor, CFLRI

	Participation in sport	Type of Sport Participation			
		Competitive, structured	Competitive, unstructured	Non–competitive, structured	Non–competitive, unstructured
TOTAL, PARENTS (18+)	72%	79%	–	14%	5%
mothers	72	80	–	15	4
fathers	71	79	–	13	7
25–44	73	78	–	18	3
mothers	75	76	–	19	3
fathers	71	81	–	17	–
45–64	73	82	–	12	4
mothers	72	83	–	12	–
fathers	74	82	–	12	–
TOTAL, CHILDREN (5–17)	72	79	–	14	5
girls	70	80	–	16	3
boys	73	79	–	13	7
5–12	76	76	–	17	7
girls	72	76	–	20	–
boys	80	76	–	15	9
13–17	65	86	–	10	3
girls	67	87	–	10	–
boys	63	85	–	10	–
REGION					
East	68	77	–	20	–
Newfoundland	80	78	–	18	–
Prince Edward Island	81	71	–	–	–
Nova Scotia	59	70	–	27	–
New Brunswick	71	88	–	–	–
Quebec	70	76	–	18	–
Ontario	70	81	–	14	–
West	76	80	–	12	–
Manitoba	81	86	–	–	–
Saskatchewan	74	85	–	12	–
Alberta	77	68	–	–	–
British Columbia	74	89	–	–	–
North	66	77	–	17	–
Yukon	77	72	–		–
Northwest Territories	65	78	–	–	–
Nunavut	–	–	–	–	–

– Data unavailable because of insufficient sample size.

Sport participation among children and youth (cont'd)

2005 Physical Activity Monitor, CFLRI

	Participation in sport	Type of Sport Participation			
		Competitive, structured	Competitive, unstructured	Non–competitive, structured	Non–competitive, unstructured
COMMUNITY SIZE					
1 million or more	76%	81%	–	14%	–
500,000–999,999	70	80	–	18	–
250,000–499,999	64	81	–	–	–
100,000–249,999	78	83	–	11	–
50,000–99,999	55	81	–	17	–
30,000–49,999	65	82	–	–	–
10,000–29,999	69	68	–	11	–
5,000–9,999	80	74	–	–	–
1,000–4,999	72	83	–	13	–
< 1,000	72	78	–	17	–
EDUCATION LEVEL					
Less than secondary	68	75	–	13	–
Secondary	64	83	–	14	–
College	73	80	–	16	–
University	77	78	–	14	–
HOUSEHOLD INCOME					
< $20,000	71	56	–	9	–
$20,000–29,999	60	72	–	18	–
$30,000–39,999	61	68	–	25	–
$40,000–59,999	66	79	–	17	–
$60,000–79,999	72	83	–	13	–
$80,000–99,999	65	83	–	12	–
≥ $100,000	87	85	–	13	–
EMPLOYMENT STATUS					
Full-time worker	73	82	–	14	3
Part-time worker	68	83	–	15	–
Unemployed	62	75	–	–	–
Homemaker	68	69	–	20	–
Student	89	34	–	–	–
Retired	61	–	–	–	–
FAMILY COMPOSITION					
Living with a partner	72	79	–	15	6
Widowed, divorced, separated	67	82	–	16	–
Never married	72	83	–	10	–

– Data unavailable because of insufficient sample size.

Sport participation among children and youth (cont'd)

2005 Physical Activity Monitor, CFLRI

	Participation in sport	Type of Sport Participation			
		Competitive, structured	Competitive, unstructured	Non–competitive, structured	Non–competitive, unstructured
PARENT ACTIVITY LEVEL					
Active	74%	84%	–	13%	3%
Moderately active	74	83	–	14	–
Somewhat active	72	79	–	17	–
Sedentary	66	67	–	16	–
PARENT'S PARTICIPATION IN SPORT					
Does participate in sport	81	87	–	10	–
Does not participate in sport	69	77	–	16	7
Type of Sport Participant					
Player	80	85	–	11	–
Other	89	94	–	–	–
Level of competition					
Local	80	92	–	7	–
Provincial	83	82	–	–	–
National	96	95	–	–	–
Type of Sport Participation					
Competitive, structured	79	90	–	9	–
Competitive, unstructured	92	–	–	–	–
Non–competitive, structured	82	73	–	25	–
Non–competitive, unstructured	79	80	–	–	–
Use of coach					
Yes	80	88	–	11	–
No	81	86	–	10	–

– Data unavailable because of insufficient sample size.

Mean number of steps for children and youth

2005-06 CANPLAY Study, CFLRI

	Mean number of steps
TOTAL, CHILDREN (5–19)	11356
girls	10735
boys	11946
5–10	12353
girls	11744
boys	12936
11–14	11367
girls	10485
boys	12168
15–19	9797
girls	9463
boys	10132
REGION	
East	10898
Quebec	10765
Ontario	11330
West	12016
North	13101
COMMUNITY SIZE	
1 million or more	10905
500,000–999,999	11617
250,000–499,999	11092
100,000–249,999	11272
50,000–99,999	11346
30,000–49,999	11830
10,000–29,999	12253
5,000–9,999	11889
1,000–4,999	11085
< 1,000	11286
EDUCATION LEVEL	
Less than secondary	10564
Secondary	11060
College	11451
University	11632
HOUSEHOLD INCOME	
< $20,000	11164
$20,000–29,999	10345
$30,000–39,999	11491
$40,000–59,999	11392
$60,000–79,999	11274
$80,000–99,999	11849
≥ $100,000	11622

– Data unavailable because of insufficient sample size.

Mean number of steps for children and youth (cont'd)

2005-06 CANPLAY Study, CFLRI

	Mean number of steps
PARENTAL ACTIVITY PATTERNS COMPARED TO OTHER ADULTS	
Substantially more active	11441
Slightly more active	11655
Just as active	11352
Slightly less active	10948
Substantially less active	9977
CHILD PARTICIPATES IN ORGANIZED PHYSICAL ACTIVITY OR SPORT	
Yes	11830
No	10105

– Data unavailable because of insufficient sample size.

Accumulating sufficient steps to meet recommendations

2005–06 CANPLAY Study, CFLRI

	Canadian physical activity guidelines for children (16,500 steps)	120 to 150 minutes of daily activity (15,000 steps)	Sex-specific BMI referenced (12,000–15,000 steps)
OVERALL TOTAL (5–19)	9%	16%	27%
girls	5	10	33
boys	12	21	21
5–10	11	20	35
girls	6	13	44
boys	16	27	27
11–14	10	16	25
girls	5	9	28
boys	14	22	22
15–19	4	9	16
girls	–	7	21
boys	5	12	12
REGION			
East	9	13	23
Quebec	4	11	18
Ontario	10	17	27
West	12	20	36
North	21	30	37
COMMUNITY SIZE			
1 million or more	8	14	22
500,000–999,999	8	15	30
250,000–499,999	–	17	30
100,000–249,999	8	14	25
50,000–99,999	6	16	30
30,000–49,999	–	16	24
10,000–29,999	15	23	35
5,000–9,999	12	21	33
1,000–4,999	7	13	22
< 1,000	8	16	23
PARENT'S EDUCATION LEVEL			
Less than secondary	6	12	19
Secondary	7	14	23
College	10	16	27
University	10	18	31
HOUSEHOLD INCOME			
< $20,000	7	12	21
$20,000–29,999	6	11	18
$30,000–39,999	12	19	28
$40,000–59,999	9	16	26
$60,000–79,999	8	14	27
$80,000–99,999	10	20	32
≥ $100,000	10	18	31

Accumulating sufficient steps to meet recommendations (cont'd)

2005–06 CANPLAY Study, CFLRI

	Canadian physical activity guidelines for children (16,500 steps)	120 to 150 minutes of daily activity (15,000 steps)	Sex-specific BMI referenced (12,000–15,000 steps)
PARENTAL ACTIVITY PATTERNS COMPARED TO OTHER ADULTS			
Substantially more active	10%	17%	28%
Slightly more active	9	18	30
Just as active	10	15	26
Slightly less active	7	14	23
Substantially less active	–	–	–
CHILD PARTICIPATES IN ORGANIZED PHYSICAL ACTIVITY OR SPORT			
Yes	11	18	31
No	5	10	17

– Data unavailable because of insufficient sample size.

Participation in organized physical activity or sport and steps taken

2005–06 CANPLAY Study, CFLRI

	Participates in organized physical activity or sport	Does not participate in organized physical activity or sport
OVERALL TOTAL (5–19)	11830	10105
girls	11201	9594
boys	12414	10628
5–10	12569	11412
girls	11936	10914
boys	13175	11882
11–14	11746	10233
girls	10831	9516
boys	12546	10960
15–19	10283	9172
girls	10028	8834
boys	10523	9539
REGION		
East	11405	9319
Quebec	11125	9940
Ontario	11800	10205
West	12541	10357
North	13045	11004
COMMUNITY SIZE		
1 million or more	11416	9438
500,000–999,999	12092	10389
250,000–499,999	11645	9797
100,000–249,999	11672	10232
50,000–99,999	11907	10184
30,000–49,999	12165	10865
10,000–29,999	12929	10218
5,000–9,999	12525	10491
1,000–4,999	11299	10489
< 1,000	11595	10448
PARENT'S EDUCATION LEVEL		
Less than secondary	10858	10165
Secondary	11486	10276
College	12065	9854
University	11990	10227
HOUSEHOLD INCOME		
< $20,000	11395	10801
$20,000–29,999	10939	9521
$30,000–39,999	11638	11093
$40,000–59,999	11845	10445
$60,000–79,999	11846	9747
$80,000–99,999	12381	9997
≥ $100,000	11920	10190

Participation in organized physical activity or sport and steps taken

2005–06 CANPLAY Study, CFLRI

	Participates in organized physical activity or sport	Does not participate in organized physical activity or sport
PARENTAL ACTIVITY PATTERNS COMPARED TO OTHER ADULTS		
Substantially more active	11985	9814
Slightly more active	12122	10190
Just as active	11845	10189
Slightly less active	11231	10209
Substantially less active	9709	10270

Mean steps taken by children's preferences for level of activity

2005–06 CANPLAY Study, CFLRI

	Prefer to be physically active	Prefer quiet activities	Like both equally
TOTAL, CHILDREN (5–19)	12440	9413	11567
girls	11454	9063	11046
boys	13233	9803	12069
5–10	12988	10858	12314
girls	12153	10550	11781
boys	13639	11180	12859
11–14	12766	9724	11486
girls	11651	9055	10621
boys	13625	10440	12263
15–19	10896	8517	10180
girls	9844	8415	10038
boys	11843	8636	10312
REGION			
East	12198	8586	11057
Quebec	11543	9319	10936
Ontario	12697	9467	11469
West	13293	9637	12264
North	13425	10597	12889
COMMUNITY SIZE			
1 million or more	11652	9197	11300
500,000–999,999	11909	9645	12108
250,000–499,999	12168	9564	11250
100,000–249,999	12256	9576	11409
50,000–99,999	12343	9392	11715
30,000–49,999	12889	9699	11979
10,000–29,999	14151	8349	12324
5,000–9,999	12900	9479	12138
1,000–4,999	12277	9988	10884
< 1,000	11831	10012	11523
EDUCATION LEVEL			
Less than secondary	11323	9355	10748
Secondary	12061	9590	11089
College	12776	9161	11739
University	12711	9586	11832
HOUSEHOLD INCOME			
< $20,000	12243	10025	10860
$20,000–29,999	11230	8695	10676
$30,000–39,999	12311	9684	11902
$40,000–59,999	12456	9376	11601
$60,000–79,999	12411	9278	11574
$80,000–99,999	12859	9501	12067
≥ $100,000	12665	10040	11707

– Data unavailable because of insufficient sample size.

Mean steps taken by children's preferences for level of activity (cont'd)

2005–06 CANPLAY Study, CFLRI

	Prefer to be physically active	Prefer quiet activities	Like both equally
PARENTAL ACTIVITY PATTERNS COMPARED TO OTHER ADULTS			
Substantially more active	12400	9071	11742
Slightly more active	12588	9742	11806
Just as active	12500	9487	11558
Slightly less active	12059	9243	11258
Substantially less active	—	9288	9926
CHILD PARTICIPATES IN ORGANIZED PHYSICAL ACTIVITY OR SPORT			
Yes	12690	9810	11853
No	11266	9142	10512

– Data unavailable because of insufficient sample size.

Mean steps taken by children's preferences for organized activities vs. unorganized

2005–06 CANPLAY Study, CFLRI

	Prefer organized activities	Prefer unorganized activities	Like both equally	Prefer neither
TOTAL, CHILDREN (5–19)	10878	10741	11973	9340
girls	10492	10238	11242	8918
boys	11331	11185	12638	9878
5–10	12090	11809	12635	11349
girls	11688	11478	11861	–
boys	12594	12075	13384	–
11–14	11346	10777	11846	8767
girls	10996	9914	10781	–
boys	11723	11578	12723	–
15–19	9607	9486	10372	9078
girls	9211	9218	10128	8669
boys	10085	9738	10586	9621
REGION				
East	10692	10241	11432	7940
Quebec	10288	10568	11183	–
Ontario	10546	10803	12022	9187
West	11958	10932	12690	9992
North	12318	13721	12444	–
COMMUNITY SIZE				
1 million or more	10518	9997	11627	–
500,000–999,999	10807	11417	12002	–
250,000–499,999	10785	10287	11846	–
100,000–249,999	11673	11079	11374	–
50,000–99,999	11971	10706	11558	–
30,000–49,999	11365	10986	12960	–
10,000–29,999	11648	10616	13189	–
5,000–9,999	10166	11561	12982	–
1,000–4,999	10255	11031	11555	–
< 1,000	12361	10394	11745	_
EDUCATION LEVEL				
Less than secondary	9311	10880	10964	–
Secondary	10279	10647	11702	9727
College	11113	10562	12177	9027
University	11248	10952	12133	9718
HOUSEHOLD INCOME				
< $20,000	10984	11148	11216	–
$20,000–29,999	10094	10155	10982	–
$30,000–39,999	10438	11145	12146	–
$40,000–59,999	10946	10824	12023	9729
$60,000–79,999	10517	10298	12081	8948
$80,000–99,999	11662	10798	12428	–
≥ $100,000	11132	11278	12012	–

Data unavailable because of insufficient sample size.

