

Getting Kids Active!

2010 PHYSICAL ACTIVITY MONITOR: FACTS & FIGURES



Access to after school programs

Based on a subsample of the 2010 Physical Activity Monitor, Canadian parents were asked whether their child had access to supervised programs after school. According to parents, more than one quarter (28%) of children have access to such programs, the majority of which (66%) charge a fee. Moreover, 71% of parents report that physical activity was a component of these after school programs.

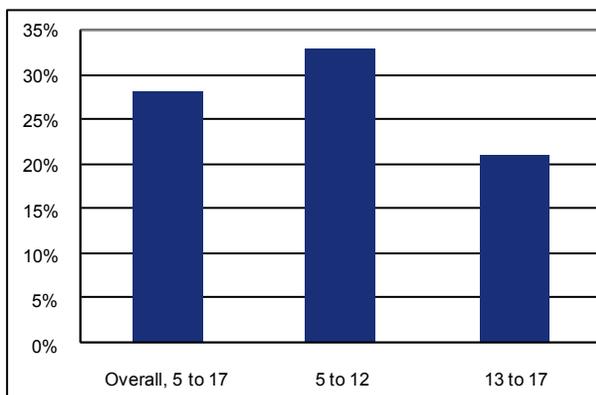
Parents were asked to specify how many days their child attends an after school program, where it is offered and its primary purpose. With respect to how often their child attends a program:

- 19% never attend;
- 36% attend 1 to 2 days per week;
- 16% attend 3 to 4 days per week; and
- 29% attend daily

In addition, the majority of parents indicate that these programs were offered at school, 16% indicated at a community or recreation centre, 10% at a home or daycare, and 14% said that these programs were offered elsewhere.

FIGURE 1

Percentage having access to after school programs, overall and by age of child

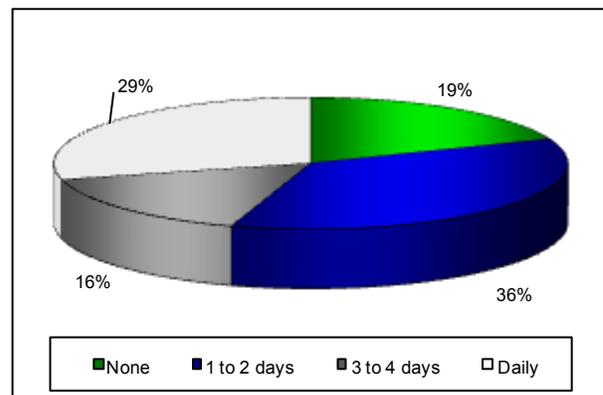


Physical Activity Monitor 2010, CFLRI

About two in five (41%) parents indicate that the primary purpose of the program was physical activity, 27% indicated daycare, 17% said homework or tutoring, and 15% indicated that there was some other purpose for the program.

FIGURE 2

Days attending after school programs, overall



Physical Activity Monitor 2010, CFLRI

There were no regional differences with respect to the availability or intended purpose of after school programs, however, there were some differences with respect to attendance and location of these programs. Compared to the national average, a greater proportion of parents residing in Quebec indicate that these after school programs were offered at school, and that their children attended after school programs on a *daily* basis.

Parent and child characteristics

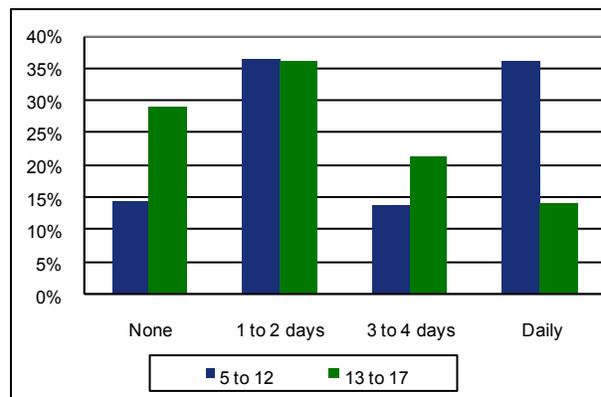
There were generally no relationships between child or parent characteristics and availability of after school programs, with the following exceptions; a greater proportion of parents of 5 to 12 year olds (compared to 13 to 17 year olds), and a greater proportion of those living in the largest communities (compared to those in some smaller communities) indicate that their children have access to supervised after school programs.

With respect to number of days children attend these programs, a greater proportion of older parents (45 to 64 years) indicate that their child *never* attends these after school programs, whereas a greater proportion of younger parents (25 to 44 year olds) say their child attends these programs *daily*. Similarly, relatively more 13 to 17 year olds *never* attend these programs, whereas relatively more 5 to 12 year olds attend *daily*. A greater proportion of those living in the largest communities ($\geq 250,000$ residents) attend afterschool programs on a *daily* basis compared to those living in smaller communities (10,000 to 99,999 residents).

Relatively more 13 to 17 year olds participate in programs that have a physical activity component and participate in the programs offered at school compared to younger children. A greater proportion of parents aged 25 to 44 years indicate that they programs that their child attends charges a fee compared to parents aged 45 to 64. Similarly, relatively more children aged 5 to 12 years attend a program that charges a fee compared to older youth.

FIGURE 4

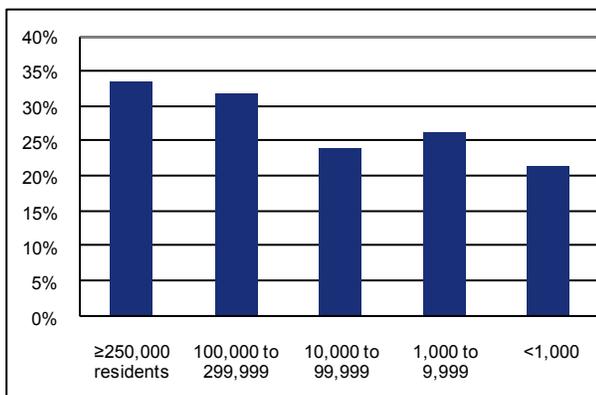
Days attending after school program, by age of child



Physical Activity Monitor 2010, CFLRI

FIGURE 3

Percentage having access to after school programs, by community size



Physical Activity Monitor 2010, CFLRI

CANADIAN FITNESS & LIFESTYLE RESEARCH INSTITUTE

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



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