

**Factors that Shape Our Children's
Participation in
Physical Activity and Sport:
Saskatchewan Parents' Perspective**

Prepared by:
Evaluation Unit,
Saskatchewan Ministry of Tourism, Parks, Culture and Sport

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EXECUTIVE SUMMARY

In 2005, Saskatchewan Culture, Youth and Recreation, now the Saskatchewan Ministry of Tourism, Parks, Culture and Sport, purchased an over-sample of 975 Saskatchewan households from the Canadian Fitness and Lifestyle Research Institute (CFLRI) for data collected during the 2005 Physical Activity and Sport Monitor (PAM). The purpose of obtaining and analyzing this over sample was to gain a better understanding of sport and physical activity participation among Saskatchewan parents, children, and youth. It is important to note that this report is based on survey data collected from parent respondents and their perceptions of their child's activities and preferences. While parents' perceptions are important, it is important to note that their perceptions of their child's participation may not reflect the actual level of participation. Results regarding children's participation in physical education and physical activity at school should be interpreted with particular caution.

Sport participation among children and youth 5 to 17 years of age was high (79%) with most sport participants competing at the local level. A higher proportion of boys participated in sport compared to girls. This gender gap increased significantly within the 13 to 17 years age group. Children whose parent participated in sport were also more likely to participate in sport. Children from lower socio-economic status (SES) households were less likely to participate in sport than children from higher SES households.

About two-thirds of children preferred both physically active and quiet activities, while only one-quarter preferred only physical activities. Half of children preferred both vigorous and moderate physical activities. Boys were more likely to prefer vigorous physical activity and less likely to prefer moderate physical activity than girls. About two-thirds of children preferred physical activities with a combination of both low and high skill levels.

Over half of children preferred participating in both organized and unorganized physical activities. Girls 13 to 17 years of age were most likely to prefer only organized physical activity or sport. Just over half of children also preferred both competitive and non-competitive physical activity and sport. Children from lower SES households were more likely to prefer only non-competitive physical activities. A higher proportion of children that did not participate in sport preferred only non-competitive physical activities compared to sport participants.

The three main reasons children participated in physical activity or sport were: 1) *they found it personally satisfying* (25%); 2) *it helped accomplish specific goals* (13%); and 3) *friends did it* (11%). Children who participated in sport were more likely to do so because they found it *personally satisfying* than children who did not participate in sport.

Almost half of children used inactive modes and just over one-third used active modes of transportation regularly to get to and from school. Children from communities of more than 50,000 people were more likely to get to and from school using active modes of

transportation. Children from a single-parent household were more likely to use active modes of transportation.

According to parents, approximately three-quarters of children received at least 150 minutes of physical education (PE) per week (requirement of 150 minutes of PE per week set forth by the Saskatchewan Ministry of Education). However, only half of parents thought physical education provided enough physical activity for their child. Only one-third of children participated in PE on a daily basis. Parents of a lower SES were more likely to indicate their child received enough physical activity through physical education classes at school. While 81% of parents indicated that their child's school offered physical activity programming other than PE, only 38% thought that these other physical activity programs met their child's needs quite well or very well.

The time after school and before dinner offers an opportunity for children to participate in a variety of activities, both sedentary and active. Two-thirds of children did homework during this time. Girls and children that participated in sport were more likely to do homework after school and before dinner than other children. Three-quarters of children watched television, read, or played computer and video games during this period.

Two-thirds of children watched less than two hours of television a day. Those most likely to watch less than two hours of television a day were girls 13 to 17 years of age, children from households with an annual income of less than \$30,000, and children whose parent had some college education.

The majority of children played outdoors, participated in unorganized physical activity or sports and did chores after school and before dinner. One-third of children participated in organized physical activity or sport during this time period. Children 5 to 12 years of age were more likely to play outdoors or participate in unorganized physical activity during this time period than children 13 to 17 years of age.

A large majority of children participated in physical activity at school or at home. Almost two-thirds of children participated in physical activity other than at school or home and in physical education at school. There was a significant drop in almost all physical activity participation within the 13 to 17 year age group. Generally, boys 13 to 17 years of age were more likely to participate in physical activity than girls the same age. Children from lower SES households were less likely to participate in physical activity outside of school. Overall, children whose parents did not participate in sport were less likely to participate in active pursuits.

Although most parents indicated that there were public and private facilities available for physical activities, very few of the children used these facilities on a regular basis with the exception of children living in communities of less than 5,000 people. These children were less likely to have both public and private facilities and programs available, but were more likely to use public facilities and programs.

Almost all children had local parks and open spaces available yet just over one-third used them often or very often. Children living one to two blocks from a park or playground were almost twice as likely to use parks and open spaces as children living more than one

kilometre from these areas. Generally, children living in smaller communities and children whose parent had a lower level of education were more likely to live further from parks and playgrounds than children living in larger communities and children whose parent had a higher level of education.

The five most frequently cited barriers preventing children from participating in sport or physical activity more often were: 1) *lack of time* (40%); 2) *child's personality and/or child's preference for sedentary activities* (23%); 3) *accessibility, transportation, and/or distance to physical activity opportunities* (19%); 4) *age, size or weight of the child* (15%); and 5) *cost* (13%). However, the most frequently cited barrier for children who did not participate in sport was the child's preference for sedentary activities and/or personality. Children living in a community of less than 1,000 people were more likely to identify accessibility and transportation related barriers than those living in communities of 50,000 or more. Children from higher SES households were more likely to indicate lack of time as a barrier to participating in sport than children from lower SES households.

About one-third of parents surveyed participated in sport with a higher proportion of fathers participating than mothers. Of those who participated in sport, a large majority participated in only structured sports. Parents whose child participated in sport were over twice as likely to participate in sport as parents whose child did not participate in sport. Overall, the higher the SES of the parent the more likely they were to participate in sport. A higher proportion of parents living in two-parent households participated in sport than single-parents.

Almost one-third of parents selected the correct response that 90 minutes of daily physical activity is required for a child's well-being and health as recommended by Canada's Guide to Active Living. Just over half of parents reported consuming the 7-10 servings of fruit and vegetables per day, as recommended by Canada's Food Guide. Mothers were more likely to consume enough fruit and vegetables compared to fathers.

Most parents provided financial support in the 12 months prior to the survey for their child to participate in physical activity or sport. Over half of parents took their child to do physical activity and sport often or very often. About one-third of parents played active games with their child often or very often and volunteered at their child's school in the 12 months prior to the survey. Half of parents volunteered or helped with their child's other physical activity or sport in the 12 months prior to the survey.

A greater proportion of parents with children 5 to 12 years of age were involved in all aspects of their child's physical activity or sport than parents with children 13 to 17 years of age. Parents who participated in sport and parent's with children who participated in sport were more involved in all aspects of their child's physical activity and sport. Generally, the higher the SES of the parent the more likely they were to be involved in all aspects of their child's physical activity and sport participation.

SECTION 1: INTRODUCTION

In 2005, Saskatchewan Culture, Youth and Recreation, now the Saskatchewan Ministry of Tourism, Parks, Culture and Sport, purchased an over-sample of 725 Saskatchewan households from the Canadian Fitness and Lifestyle Research Institute (CFLRI) for data collected during the 2005 Physical Activity and Sport Monitor (PAM). The over-sample brought the Saskatchewan household sample size to 975 households from the original 250 households in the CFLRI national study. The purpose of this was to allow for an analysis of the CFLRI data at the provincial level in order to gain a better understanding of sport and physical activity participation among Saskatchewan parents, children, and youth. The structure of this Saskatchewan 2005 PAM report was designed to mirror the national 2005 PAM report created by CFLRI to allow for ease of comparison. The 2005 PAM national report can be viewed and downloaded from the CFLRI website at <http://www.cflri.ca/>.