Mean steps taken by children's preferences for organized activities vs. unorganized (cont'd)

2005–06 CANPLAY Study, CFLRI

	Prefer organized activities	Prefer unorganized activities	Like both equally	Prefer neither
PARENTAL ACTIVITY PATTERNS COMPARED TO OTHER ADULTS				
Substantially more active	11072	10497	12393	8175
Slightly more active	11336	10934	12178	8846
Just as active	10603	10755	11993	9902
Slightly less active	11163	10737	11101	9975
Substantially less active	–	10647	9850	–
CHILD PARTICIPATES IN ORGANIZED PHYSICAL ACTIVITY OR SPORT				
Yes	11171	11428	12160	10365
No	9559	10262	10478	8924

– Data unavailable because of insufficient sample size.

Mean steps taken by children's preferences for intensity of activity

2005–06 CANPLAY Study, CFLRI

	Prefer vigorous activities	Prefer moderate activities	Like both equally	Prefer neither
TOTAL, CHILDREN (5–19)	12222	10359	11602	9174
girls	11601	10026	10939	8876
boys	12658	10772	12230	9581
5–10	12846	11742	12364	–
girls	12134	11564	11651	–
boys	13346	11960	13100	–
11–14	12624	10239	11549	10604
girls	11757	9582	10603	–
boys	13206	10931	12414	–
15–19	10642	8953	10189	8507
girls	10478	8859	9831	7901
boys	10763	9094	10491	9229
REGION				
East	12132	9867	11003	8517
Quebec	11414	10122	10799	–
Ontario	12405	10232	11605	9794
West	12831	10853	12429	8688
North	13976	11076	12939	–
COMMUNITY SIZE				
1 million or more	11537	10024	11194	–
500,000–999,999	12238	10961	11824	–
250,000–499,999	11880	10023	11630	–
100,000–249,999	11741	10159	11744	–
50,000–99,999	11760	10033	12213	–
30,000–49,999	13355	10544	11885	–
10,000–29,999	13846	10820	12144	–
5,000–9,999	12721	10714	12143	–
1,000–4,999	12224	10801	10661	–
< 1,000	12404	10734	11617	–
EDUCATION LEVEL				
Less than secondary	10961	9762	11374	–
Secondary	11944	10317	11086	9757
College	12410	10251	11776	8630
University	12446	10710	11784	9280
HOUSEHOLD INCOME				
< $20,000	11571	10015	11426	–
$20,000–29,999	11985	8806	10796	–
$30,000–39,999	12235	10131	12193	–
$40,000–59,999	11663	10783	11735	9490
$60,000–79,999	12179	10182	11563	–
$80,000–99,999	12878	10815	12027	–
≥ $100,000	12752	10810	11387	–

Data unavailable because of insufficient sample size.

Mean steps taken by children's preferences for intensity of activity (cont'd)

2005–06 CANPLAY Study, CFLRI

	Prefer vigorous activities	Prefer moderate activities	Like both equally	Prefer neither
PARENTAL ACTIVITY PATTERNS COMPARED TO OTHER ADULTS				
Substantially more active	12695	10216	11450	–
Slightly more active	12601	10413	11844	9305
Just as active	11788	10678	11688	8935
Slightly less active	12112	9826	11286	7798
Substantially less active	10185	9896	9370	–
CHILD PARTICIPATES IN ORGANIZED PHYSICAL ACTIVITY OR SPORT				
Yes	12419	10957	11904	9214
No	11295	9562	10437	9162

– Data unavailable because of insufficient sample size.

Sedentary pursuits after school and steps taken

2005–06 CANPLAY Study, CFLRI

	Does homework between school and dinner		Watches t.v., reads, or plays video or computer games between school and dinner	
	Yes	**No**	**Yes**	**No**
OVERALL TOTAL (5–19)	11310	11487	11171	11924
girls	10624	11109	10480	11469
boys	12061	11736	11800	12425
5–10	12340	12394	12237	12684
girls	11646	11980	11511	12362
boys	13035	12746	12905	13029
11–14	11311	11585	11117	12392
girls	10340	11367	10166	11777
boys	12358	11687	11975	12964
15–19	9611	10115	9498	10520
girls	9456	9375	9154	10139
boys	9812	10541	9807	11017
REGION				
East	10906	11024	10634	11840
Quebec	10884	10541	10590	11117
Ontario	11223	11703	11100	12200
West	11882	12339	11828	12727
North	12529	13382	12855	12526
COMMUNITY SIZE				
1 million or more	10888	10923	10841	11080
500,000–999,999	11672	11568	11712	11312
250,000–499,999	11209	10742	10802	12073
100,000–249,999	11158	11609	11062	12093
50,000–99,999	11493	10990	10909	12564
30,000–49,999	11285	12696	10938	14057
10,000–29,999	11896	13151	11756	13438
5,000–9,999	11816	11715	11361	13422
1,000–4,999	10992	11311	11285	10558
< 1,000	11554	10908	10897	12725
PARENT'S EDUCATION LEVEL				
Less than secondary	10678	10315	10243	11650
Secondary	10999	11320	10880	11650
College	11462	11417	11183	12282
University	11517	11936	11571	11829
HOUSEHOLD INCOME				
< $20,000	10965	11793	10883	12444
$20,000–29,999	10264	10547	10183	10814
$30,000–39,999	11185	12290	11437	11724
$40,000–59,999	11329	11611	11130	12304
$60,000–79,999	11386	11105	11032	12061
$80,000–99,999	11778	12015	11674	12314
≥ $100,000	11602	11622	11527	11885

Sedentary pursuits after school and steps taken (cont'd)

2005–06 CANPLAY Study, CFLRI

	Does homework between school and dinner		Watches t.v., reads, or plays video or computer games between school and dinner	
	Yes	**No**	**Yes**	**No**
PARENTAL ACTIVITY PATTERNS COMPARED TO OTHER ADULTS				
Substantially more active	11352	11581	11422	11512
Slightly more active	11620	11754	11410	12266
Just as active	11366	11403	11139	12077
Slightly less active	10907	11061	10849	11369
Substantially less active	9616	10949	9893	—
CHILD PARTICIPATES IN ORGANIZED PHYSICAL ACTIVITY OR SPORT				
Yes	11747	12089	11685	12255
No	10014	10245	9879	10900

Active pursuits after school and steps taken

2005–06 CANPLAY Study, CFLRI

	Does chores between school and dinner		Plays outdoors between school and dinner	
	Yes	**No**	**Yes**	**No**
OVERALL TOTAL (5–19)	11392	11337	11950	10003
girls	10686	10832	11376	9615
boys	12161	11755	12418	11950
5–10	12613	12120	12484	11254
girls	11909	11567	11812	11276
boys	13378	12591	13097	11222
11–14	11283	11522	11773	10462
girls	10352	10724	10982	9624
boys	12209	12591	12390	11530
15–19	9839	9773	10345	9424
girls	9435	9594	10219	9163
boys	10328	9919	10419	9794
REGION				
East	10659	11228	11490	9180
Quebec	10684	10804	11346	9836
Ontario	11254	11494	11989	9845
West	12038	12029	12460	10656
North	13092	12156	13231	11308
COMMUNITY SIZE				
1 million or more	11011	10831	11659	9545
500,000–999,999	11502	11724	12163	10399
250,000–499,999	11168	11026	11909	9276
100,000–249,999	10935	11680	11832	10060
50,000–99,999	11276	11427	11828	9957
30,000–49,999	12000	11768	12420	10494
10,000–29,999	12569	11802	13067	10103
5,000–9,999	11483	12474	12379	10861
1,000–4,999	10922	11302	11323	10281
< 1,000	11601	10556	11513	10769
PARENT'S EDUCATION LEVEL				
Less than secondary	10975	10028	11088	9459
Secondary	11037	11133	11548	10062
College	11489	11416	12118	9721
University	11709	11603	12216	10354
HOUSEHOLD INCOME				
< $20,000	11240	11091	11929	9265
$20,000–29,999	10175	10621	10783	9522
$30,000–39,999	11578	11489	12135	9873
$40,000–59,999	11630	11158	11924	10256
$60,000–79,999	11127	11464	11992	9800
$80,000–99,999	12033	11632	12348	10464
≥ $100,000	11494	11748	12157	10368

Active pursuits after school and steps taken (cont'd)

2005–06 CANPLAY Study, CFLRI

	Does chores between school and dinner		Plays outdoors between school and dinner	
	Yes	**No**	**Yes**	**No**
PARENTAL ACTIVITY PATTERNS COMPARED TO OTHER ADULTS				
Substantially more active	11581	11302	11928	10265
Slightly more active	11559	11794	12217	10257
Just as active	11480	11234	11976	9899
Slightly less active	11029	10879	11613	9738
Substantially less active	9651	10307	10634	9056
CHILD PARTICIPATES IN ORGANIZED PHYSICAL ACTIVITY OR SPORT				
Yes	11809	11874	12260	10526
No	10294	9909	10810	9285

Active pursuits after school and steps taken (cont'd)

2005–06 CANPLAY Study, CFLRI

	Does organized activities between school and dinner		Does unorganized activities between school and dinner	
	Yes	**No**	**Yes**	**No**
OVERALL TOTAL (5–19)	12046	10821	11798	10041
girls	11441	10169	11190	9572
boys	12656	11413	12328	10627
5–10	12781	11946	12521	11310
girls	12109	11360	11884	10992
boys	13485	12456	13102	11715
11–14	11903	10930	11688	10431
girls	11049	9998	10864	9590
boys	12732	11723	12359	11473
15–19	10615	9356	10263	9132
girls	10453	8970	9948	8816
boys	10774	9748	10532	9526
REGION				
East	11539	10379	11345	9436
Quebec	11232	10534	11178	9781
Ontario	12119	10690	11801	9938
West	12544	11466	12396	10675
North	13532	11695	13103	11303
COMMUNITY SIZE				
1 million or more	11904	10098	11433	9620
500,000–999,999	11665	11593	12076	10239
250,000–499,999	12423	10147	11779	9355
100,000–249,999	11458	11139	11557	10536
50,000–99,999	11884	10826	11890	9375
30,000–49,999	12824	11217	12275	10046
10,000–29,999	13392	11040	12891	9754
5,000–9,999	12442	11478	12117	10747
1,000–4,999	11627	10681	11337	10106
< 1,000	11705	10984	11438	10852
PARENT'S EDUCATION LEVEL				
Less than secondary	11362	10352	11009	9534
Secondary	11807	10584	11470	9762
College	12178	10866	11919	9927
University	12110	11157	12065	10388
HOUSEHOLD INCOME				
< $20,000	12067	10638	11251	10940
$20,000–29,999	11506	9832	10998	8671
$30,000–39,999	12155	11114	11740	10803
$40,000–59,999	12187	10862	11854	9992
$60,000–79,999	11894	10815	11795	9806
$80,000–99,999	12204	11559	12203	10651
≥ $100,000	12098	11054	12013	10360

Active pursuits after school and steps taken (cont'd)

2005–06 CANPLAY Study, CFLRI

	Does organized activities between school and dinner		Does unorganized activities between school and dinner	
	Yes	**No**	**Yes**	**No**
PARENTAL ACTIVITY PATTERNS COMPARED TO OTHER ADULTS				
Substantially more active	12270	10654	11721	10476
Slightly more active	12268	11117	12044	10237
Just as active	11976	10910	11820	9964
Slightly less active	11509	10554	11646	9489
Substantially less active	10904	9680	10067	10109
CHILD PARTICIPATES IN ORGANIZED PHYSICAL ACTIVITY OR SPORT				
Yes	12114	11454	12162	10647
No	10703	10059	10644	9022

Children's means of commuting to school

2005 Physical Activity Monitor, CFLRI

	Active Modes	Inactive Modes	Mixed Modes
TOTAL, PARENTS (18+)	26%	59%	13%
mothers	28	57	13
fathers	25	61	14
25–44	28	59	11
mothers	28	58	13
fathers	29	60	9
45–64	23	60	16
mothers	25	58	15
fathers	20	62	16
TOTAL, CHILDREN (5–17)	26	59	13
girls	24	64	11
boys	29	54	15
5–12	28	58	12
girls	28	60	11
boys	28	57	13
13–17	24	59	15
girls	19	69	11
boys	29	50	19
REGION			
East	11	79	9
Newfoundland	15	74	11
Prince Edward Island	-	78	-
Nova Scotia	10	78	-
New Brunswick	-	83	-
Quebec	19	67	13
Ontario	30	54	16
West	32	53	12
Manitoba	39	45	16
Saskatchewan	37	53	10
Alberta	28	57	9
British Columbia	34	50	13
North	43	45	10
Yukon	21	66	10
Northwest Territories	50	34	14
Nunavut	–	–	–

– Data unavailable because of insufficient sample size.

Children's means of commuting to school (cont'd)

2005 Physical Activity Monitor, CFLRI

	Active Modes	Inactive Modes	Mixed Modes
COMMUNITY SIZE			
1 million or more	28%	59%	12%
500,000–999,999	23	59	13
250,000–499,999	31	53	14
100,000–249,999	27	60	12
50,000–99,999	21	44	33
30,000–49,999	22	63	-
10,000–29,999	39	49	12
5,000–9,999	13	76	10
1,000–4,999	24	63	11
< 1,000	21	68	10
EDUCATION LEVEL			
Less than secondary	26	65	8
Secondary	27	57	13
College	26	60	13
University	25	58	16
HOUSEHOLD INCOME			
< $20,000	38	49	7
$20,000–29,999	34	52	12
$30,000–39,999	36	54	10
$40,000–59,999	27	57	15
$60,000–79,999	24	62	12
$80,000–99,999	19	60	20
≥ $100,000	19	66	14
EMPLOYMENT STATUS			
Full-time worker	25	61	13
Part-time worker	34	53	12
Unemployed	30	58	12
Homemaker	32	56	11
Student	53	37	–
Retired	–	53	–
FAMILY COMPOSITION			
Living with a partner	27	58	14
Widowed, divorced, separated	22	58	15
Never married	18	76	6

– Data unavailable because of insufficient sample size.

