

Getting Kids Active!

2010 PHYSICAL ACTIVITY MONITOR: FACTS & FIGURES

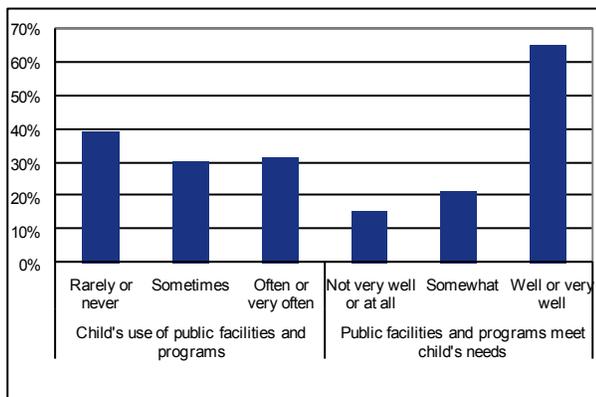


Availability, use, and suitability of public facilities and programs

The 2010 Physical Activity Monitor examined the extent to which public facilities and programs in the local community are available for children and youth to be active. This bulletin describes parents' perceptions of the availability of public facilities and programs, how well these facilities and programs meet the needs of their child, as well as their child's use of these opportunities. The majority of parents (93%) report that public facilities and programs for physical activity are available locally. Most parents (65%) say that these programs or facilities meet their children's needs quite or very well, whereas 15% report that they do not meet their children's needs very well or at all. Slightly less than one-third of parents (31%) report that their child uses these facilities and programs often or very often; 30% use them somewhat often, and 39% never or rarely use these types of facilities or programs.

FIGURE 1

Child's use and suitability of public facilities and programs for physical activity, overall, 2010



Physical Activity Monitor 2010, CFLRI

Region

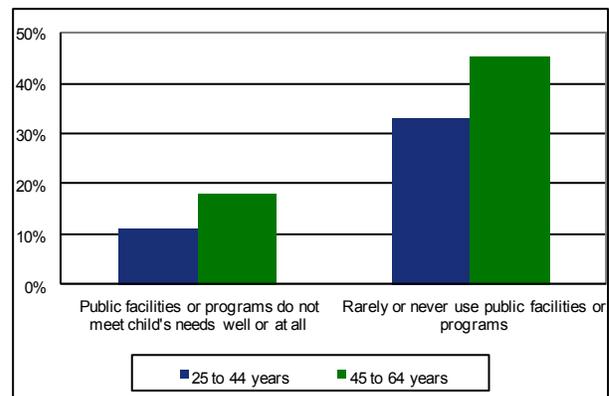
Compared to the national average, a smaller proportion of parents living in the Atlantic indicate that public facilities and programs are available in their community. A greater proportion of parents living in the North report that their children use these types of programs and facilities often or very often.

Parent's age and sex

A greater proportion of older parents (aged 45 to 64 years) say that these public programs and facilities do not meet their child's needs well or at all and that their children rarely or never use these facilities and programs, whereas a greater proportion of younger parents (aged 25 to 44) say that their children sometimes make use of these opportunities.

FIGURE 2

Child's use and suitability of local public facilities and programs, by parent's age



Physical Activity Monitor 2010, CFLRI

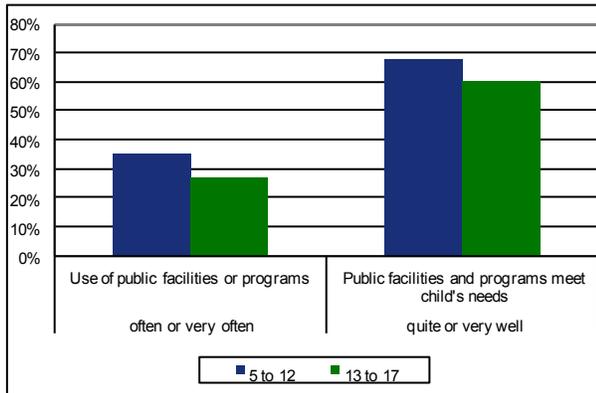
Child's age and sex

There are no significant differences between parents of boys and girls in the availability of public programs and facilities or perceptions of their suitability. Boys, however, are more likely than girls to use local public facilities and programs often or very often. A greater proportion of parents of young children (aged 5 to 12 years) report that these public programs or facilities meet their children's need quite or very well and that their children use these facilities and programs often or very often,

whereas a greater proportion of parents of teens (aged 13 to 17) say that these programs or facilities do not meet their children's needs very well or at all or that their child never or rarely use these types of places or programs.