This report presents results of the 2005 PAM for Saskatchewan parents, children and youth in the following topic areas:

- Demographics
- Access to facilities and programming opportunities
- Physical activity and physical education at school and in the community
- Physical activity participation rates and preferences
- Rates and activities of sedentary behaviour
- Levels of competition and involvement
- Parental support of child's physical activity
- Barriers to participation

SECTION 2: BACKGROUND

The Canadian Fitness and Lifestyle Research Institute

Established in September 1980, in recognition of the need to bridge the gap between knowledge on physical activity and its application, the Canadian Fitness and Lifestyle Research Institute (CFLRI) is a national research agency. The mission of the CFLRI is to enhance the well-being of Canadians and to educate Canadians about the importance of leading healthy, active lifestyles through research and communication of information to the public and private sectors. A registered not-for-profit applied research institution; CFLRI operates on annual funding from the Fitness/Active Living Program Unit of Health Canada, from contracts and grants, and from publication sales. A Board of Directors comprised of prominent scholars and professionals in the areas of public health, physical education, sport sciences, recreation and medicine and federal and provincial levels of government direct the Institute.

Monitoring Physical Activity in Canada

The Physical Activity Benchmarks Program is a joint venture of the CFLRI, Fitness/Active Living Unit of Health Canada, and the Inter-provincial Sport and Recreation Council. The benchmarks/monitoring program serves as a tool to help policy makers measure progress in increasing the population's level of physical activity. It provides information for setting policies and strategies for joint action, and monitoring the results of implementation strategies and initiatives within the joint governmental framework entitled, *Physical Inactivity: A Framework for Action* (Federal, Provincial and Territorial Fitness and Recreation Committee (FPTFRC), 1996). The program supports the information requirements to monitor progress towards the objective of increasing physical activity by 10 percentage points nationally and in each jurisdiction by the year 2010 (Federal, Provincial and Territorial Governments, Bathurst, NS, 2003) and by contributing to the stated health, social, and economic aims in the framework.

The Physical Activity and Sport Monitor (PAM)

The Physical Activity and Sport Monitor (PAM) is an annual telephone-interview survey of a random sample of Canadian households. The survey tracks changes in physical activity patterns, factors influencing participation, and life circumstances in Canadian households. The PAM is part of the Physical Activity Benchmarks Monitoring Program and as such, tracks outcome indicators of the efforts to increase physical activity among Canadians. The PAM was designed to monitor and evaluate physical activity in many aspects of Canadian life. The plan includes the following data collection cycles:

- 1998, 2003, 2008 - A focus on communication strategies, Awareness
- 1999, 2004, 2009 - A focus on local community/municipal opportunities
- 2000, **2005**, 2010 - **A focus on children and youth, School survey**
- 2001, 2006, 2011 - A focus on the workplace
- 2002, 2007, 2012 - Assessing trends, Targets

SECTION 3: METHODOLOGY

Findings in this report are based on data collected for the 2005 Physical Activity Monitor (PAM) by the Institute for Social Research (ISR) at York University in Ontario. Only data for Saskatchewan respondents (n=975) is included in this report.

The PAM sample was a two-stage probability sample of households with children aged 5-17 years living in the household. Sample households were selected using random-digit dialing from household-based telephone exchanges. To be eligible for the interview, the parent had to be an adult (18 years of age or older). If there was more than one eligible person living in the household, the person with the next birthday was selected as the survey respondent. Data for the PAM was collected throughout the full 2005 calendar year by the ISR. ISR interviewers captured data directly during interviews using computer-assisted telephone interviews (CATI) system. Parents answered questions about one of their randomly selected children who were still living at home. For more information on the sample design and data collection methods refer to the *2005 Physical Activity and Sport Monitor*.

Raw data from the 2005 PAM Saskatchewan sample was received from CFLRI in January of 2007 and the Evaluation Unit of the Saskatchewan Ministry of Tourism, Parks, Culture and Sport began the analysis. Over the next few months several issues and concerns with the data were identified and the Evaluation Unit worked with CFLRI to resolve them. A new data set was received in December of 2007. Due to concerns of confidentiality and anonymity, data regarding Aboriginal status and geography of residence were suppressed.

The sample weights were adjusted using a post-stratified adjustment to reflect the distributions for the age and sex of Saskatchewan children according to the 2001 Census. This weighting adjusted for the disproportional inclusion of certain groups in the sample relative to the population.

Study Limitations

Although this report highlights several important findings regarding sport and physical activity participation in Saskatchewan, caution should be used in interpreting the results based on the following limitations.

All numbers have a statistical error associated with them by virtue of the random selection of the sample. Data in the tables that follow have been screened to ensure that each statistic is based on a minimum of 30 individuals. Cases where the sample size is less than 30 are denoted by “-”.

Aboriginal status was suppressed in this report due to the small number of respondents who self-identified as being of aboriginal descent.

The results presented in this report are based on parent self-reports and their perception of their child's preferences and activities. The subjective nature of self-report survey methods can result in increased variation due to respondents' interpretation of questions and reporting of answers.

While parents' perceptions are important, it must be noted that their perceptions of their child's participation may not reflect the actual level of participation by their child. Results regarding children's participation in physical education and physical activity at school should be interpreted with particular caution. Parents may have limited knowledge of how much physical activity and physical education their child receives in the school environment.

The results of this study suggest that the majority of parents believe their child is receiving the required amount of physical education in a typical week (i.e., 150 minutes) and sufficient physical activity through physical education classes. This finding suggests that many parents have a perception that their children are engaged in a sufficient amount of physical activity at school. This perception could prevent parents from ensuring their child is physically active in extracurricular activities. As such, it is imperative that objective measures of children's physical education and physical activity participation be developed to better understand physical education and physical activity during school and out-of-school.

SECTION 4: SPORT PARTICIPATION AMONG CHILDREN AND YOUTH

Sports Played by Parents and their Child

A third of the parents (299/938; 32%) stated that they participated in sport(s). The majority of these parents (258/299; 86%) participated in sport(s) as a player.

The majority (736/938; 78%) of the children and youth participated in sport(s). Almost all of these children and youth (716/736; 97%) participated in sport(s) as a player.

If a parent or child participated in sport as a player, respondents were asked an open-ended question about what sport(s) were currently participated in most often. Parents were able to provide up to four different sports for each of themselves and their child. These sports were coded and grouped into 36 sport categories. Table 1 provides the participation results in 14 sports that cover the top ten sports played by parent respondents and their child.