Children's means of commuting to school (cont'd)

2005 Physical Activity Monitor, CFLRI

	Active Modes	Inactive Modes	Mixed Modes
PARENT'S ACTIVITY LEVEL			
Active	27%	58%	12%
Moderately active	26	60	14
Somewhat active	25	62	13
Sedentary	27	56	16
PARENT'S PARTICIPATION IN SPORT			
Does participate in sport	26	63	11
Does not participate in sport	27	57	14
Type of Sport Participant			
Player	25	62	12
Other	27	66	–
Type of Sport Participation			
Competitive, structured	23	65	11
Competitive, unstructured	–	–	–
Non–competitive, structured	23	58	–
Non–competitive, unstructured	–	46	–
Level of competition			
Local	23	68	8
Provincial	27	60	–
National	–	–	–
Use of coach			
Yes	23	65	11
No	27	61	11
CHILD'S PARTICIPATION IN SPORT			
Does participate in sport	26	61	12
Does not participate in sport	28	53	16
Type of Sport Participant			
Player	26	61	12
Other	–	65	–
Type of Sport Participation			
Competitive, structured	25	62	13
Competitive, unstructured	–	–	–
Non–competitive, structured	22	65	12
Non–competitive, unstructured	–	32	–
Level of competition			
Local	27	58	14
Provincial	17	71	10
National	–	86	–
Use of coach			
Yes	24	63	12
No	37	50	12

– Data unavailable because of insufficient sample size.

Physical education opportunities at school

2005 Physical Activity Monitor, CFLRI

	Child has physical education classes				Physical education provides enough activity
	Daily	3–4 days/week	1–2 days/week	0 days/week	
TOTAL, PARENTS (18+)	22%	25%	44%	9%	45%
mothers	19	26	46	9	44
fathers	25	24	42	9	45
25–44	17	29	49	5	43
mothers	16	28	50	6	42
fathers	19	29	48	3	44
45–64	25	26	35	15	46
mothers	26	25	32	17	47
fathers	23	27	38	12	46
TOTAL, CHILDREN (5–17)	22	25	44	9	45
girls	20	25	48	8	40
boys	24	25	41	10	49
5–12	21	28	49	2	42
girls	17	27	53	2	40
boys	24	28	45	3	44
13–17	23	21	37	19	49
girls	23	21	39	17	42
boys	23	20	35	21	57
REGION					
East	21	28	40	11	43
Newfoundland	–	37	47	–	44
Prince Edward Island	37	32	17	–	45
Nova Scotia	–	28	37	–	39
New Brunswick	19	19	46	16	48
Quebec	–	16	76	–	37
Ontario	24	24	38	14	47
West	32	31	28	8	49
Manitoba	24	45	22	–	54
Saskatchewan	37	41	16	7	51
Alberta	45	24	24	–	54
British Columbia	19	34	36	–	41
North	40	38	15	–	54
Yukon	46	37	11	–	56
Northwest Territories	33	42	13	–	65
Nunavut	–	–	–	–	–

– Data unavailable because of insufficient sample size.

Physical education opportunities at school (cont'd)

2005 Physical Activity Monitor, CFLRI

	Child has physical education classes				Physical education provides enough activity
	Daily	3–4 days/week	1–2 days/week	0 days/week	
COMMUNITY SIZE					
1 million or more	14%	21%	58%	8%	39%
500,000–999,999	26	31	34	–	49
250,000–499,999	26	23	–	–	46
100,000–249,999	21	31	40	8	39
50,000–99,999	18	31	–	–	45
30,000–49,999	25	28	–	–	41
10,000–29,999	36	16	–	4	62
5,000–9,999	26	18	–	–	32
1,000–4,999	22	32	39	7	49
< 1,000	27	27	–	–	53
EDUCATION LEVEL					
Less than secondary	22	15	55	8	61
Secondary	22	26	47	5	47
College	22	25	46	8	42
University	22	27	37	14	39
HOUSEHOLD INCOME					
< $20,000	32	16	49	–	54
$20,000–29,999	24	22	48	6	59
$30,000–39,999	18	27	–	–	55
$40,000–59,999	19	31	42	8	42
$60,000–79,999	22	27	42	10	45
$80,000–99,999	18	23	40	19	38
≥ $100,000	21	23	46	10	31
FAMILY COMPOSITION					
Living with a partner	21	26	43	10	46
Widowed, divorced, separated	24	27	43	7	45
Never married	30	13	55	–	34

– Data unavailable because of insufficient sample size.

Physical education opportunities at school (cont'd)

2005 Physical Activity Monitor, CFLRI

	Child has physical education classes				Physical education provides enough activity
	Daily	3–4 days/week	1–2 days/week	0 days/week	
PARENT ACTIVITY LEVEL					
Active	22%	24%	45%	8%	40
Moderately active	23	27	41	8	46
Somewhat active	19	30	42	9	42
Sedentary	22	19	48	11	54
PARENT'S PARTICIPATION IN SPORT					
Does participate in sport	25	29	39	7	37
Does not participate in sport	21	24	46	10	47
Type of Sport Participant					
Player	23	30	39	8	34
Other	37	23	–	–	54
Level of competition					
Local	30	26	39	5	36
Provincial	27	28	–	–	32
National	–	–	–	–	–
Type of Sport Participation					
Competitive, structured	26	28	39	8	33
Competitive, unstructured	–	–	–	–	–
Non–competitive, structured	–	29	–	–	37
Non–competitive, unstructured	–	40	–	–	31
Use of coach					
Yes	24	27	45	–	33
No	25	30	35	10	40
CHILD'S PARTICIPATION IN SPORT					
Does participate in sport	23	28	44	6	43
Does not participate in sport	20	17	46	17	50
Type of Sport Participant					
Player	23	28	43	6	43
Other	–	–	–	–	–
Type of Sport Participation					
Competitive, structured	23	29	42	6	41
Competitive, unstructured	–	–	–	–	–
Non–competitive, structured	14	32	49	–	42
Non–competitive, unstructured	–	–	–	–	77
Level of competition					
Local	24	31	39	6	43
Provincial	27	24	39	11	46
National	9	–	–	–	–
Use of coach					
Yes	22	29	43	6	41
No	29	16	49	–	53

– Data unavailable because of insufficient sample size.

Other physical activity programming at school

2005 Physical Activity Monitor, CFLRI

	School offers other physical activity programs	Programs meet child's needs			Local facilities used for school programs
		Somewhat well or not at all	Moderately well	Quite well or very well	
TOTAL, PARENTS (18+)	71%	38%	22%	40%	73%
mothers	75	38	19	43	73
fathers	66	37	26	38	73
25–44	67	42	21	37	72
mothers	70	42	21	37	69
fathers	63	41	21	38	74
45–64	80	41	19	41	75
mothers	83	41	16	43	75
fathers	76	40	22	38	75
TOTAL, CHILDREN (5–17)	71	38	22	40	73
girls	72	40	20	40	71
boys	70	35	24	41	75
5–12	60	39	25	36	69
girls	59	43	25	32	64
boys	60	36	24	40	73
13–17	86	36	19	45	79
girls	89	38	14	48	80
boys	83	34	25	41	77
REGION					
East	67	44	19	36	73
Newfoundland	75	56	18	26	71
Prince Edward Island	78	50	21	29	75
Nova Scotia	57	44	21	35	75
New Brunswick	75	36	18	46	70
Quebec	74	28	16	56	68
Ontario	70	39	27	34	69
West	69	42	22	37	80
Manitoba	78	46	22	32	72
Saskatchewan	81	42	20	38	88
Alberta	61	36	22	42	78
British Columbia	72	45	22	33	83
North	79	27	20	53	85
Yukon	78	35	22	43	96
Northwest Territories	82	24	–	58	93
Nunavut	–	–	–	–	–

– Data unavailable because of insufficient sample size.

Other physical activity programming at school (cont'd)

2005 Physical Activity Monitor, CFLRI

	School offers other physical activity programs	Programs meet child's needs			Local facilities used for school programs
		Somewhat well or not at all	Moderately well	Quite well or very well	
COMMUNITY SIZE					
1 million or more	73%	33%	17%	49%	67%
500,000–999,999	76	40	17	43	75
250,000–499,999	70	48	23	29	68
100,000–249,999	76	48	18	34	78
50,000–99,999	79	27	51	21	79
30,000–49,999	71	43	21	36	75
10,000–29,999	55	35	25	41	80
5,000–9,999	48	46	–	37	64
1,000–4,999	75	35	22	43	80
< 1,000	76	30	30	40	72
EDUCATION LEVEL					
Less than secondary	61	31	15	54	64
Secondary	70	33	21	46	77
College	72	38	25	37	71
University	74	42	23	36	74
HOUSEHOLD INCOME					
< $20,000	43	34	14	51	62
$20,000–29,999	62	35	14	51	74
$30,000–39,999	62	37	26	37	72
$40,000–59,999	71	40	23	38	74
$60,000–79,999	74	43	18	39	73
$80,000–99,999	79	37	31	32	75
≥ $100,000	78	36	23	41	74
FAMILY COMPOSITION					
Living with a partner	70	40	23	37	72
Widowed, divorced, separated	75	33	21	46	76
Never married	72	16	18	66	73

– Data unavailable because of insufficient sample size.

Other physical activity programming at school (cont'd)

2005 Physical Activity Monitor, CFLRI

	School offers other physical activity programs	Programs meet child's needs			Local facilities used for school programs
		Somewhat well or not at all	Moderately well	Quite well or very well	
PARENT ACTIVITY LEVEL					
Active	76%	35%	21%	44%	76%
Moderately active	78	46	24	30	75
Somewhat active	67	34	21	45	71
Sedentary	58	–	–	–	68
PARENT'S PARTICIPATION IN SPORT					
Does participate in sport	75	37	23	40	77
Does not participate in sport	69	38	22	40	71
Type of Sport Participant					
Player	73	37	24	39	76
Other	82	37	14	48	87
Level of competition					
Local	79	33	23	43	77
Provincial	73	–	–	50	87
National	51	–	–	–	80
Type of Sport Participation					
Competitive, structured	75	37	23	40	77
Competitive, unstructured	–	–	–	–	90
Non–competitive, structured	69	44	–	–	72
Non–competitive, unstructured	64	–	–	–	67
Use of coach					
Yes	78	34	28	38	74
No	73	39	19	42	79
CHILD'S PARTICIPATION IN SPORT					
Does participate in sport	71	35	21	44	72
Does not participate in sport	70	46	24	30	75
Type of Sport Participant					
Player	71	34	21	45	72
Other	61	–	–	–	69
Level of competition					
Local	74	35	25	40	72
Provincial	89	26	20	54	79
National	95	–	–	81	94
Type of Sport Participation					
Competitive, structured	78	32	22	46	75
Competitive, unstructured	–	–	–	–	–
Non–competitive, structured	61	48	18	34	69
Non–competitive, unstructured	38	–	–	–	63
Use of coach					
Yes	75	33	22	45	74
No	49	45	16	39	62

– Data unavailable because of insufficient sample size.

Sedentary pursuits after school

2005 Physical Activity Monitor, CFLRI

	Homework	Television, reading, computer and video games
TOTAL, PARENTS (18+)	63%	71%
mothers	61	70
fathers	65	72
25–44	66	69
mothers	62	67
fathers	70	70
45–64	67	71
mothers	63	70
fathers	70	73
TOTAL, CHILDREN (5–17)	63	71
girls	69	70
boys	58	72
5–12	65	68
girls	69	68
boys	61	68
13–17	61	74
girls	70	72
boys	53	76
REGION		
East	71	76
Newfoundland	67	76
Prince Edward Island	66	70
Nova Scotia	70	77
New Brunswick	75	75
Quebec	56	59
Ontario	69	76
West	61	71
Manitoba	57	73
Saskatchewan	65	71
Alberta	52	68
British Columbia	70	74
North	56	68
Yukon	57	68
Northwest Territories	55	61
Nunavut	–	–

– Data unavailable because of insufficient sample size.

Sedentary pursuits after school (cont'd)

2005 Physical Activity Monitor, CFLRI

	Homework	Television, reading, computer and video games
COMMUNITY SIZE		
1 million or more	66%	71%
500,000–999,999	62	68
250,000–499,999	68	78
100,000–249,999	66	71
50,000–99,999	56	75
30,000–49,999	65	61
10,000–29,999	61	68
5,000–9,999	47	78
1,000–4,999	67	65
< 1,000	64	71
EDUCATION LEVEL		
Less than secondary	55	76
Secondary	65	72
College	70	72
University	60	67
HOUSEHOLD INCOME		
< $20,000	44	60
$20,000–29,999	65	73
$30,000–39,999	66	76
$40,000–59,999	66	70
$60,000–79,999	69	67
$80,000–99,999	54	74
≥ $100,000	63	74
EMPLOYMENT STATUS		
Full-time worker	68	70
Part-time worker	71	78
Unemployed	55	71
Homemaker	58	69
Student	37	46
Retired	38	85
FAMILY COMPOSITION		
Living with a partner	65	70
Widowed, divorced, separated	56	69
Never married	58	84

– Data unavailable because of insufficient sample size.

Sedentary pursuits after school (cont'd)

2005 Physical Activity Monitor, CFLRI

	Homework	Television, reading, computer and video games
PARENT'S ACTIVITY LEVEL		
Active	65%	69%
Moderately active	69	70
Somewhat active	68	75
Sedentary	53	71
PARENT'S PARTICIPATION IN SPORT		
Does participate in sport	73	71
Does not participate in sport	60	71
Type of Sport Participant		
Player	74	70
Other	70	73
Type of Sport Participation		
Competitive, structured	75	73
Competitive, unstructured	76	–
Non–competitive, structured	70	67
Non–competitive, unstructured	77	58
Level of competition		
Local	77	76
Provincial	77	67
National	–	–
Use of coach		
Yes	75	70
No	72	71
CHILD'S PARTICIPATION IN SPORT		
Does participate in sport	64	70
Does not participate in sport	61	72
Type of Sport Participant		
Player	64	70
Other	56	66
Type of Sport Participation		
Competitive, structured	68	72
Competitive, unstructured	–	–
Non–competitive, structured	63	67
Non–competitive, unstructured	43	44
Level of competition		
Local	71	71
Provincial	63	67
National	28	83
Use of coach		
Yes	67	71
No	50	64

– Data unavailable because of insufficient sample size.