FIGURE 3

Child's use and suitability of local public facilities and programs by child's age



Physical Activity Monitor 2010, CFLRI

Socio-economic and demographic characteristics

Parents in the highest household income range ($\geq \$100,000$ per year) are most likely to report the availability of public programs and facilities to be active. Parents living in the smallest communities (<1,000 residents) are least likely to say that public facilities and programs are available, yet are more likely than those living in larger communities ($\geq 10,000$ residents) to report that these programs and facilities do not meet their children's needs very well or at all. Moreover, a greater proportion of residents living in larger communities ($\geq 10,000$ residents) say that the public facilities and programs that are available meet their children's needs quite or very well compared to those from smaller communities. A greater proportion of parents that are university educated say that their children often or very often use these types of facilities compared to parents with a high school education.

Activity level and sport participation

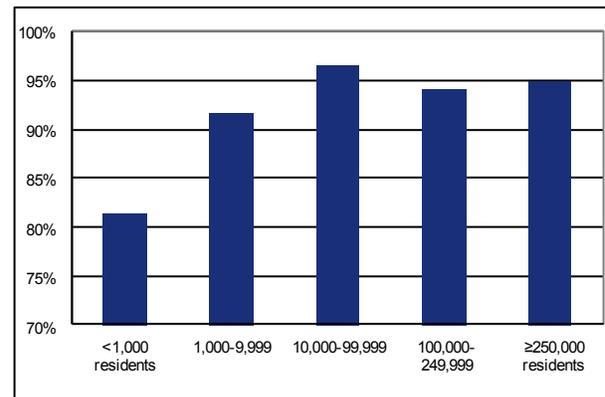
Inactive parents are least likely to report the availability of public places to be active. A greater proportion of parents who are active say that their children use these types of facilities and programs often or very often and to indicate that they meet their child's need quite or very well, whereas relatively more inactive parents say that their child never or rarely use these type of places or programs.

A greater proportion of parents of children who participate in sport indicate that public facilities and programs are available in their community and to say that these types of places meet their child's needs quite or very well. Children who participate in sport are also more likely to make use of local public facilities and

programs often or very often, whereas children who do not participate in sport are more likely to never or rarely use these types of places.

FIGURE 4

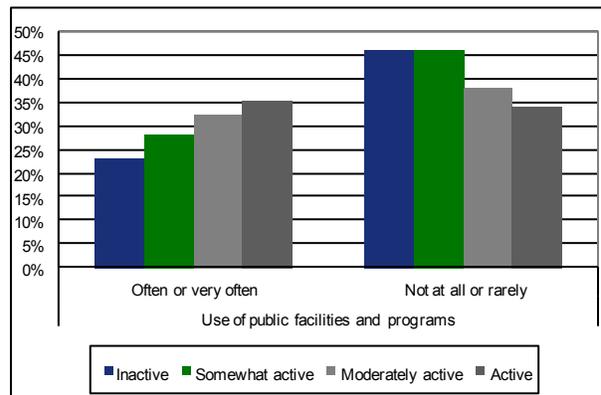
Availability of public facilities and programs by community size



Physical Activity Monitor 2010, CFLRI

FIGURE 5

Child's use of local public facilities and programs by parent's activity level



Physical Activity Monitor 2010, CFLRI

Trends

The availability of local public programs and facilities for physical activity in the community has remained high over time. Increases in the proportions indicating availability have appeared among specific groups, specifically: among parents of younger children (aged 5 to 12 years), parents with a university education, those from the highest income households, and among parents living in Quebec.

There were no apparent changes in 2010 from 2000 in the proportion of parents indicating that these places meet their child's needs.

However, since 2000, there have been increases among specific groups indicating that the public facilities and programs meet the needs of their child quite or very well among parents specifically: from the highest income households, who are active, who have girls, are university-educated, or who live in Quebec or in the North.

Compared to 2000, there have been no significant changes in the proportion of parents indicating that their children use public facilities and programs often or very often, with the exception that there has been a slight increase in the proportion of parents living in the Atlantic to indicate this.

Certain relationships appear in 2010 that did not appear in 2000. Specifically, the relationship between income, as well as parent's activity level, and the availability of public facilities and programs. In addition, the relationship between child's age and the suitability of these types of places was not significant in 2000.

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