Table 1 – Top Ten Sports Played by Parents and their Child

Sport	Percent Child (Rank) n=716	Percent Parent (Rank) n=258
Soccer	31.2% (1)	9.1% (6)
Ice Hockey	21.9% (2)	26.4% (1)
Volleyball	20.6% (3)	12.5% (5)
Basketball	20.3% (4)	5.6% (7)
Baseball*	15.3% (5)	23.8% (2)
Football	8.5% (6)	3.4% (8)
Swimming	7.6% (7)	0.8% (20)
Dance	7.4% (8)	-
Gymnastics	5.6% (9)	-
Racquet Sports	5.3% (10)	2.1% (11)
Golf	3.4% (14)	19.8% (3)
Curling	4.7% (12)	17.2% (4)
Bowling	1.5% (20)	3.2% (9)
Running or Jogging	2.1% (16)	2.2% (10)

2005 Physical Activity Monitor, CFLRI (Data analyzed by TPCS EU)

* Baseball includes the sports of softball, slow-pitch and T-ball

“-“ Parents did not indicate any participation in either dance or gymnastics

Sport Participation

The results presented in Table 2 and discussed below are based on parents' perceptions of their child's participation in sport.

The majority of Saskatchewan children participated in sport. Of those who participated in sport, a large majority participated in only structured sports compared to unstructured or both structured and unstructured sports.

Child's Age and Gender

Overall, there was little difference in sport participation between younger children (5 to 12 years) and older children (13 to 17 years). However, while sport participation rates decreased among girls 5 to 12 years of age to girls aged 13 to 17 year old, sport participation rates increased slightly among boys in the same age groups. Overall, boys were more likely to participate in sport than girls. Girls were more likely to participate in only structured sports than boys.

Socio-economic and Demographic Factors

A greater proportion of children living in a community of less than 5,000 people participated in sport compared to children living in larger communities. Children living in communities of 50,000 people or more were more likely to participate in only structured sport compared to children living in smaller communities. Generally, children from a higher socio-economic status (SES)¹ household were more likely to participate in sport than children from a lower SES household.

Distance to Nearest Park or Playground

Children who lived one kilometre or more away from a park or playground were more likely to participate in sport compared to children who lived less than one kilometre away from a park or playground.

Parent's Participation in Sport

Children whose parent participated in sport were more likely to participate in sport compared to children whose parent did not participate in sport. Children whose parent participated in only structured sport were also more likely to participate in only structured sport compared to children whose parent participated in both structured and unstructured sport.

¹ SES (socio-economic status) refers to parent's level of education, household income, the number of parents living in the household, and the parent employment status. Generally, a higher SES would be a higher household income level, a higher level of parent education, full-time employment, and a two-parent household.

Table 2: Sport Participation by Children and Youth

	Child participated in sport	Child did not participate in sport	Type of sport participation	
			Only structured	Both structured / unstructured
Total, Parents (18+)	79%	21%	83%	16%
Mothers	77	23	84	15
Fathers	80	20	81	17
Total, Children (5-17)	79	21	82	16
Girls	75	25	90	10
Boys	82	18	76	21
5 to 12	80	20	83	16
Girls	78	22	88	-
Boys	81	19	79	20
13 to 17	77	23	82	16
Girls	70	30	93	-
Boys	84	16	73	22
Community Size				
50,000 +	78	22	86	12
5,000 to 49,999	74	26	80	-
1,000 to 4,999	80	-	80	-
Under 1000	84	16	77	21
Education Level				
Less than Secondary	66	34	77	-
Secondary	75	25	78	20
College	84	16	86	-
University	82	18	85	14
Household Income				
<\$30,000	65	35	73	-
\$30,000 to 59,999	77	23	83	-
\$60,000 to 79,999	87	-	86	-
\$80,000 +	86	14	85	15
Parent Employment Status				
Full-time Worker	83	17	84	14
Part-time Worker	78	-	80	-
Other (unemployed, homemaker, retired, etc)	60	40	72	-
Family Composition¹				
Two-parent Household	82	18	83	16
Single-parent Household	68	32	80	-
Parent's Participation in Sport				
Participated in Sport	90	10	85	15
Only Structured	92	-	87	-
Both Structured / Unstructured	88	-	76	-
Did not Participate in Sport	73	27	81	16
Distance to Parks and Playgrounds				
1-2 blocks	79	21	84	14
>2 blocks to 1km	72	28	76	-
≥ 1 km	85	15	83	-

2005 Physical Activity Monitor, CFLRI (Data analyzed by TPCS EU)

- Missing values due to insufficient sample size (less than 30 respondents)

¹For the purposes of this report, 'two-parent household' refers to households where the two adults were either married or living common-law and were either the parents and/or legal guardians of the child being reported on. 'Single parent household' were those households where the parent or legal guardian was widowed, divorced or never married.

Competitive Sport Participation

The results presented in Table 3 and discussed below are based on parents' perceptions of their child's participation in competitive sport.

A large majority of children competed in sport. Of those who competed, almost three-quarters competed at the local level, while just over one-quarter competed at the provincial or national level.

Child's Age and Gender

Older children (13 to 17 years) were more likely to compete in sport compared to younger children (5 to 12 year). A greater proportion of children in the younger age group competed in sport at the local level compared to children in the older age group. Overall, boys were more likely to compete in sport compared to girls. Boys were also more likely compete in sport at the local level. However, boys were less likely to compete at the provincial/national level than girls.

Socio-economic and Demographic Factors

Children whose parent had less than a secondary education were less likely to compete in sport compared to children whose parent had a higher level of educational attainment. Children who lived in households with a total income of \$60,000 or higher were more likely to compete in sport than children who lived in lower income households.

Distance to Nearest Park or Playground

Children who lived one kilometre or more away from a park or playground were more likely to compete in sport compared to children who lived less than one kilometre away from a park or playground.

Parent's Participation in Sport

Children whose parent participated in sport were more likely to compete in sport compared to children whose parent did not participate in sport.

Table 3: Competitive Sport Participation among Children and Youth

	Competed in sport	Level of competition	
		Local	Provincial/National
Total, Parents (18+)	83%	73%	27%
Mothers	79	72	28
Fathers	87	74	26
Total, Children (5-17)	83	73	27
Girls	80	69	31
Boys	85	77	24
5 to 12	77	82	19
Girls	73	75	25
Boys	81	87	-
13 to 17	91	62	38
Girls	91	60	40
Boys	90	63	37
Community Size			
50,000 +	83	73	27
5,000 to 49,999	82	69	-
1,000 to 4,999	80	74	-
Under 1000	85	74	26
Parent Education Level			
Less than Secondary	77	74	-
Secondary	86	78	22
College	82	70	30
University	82	72	29
Household Income			
<\$30,000	77	77	-
\$30,000 to 59,999	77	79	21
\$60,000 to 79,999	84	73	28
\$80,000 +	88	68	32
Parent Employment Status			
Full-time Worker	84	73	27
Part-time Worker	82	69	-
Other (unemployed, homemaker, retired, etc)	76	75	-
Family Composition			
Two-parent Household	84	73	27
Single-parent Household	79	74	26
Parent's Participation in Sport			
Participated in Sport	89	69	32
Only Structured	86	67	33
Both Structured / Unstructured	98	75	-
Did not Participate in Sport	79	76	24
Distance to Parks and Playgrounds			
1-2 blocks	81	70	30
>2 blocks to 1km	82	77	-
≥ 1 km	87	78	22

2005 Physical Activity Monitor, CFLRI (Data analyzed by TPCS EU)

- Missing values due to insufficient sample size (less than 30 respondents)

Active Pursuits of Child Overall

The results presented in Table 4 and discussed below are based on parents' perceptions of their child's participation in active pursuits.