Active pursuits after school

2005 Physical Activity Monitor, CFLRI

	Chores	Playing outdoors	Organized physical activities and sports	Unorganized physical activities and sports
TOTAL, PARENTS (18+)	46%	70%	25%	64%
mothers	45	67	25	64
fathers	48	73	25	63
25–44	43	76	28	68
mothers	43	74	29	66
fathers	43	78	27	69
45–64	47	61	26	60
mothers	45	57	26	59
fathers	49	65	26	60
TOTAL, CHILDREN (5–17)	46	70	25	64
girls	46	64	25	56
boys	47	75	25	71
5–12	47	85	28	73
girls	48	82	29	67
boys	46	87	27	78
13–17	46	49	21	50
girls	44	39	20	41
boys	47	58	22	60
REGION				
East	46	76	24	72
Newfoundland	44	81	26	70
Prince Edward Island	52	78	26	66
Nova Scotia	42	77	19	75
New Brunswick	52	72	30	70
Quebec	24	49	14	42
Ontario	48	75	25	71
West	61	79	33	68
Manitoba	53	72	29	71
Saskatchewan	62	76	39	69
Alberta	70	84	27	68
British Columbia	54	76	38	67
North	61	83	30	76
Yukon	53	71	30	77
Northwest Territories	63	87	43	82
Nunavut	–	–	–	–

– Data unavailable because of insufficient sample size.

Active pursuits after school (cont'd)

2005 Physical Activity Monitor, CFLRI

	Chores	Playing outdoors	Organized physical activities and sports	Unorganized physical activities and sports
COMMUNITY SIZE				
1 million or more	39%	63%	27%	57%
500,000–999,999	51	72	31	69
250,000–499,999	53	80	24	75
100,000–249,999	47	74	28	68
50,000–99,999	34	58	16	50
30,000–49,999	39	57	19	58
10,000–29,999	58	80	17	79
5,000–9,999	57	82	26	57
1,000–4,999	51	70	26	64
< 1,000	45	73	23	66
EDUCATION LEVEL				
Less than secondary	59	80	16	62
Secondary	48	69	18	64
College	46	74	27	64
University	42	66	32	65
HOUSEHOLD INCOME				
< $20,000	70	84	10	66
$20,000–29,999	55	77	25	76
$30,000–39,999	57	77	20	76
$40,000–59,999	44	71	24	62
$60,000–79,999	46	70	30	66
$80,000–99,999	36	58	23	55
≥ $100,000	36	66	31	61
EMPLOYMENT STATUS				
Full-time worker	45	70	26	66
Part-time worker	54	74	33	65
Unemployed	47	70	25	66
Homemaker	47	74	28	69
Student	76	91	25	82
Retired	–	67	–	–
FAMILY COMPOSITION				
Living with a partner	46	70	26	64
Widowed, divorced, separated	49	72	22	73
Never married	44	65	20	54

– Data unavailable because of insufficient sample size.

Active pursuits after school (cont'd)

2005 Physical Activity Monitor, CFLRI

	Chores	Playing outdoors	Organized physical activities and sports	Unorganized physical activities and sports
PARENT ACTIVITY LEVEL				
Active	46%	69%	29%	66%
Moderately active	47	73	26	67
Somewhat active	45	73	23	66
Sedentary	48	67	18	56
PARENT'S PARTICIPATION IN SPORT				
Does participate in sport	49	80	33	71
Does not participate in sport	46	67	23	62
Type of Sport Participant				
Player	49	79	34	69
Other	50	82	25	76
Type of Sport Participation				
Competitive, structured	49	79	36	69
Competitive, unstructured	–	78	–	–
Non–competitive, structured	43	80	25	71
Non–competitive, unstructured	56	79	–	69
Level of competition				
Local	52	82	35	72
Provincial	49	73	30	73
National	–	82	–	59
Use of coach				
Yes	50	84	37	72
No	48	78	30	71
CHILD'S PARTICIPATION IN SPORT				
Does participate in sport	48	74	31	66
Does not participate in sport	42	60	9	57
Type of Sport Participant				
Player	48	74	31	67
Other	–	58	–	–
Type of Sport Participation				
Competitive, structured	46	73	35	67
Competitive, unstructured	–	–	–	–
Non–competitive, structured	41	74	28	65
Non–competitive, unstructured	65	86	–	82
Level of competition				
Local	48	77	33	71
Provincial	51	66	51	59
National	21	19	22	21
Use of coach				
Yes	46	73	35	66
No	60	81	11	65

– Data unavailable because of insufficient sample size.

Public facilities and programs

2005 Physical Activity Monitor, CFLRI

	Public facilities and programs available	These opportunities meet child's needs			Child uses these opportunities		
		Well or very well	Somewhat well	Not very well or not at all	Often or very often	Somewhat often	Not very often or not at all
TOTAL, PARENTS (18+)	92%	60%	26%	14%	23%	36%	40%
mothers	93	62	22	15	26	35	39
fathers	91	58	29	13	20	39	42
25–44	95	60	28	12	26	37	37
mothers	95	61	26	12	31	36	33
fathers	94	59	29	12	22	37	41
45–64	92	61	22	17	24	33	43
mothers	93	63	21	16	27	32	41
fathers	91	59	24	17	22	33	45
TOTAL, CHILDREN (5–17)	92	60	26	14	23	37	40
girls	92	61	26	14	22	34	44
boys	92	60	26	15	24	39	37
5–12	93	62	26	12	25	41	33
girls	92	63	25	12	25	37	38
boys	94	62	27	11	26	45	29
13–17	90	57	25	18	20	29	51
girls	93	58	27	15	18	30	52
boys	88	56	23	21	21	29	50
REGION							
East	87	59	24	17	24	34	42
Newfoundland	84	62	26	–	25	40	35
Prince Edward Island	84	52	28	21	30	38	32
Nova Scotia	88	61	19	21	21	30	50
New Brunswick	89	55	30	15	27	35	38
Quebec	92	59	28	13	18	32	49
Ontario	90	57	26	17	23	37	39
West	95	64	24	12	26	40	34
Manitoba	95	62	24	14	30	41	29
Saskatchewan	95	63	21	16	29	32	38
Alberta	96	62	29	–	20	45	35
British Columbia	94	67	20	13	30	35	34
North	91	63	20	18	32	30	38
Yukon	96	63	25	12	33	39	28
Northwest Territories	83	65	23	12	35	35	30
Nunavut	–	–	–	–	–	–	–

– Data unavailable because of insufficient sample size.

Public facilities and programs (cont'd)

2005 Physical Activity Monitor, CFLRI

	Public facilities and programs available	These opportunities meet child's needs			Child uses these opportunities		
		Well or very well	Somewhat well	Not very well or not at all	Often or very often	Somewhat often	Not very often or not at all
COMMUNITY SIZE							
1 million or more	95%	65%	24%	11%	23%	34%	43%
500,000–999,999	95	61	29	11	24	43	33
250,000–499,999	93	56	31	13	18	43	39
100,000–249,999	95	66	20	14	23	39	38
50,000–99,999	78	60	28	12	25	34	41
30,000–49,999	91	64	28	–	23	33	45
10,000–29,999	91	49	31	20	23	40	37
5,000–9,999	92	61	23	–	25	17	58
1,000–4,999	87	53	26	20	27	35	38
< 1,000	86	48	21	31	16	43	41
EDUCATION LEVEL							
Less than secondary	89	61	21	18	22	30	47
Secondary	89	60	25	16	21	35	44
College	95	62	26	12	24	38	38
University	92	59	27	14	25	38	37
HOUSEHOLD INCOME							
< $20,000	91	48	42	10	11	46	42
$20,000–29,999	92	58	24	17	32	27	41
$30,000–39,999	93	44	29	27	16	34	50
$40,000–59,999	88	59	26	15	25	32	42
$60,000–79,999	96	62	26	12	25	38	37
$80,000–99,999	85	61	24	15	25	37	38
≥ $100,000	94	70	20	9	26	33	41
FAMILY COMPOSITION							
Living with a partner	92	59	27	15	24	36	40
Widowed, divorced, separated	90	67	18	15	22	38	39
Never married	95	64	26	11	13	41	47

– Data unavailable because of insufficient sample size.

Public facilities and programs (cont'd)

2005 Physical Activity Monitor, CFLRI

	Public facilities and programs available	These opportunities meet child's needs			Child uses these opportunities		
		Well or very well	Somewhat well	Not very well or not at all	Often or very often	Somewhat often	Not very often or not at all
PARENT ACTIVITY LEVEL							
Active	92%	61%	24%	15%	25%	37%	38%
Moderately active	95	65	22	13	22	41	36
Somewhat active	94	56	27	17	25	33	42
Sedentary	87	56	32	12	19	34	47
PARENT'S PARTICIPATION IN SPORT							
Does participate in sport	96	64	26	11	28	43	28
Does not participate in sport	91	59	26	15	21	34	44
Type of Sport Participant							
Player	96	62	27	11	29	42	28
Other	92	77	–	–	22	51	27
Type of Sport Participation							
Competitive, structured	97	64	25	11	30	43	27
Competitive, unstructured	98	–	–	–	–	–	–
Non–competitive, structured	92	55	32	–	34	36	30
Non–competitive, unstructured	97	55	–	–	–	47	38
Level of competition							
Local	97	71	21	9	30	48	22
Provincial	92	60	–	–	30	40	–
National	96	–	–	–	–	–	–
Use of coach							
Yes	94	61	27	12	32	46	22
No	97	65	25	10	26	42	31
CHILD'S PARTICIPATION IN SPORT							
Does participate in sport	94	63	25	13	27	39	34
Does not participate in sport	88	53	28	19	12	29	59
Type of Sport Participant							
Player	94	63	25	12	28	39	33
Other	90	–	–	–	–	48	–
Type of Sport Participation							
Competitive, structured	95	66	22	12	31	39	31
Competitive, unstructured	–	–	–	–	–	–	–
Non–competitive, structured	91	58	25	17	22	40	37
Non–competitive, unstructured	89	25	61	–	–	–	31
Level of competition							
Local	94	65	22	14	30	40	30
Provincial	94	64	30	6	43	35	22
National	98	81	–	–	–	–	–
Use of coach							
Yes	95	66	23	12	30	39	31
No	89	41	41	18	11	42	47

– Data unavailable because of insufficient sample size.

Private facilities and programs

2005 Physical Activity Monitor, CFLRI

	Private facilities and programs available	These opportunities meet child's needs			Child uses these opportunities		
		Well or very well	Somewhat well	Not very well or not at all	Often or very often	Somewhat often	Not very often or not at all
TOTAL, PARENTS (18+)	72%	45%	21%	35%	15%	21%	64%
mothers	75	47	21	32	16	22	62
fathers	70	41	21	38	14	20	66
25–44	74	42	25	33	15	22	63
mothers	76	42	27	31	20	22	58
fathers	72	42	22	36	9	22	69
45–64	75	39	22	39	15	21	64
mothers	77	42	20	38	17	22	61
fathers	74	36	25	39	13	19	68
TOTAL, CHILDREN (5–17)	72	45	21	35	15	21	64
girls	73	45	22	33	16	21	63
boys	71	44	19	37	14	21	65
5–12	73	44	21	35	15	22	62
girls	69	44	24	32	17	23	60
boys	76	45	18	37	14	22	64
13–17	71	45	21	35	14	19	67
girls	78	46	19	34	15	17	68
boys	65	43	22	35	13	21	66
REGION							
East	60	36	28	35	17	18	65
Newfoundland	62	39	31	30	–	–	61
Prince Edward Island	53	31	29	39	–	–	69
Nova Scotia	62	34	25	40	–	–	67
New Brunswick	57	38	31	30	–	–	61
Quebec	79	49	22	29	11	23	66
Ontario	73	45	18	36	16	23	61
West	70	42	20	38	17	18	65
Manitoba	71	47	19	33	–	26	57
Saskatchewan	66	42	19	39	16	21	63
Alberta	65	40	14	45	22	–	69
British Columbia	75	42	27	31	–	24	64
North	70	41	16	43	12	20	68
Yukon	73	48	–	36	18	16	66
Northwest Territories	65	44	25	31	–	34	54
Nunavut	–	–	–	–	–	–	–

– Data unavailable because of insufficient sample size.

Private facilities and programs (cont'd)

2005 Physical Activity Monitor, CFLRI

	Private facilities and programs available	These opportunities meet child's needs			Child uses these opportunities		
		Well or very well	Somewhat well	Not very well or not at all	Often or very often	Somewhat often	Not very often or not at all
COMMUNITY SIZE							
1 million or more	83%	49%	21%	30%	13%	24%	63%
500,000–999,999	75	47	19	33	19	19	62
250,000–499,999	80	41	21	38	–	20	67
100,000–249,999	82	51	20	30	15	20	65
50,000–99,999	65	46	16	38	18	–	62
30,000–49,999	74	37	30	32	–	21	70
10,000–29,999	73	36	17	48	22	13	65
5,000–9,999	39	38	–	40	–	22	61
1,000–4,999	56	36	24	40	14	24	62
< 1,000	39	31	31	38	8	24	68
EDUCATION LEVEL							
Less than secondary	54	52	20	28	20	23	57
Secondary	67	47	21	31	9	19	72
College	77	44	22	35	15	21	64
University	78	42	20	39	17	22	61
HOUSEHOLD INCOME							
< $20,000	60	43	10	47	10	11	79
$20,000–29,999	61	45	22	33	12	27	61
$30,000–39,999	59	42	24	34	16	27	58
$40,000–59,999	67	33	25	42	10	16	74
$60,000–79,999	76	41	24	35	12	24	65
$80,000–99,999	74	41	26	34	17	22	61
≥ $100,000	83	52	16	31	14	23	63
FAMILY COMPOSITION							
Living with a partner	71	41	23	36	15	22	64
Widowed, divorced, separated	74	49	16	35	11	21	68
Never married	86	71	9	21	22	18	60

– Data unavailable because of insufficient sample size.

Private facilities and programs (cont'd)

2005 Physical Activity Monitor, CFLRI

	Private facilities and programs available	These opportunities meet child's needs			Child uses these opportunities		
		Well or very well	Somewhat well	Not very well or not at all	Often or very often	Somewhat often	Not very often or not at all
PARENT ACTIVITY LEVEL							
Active	75%	49%	18%	33%	16%	22%	62%
Moderately active	77	48	22	30	18	23	59
Somewhat active	75	41	23	36	13	20	67
Sedentary	59	34	22	44	11	18	71
PARENT'S PARTICIPATION IN SPORT							
Does participate in sport	78	53	19	28	20	28	52
Does not participate in sport	70	42	21	37	13	19	68
Type of Sport Participant							
Player	78	53	19	28	18	28	53
Other	77	58	19	–	–	–	42
Type of Sport Participation							
Competitive, structured	78	54	18	28	20	28	52
Competitive, unstructured	78	–	–	–	–	–	–
Non–competitive, structured	74	50	–	–	–	–	67
Non–competitive, unstructured	83	53	–	–	–	–	46
Level of competition							
Local	79	58	18	24	27	29	44
Provincial	72	49	23	–	–	35	50
National	76	–	–	–	–	–	–
Use of coach							
Yes	75	60	20	20	23	34	43
No	79	50	18	32	19	24	57
CHILD'S PARTICIPATION IN SPORT							
Does participate in sport	75	46	20	34	16	24	60
Does not participate in sport	65	40	23	37	12	12	76
Type of Sport Participant							
Player	75	46	20	34	16	24	60
Other	74	–	–	–	–	–	–
Type of Sport Participation							
Competitive, structured	77	50	20	30	18	25	57
Competitive, unstructured	82	–	–	–	–	–	–
Non–competitive, structured	74	41	20	40	12	23	65
Non–competitive, unstructured	86	–	7	–	–	14	82
Level of competition							
Local	75	45	21	34	18	26	56
Provincial	82	52	23	25	24	27	49
National	91	–	–	–	–	–	–
Use of coach							
Yes	77	49	21	30	18	25	57
No	64	26	14	60	–	19	75

– Data unavailable because of insufficient sample size.

Local parks and outdoor spaces

2005 Physical Activity Monitor, CFLRI

	Parks and outdoor spaces available	These opportunities meet child's needs			Child uses these opportunities		
		Well or very well	Somewhat well	Not very well or not at all	Often or very often	Somewhat often	Not very often or not at all
TOTAL, PARENTS (18+)	95%	57%	27%	16%	34%	36%	30%
mothers	96	60	25	15	38	36	26
fathers	95	54	28	18	29	36	35
25–44	95	59	26	15	39	36	25
mothers	95	59	26	15	43	33	24
fathers	94	59	27	14	35	39	26
45–64	94	54	27	19	27	37	37
mothers	95	53	28	19	28	36	36
fathers	93	55	27	18	25	37	38
TOTAL, CHILDREN (5–17)	95	57	26	16	34	36	30
girls	95	59	24	17	33	34	32
boys	95	56	29	16	35	37	28
5–12	96	61	27	12	41	37	22
girls	96	63	24	12	39	37	24
boys	96	58	30	11	42	37	21
13–17	94	52	25	23	24	34	41
girls	94	53	24	23	26	30	44
boys	94	52	26	22	23	38	39
REGION							
East	89	49	33	18	40	32	29
Newfoundland	85	48	28	24	29	38	33
Prince Edward Island	91	44	42	14	28	47	25
Nova Scotia	91	54	33	14	45	27	27
New Brunswick	88	43	36	21	40	31	29
Quebec	95	56	25	18	35	36	29
Ontario	96	58	24	18	32	37	31
West	96	59	28	13	34	36	29
Manitoba	97	51	31	18	30	43	27
Saskatchewan	91	57	24	18	36	34	30
Alberta	96	57	34	–	30	36	34
British Columbia	97	63	23	14	40	35	25
North	84	53	25	23	32	27	40
Yukon	97	58	25	17	37	31	32
Northwest Territories	78	52	33	15	37	33	29
Nunavut	–	–	–	–	–	–	–

– Data unavailable because of insufficient sample size.

Local parks and outdoor spaces (cont'd)

2005 Physical Activity Monitor, CFLRI

	Parks and outdoor spaces available	These opportunities meet child's needs			Child uses these opportunities		
		Well or very well	Somewhat well	Not very well or not at all	Often or very often	Somewhat often	Not very often or not at all
COMMUNITY SIZE							
1 million or more	96%	60%	26%	14%	41%	35%	24%
500,000–999,999	96	62	23	15	36	39	25
250,000–499,999	96	59	25	–	32	40	29
100,000–249,999	95	62	24	13	43	32	25
50,000–99,999	97	53	19	29	26	27	47
30,000–49,999	98	58	25	–	30	39	31
10,000–29,999	96	54	34	12	19	52	29
5,000–9,999	96	52	27	21	31	26	44
1,000–4,999	91	46	32	22	33	29	38
< 1,000	87	45	32	24	18	45	37
EDUCATION LEVEL							
Less than secondary	93	53	31	16	31	29	41
Secondary	95	66	20	14	37	39	24
College	96	56	27	18	35	34	31
University	96	54	29	18	33	38	29
HOUSEHOLD INCOME							
< $20,000	96	46	42	12	30	39	31
$20,000–29,999	93	61	22	17	51	30	19
$30,000–39,999	95	61	27	12	34	45	21
$40,000–59,999	95	54	30	16	31	38	31
$60,000–79,999	95	61	24	15	34	36	30
$80,000–99,999	97	48	25	26	28	31	41
≥ $100,000	96	65	23	12	40	36	25
FAMILY COMPOSITION							
Living with a partner	95	56	27	18	31	37	32
Widowed, divorced, separated	96	66	25	10	40	39	21
Never married	97	61	27	12	51	22	28

– Data unavailable because of insufficient sample size.

Local parks and outdoor spaces (cont'd)

2005 Physical Activity Monitor, CFLRI

	Parks and outdoor spaces available	These opportunities meet child's needs			Child uses these opportunities		
		Well or very well	Somewhat well	Not very well or not at all	Often or very often	Somewhat often	Not very often or not at all
PARENT ACTIVITY LEVEL							
Active	97%	61%	25%	14%	38%	36%	26%
Moderately active	94	62	25	13	35	38	27
Somewhat active	96	53	27	20	34	35	31
Sedentary	93	49	29	22	26	35	39
PARENT'S PARTICIPATION IN SPORT							
Does participate in sport	96	59	28	13	34	38	27
Does not participate in sport	95	57	26	17	34	35	31
Type of Sport Participant							
Player	96	60	27	13	35	39	26
Other	94	48	38	–	26	35	39
Type of Sport Participation							
Competitive, structured	97	61	26	13	36	41	23
Competitive, unstructured	98	–	–	–	–	–	–
Non–competitive, structured	96	53	33	–	29	36	35
Non–competitive, unstructured	95	64	–	–	37	37	–
Level of competition							
Local	98	61	26	13	36	38	26
Provincial	92	52	34	–	32	41	–
National	97	69	–	–	–	–	–
Use of coach							
Yes	94	58	29	13	41	35	24
No	97	60	28	13	31	40	29
CHILD'S PARTICIPATION IN SPORT							
Does participate in sport	95	59	27	14	37	37	26
Does not participate in sport	95	53	24	23	26	34	40
Type of Sport Participant							
Player	96	59	28	13	38	36	26
Other	91	–	–	–	–	–	–
Type of Sport Participation							
Competitive, structured	95	62	24	13	41	35	24
Competitive, unstructured	95	–	–	–	–	–	–
Non–competitive, structured	96	54	32	14	36	32	33
Non–competitive, unstructured	97	27	–	–	–	71	–
Level of competition							
Local	95	62	25	14	39	37	25
Provincial	94	55	30	15	33	40	28
National	97	79	–	–	–	–	–
Use of coach							
Yes	95	62	25	13	40	35	25
No	95	39	43	18	21	46	33

– Data unavailable because of insufficient sample size.

Distance to parks or playgrounds

2005 Physical Activity Monitor, CFLRI

	1–2 blocks	Less than ½ kilometre away	Less than 1.0 kilometre away	1 kilometre or more away
TOTAL, PARENTS (18+)	43%	16%	13%	25%
mothers	49	14	11	23
fathers	38	18	16	28
25–44	43	16	13	26
mothers	44	15	13	26
fathers	43	17	14	25
45–64	40	21	12	27
mothers	44	17	11	26
fathers	35	24	13	28
TOTAL, CHILDREN (5–17)	43	17	14	25
girls	43	17	11	26
boys	43	16	16	24
5–12	44	16	13	25
girls	41	17	11	26
boys	47	14	14	24
13–17	42	18	15	25
girls	46	17	10	27
boys	38	19	19	24
REGION				
East	26	12	13	48
Newfoundland	24	17	16	40
Prince Edward Island	22	–	–	62
Nova Scotia	34	–	–	40
New Brunswick	14	12	–	62
Quebec	34	21	20	25
Ontario	47	18	14	19
West	50	13	8	27
Manitoba	47	12	–	25
Saskatchewan	52	13	9	24
Alberta	55	–	–	28
British Columbia	46	18	–	28
North	56	11	10	14
Yukon	50	13	–	25
Northwest Territories	66	13	–	9
Nunavut	–	–	–	–

– Data unavailable because of insufficient sample size.

Distance to parks or playgrounds (cont'd)

2005 Physical Activity Monitor, CFLRI

	1–2 blocks	Less than ½ kilometre away	Less than 1.0 kilometre away	1 kilometre or more away
COMMUNITY SIZE				
1 million or more	53%	20%	13%	13%
500,000–999,999	56	12	13	16
250,000–499,999	41	25	15	19
100,000–249,999	44	17	14	24
50,000–99,999	38	14	–	20
30,000–49,999	40	21	–	25
10,000–29,999	46	9	5	34
5,000–9,999	25	–	–	56
1,000–4,999	23	18	12	45
< 1,000	17	7	19	53
EDUCATION LEVEL				
Less than secondary	29	12	10	46
Secondary	50	16	9	22
College	41	18	15	25
University	44	17	17	21
HOUSEHOLD INCOME				
< $20,000	49	9	8	34
$20,000–29,999	51	16	8	21
$30,000–39,999	46	17	10	27
$40,000–59,999	39	19	13	28
$60,000–79,999	40	16	18	25
$80,000–99,999	42	14	22	21
≥ $100,000	46	17	13	20
FAMILY COMPOSITION				
Living with a partner	41	17	14	26
Widowed, divorced, separated	52	13	10	20
Never married	51	12	16	19

– Data unavailable because of insufficient sample size.

Distance to parks or playgrounds (cont'd)

2005 Physical Activity Monitor, CFLRI

	1–2 blocks	Less than ½ kilometre away	Less than 1.0 kilometre away	1 kilometre or more away
PARENT ACTIVITY LEVEL				
Active	46%	17%	13%	22%
Moderately active	40	17	15	28
Somewhat active	44	18	12	25
Sedentary	40	15	16	28
PARENT'S PARTICIPATION IN SPORT				
Does participate in sport	40	18	16	26
Does not participate in sport	44	16	13	25
Type of Sport Participant				
Player	41	20	16	23
Other	34	–	–	41
Type of Sport Participation				
Competitive, structured	42	18	17	22
Competitive, unstructured	–	–	–	–
Non–competitive, structured	33	–	–	28
Non–competitive, unstructured	45	–	–	–
Level of competition				
Local	38	19	16	27
Provincial	40	–	–	–
National	–	–	–	–
Use of coach				
Yes	38	19	19	23
No	41	18	14	27
CHILD'S PARTICIPATION IN SPORT				
Does participate in sport	44	16	12	26
Does not participate in sport	42	17	17	22
Type of Sport Participant				
Player	44	16	12	26
Other	–	–	–	–
Type of Sport Participation				
Competitive, structured	44	16	12	26
Competitive, unstructured	–	–	–	–
Non–competitive, structured	44	19	11	25
Non–competitive, unstructured	64	–	–	–
Level of competition				
Local	43	17	13	25
Provincial	33	19	14	33
National	89	–	–	–
Use of coach				
Yes	44	17	12	26
No	40	14	14	31

– Data unavailable because of insufficient sample size.

Other local places for physical activity

2005 Physical Activity Monitor, CFLRI

	Other places for physical activity available	These opportunities meet child's needs			Child uses these opportunities		
		Well or very well	Somewhat well	Not very well or not at all	Often or very often	Somewhat often	Not very often or not at all
TOTAL, PARENTS (18+)	79%	41%	31%	27%	23%	28%	49%
mothers	81	46	30	25	29	26	46
fathers	78	37	33	31	17	30	53
25–44	78	44	31	25	25	31	45
mothers	78	46	30	25	30	29	41
fathers	79	42	33	25	19	32	49
45–64	78	36	30	34	17	26	57
mothers	79	38	28	33	20	27	53
fathers	76	33	32	35	13	26	62
TOTAL, CHILDREN (5–17)	79	41	31	27	23	28	49
girls	77	42	28	29	23	28	49
boys	82	40	34	26	23	28	49
5–12	79	45	34	21	26	32	42
girls	76	45	33	22	26	30	44
boys	82	46	34	20	26	33	41
13–17	80	36	28	37	18	22	59
girls	78	39	21	39	19	24	57
boys	81	32	34	34	18	21	61
REGION							
East	77	40	31	29	24	31	45
Newfoundland	67	28	32	40	19	25	56
Prince Edward Island	84	27	25	48	13	31	56
Nova Scotia	80	47	27	26	32	30	39
New Brunswick	78	38	38	24	17	37	45
Quebec	67	46	23	31	24	22	54
Ontario	82	37	32	31	21	25	54
West	86	43	36	21	24	34	42
Manitoba	88	40	37	24	29	30	41
Saskatchewan	89	43	29	28	27	31	43
Alberta	80	44	37	19	19	41	40
British Columbia	91	44	36	20	27	30	44
North	88	41	27	32	21	29	50
Yukon	86	45	37	18	23	37	40
Northwest Territories	91	42	29	29	29	33	39
Nunavut	–	–	–	–	–	–	–

– Data unavailable because of insufficient sample size.