Survey results indicated that almost all children participated in *physical activity at school* compared to only two thirds of children that participated in *physical education classes at school*. Most children participated in *physical activity at home* and two thirds participated in *physical activity other than at home or school*. Children who lived more than one kilometre from a park or playground were more likely to participate in *physical activity at home* or *physical education at school* and less likely to participate in *other physical activity* compared to children who lived closer to a park or playground.

Child's Age and Gender

A greater proportion of older boys (13 to 17 years) participated in all categories of physical activity compared to girls from the same age group. Younger girls (5 to 12 years) were more likely to participate in *other physical activity* than younger boys (5 to 12 years).

Child's Participation in Sport

The proportion of children who participated in physical activity was higher for children who participated in sport compared to children that did not participate in sport. Children that participated in both structured and unstructured sport were more likely to participate in *physical activity at home* and *physical education at school* than children who participated in only structured sport. However, children that participated in only structured sport were more likely to participate in *other physical activity*.

Socio-economic and Demographic Factors

Children from communities of less than 5,000 people were more likely to participate in *physical education at school* than children from larger communities. In general, as the parent's education level increased the proportion of children that participated in physical activity increased. A greater proportion of children from higher SES households participated in *other physical activity* and *physical activity at school* than children from lower SES households. Children whose parent was working were more likely to participate in *physical education at school* compared to children whose parent was not working. Children from a two-parent household were more likely to participate in most types of physical activity compared to those from a single-parent household.

Parent's Participation in Sport

Children whose parent participated in sport were more likely to participate in physical activity compared to children whose parent did not participate in sport.

Table 4: Active Pursuits of Children Overall

	Physical activity at home	Physical education at school	Physical activity at school	Other physical activity
Total, Parents (18+)	85%	63%	93%	64%
Mothers	85	62	93	62
Fathers	86	64	94	68
Total, Children (5-17)	85	63	93	64
Girls	83	59	92	65
Boys	87	66	94	63
5 to 12	92	64	98	72
Girls	91	64	98	74
Boys	93	65	97	69
13 to 17	75	61	86	53
Girls	70	51	84	51
Boys	80	69	89	55
Community Size				
50,000 +	83	58	93	69
5,000 to 49,999	84	59	93	55
1,000 to 4,999	89	67	95	68
Under 1000	87	74	94	59
Education Level				
Less than Secondary	72	53	87	39
Secondary	85	61	93	59
College	90	66	93	68
University	86	65	95	75
Household Income				
<\$30,000	85	56	90	48
\$30,000 to 59,999	86	63	93	62
\$60,000 to 79,999	86	61	95	65
\$80,000 +	87	69	95	80
Parent Employment Status				
Full-time Worker	85	64	95	68
Part-time Worker	85	67	96	54
Other (unemployed, homemaker, retired, etc)	87	54	83	52
Family Composition				
Two-parent Household	87	65	93	67
Single-parent Household	80	54	94	55
Parent's Participation in Sport				
Participated in Sport	91	69	95	79
Only Structured	90	69	93	84
Both Structured / Unstructured	94	70	98	70
Did not Participate in Sport	82	60	93	57
Child's Participation in Sport				
Participated in Sport	88	71	96	72
Only Structured	88	69	96	74
Both Structured / Unstructured	94	81	94	64
Did not Participate in Sport	73	31	83	38
Distance to Parks and Playgrounds				
1-2 blocks	85	62	95	69
>2 blocks to 1km	83	57	90	63
≥ 1 km	91	68	92	56

2005 Physical Activity Monitor, CFLRI (Data analyzed by TPCS EU)

- Missing values due to insufficient sample size (less than 30 respondents)

Physical Education

The results presented in Table 5 and discussed below are based on parents' perceptions of their child's participation in physical education. As noted in the study limitations (p.7), while parents' perceptions are important, it must be noted that their perceptions of their child's participation may not reflect the actual level of participation by their child.

According to parent respondents, less than half of children received physical education at school 3 to 4 times per week, while even smaller proportions received daily physical education. Approximately half of parents reported that their child received enough physical activity through physical education classes. Approximately three-quarters of children participated in at least 150 minutes of physical education at school in a typical week as recommended by Saskatchewan Learning.

Child's Age and Gender

Older children (13 to 17 years) were more likely to participate in daily physical education and less likely to participate in physical education 3 or 4 days per week than younger children (5 to 12 years). A greater proportion of children in the younger age group received enough physical activity through physical education classes than children in the older age group. However, there was little difference in the percentage of children who participated in at least 150 minutes of physical education in a typical week based on children's age. Boys were more likely than girls to receive at least 150 minutes of physical education per week.

Child's Participation in Sport

Children who participated in sport were more likely to receive physical education either daily or 3 to 4 days per week than those who did not participate in sport. A greater proportion of children who participated in sport were also likely to receive at least 150 minutes of physical education in a typical week compared to children who did not participate in sport. However, according to parents children who participated in sport were less likely to receive enough physical activity through physical education classes than those who did not participate in sport.

Socio-economic and Demographic Factors

A greater proportion of children whose parent had less than a secondary education received enough physical activity through physical education classes than those whose parent had higher educational attainment. However, the likelihood of children to participate in at least 150 minutes of physical education in a typical week varied little based on parent's education level. Children living in a household with a lower annual income were also more likely to have received enough physical activity through physical education classes.

Parent's Participation in Sport

There was no statistical difference observed with children's physical education opportunities at school based on parent's participation in sport.

Table 5: Physical Education at School

	Child has PE classes				*PE provides enough activity	**Meets PE standard (150 mins/week)
	Daily	3-4 days/wk	1-2 days/wk	0 days/wk		
Total, Parents (18+)	36%	41%	16%	7%	50%	74%
Mothers	38	41	14	7	52	75
Fathers	33	42	19	7	48	74
Total, Children (5-17)	36	41	16	7	50	74
Girls	34	41	17	8	51	72
Boys	38	41	15	-	49	77
5 to 12	33	45	20	-	53	73
Girls	31	46	22	-	54	72
Boys	35	44	18	-	51	75
13 to 17	40	35	10	15	46	76
Girls	37	33	-	19	46	72
Boys	43	36	-	-	47	80
Community Size						
50,000 +	36	39	18	-	47	73
5,000 to 49,999	39	37	-	-	46	77
1,000 to 4,999	35	45	-	-	56	73
Under 1000	36	46	-	-	56	77
Education Level						
Less than Secondary	44	-	-	-	73	73
Secondary	38	39	16	-	55	78
College	35	47	-	-	47	76
University	33	40	22	-	39	70
Household Income						
<\$30,000	39	35	-	-	57	71
\$30,000 to 59,999	37	42	14	-	52	75
\$60,000 to 79,999	30	51	-	-	43	79
\$80,000 +	37	38	18	-	44	73
Parent Employment Status						
Full-time Worker	38	41	16	6	48	76
Part-time Worker	33	47	-	-	58	80
Other (unemployed, homemaker, retired, etc)	33	37	-	-	55	65
Family Composition						
Two-parent Household	35	42	15	8	50	76
Single-parent Household	39	38	18	-	51	70
Parent's Participation in Sport						
Participated in Sport	33	45	15	7	47	76
Did not Participate in Sport	37	39	16	7	51	74
Child's Participation in Sport						
Participated in Sport	37	44	14	5	49	78
Did not Participate in Sport	31	28	25	-	56	62

2005 Physical Activity Monitor, CFLRI (Data analyzed by TPCS EU)

- Missing values due to insufficient sample size (less than 30 respondents)

* Indicates parent perception that PE provides enough physical activity for their child.