Other local places for physical activity (cont'd)

2005 Physical Activity Monitor, CFLRI

	Other places for physical activity available	These opportunities meet child's needs			Child uses these opportunities		
		Well or very well	Somewhat well	Not very well or not at all	Often or very often	Somewhat often	Not very often or not at all
COMMUNITY SIZE							
1 million or more	76%	45%	27%	28%	28%	28%	44%
500,000–999,999	83	51	27	22	30	25	46
250,000–499,999	86	42	29	29	20	34	46
100,000–249,999	82	50	25	25	23	22	54
50,000–99,999	89	32	21	47	17	21	62
30,000–49,999	86	29	45	26	13	32	55
10,000–29,999	89	28	58	14	15	30	55
5,000–9,999	64	41	28	31	29	21	50
1,000–4,999	74	36	33	31	17	31	52
< 1,000	70	37	31	33	13	45	42
EDUCATION LEVEL							
Less than secondary	63	52	24	24	31	31	37
Secondary	83	44	34	22	24	27	49
College	81	43	29	28	22	23	55
University	81	35	33	32	21	31	48
HOUSEHOLD INCOME							
< $20,000	66	42	47	11	17	45	38
$20,000–29,999	79	49	26	24	44	22	34
$30,000–39,999	81	38	35	27	23	27	50
$40,000–59,999	79	38	34	28	19	30	51
$60,000–79,999	78	46	28	26	22	29	50
$80,000–99,999	83	34	24	42	14	23	62
≥ $100,000	86	44	31	25	27	25	48
FAMILY COMPOSITION							
Living with a partner	78	38	34	28	20	29	51
Widowed, divorced, separated	86	51	25	24	28	25	47
Never married	81	60	17	23	44	20	36

– Data unavailable because of insufficient sample size.

Other local places for physical activity (cont'd)

2005 Physical Activity Monitor, CFLRI

	Other places for physical activity available	These opportunities meet child's needs			Child uses these opportunities		
		Well or very well	Somewhat well	Not very well or not at all	Often or very often	Somewhat often	Not very often or not at all
PARENT ACTIVITY LEVEL							
Active	84%	43%	31%	26%	24%	25%	51%
Moderately active	80	39	33	28	22	31	47
Somewhat active	76	41	32	28	18	29	53
Sedentary	74	39	30	30	26	30	45
PARENT'S PARTICIPATION IN SPORT							
Does participate in sport	84	41	33	26	22	29	49
Does not participate in sport	78	41	31	28	23	28	49
Type of Sport Participant							
Player	85	42	32	26	21	29	50
Other	84	31	39	31	24	34	42
Type of Sport Participation							
Competitive, structured	87	45	31	24	22	28	50
Competitive, unstructured	75	–	–	–	–	–	–
Non–competitive, structured	78	33	36	31	–	34	50
Non–competitive, unstructured	83	33	–	–	–	–	50
Level of competition							
Local	89	45	34	22	21	27	52
Provincial	85	36	34	–	29	36	36
National	69	–	–	–	–	–	–
Use of coach							
Yes	86	42	32	26	22	24	54
No	84	41	33	26	22	32	46
CHILD'S PARTICIPATION IN SPORT							
Does participate in sport	80	44	32	24	26	30	44
Does not participate in sport	79	35	29	36	16	22	62
Type of Sport Participant							
Player	80	44	33	24	26	31	44
Other	69	–	–	–	–	–	–
Type of Sport Participation							
Competitive, structured	83	46	31	23	28	28	44
Competitive, unstructured	87	–	–	–	–	–	–
Non–competitive, structured	77	36	34	30	17	34	49
Non–competitive, unstructured	70	–	–	–	–	–	–
Level of competition							
Local	83	43	32	25	24	29	47
Provincial	82	48	30	23	29	25	46
National	93	–	–	–	–	–	–
Use of coach							
Yes	83	46	31	24	26	29	45
No	62	25	46	28	21	42	38

– Data unavailable because of insufficient sample size.

Parental involvement in children's physical activity and sport

2005 Physical Activity Monitor, CFLRI

	Play active games or sports with child		
	Often or very often	**Sometimes**	**Rarely or not at all**
TOTAL, PARENTS (18+)	36%	32%	32%
mothers	36	30	34
fathers	35	35	30
25–44	45	35	20
mothers	42	33	25
fathers	48	37	15
45–64	24	36	40
mothers	21	33	46
fathers	28	39	33
TOTAL, CHILDREN (5–17)	36	33	32
girls	39	31	30
boys	32	34	34
5–12	46	34	20
girls	49	33	18
boys	43	36	21
13–17	20	30	50
girls	25	29	46
boys	17	31	53
REGION			
East	33	34	33
Newfoundland	33	40	27
Prince Edward Island	29	44	28
Nova Scotia	30	30	40
New Brunswick	41	34	26
Quebec	41	34	26
Ontario	36	31	33
West	32	33	35
Manitoba	39	33	28
Saskatchewan	38	35	27
Alberta	25	30	45
British Columbia	36	35	29
North	31	34	35
Yukon	33	35	31
Northwest Territories	30	42	28
Nunavut	–	–	–

– Data unavailable because of insufficient sample size.

Parental involvement in children's physical activity and sport (cont'd)

2005 Physical Activity Monitor, CFLRI

	Play active games or sports with child		
	Often or very often	**Sometimes**	**Rarely or not at all**
COMMUNITY SIZE			
1 million or more	37%	33%	30%
500,000–999,999	38	32	29
250,000–499,999	33	34	33
100,000–249,999	38	39	23
50,000–99,999	33	21	47
30,000–49,999	35	41	24
10,000–29,999	26	30	43
5,000–9,999	34	23	43
1,000–4,999	39	33	28
< 1,000	31	41	28
EDUCATION LEVEL			
Less than secondary	30	30	40
Secondary	38	33	28
College	37	34	29
University	34	32	34
HOUSEHOLD INCOME			
< $20,000	26	22	51
$20,000–29,999	36	26	37
$30,000–39,999	35	24	41
$40,000–59,999	36	39	25
$60,000–79,999	37	37	25
$80,000–99,999	30	30	39
≥ $100,000	44	34	23
EMPLOYMENT STATUS			
Full-time worker	36	36	28
Part-time worker	26	35	38
Unemployed	26	32	42
Homemaker	42	30	28
Student	34	17	–
Retired	–	–	–
FAMILY COMPOSITION			
Living with a partner	35	33	32
Widowed, divorced, separated	33	29	38
Never married	49	28	23

– Data unavailable because of insufficient sample size.

Parental involvement in children's physical activity and sport (cont'd)

2005 Physical Activity Monitor, CFLRI

	Play active games or sports with child		
	Often or very often	**Sometimes**	**Rarely or not at all**
PARENT'S ACTIVITY LEVEL			
Active	48%	28%	24%
Moderately active	37	37	25
Somewhat active	29	39	32
Sedentary	19	29	52
PARENT'S PARTICIPATION IN SPORT			
Does participate in sport	49	36	15
Does not participate in sport	31	31	37
Type of Sport Participant			
Player	48	38	15
Other	55	30	–
Type of Sport Participation			
Competitive, structured	50	36	14
Competitive, unstructured	–	–	–
Non-competitive, structured	28	48	–
Non-competitive, unstructured	56	33	–
Level of competition			
Local	48	38	13
Provincial	58	26	–
National	–	–	–
Use of coach			
Yes	54	32	14
No	46	38	16
CHILD'S PARTICIPATION IN SPORT			
Does participate in sport	41	33	26
Does not participate in sport	22	31	46
Type of Sport Participant			
Player	41	33	26
Other	–	–	–
Type of Sport Participation			
Competitive, structured	44	33	23
Competitive, unstructured	–	–	–
Non-competitive, structured	40	37	22
Non-competitive, unstructured	23	21	–
Level of competition			
Local	42	35	23
Provincial	39	29	32
National	–	–	–
Use of coach			
Yes	43	34	23
No	31	27	42

– Data unavailable because of insufficient sample size.

Parental involvement in children's physical activity and sport (cont'd)

2005 Physical Activity Monitor, CFLRI

	Take child to places to do physical activity and sport		
	Often or very often	**Sometimes**	**Rarely or not at all**
TOTAL, PARENTS (18+)	55%	26%	18%
mothers	60	23	17
fathers	50	30	19
25–44	61	25	15
mothers	65	22	14
fathers	57	28	15
45–64	55	24	21
mothers	58	22	21
fathers	52	27	21
TOTAL, CHILDREN (5–17)	55	26	18
girls	59	26	16
boys	52	27	21
5–12	62	28	11
girls	62	28	10
boys	61	28	11
13–17	46	24	29
girls	54	23	24
boys	39	26	35
REGION			
East	52	26	22
Newfoundland	50	35	15
Prince Edward Island	52	34	–
Nova Scotia	47	23	31
New Brunswick	63	23	14
Quebec	62	18	20
Ontario	54	26	19
West	52	33	15
Manitoba	55	21	24
Saskatchewan	56	22	22
Alberta	46	44	11
British Columbia	57	28	15
North	47	29	24
Yukon	70	19	11
Northwest Territories	42	31	27
Nunavut	–	–	–

– Data unavailable because of insufficient sample size.

Parental involvement in children's physical activity and sport (cont'd)

2005 Physical Activity Monitor, CFLRI

	Take child to places to do physical activity and sport		
	Often or very often	**Sometimes**	**Rarely or not at all**
COMMUNITY SIZE			
1 million or more	57%	24%	19%
500,000–999,999	59	25	16
250,000–499,999	52	32	16
100,000–249,999	64	20	16
50,000–99,999	43	26	–
30,000–49,999	60	19	22
10,000–29,999	51	37	12
5,000–9,999	48	34	–
1,000–4,999	55	25	20
<1,000	55	29	16
EDUCATION LEVEL			
Less than secondary	41	35	24
Secondary	51	27	22
College	60	24	15
University	60	25	15
HOUSEHOLD INCOME			
< $20,000	32	51	17
$20,000–29,999	43	23	34
$30,000–39,999	49	35	16
$40,000–59,999	53	28	19
$60,000–79,999	58	26	17
$80,000–99,999	57	18	25
≥ $100,000	73	17	10
EMPLOYMENT STATUS			
Full-time worker	59	25	16
Part-time worker	53	27	19
Unemployed	42	20	38
Homemaker	55	24	21
Student	39	56	–
Retired	–	–	–
FAMILY COMPOSITION			
Living with a partner	55	28	17
Widowed, divorced, separated	49	22	28
Never married	68	20	12

– Data unavailable because of insufficient sample size.

Parental involvement in children's physical activity and sport (cont'd)

2005 Physical Activity Monitor, CFLRI

	Take child to places to do physical activity and sport		
	Often or very often	**Sometimes**	**Rarely or not at all**
PARENT'S ACTIVITY LEVEL			
Active	64%	21%	15%
Moderately active	63	25	12
Somewhat active	55	28	17
Sedentary	33	36	31
PARENT'S PARTICIPATION IN SPORT			
Does participate in sport	70	20	10
Does not participate in sport	51	28	21
Type of Sport Participant			
Player	67	23	10
Other	83	–	–
Type of Sport Participation			
Competitive, structured	69	21	10
Competitive, unstructured	63	–	–
Non-competitive, structured	63	25	–
Non-competitive, unstructured	63	–	–
Level of competition			
Local	73	20	7
Provincial	69	–	–
National	–	–	–
Use of coach			
Yes	72	20	8
No	68	20	11
CHILD'S PARTICIPATION IN SPORT			
Does participate in sport	67	23	10
Does not participate in sport	26	34	40
Type of Sport Participant			
Player	68	23	9
Other	48	–	–
Type of Sport Participation			
Competitive, structured	76	17	7
Competitive, unstructured	–	–	–
Non-competitive, structured	59	28	14
Non-competitive, unstructured	24	60	–
Level of competition			
Local	74	19	7
Provincial	78	9	13
National	91	–	–
Use of coach			
Yes	74	18	8
No	33	48	19

– Data unavailable because of insufficient sample size.

Parental involvement in children's physical activity and sport (cont'd)

2005 Physical Activity Monitor, CFLRI

	Supervise recess, help in physical activities or sports at school	Help with other physical activities or sports	Buy equipment, pay fees, etc.
TOTAL, PARENTS (18+)	21%	37%	75%
mothers	24	39	77
fathers	19	35	72
25–44	25	39	78
mothers	31	39	78
fathers	19	39	78
45–64	20	36	76
mothers	20	37	78
fathers	21	35	74
TOTAL, CHILDREN (5–17)	21	37	75
girls	23	38	72
boys	20	35	77
5–12	28	41	76
girls	28	41	71
boys	27	41	81
13–17	13	30	72
girls	15	35	73
boys	11	26	71
REGION			
East	20	34	73
Newfoundland	20	31	71
Prince Edward Island	16	37	83
Nova Scotia	15	26	73
New Brunswick	28	48	72
Quebec	20	34	72
Ontario	21	34	75
West	24	43	77
Manitoba	21	41	78
Saskatchewan	28	49	75
Alberta	21	37	73
British Columbia	27	48	82
North	23	35	59
Yukon	30	45	80
Northwest Territories	25	34	53
Nunavut	–	–	–

– Data unavailable because of insufficient sample size.

Parental involvement in children's physical activity and sport (cont'd)

2005 Physical Activity Monitor, CFLRI

	Supervise recess, help in physical activities or sports at school	Help with other physical activities or sports	Buy equipment, pay fees, etc.
COMMUNITY SIZE			
1 million or more	20%	38%	77%
500,000–999,999	21	36	80
250,000–499,999	18	34	69
100,000–249,999	25	38	81
50,000–99,999	16	26	63
30,000–49,999	24	42	74
10,000–29,999	26	37	86
5,000–9,999	16	33	60
1,000–4,999	30	41	72
< 1,000	24	45	61
EDUCATION LEVEL			
Less than secondary	16	25	49
Secondary	18	37	74
College	24	39	74
University	24	39	84
HOUSEHOLD INCOME			
< $20,000	17	16	55
$20,000–29,999	21	25	62
$30,000–39,999	16	24	67
$40,000–59,999	21	37	72
$60,000–79,999	24	42	81
$80,000–99,999	24	35	76
≥ $100,000	26	52	89
EMPLOYMENT STATUS			
Full-time worker	20	38	77
Part-time worker	33	40	79
Unemployed	14	19	63
Homemaker	30	39	67
Student	–	23	87
Retired	–	–	43
FAMILY COMPOSITION			
Living with a partner	22	36	75
Widowed, divorced, separated	19	28	81
Never married	18	52	64

– Data unavailable because of insufficient sample size.