** PE (Physical Education) Standard – At the time of this study, the Saskatchewan Ministry of Education required 150 minutes per week of physical education for grades one to nine.

Other Physical Activity Programming at School

The results presented in Table 6 and discussed below are based on parents' perceptions of their child's participation in other physical activity at school.

According to parents, a large majority of children have physical activity and sports programs offered at their school outside of regular physical education classes. A considerably smaller proportion of parents stated that these other school programs met their child's sport and physical activity needs either quite well or very well. A large majority of children made use of local community facilities for these physical activity and sports programs.

Child's Age and Gender

Older children (13 to 17 years) were more likely to have other physical activity and sports programs offered at their school and to have programs that met their needs compared to younger children (5 to 12 years). Overall, there was very little difference related to other physical activity programming at school based on gender. However, older girls (13 to 17 years) were more likely than boys in the same age group to have physical activity and sports programs offered at their schools, but less likely to have programs that met their needs.

Child's Participation in Sport

A greater proportion of children who participated in sport had other physical activity and sports programs offered at school that met their needs than those who did not participate in sport.

Socio-economic and Demographic Factors

Children living in communities of less than 5,000 people were more likely to have physical activity and sports programs offered at their school that meet their needs compared to those in larger communities. A greater proportion of children living in households with a total income of \$60,000 or more had physical activity and sport programs offered at their school that met their needs. Children living in single parent households were less likely to have programming offered at their school that met their sport and physical activity needs compared to children living in two parent households.

Parent's Participation in Sport

Children whose parent participated in sport were more likely to have their school offer physical activity and sports programming and to have programs that met their needs than children whose parent did not participate in sport.

Table 6: Other Physical Activity Programming at School

	School offered other PA*	Programs met child's needs quite well or very well	Local facilities used for school programs
Total, Parents (18+)	81%	38%	85%
Mothers	80	37	83
Fathers	81	40	86
Total, Children (5-17)	81	38	85
Girls	82	38	84
Boys	79	38	85
5 to 12	73	33	85
Girls	74	36	85
Boys	73	31	85
13 to 17	91	44	85
Girls	94	40	84
Boys	86	47	87
Community Size			
50,000 +	84	33	84
5,000 to 49,999	77	36	83
1,000 to 4,999	74	43	91
Under 1000	80	47	85
Education Level			
Less than Secondary	77	41	85
Secondary	78	38	86
College	82	40	85
University	84	34	84
Household Income			
<\$30,000	77	38	82
\$30,000 to 59,999	79	31	86
\$60,000 to 79,999	83	43	84
\$80,000 +	84	43	88
Parent Employment Status			
Full-time Worker	81	38	87
Part-time Worker	83	40	83
Other (unemployed, homemaker, retired, etc)	75	39	77
Family Composition			
Two-parent Household	80	41	85
Single-parent Household	83	29	86
Parent's Participation in Sport			
Participated in Sport	84	45	87
Did not Participate in Sport	79	34	84
Child's Participation in Sport			
Participated in Sport	81	41	86
Did not Participate in Sport	80	27	81

2005 Physical Activity Monitor, CFLRI (Data analyzed by TPCS EU)

- Missing values due to insufficient sample size (less than 30 respondents)

* PA – Physical Activity

How Child Usually Gets to and from School

The results presented in Table 7 and discussed below are based on parents' perceptions of their child's commuting behaviour to and from school.

The majority of children typically commute to school using inactive modes of transportation. A smaller proportion commuted using active modes and even fewer commuted using mixed modes¹.

Child's Age and Gender

Younger children (5 to 12 years) were more likely to commute using active means of transportation than older children (13 to 17 years). A greater proportion of boys commuted using active modes of transportation than girls.

Child's Participation in Sport

A child's mode of transportation was not influenced by whether or not they participated in sport.

Socio-economic and Demographic Factors

A greater proportion of children living in communities of 50,000 people or more commuted using active modes of transportation compared to those living in smaller communities. Children living in a two-parent household less likely to use active modes of transportation compared to children who were living in a single-parent household.

Parent's Participation in Sport

A child's mode of transportation was not influenced by whether or not their parent participated in sport.

¹ **Active modes** of transportation include cycling, walking or any other non-motorized physically active mode of transportation. **Inactive modes** of transportation include car, bus, train or any other motorized mode of transportation. **Mixed modes** indicate that the respondents reported using both active and inactive mode of transportation.

Table 7: How Child Usually Gets to and from School

	Active Modes	Inactive Modes	Mixed Modes
Total, Parents (18+)	38%	51%	12%
Mothers	37	51	12
Fathers	38	51	11
Total, Children (5-17)	38	51	12
Girls	35	53	12
Boys	40	49	12
5 to 12	41	47	12
Girls	40	48	12
Boys	42	45	13
13 to 17	33	57	10
Girls	29	60	-
Boys	36	54	-
Community Size			
50,000 +	45	45	10
5,000 to 49,999	28	56	-
1,000 to 4,999	35	48	-
Under 1000	30	62	-
Education Level			
Less than Secondary	34	52	-
Secondary	38	51	12
College	40	47	13
University	36	55	-
Household Income			
<\$30,000	36	50	-
\$30,000 to 59,999	42	49	-
\$60,000 to 79,999	39	50	-
\$80,000 +	37	51	13
Parent Employment Status			
Full-time Worker	38	50	12
Part-time Worker	38	53	-
Other (unemployed, homemaker, retired, etc)	35	54	-
Family Composition			
Two-parent Household	36	53	11
Single-parent Household	42	44	14
Parent's Participation in Sport			
Participated in Sport	38	52	-
Did not Participate in Sport	37	50	13
Child's Participation in Sport			
Participated in Sport	38	50	12
Did not Participate in Sport	37	55	-

2005 Physical Activity Monitor, CFLRI (Data analyzed by TPCS EU)

- Missing values due to insufficient sample size (less than 30 respondents)

Sedentary Pursuits after School and before Dinner

The results presented in Table 8 and discussed below are based on parents' perceptions of their child's sedentary pursuits after school and before dinner.

The majority of children did homework during this time period. Three-quarters of children also participated in other sedentary activities such as watch television, read, or play video/computer games. Parents were also asked to report how many minutes their child typically spent watching television. The majority of children spent less than two hours watching television¹.

Child's Age and Sex

Younger children (5 to 12 years) were more likely to spend less than two hours watching television in a typical day compared to older children (13 to 17 years). Girls in the older age group were more likely to spend less than two hours watching television in a typical day compared to boys in the same age group. A greater proportion of girls did homework after school than boys. Boys were more likely to do activities such as watch television, read or play video/computer games after school than girls.

Child's Participation in Sport

Children who participated in sport were more likely to do homework after school and before dinner than children who did not participate in sport.

Socio-economic and Demographic Factors

Children living in communities between 5,000 and 49,999 people were least likely to do activities such as watch television, read, or play video/computer games after school and before dinner compared to those living in communities of other sizes. Children living in a household with a total income of \$30,000 or less were also the least likely to do these activities after school and before dinner compared to those in the other household income groups. Children living in a household with a total income of \$30,000 or less were also more likely to spend less than two hours watching television in a typical day. A greater proportion of children living more than one kilometre from a park or playground did homework and were less likely to watch less than two hours of television a day.

Parent's Participation in Sport

Children whose parent participated in sport were more likely to do homework after school and before dinner than children whose parent did not participate in sport. Children whose parent participated in only structured sport were more likely to spend less than two hours watching television in a typical day compared to children whose parent participated in both structured and unstructured sport.

¹ Time spent watching television is often used as a proxy for sedentary behaviour. The Canadian Paediatric Society and the American Association of Pediatrics recommend children and youth over two years of age should spend no more than two hours per day watching television.

Table 8: Sedentary Pursuits after School and before Dinner

	Did Homework	Watched television, read, computer and/or video games	Spent less than 2 hours/day watching television*
Total, Parents (18+)	64%	75%	69%
Mothers	60	71	74
Fathers	69	81	62
Total, Children (5-17)	64	75	69
Girls	72	73	71
Boys	56	78	67
5 to 12	62	75	71
Girls	69	74	72
Boys	56	76	70
13 to 17	66	76	65
Girls	76	71	70
Boys	56	81	61
Community Size			
50,000 +	62	78	69
5,000 to 49,999	66	63	69
1,000 to 4,999	61	78	65
Under 1000	67	75	71
Education Level			
Less than Secondary	69	79	69
Secondary	64	78	60
College	65	77	77
University	60	70	70
Household Income			
<\$30,000	64	69	77
\$30,000 to 59,999	64	78	69
\$60,000 to 79,999	58	75	71
\$80,000 +	66	77	67
Parent Employment Status			
Full-time Worker	64	75	68
Part-time Worker	61	75	71
Other (unemployed, homemaker, retired, etc)	63	75	73
Family Composition			
Two-parent Household	64	76	68
Single-parent Household	60	71	72
Parent's Participation in Sport			
Participated in Sport	68	76	67
Did not Participate in Sport	62	75	70
Child's Participation in Sport			
Participated in Sport	66	75	69
Did not Participate in Sport	57	78	70
Distance to Parks and Playgrounds			
1-2 blocks	62	76	39
>2 blocks to 1km	61	81	38
≥ 1 km	70	72	33

2005 Physical Activity Monitor, CFLRI (Data analyzed by TPCS EU)

- Missing values due to insufficient sample size (less than 30 respondents)

* Responses are based on television watching for a typical full day (not only the time after school and before dinner)

Active Pursuits after School and before Dinner

The results presented in Table 9 and discussed below are based on parents' perceptions of their child's active pursuits after school and before dinner.

The majority of children and youth did chores, played outdoors and participated in unorganized physical activity or sport between the time they left school and had dinner. A much smaller proportion participated in organized physical activity or sport.

Child's Age and Gender

Younger children (5 to 12 years) were more likely to play outdoors and participate in unorganized sport and physical activity after school and before dinner than children in the older age group. Boys were also more likely to play outdoors and participate in unorganized sport and physical activity than girls. These differences were even greater between boys and girls in the older age group.

Child's Participation in Sport

A greater proportion of children who participated in sport played outdoors and participated in unorganized sport or physical activity than children who did not participate in sport.

Socio-economic and Demographic Factors

Children living in smaller communities were more likely to do chores and participate in organized sport or physical activity than children living in larger communities. Children in the lower household income groups were less likely to participate in organized sport or physical activity than children living in higher household income groups. A greater proportion of children whose parent had a secondary education or less did chores after school and before dinner compared to children whose parent had a higher level of education. Children living in single parent households were less likely to participate in organized sport or physical activity and more likely to participate in unorganized sport or physical activity than children living in two parent households.

Parent's Participation in Sport

Children whose parent participated in sport were more likely to do chores, play outdoors, and participate in both organized and unorganized sport and physical activity than children whose parent did not participate in sport.

Table 9: Active Pursuits after School and before Dinner

	Chores	Played outdoors	Organized PA*/sports	Unorganized PA*/sports
Total, Parents (18+)	65%	77%	38%	73%
Mothers	62	73	36	73
Fathers	70	82	41	72
Total, Children (5-17)	65	77	38	72
Girls	63	70	38	66
Boys	67	83	38	79
5 to 12	65	90	39	83
Girls	64	90	38	79
Boys	66	91	39	86
13 to 17	66	57	36	57
Girls	62	39	38	46
Boys	69	73	35	67
Community Size				
50,000 +	61	77	34	71
5,000 to 49,999	61	72	33	72
1,000 to 4,999	69	76	41	76
Under 1000	76	80	47	73
Education Level				
Less than Secondary	71	75	-	78
Secondary	74	76	38	71
College	65	79	36	74
University	54	76	42	70
Household Income				
<\$30,000	64	78	26	75
\$30,000 to 59,999	72	80	34	75
\$60,000 to 79,999	65	76	49	72
\$80,000 +	60	78	44	68
Parent Employment Status				
Full-time Worker	65	77	39	73
Part-time Worker	67	71	42	72
Other (unemployed, homemaker, retired, etc)	62	76	29	70
Family Composition				
Two-parent Household	65	76	40	71
Single-parent Household	66	74	29	77
Parent's Participation in Sport				
Participated in Sport	70	82	52	77
Only Structured	68	84	52	77
Both Structured / Unstructured	74	75	51	81
Did not Participate in Sport	62	74	31	70
Child's Participation in Sport				
Participated in Sport	65	79	45	75
Only Structured	63	78	45	73
Both Structured / Unstructured	78	85	49	85
Did not Participate in Sport	64	67	-	62
Distance to Parks and Playgrounds				
1-2 blocks	62	78	39	74
>2 blocks to 1km	67	74	33	71
≥ 1 km	74	78	41	70

2005 Physical Activity Monitor, CFLRI (Data analyzed by TPCS EU)

- Missing values due to insufficient sample size (less than 30 respondents)

* PA – Physical Activity

Local Opportunities Available for Physical Activity...

Public Facilities and Programs

The results presented in Table 10 and discussed below are based on parents' perceptions of the availability of local public facilities and programs for their child.

A large majority of children had public facilities and programs available locally for sports and physical activity. A smaller majority of children had facilities and programs available that met their sport and physical activity needs either well or very well. Approximately one-third of children used these facilities and programs often or very often.

Child's Age and Gender

Younger children (5 to 12 years) were more likely to use public facilities and programs either often or very often than children in the older age group. A greater proportion of older boys (13 to 17 years) had public facilities and programs available than girls in the same age group. Younger boys (5 to 12 years) were more likely to use public facilities and programs compared to girls in the same age group.

Child's Participation in Sport

A greater proportion of children who participated in sport had public facilities available that met their physical activity and sport needs than children who did not participate in sport. Children who participated in only structured sport were more likely to have public facilities and programs available locally that met their sport and physical activity needs compared to children who participated in both structured and unstructured sport.

Socio-economic and Demographic Factors

Children living in communities of less than 1,000 people were least likely to have public facilities and programs available for sport and physical activity and least likely to have opportunities available that met their needs. However, a greater proportion of children living in smaller communities used these facilities and programs compared to those living in larger communities. Children living in the lowest household income group were less likely to have public facilities and programs available to them for sport and physical activity, less likely to use these facilities and programs, and less likely to have opportunities available that met their needs compared to children living in higher household income groups. Children whose parent had less than a secondary education were least likely to have local public facilities and programs available for sport and physical activity and less likely to have opportunities available that met their needs.