Parental involvement in children's physical activity and sport (cont'd)

2005 Physical Activity Monitor, CFLRI

	Supervise recess, help in physical activities or sports at school	Help with other physical activities or sports	Buy equipment, pay fees, etc.
PARENT'S ACTIVITY LEVEL			
Active	26%	48%	81%
Moderately active	23	40	81
Somewhat active	19	32	72
Sedentary	14	19	60
PARENT'S PARTICIPATION IN SPORT			
Does participate in sport	28	54	83
Does not participate in sport	19	32	72
Type of Sport Participant			
Player	27	51	81
Other	32	71	88
Type of Sport Participation			
Competitive, structured	31	55	80
Competitive, unstructured	–	–	90
Non-competitive, structured	17	43	81
Non-competitive, unstructured	–	37	85
Level of competition			
Local	29	58	79
Provincial	39	55	91
National	–	–	88
Use of coach			
Yes	32	59	78
No	26	51	85
CHILD'S PARTICIPATION IN SPORT			
Does participate in sport	25	45	85
Does not participate in sport	12	16	48
Type of Sport Participant			
Player	25	46	86
Other	–	–	72
Type of Sport Participation			
Competitive, structured	28	53	90
Competitive, unstructured	–	–	–
Non-competitive, structured	16	29	83
Non-competitive, unstructured	–	–	71
Level of competition			
Local	31	50	89
Provincial	24	61	97
National	–	90	98
Use of coach			
Yes	26	51	90
No	17	17	57

– Data unavailable because of insufficient sample size.

Children's preferences for level of activity

2005 Physical Activity Monitor, CFLRI

	Prefers to be physically active	Prefers quiet activities	Likes both equally
TOTAL, PARENTS (18+)	26%	15%	59%
mothers	29	14	58
fathers	23	18	59
25–44	26	13	61
mothers	27	12	61
fathers	25	13	62
45–64	18	20	62
mothers	19	20	61
fathers	18	20	62
TOTAL, CHILDREN (5–17)	26	15	59
girls	27	16	57
boys	25	15	60
5–12	28	9	63
girls	27	10	63
boys	29	9	63
13–17	23	24	53
girls	26	25	49
boys	20	24	56
REGION			
East	34	15	52
Newfoundland	23	19	58
Prince Edward Island	28	–	64
Nova Scotia	39	13	48
New Brunswick	33	16	51
Quebec	31	18	51
Ontario	21	17	62
West	26	12	62
Manitoba	27	–	64
Saskatchewan	22	12	66
Alberta	32	11	57
British Columbia	22	13	65
North	20	12	68
Yukon	32	–	60
Northwest Territories	17	–	63
Nunavut	–	–	–

– Data unavailable because of insufficient sample size.

Children's preferences for level of activity (cont'd)

2005 Physical Activity Monitor, CFLRI

	Prefers to be physically active	Prefers quiet activities	Likes both equally
COMMUNITY SIZE			
1 million or more	26%	15%	58%
500,000–999,999	30	13	56
250,000–499,999	21	21	59
100,000–249,999	21	15	64
50,000–99,999	20	35	45
30,000–49,999	19	–	69
10,000–29,999	21	10	68
5,000–9,999	51	–	41
1,000–4,999	28	13	59
< 1,000	21	14	65
EDUCATION LEVEL			
Less than secondary	37	13	50
Secondary	31	14	54
College	23	15	63
University	20	17	62
HOUSEHOLD INCOME			
< $20,000	35	9	56
$20,000–29,999	32	15	53
$30,000–39,999	22	12	66
$40,000–59,999	26	18	56
$60,000–79,999	22	15	63
$80,000–99,999	19	23	58
≥ $100,000	28	12	59
EMPLOYMENT STATUS			
Full-time worker	23	16	61
Part-time worker	25	12	62
Unemployed	27	19	54
Homemaker	24	15	61
Student	–	–	75
Retired	–	–	26
FAMILY COMPOSITION			
Living with a partner	23	16	60
Widowed, divorced, separated	37	13	51
Never married	35	12	54

– Data unavailable because of insufficient sample size.

Children's preferences for level of activity (cont'd)

2005 Physical Activity Monitor, CFLRI

	Prefers to be physically active	Prefers quiet activities	Likes both equally
PARENT'S ACTIVITY LEVEL			
Active	29%	12%	59%
Moderately active	22	14	64
Somewhat active	21	17	62
Sedentary	28	21	51
PARENT'S PARTICIPATION IN SPORT			
Does participate in sport	24	13	63
Does not participate in sport	27	16	57
Type of Sport Participant			
Player	23	13	64
Other	25	–	65
Type of Sport Participation			
Competitive, structured	22	15	63
Competitive, unstructured	–	–	–
Non-competitive, structured	–	–	74
Non-competitive, unstructured	–	–	64
Level of competition			
Local	24	12	64
Provincial	23	–	58
National	–	–	69
Use of coach			
Yes	25	14	61
No	23	13	65
CHILD'S PARTICIPATION IN SPORT			
Does participate in sport	30	8	62
Does not participate in sport	16	35	50
Type of Sport Participant			
Player	30	7	62
Other	–	–	64
Type of Sport Participation			
Competitive, structured	31	6	62
Competitive, unstructured	–	–	–
Non-competitive, structured	21	14	65
Non-competitive, unstructured	–	–	78
Level of competition			
Local	27	8	66
Provincial	39	–	59
National	86	–	14
Use of coach			
Yes	31	7	63
No	28	13	59

– Data unavailable because of insufficient sample size.

Children's preferences for type of activity

2005 Physical Activity Monitor, CFLRI

	Prefer organized physical activities	Prefer unorganized physical activities	Likes both equally	Prefers neither
TOTAL, PARENTS (18+)	14%	34%	49%	3%
mothers	14	30	54	3
fathers	14	38	45	3
25–44	12	33	52	3
mothers	11	30	56	3
fathers	14	36	48	3
45–64	19	32	45	4
mothers	18	30	48	–
fathers	19	35	42	4
TOTAL, CHILDREN (5–17)	14	34	49	3
girls	17	32	48	3
boys	11	36	51	2
5–12	11	33	55	2
girls	13	35	50	2
boys	8	31	59	1
13–17	19	36	42	4
girls	22	27	45	6
boys	15	43	39	3
REGION				
East	13	41	43	3
Newfoundland	15	30	52	–
Prince Edward Island	21	33	44	–
Nova Scotia	11	45	40	–
New Brunswick	–	43	42	–
Quebec	18	32	47	–
Ontario	13	38	46	3
West	12	29	56	2
Manitoba	–	32	55	–
Saskatchewan	15	29	53	4
Alberta	–	29	60	–
British Columbia	15	29	54	–
North	13	38	46	–
Yukon	–	35	44	–
Northwest Territories	–	38	48	–
Nunavut	–	–	–	–

– Data unavailable because of insufficient sample size.

Children's preferences for type of activity (cont'd)

2005 Physical Activity Monitor, CFLRI

	Prefer organized physical activities	Prefer unorganized physical activities	Likes both equally	Prefers neither
COMMUNITY SIZE				
1 million or more	18%	28%	52%	–%
500,000–999,999	12	27	58	–
250,000–499,999	–	43	42	–
100,000–249,999	12	33	50	–
50,000–99,999	14	44	40	–
30,000–49,999	12	29	58	–
10,000–29,999	13	35	49	–
5,000–9,999	–	59	32	–
1,000–4,999	14	33	50	–
<1,000	11	37	51	–
EDUCATION LEVEL				
Less than secondary	8	51	37	4
Secondary	14	35	48	2
College	12	32	53	3
University	17	29	52	2
HOUSEHOLD INCOME				
< $20,000	7	47	43	–
$20,000–29,999	9	46	41	–
$30,000–39,999	8	47	41	–
$40,000–59,999	15	32	50	–
$60,000–79,999	13	34	52	–
$80,000–99,999	14	38	45	–
≥ $100,000	19	20	59	–
EMPLOYMENT STATUS				
Full-time worker	16	32	49	3
Part-time worker	10	36	50	–
Unemployed	–	48	38	–
Homemaker	9	34	55	–
Student	–	18	73	–
Retired	–	–	–	–
FAMILY COMPOSITION				
Living with a partner	14	34	49	3
Widowed, divorced, separated	16	38	43	–
Never married	5	26	66	–

– Data unavailable because of insufficient sample size.

Children's preferences for type of activity (cont'd)

2005 Physical Activity Monitor, CFLRI

	Prefer organized physical activities	Prefer unorganized physical activities	Likes both equally	Prefers neither
PARENT'S ACTIVITY LEVEL				
Active	14%	30%	54%	2%
Moderately active	15	30	52	–
Somewhat active	12	36	49	–
Sedentary	15	43	39	3
PARENT'S PARTICIPATION IN SPORT				
Does participate in sport	15	26	57	–
Does not participate in sport	14	36	47	3
Type of Sport Participant				
Player	15	27	56	–
Other	–	–	64	–
Type of Sport Participation				
Competitive, structured	14	28	56	–
Competitive, unstructured	–	–	–	–
Non-competitive, structured	–	21	60	–
Non-competitive, unstructured	–	–	47	–
Level of competition				
Local	12	27	61	–
Provincial	–	–	52	–
National	–	–	–	–
Use of coach				
Yes	10	24	63	–
No	17	27	54	–
CHILD'S PARTICIPATION IN SPORT				
Does participate in sport	17	22	60	1
Does not participate in sport	6	66	22	7
Type of Sport Participant				
Player	17	21	61	1
Other	–	–	–	–
Type of Sport Participation				
Competitive, structured	20	14	65	1
Competitive, unstructured	–	–	–	–
Non-competitive, structured	11	32	55	–
Non-competitive, unstructured	–	42	–	–
Level of competition				
Local	19	15	65	–
Provincial	32	5	62	–
National	–	–	79	–
Use of coach				
Yes	19	16	64	1
No	–	53	40	–

– Data unavailable because of insufficient sample size.

Children's preferences for intensity of activity

2005 Physical Activity Monitor, CFLRI

	Prefer vigorous activities	Prefer moderate activities	Likes both equally	Prefers neither
TOTAL, PARENTS (18+)	28%	26%	44%	2%
mothers	28	24	46	2
fathers	28	28	41	3
25–44	26	25	47	3
mothers	25	24	50	–
fathers	26	25	44	4
45–64	25	31	42	3
mothers	23	30	44	–
fathers	28	31	38	–
TOTAL, CHILDREN (5–17)	28	26	44	2
girls	29	29	40	3
boys	27	23	48	2
5–12	29	23	47	1
girls	29	27	43	–
boys	29	19	50	–
13–17	27	30	39	4
girls	29	31	34	6
boys	24	30	43	–
REGION				
East	32	27	39	–
Newfoundland	18	37	41	–
Prince Edward Island	28	35	37	–
Nova Scotia	35	21	42	–
New Brunswick	36	27	35	–
Quebec	33	28	36	–
Ontario	23	29	46	–
West	29	21	48	2
Manitoba	26	23	49	–
Saskatchewan	24	25	48	–
Alberta	35	15	50	–
British Columbia	26	25	45	–
North	27	24	47	–
Yukon	32	26	40	–
Northwest Territories	28	25	44	–
Nunavut	–	–	–	–

– Data unavailable because of insufficient sample size.

Children's preferences for intensity of activity (cont'd)

2005 Physical Activity Monitor, CFLRI

	Prefer vigorous activities	Prefer moderate activities	Likes both equally	Prefers neither
COMMUNITY SIZE				
1 million or more	33%	22%	42%	–%
500,000–999,999	24	27	48	–
250,000–499,999	18	31	45	–
100,000–249,999	22	32	41	–
50,000–99,999	21	40	38	–
30,000–49,999	28	34	38	–
10,000–29,999	20	19	60	–
5,000–9,999	47	18	34	–
1,000–4,999	31	23	44	–
<1,000	30	28	42	–
EDUCATION LEVEL				
Less than secondary	38	19	38	–
Secondary	32	25	41	–
College	22	27	48	2
University	25	28	45	–
HOUSEHOLD INCOME				
< $20,000	38	19	41	–
$20,000–29,999	32	23	43	–
$30,000–39,999	23	23	50	–
$40,000–59,999	28	28	41	–
$60,000–79,999	25	29	45	–
$80,000–99,999	19	36	43	–
≥ $100,000	33	22	44	–
EMPLOYMENT STATUS				
Full-time worker	26	28	44	3
Part-time worker	25	18	56	–
Unemployed	17	15	61	–
Homemaker	24	28	46	–
Student	16	–	71	–
Retired	–	–	–	–
FAMILY COMPOSITION				
Living with a partner	26	26	45	2
Widowed, divorced, separated	31	27	39	–
Never married	38	20	39	–

– Data unavailable because of insufficient sample size.

Children's preferences for intensity of activity (cont'd)

2005 Physical Activity Monitor, CFLRI

	Prefer vigorous activities	Prefer moderate activities	Likes both equally	Prefers neither
PARENT'S ACTIVITY LEVEL				
Active	32%	21%	45%	2%
Moderately active	23	27	49	–
Somewhat active	26	30	43	–
Sedentary	28	30	38	4
PARENT'S PARTICIPATION IN SPORT				
Does participate in sport	25	24	48	–
Does not participate in sport	29	26	43	2
Type of Sport Participant				
Player	26	26	46	–
Other	21	–	63	–
Type of Sport Participation				
Competitive, structured	27	25	46	–
Competitive, unstructured	–	–	–	–
Non-competitive, structured	–	27	51	–
Non-competitive, unstructured	–	–	43	–
Level of competition				
Local	25	21	52	–
Provincial	27	–	43	–
National	–	–	–	–
Use of coach				
Yes	21	23	52	–
No	27	25	46	–
CHILD'S PARTICIPATION IN SPORT				
Does participate in sport	31	21	47	1
Does not participate in sport	20	39	35	6
Type of Sport Participant				
Player	32	20	47	1
Other	–	–	–	–
Type of Sport Participation				
Competitive, structured	33	18	48	–
Competitive, unstructured	–	–	–	–
Non-competitive, structured	20	32	46	–
Non-competitive, unstructured	–	–	64	–
Level of competition				
Local	30	19	50	–
Provincial	34	12	53	–
National	79	–	15	–
Use of coach				
Yes	31	19	48	–
No	31	27	41	–

– Data unavailable because of insufficient sample size.