Parent's Participation in Sport

A greater proportion of children whose parent participated in sport had public facilities and programs available that met their sport and physical activity needs compared to children whose parent did not participate in sport.

Table 10: Public Facilities and Programs

	Public facilities and programs available	Opportunities met child's needs quite well or very well	Child used these opportunities often or very often
Total, Parents (18+)	94%	64%	32%
Mothers	93	61	34
Fathers	96	66	29
Total, Children (5-17)	94	64	32
Girls	94	64	30
Boys	94	63	33
5 to 12	94	65	35
Girls	96	64	31
Boys	93	66	38
13 to 17	94	61	27
Girls	90	63	28
Boys	97	59	27
Community Size			
50,000 +	96	68	28
5,000 to 49,999	98	68	27
1,000 to 4,999	92	61	49
Under 1000	87	50	33
Education Level			
Less than Secondary	86	55	-
Secondary	95	58	30
College	94	64	34
University	97	70	33
Household Income			
<\$30,000	88	57	22
\$30,000 to 59,999	97	58	29
\$60,000 to 79,999	95	63	35
\$80,000 +	96	74	38
Parent Employment Status			
Full-time Worker	95	66	34
Part-time Worker	90	55	-
Other (unemployed, homemaker, retired, etc)	91	59	-
Family Composition			
Two-parent Household	96	64	32
Single-parent Household	93	61	30
Parent's Participation in Sport			
Participated in Sport	97	72	39
Only Structured	98	73	38
Both Structured / Unstructured	97	73	-
Did not Participate in Sport	93	59	29
Child's Participation in Sport			
Participated in Sport	95	67	37
Only Structured	95	68	38
Both Structured / Unstructured	93	61	37
Did not Participate in Sport	92	51	-

2005 Physical Activity Monitor, CFLRI (Data analyzed by TPCS EU)

- Missing values due to insufficient sample size (less than 30 respondents)

Private Facilities and Programs

The results presented in Table 11 and discussed below are based on parents' perceptions of the availability of local private facilities and programs for their child.

The majority of children had private facilities and programs available for sport and physical activity locally. Less than half of children had private facilities and programs available which met their sport and physical activity needs either well or very well. Very few children used private facilities and programs for sport and physical activity either often or very often.

Child's Age and Gender

Younger children (5 to 12 years) were less likely to have local private facilities and programs available for sport and physical activity, but more likely to have these facilities and programs meet their needs compared to older children (13 to 17 years). Children in the younger age group were also more likely to use local private facilities and programs. A higher proportion of girls had local private facilities and programs available for sport and physical activity. Girls were also more likely to use local private facilities and programs and have private facilities and programs which met their physical activity needs compared to boys.

Child's Participation in Sport

A greater proportion of children who participated in sport had private facilities and programs available locally compared to children who did not participate in sport. These children were also more likely to have private facilities and programs that met their sport and physical activity needs.

Socio-economic and Demographic Factors

Children living in communities with 5,000 people or more were more likely to have local private facilities and programs available for sport and physical activity compared to those in smaller communities. Children living in a household with a total income of \$80,000 or more were more likely to have private facilities and programs available locally and more likely to have private opportunities available that met their sport and physical activity needs. Generally, children from higher SES households were more likely to have local private opportunities available for physical activity than children from lower SES households. Children living in single-parent households were less likely to have private opportunities meet their sport and physical activity needs than children living in two-parent households.

Parent's Participation in Sport

A greater proportion of children whose parent participated in sport had private facilities and programs available and had private facilities and programs that met their sport and physical activity needs compared to children whose parent did not participate in sport.

Table 11: Private Facilities and Programs

	Private facilities and programs available	Opportunities met child's needs quite well or very well	Child used these opportunities often or very often
Total, Parents (18+)	63%	44%	16%
Mothers	60	43	18
Fathers	67	46	14
Total, Children (5-17)	63	44	16
Girls	66	50	20
Boys	60	38	12
5 to 12	61	46	19
Girls	64	50	24
Boys	58	41	-
13 to 17	66	41	12
Girls	69	48	-
Boys	63	35	-
Community Size			
50,000 +	73	42	13
5,000 to 49,999	71	42	-
1,000 to 4,999	43	-	-
Under 1000	44	46	-
Education Level			
Less than Secondary	43	-	-
Secondary	58	42	18
College	64	40	-
University	75	47	18
Household Income			
<\$30,000	56	39	-
\$30,000 to 59,999	59	40	-
\$60,000 to 79,999	61	40	-
\$80,000 +	73	52	23
Parent Employment Status			
Full-time Worker	65	43	15
Part-time Worker	62	-	-
Other (unemployed, homemaker, retired, etc)	56	52	-
Family Composition			
Two-parent Household	62	48	18
Single-parent Household	66	32	-
Parent's Participation in Sport			
Participated in Sport	69	48	18
Only Structured	70	51	-
Both Structured / Unstructured	65	-	-
Did not Participate in Sport	60	42	15
Child's Participation in Sport			
Participated in Sport	64	46	18
Only Structured	65	47	19
Both Structured / Unstructured	63	-	-
Did not Participate in Sport	58	37	-

2005 Physical Activity Monitor, CFLRI (Data analyzed by TPCS EU)

- Missing values due to insufficient sample size (less than 30 respondents)

Local Parks and Open Spaces

The results presented in Table 12 and discussed below are based on parents' perceptions of the availability of local parks and open spaces for their child.

A large majority of children had local parks and outdoor spaces available to them. A smaller majority of children had local parks and outdoor spaces available that met their physical activity or sport needs. Even fewer children used these spaces either often or very often.

Child's Age and Gender

Younger children (5 to 12 years) were more likely to use local parks and outdoor spaces than older children (13 to 17 years). Children in the younger age group were also more likely to have local parks and outdoor spaces which met their physical activity or sport needs.

Childs's Participation in Sport

A greater proportion of children who participated in sport used local parks and outdoor spaces often or very often compared to children who did not participate in sport. These children were also more likely to have local parks and outdoor spaces available which met their physical activity and sport needs.

Socio-economic and Demographic Factors

Children living in communities of 5,000 people or more were more likely to have local parks and outdoor spaces available to them compared to children in smaller communities. A greater proportion of children living in communities of 50,000 or more people used local parks and outdoor spaces than children in the other community size groups. Children living in communities smaller than 1,000 people were least likely to have local parks and outdoor spaces which met their physical activity or sport needs compared to children living in larger communities. Children living in single-parent households were less likely to use local parks and outdoor spaces than children living in two-parent households.

Distance to Parks and Playgrounds

Children living only one or two blocks away from the nearest park or playground were more likely to use their local parks and outdoor spaces than those who live one kilometre or more away from a park and playground. These children were also more likely to have local parks and playgrounds which met their physical activity and sport needs.

Parent's Participation in Sport

A greater proportion of children whose parent participated in sport used local parks and outdoor spaces. These children were also more likely to have local parks and outdoor spaces which met their physical activity or sport needs.