Children's preference for level of competitiveness

2005 Physical Activity Monitor, CFLRI

	Prefer competitive activities	Prefer non-competitive activities	Likes both equally	Prefers neither
TOTAL, PARENTS (18+)	17%	32%	47%	4%
mothers	19	32	46	3
fathers	16	31	48	4
25–44	14	32	50	4
mothers	12	34	50	4
fathers	16	30	49	4
45–64	17	32	47	4
mothers	16	32	49	–
fathers	18	32	45	–
TOTAL, CHILDREN (5–17)	17	32	47	4
girls	17	34	44	4
boys	17	30	50	3
5–12	14	30	52	3
girls	13	36	47	4
boys	15	25	57	3
13–17	22	34	39	4
girls	24	31	40	5
boys	21	36	39	3
REGION				
East	16	29	52	3
Newfoundland	–	36	50	–
Prince Edward Island	22	21	56	–
Nova Scotia	11	27	57	–
New Brunswick	24	29	44	–
Quebec	21	38	37	–
Ontario	16	35	47	3
West	17	25	54	4
Manitoba	16	26	53	–
Saskatchewan	19	26	49	6
Alberta	16	20	62	–
British Columbia	18	29	48	–
North	18	25	54	–
Yukon	–	34	46	–
Northwest Territories	15	26	57	–
Nunavut	–	–	–	–

– Data unavailable because of insufficient sample size.

Children's preference for level of competitiveness (cont'd)

2005 Physical Activity Monitor, CFLRI

	Prefer competitive activities	Prefer non-competitive activities	Likes both equally	Prefers neither
COMMUNITY SIZE				
1 million or more	22%	31%	45%	–%
500,000–999,999	20	30	48	–
250,000–499,999	10	36	48	–
100,000–249,999	16	31	49	4
50,000–99,999	15	44	38	–
30,000–49,999	15	33	50	–
10,000–29,999	12	32	53	–
5,000–9,999	–	27	54	–
1,000–4,999	20	32	43	–
<1,000	16	30	47	–
EDUCATION LEVEL				
Less than secondary	20	25	49	6
Secondary	22	34	40	5
College	15	32	50	4
University	16	33	50	–
HOUSEHOLD INCOME				
< $20,000	19	32	43	–
$20,000–29,999	18	28	46	8
$30,000–39,999	15	40	41	–
$40,000–59,999	15	35	46	5
$60,000–79,999	16	29	52	–
$80,000–99,999	16	44	38	–
≥ $100,000	24	24	50	–
EMPLOYMENT STATUS				
Full-time worker	16	31	49	3
Part-time worker	11	33	53	–
Unemployed	24	29	33	–
Homemaker	9	38	49	–
Student	–	17	68	–
Retired	–	–	–	–
FAMILY COMPOSITION				
Living with a partner	15	32	49	4
Widowed, divorced, separated	27	33	37	–
Never married	28	26	43	–

– Data unavailable because of insufficient sample size.

Children's preference for level of competitiveness (cont'd)

2005 Physical Activity Monitor, CFLRI

	Prefer competitive activities	Prefer non-competitive activities	Likes both equally	Prefers neither
PARENT'S ACTIVITY LEVEL				
Active	22%	29%	47%	3%
Moderately active	16	33	48	3
Somewhat active	14	39	45	–
Sedentary	14	32	48	7
PARENT'S PARTICIPATION IN SPORT				
Does participate in sport	18	26	54	–
Does not participate in sport	17	34	45	4
Type of Sport Participant				
Player	18	29	52	–
Other	19	–	61	–
Type of Sport Participation				
Competitive, structured	19	28	51	–
Competitive, unstructured	–	–	–	–
Non-competitive, structured	–	32	56	–
Non-competitive, unstructured	–	–	53	–
Level of competition				
Local	16	25	59	–
Provincial	–	–	46	–
National	–	–	–	–
Use of coach				
Yes	21	24	53	–
No	15	28	55	–
CHILD'S PARTICIPATION IN SPORT				
Does participate in sport	22	21	55	2
Does not participate in sport	6	59	27	8
Type of Sport Participant				
Player	23	20	56	2
Other	–	–	–	–
Type of Sport Participation				
Competitive, structured	27	15	57	1
Competitive, unstructured	–	–	–	–
Non-competitive, structured	8	43	44	–
Non-competitive, unstructured	–	26	64	–
Level of competition				
Local	22	16	61	–
Provincial	38	–	58	–
National	81	–	19	–
Use of coach				
Yes	25	18	56	1
No	–	39	51	–

– Data unavailable because of insufficient sample size.

Children's preference for level of skill

2005 Physical Activity Monitor, CFLRI

	Prefer activities that require a low level of skill	Prefer activities that constantly challenge skills	Likes both equally
TOTAL, PARENTS (18+)	10%	25%	65%
mothers	10	24	66
fathers	11	26	63
25–44	11	22	67
mothers	11	24	65
fathers	10	20	69
45–64	11	29	61
mothers	11	29	60
fathers	10	28	61
TOTAL, CHILDREN (5–17)	10	25	65
girls	10	25	65
boys	10	25	65
5–12	9	23	68
girls	8	27	66
boys	10	20	70
13–17	12	29	60
girls	14	23	63
boys	10	34	57
REGION			
East	15	22	63
Newfoundland	–	23	72
Prince Edward Island	–	26	69
Nova Scotia	–	20	56
New Brunswick	–	25	65
Quebec	13	22	64
Ontario	9	28	62
West	8	24	68
Manitoba	–	26	65
Saskatchewan	6	28	66
Alberta	–	29	66
British Columbia	–	18	71
North	7	33	60
Yukon	–	34	59
Northwest Territories	–	39	52
Nunavut	–	–	–

– Data unavailable because of insufficient sample size.

Children's preference for level of skill (cont'd)

2005 Physical Activity Monitor, CFLRI

	Prefer activities that require a low level of skill	Prefer activities that constantly challenge skills	Likes both equally
COMMUNITY SIZE			
1 million or more	10%	24%	66%
500,000–999,999	9	22	69
250,000–499,999	19	20	61
100,000–249,999	11	23	66
50,000–99,999	–	35	56
30,000–49,999	–	17	76
10,000–29,999	11	21	68
5,000–9,999	–	41	48
1,000–4,999	8	26	66
< 1,000	–	29	66
EDUCATION LEVEL			
Less than secondary	7	25	68
Secondary	9	22	69
College	12	25	63
University	10	28	62
HOUSEHOLD INCOME			
< $20,000	4	29	66
$20,000–29,999	13	21	65
$30,000–39,999	10	20	70
$40,000–59,999	12	24	64
$60,000–79,999	10	23	68
$80,000–99,999	11	31	58
≥ $100,000	8	27	65
EMPLOYMENT STATUS			
Full-time worker	11	25	64
Part-time worker	11	23	66
Unemployed	–	19	70
Homemaker	14	16	70
Student	–	–	77
Retired	–	–	–
FAMILY COMPOSITION			
Living with a partner	10	27	63
Widowed, divorced, separated	12	23	65
Never married	11	12	77

– Data unavailable because of insufficient sample size.

Children's preference for level of skill (cont'd)

2005 Physical Activity Monitor, CFLRI

	Prefer activities that require a low level of skill	Prefer activities that constantly challenge skills	Likes both equally
PARENT'S ACTIVITY LEVEL			
Active	9%	25%	66%
Moderately active	11	20	68
Somewhat active	11	25	64
Sedentary	10	31	59
PARENT'S PARTICIPATION IN SPORT			
Does participate in sport	10	24	67
Does not participate in sport	10	26	64
Type of Sport Participant			
Player	10	23	67
Other	–	28	65
Type of Sport Participation			
Competitive, structured	11	24	65
Competitive, unstructured	–	–	–
Non-competitive, structured	–	–	66
Non-competitive, unstructured	–	–	74
Level of competition			
Local	10	21	68
Provincial	–	29	58
National	–	–	–
Use of coach			
Yes	–	25	64
No	9	22	68
CHILD'S PARTICIPATION IN SPORT			
Does participate in sport	6	29	65
Does not participate in sport	21	17	63
Type of Sport Participant			
Player	6	29	65
Other	–	–	69
Type of Sport Participation			
Competitive, structured	5	29	66
Competitive, unstructured	–	–	–
Non-competitive, structured	11	26	63
Non-competitive, unstructured	–	–	79
Level of competition			
Local	6	27	66
Provincial	–	34	64
National	–	23	–
Use of coach			
Yes	6	28	66
No	7	31	62

– Data unavailable because of insufficient sample size.

Reasons that children participate in physical activity and sport

2005 Physical Activity Monitor, CFLRI

	Child participates in physical activity and sport because					
	It is personally satisfying	It helps accomplish specific goals	Friends do	Teachers or others are pleased by it	All of these reasons	None of these reasons
TOTAL, PARENTS (18+)	25%	19%	11%	3%	35%	8%
mothers	27	17	11	2	33	9
fathers	23	20	11	3	37	6
25–44	28	15	11	3	36	6
mothers	31	16	10	2	34	7
fathers	25	15	13	3	39	6
45–64	30	16	11	3	34	6
mothers	32	17	11	–	31	6
fathers	28	15	11	–	36	5
TOTAL, CHILDREN (5–17)	25	19	11	3	35	8
girls	26	19	11	2	33	9
boys	24	18	12	3	36	6
5–12	26	17	10	2	40	6
girls	26	19	10	–	39	4
boys	25	15	9	3	40	7
13–17	24	21	14	3	28	10
girls	26	20	11	–	24	15
boys	22	23	16	–	31	5
REGION						
East	22	13	20	–	37	4
Newfoundland	14	20	18	–	42	–
Prince Edward Island	17	18	–	–	52	–
Nova Scotia	22	10	27	–	33	–
New Brunswick	27	12	–	–	34	–
Quebec	30	22	8	–	22	14
Ontario	23	16	13	–	40	5
West	24	20	9	2	38	7
Manitoba	29	–	–	–	39	–
Saskatchewan	23	13	11	–	48	3
Alberta	19	31	–	–	35	–
British Columbia	29	13	10	–	38	–
North	26	11	13	–	41	–
Yukon	32	–	–	–	34	–
Northwest Territories	25	13	17	–	34	–
Nunavut	–	–	–	–	–	–

– Data unavailable because of insufficient sample size.

Reasons that children participate in physical activity and sport (cont'd)

2005 Physical Activity Monitor, CFLRI

	Child participates in physical activity and sport because					
	It is personally satisfying	It helps accomplish specific goals	Friends do	Teachers or others are pleased by it	All of these reasons	None of these reasons
COMMUNITY SIZE						
1 million or more	29%	16%	10%	–%	31%	11%
500,000–999,999	28	16	11	–	38	–
250,000–499,999	24	16	14	–	35	–
100,000–249,999	28	17	11	–	37	5
50,000–99,999	18	12	–	–	55	–
30,000–49,999	23	–	–	–	44	–
10,000–29,999	24	29	18	–	19	10
5,000–9,999	16	–	–	–	31	–
1,000–4,999	25	21	10	–	35	8
< 1,000	21	17	8	–	46	–
EDUCATION LEVEL						
Less than secondary	15	32	7	–	28	13
Secondary	18	19	18	3	32	11
College	30	17	9	3	37	6
University	30	16	10	2	38	4
HOUSEHOLD INCOME						
< $20,000	14	46	5	–	25	7
$20,000–29,999	21	23	16	–	30	–
$30,000–39,999	22	14	25	–	31	–
$40,000–59,999	26	15	12	–	39	6
$60,000–79,999	30	16	11	–	33	6
$80,000–99,999	29	12	8	–	45	–
≥ $100,000	27	14	8	–	37	–
EMPLOYMENT STATUS						
Full-time worker	28	16	11	3	36	6
Part-time worker	22	15	22	–	32	6
Unemployed	20	25	–	–	35	–
Homemaker	30	16	10	–	34	7
Student	–	–	–	–	27	–
Retired	–	–	–	–	–	–
FAMILY COMPOSITION						
Living with a partner	27	18	11	3	36	5
Widowed, divorced, separated	23	28	14	–	28	4
Never married	11	13	7	–	33	35

– Data unavailable because of insufficient sample size.

Reasons that children participate in physical activity and sport (cont'd)

2005 Physical Activity Monitor, CFLRI

	Child participates in physical activity and sport because					
	It is personally satisfying	It helps accomplish specific goals	Friends do	Teachers or others are pleased by it	All of these reasons	None of these reasons
PARENT'S ACTIVITY LEVEL						
Active	25%	17%	10%	2%	37%	9%
Moderately active	28	14	13	–	35	8
Somewhat active	29	16	12	–	34	6
Sedentary	19	28	12	3	32	6
PARENT'S PARTICIPATION IN SPORT						
Does participate in sport	24	17	10	–	40	7
Does not participate in sport	26	19	12	3	33	8
Type of Sport Participant						
Player	25	19	9	–	41	4
Other	17	–	–	–	38	–
Type of Sport Participation						
Competitive, structured	26	18	7	–	41	4
Competitive, unstructured	–	–	–	–	–	–
Non-competitive, structured	–	–	–	–	32	–
Non-competitive, unstructured	29	–	–	–	–	–
Level of competition						
Local	20	20	8	–	43	–
Provincial	26	–	–	–	41	–
National	–	–	–	–	–	–
Use of coach						
Yes	20	25	10	–	40	–
No	26	13	9	–	41	8
CHILD'S PARTICIPATION IN SPORT						
Does participate in sport	27	21	8	2	35	6
Does not participate in sport	20	12	20	4	33	10
Type of Sport Participant						
Player	27	21	7	2	36	6
Other	–	–	–	–	–	–
Type of Sport Participation						
Competitive, structured	28	18	7	2	37	7
Competitive, unstructured	–	–	–	–	–	–
Non-competitive, structured	29	16	11	–	34	7
Non-competitive, unstructured	–	–	–	–	32	–
Level of competition						
Local	30	14	7	2	41	5
Provincial	26	34	6	–	32	–
National	–	–	–	–	–	–
Use of coach						
Yes	29	18	8	2	36	7
No	18	39	8	–	30	–

– Data unavailable because of insufficient sample size.