Table 12: Local Parks and Open Spaces

	Parks and outdoor spaces available	Opportunities met child's needs quite well or very well	Child used these opportunities often or very often
Total, Parents (18+)	94%	62%	39%
Mothers	93	60	42
Fathers	95	64	34
Total, Children (5-17)	94	62	39
Girls	92	61	38
Boys	95	63	39
5 to 12	96	66	49
Girls	96	66	48
Boys	96	67	49
13 to 17	91	55	23
Girls	86	53	21
Boys	95	57	25
Community Size			
50,000 +	97	64	44
5,000 to 49,999	97	65	33
1,000 to 4,999	89	61	34
Under 1000	87	51	34
Education Level			
Less than Secondary	88	58	38
Secondary	92	55	35
College	96	66	45
University	96	66	37
Household Income			
<\$30,000	90	63	42
\$30,000 to 59,999	95	57	40
\$60,000 to 79,999	94	63	35
\$80,000 +	97	64	38
Parent Employment Status			
Full-time Worker	95	62	36
Part-time Worker	90	66	45
Other (unemployed, homemaker, retired, etc)	91	60	46
Family Composition			
Two-parent Household	95	61	37
Single-parent Household	90	63	43
Parent's Participation in Sport			
Participated in Sport	96	67	40
Only Structured	97	67	38
Both Structured / Unstructured	95	64	-
Did not Participate in Sport	93	59	38
Child's Participation in Sport			
Participated in Sport	94	64	40
Only Structured	95	63	40
Both Structured / Unstructured	93	68	43
Did not Participate in Sport	92	55	33
Distance to Parks and Playgrounds			
1-2 blocks	97	67	45
>2 blocks to 1km	95	55	31
≥ 1 km	86	52	26

2005 Physical Activity Monitor, CFLRI (Data analyzed by TPCS EU)

- Missing values due to insufficient sample size (less than 30 respondents)

Distance to Nearest Park and Playground

Parents were asked to report the distance their home was from the nearest park or playground. Over half of children lived 1 to 2 blocks away from the nearest park or playground. Approximately one-quarter of children lived more than one kilometre away from the nearest park or playground.

Child's Age and Gender

A greater proportion of younger children (5 to 12 years) lived 1 to 2 blocks away from a park or playground compared to older children (13 to 17 years). Boys in the older age group were more likely to live 1 to 2 blocks away from a park or playground than girls in the same age group.

Child's Participation in Sport

Children who participated in sport were more likely to live more than one kilometre away from a park or playground than children who did not participate in sport. Children who participated in only structured sport were more likely to live 1 to 2 blocks away from a park or playground than children who participated in both structured and unstructured sport.

Socio-economic and Demographic Factors

A greater proportion of children living in communities of 50,000 people or more lived 1 to 2 blocks away from the nearest park or playground compared to children living in smaller communities. Children whose parent had completed at least some college or university were more likely to live 1 to 2 blocks from a park or playground than children whose parent had a lower educational attainment. Children living in single-parent households were also more likely to live 1 to 2 blocks from the nearest park or playground than children living in two-parent households.

Parent's Participation in Sport

There was no significant difference in distance to the nearest park or playground by parent's sport participation.

Table 13: Distance to Local Parks and Playgrounds

	1-2 blocks	More than 2 blocks and less than 1 kilometre	1 kilometre or More
Total, Parents (18+)	56%	20%	24%
Mothers	55	18	26
Fathers	57	22	22
Total, Children (5-17)	56	20	24
Girls	56	19	25
Boys	56	21	24
5 to 12	58	21	21
Girls	61	18	21
Boys	56	24	21
13 to 17	52	18	30
Girls	47	21	32
Boys	57	16	27
Community Size			
50,000 +	69	22	8
5,000 to 49,999	56	-	25
1,000 to 4,999	40	24	36
Under 1000	34	-	53
Education Level			
Less than Secondary	44	-	34
Secondary	48	21	31
College	59	19	21
University	65	19	17
Household Income			
<\$30,000	58	19	23
\$30,000 to 59,999	55	21	24
\$60,000 to 79,999	57	-	26
\$80,000 +	58	22	20
Parent Employment Status			
Full-time Worker	58	18	24
Part-time Worker	51	-	-
Other (unemployed, homemaker, retired, etc)	52	27	-
Family Composition			
Two-parent Household	52	20	28
Single-parent Household	67	19	-
Parent's Participation in Sport			
Participated in Sport	55	20	25
Only Structured	54	21	25
Both Structured / Unstructured	60	-	-
Did not Participate in Sport	56	19	25
Child's Participation in Sport			
Participated in Sport	56	20	26
Only Structured	58	16	26
Both Structured / Unstructured	51	-	-
Did not Participate in Sport	56	26	18

2005 Physical Activity Monitor, CFLRI (Data analyzed by TPCS EU)

- Missing values due to insufficient sample size (less than 30 respondents)

Other Local Places Available After School Hours for Physical Activity

The results presented in Table 14 and discussed below are based on parents' perceptions of local places available after school hours (e.g., schoolyards) for their child to do physical activity and sport.

A large majority of children had other local places available after hours. Less than half of children had other local places which met their sport and physical activity needs either quite well or very well. Even fewer children used these other places for sport and physical activity often or very often.

Child's Age and Gender

Younger children (5 to 12 years) were more likely to use other local places such as schoolyards for physical activity and sport than older children (13 to 17 years). A greater proportion of younger children had other local places which met their sport and physical activity needs compared to older children.

Child's Sport Participation

Children who participated in sport were more likely to have other local places available for sport and physical activity than children who did not participate in sport.

Socio-economic and Demographic Factors

Children living in communities of 50,000 people or more were slightly more likely to have other local places available after hours for physical activity and sport. Children living in a community of less than 1,000 people were less likely to have other local places which met their sport and physical activity needs than children from larger communities. A greater proportion of children living in a household with a total annual income of less than \$30,000 used other local places for physical activity and sport compared to children living in a household with a total annual income of \$80,000 or more.

Parent's Participation in Sport

Children whose parent participated in sport were more likely to use other local places for physical activity than children whose parent did not participate in sport. These children were also more likely to state that other local places were available after hours for sport and physical activity.

Table 14: Other Local Places Available After School Hours for Physical Activity

	Other local places for PA available after hours	Opportunities met child's needs quite well or very well	Child used these opportunities often or very often
Total, Parents (18+)	89%	48%	27%
Mothers	88	51	30
Fathers	89	45	24
Total, Children (5-17)	89	48	27
Girls	87	48	27
Boys	90	48	28
5 to 12	90	52	35
Girls	87	53	34
Boys	93	51	35
13 to 17	87	42	16
Girls	87	41	-
Boys	86	43	-
Community Size			
50,000 +	91	49	30
5,000 to 49,999	87	49	-
1,000 to 4,999	84	51	-
Under 1000	87	44	26
Education Level			
Less than Secondary	85	48	-
Secondary	89	43	25
College	89	54	33
University	90	48	24
Household Income			
<\$30,000	84	50	32
\$30,000 to 59,999	91	47	28
\$60,000 to 79,999	87	48	28
\$80,000 +	91	50	24
Parent Employment Status			
Full-time Worker	89	46	27
Part-time Worker	90	55	-
Other (unemployed, homemaker, retired, etc)	84	53	29
Family Composition			
Two-parent Household	89	49	26
Single-parent Household	88	47	30
Parent's Participation in Sport			
Participated in Sport	92	50	31
Only Structured	93	48	29
Both Structured / Unstructured	90	-	-
Did not Participate in Sport	87	47	26
Child's Participation in Sport			
Participated in Sport	90	49	27
Only Structured	90	49	27
Both Structured / Unstructured	92	52	30
Did not Participate in Sport	83	45	26
Distance to Parks and Playgrounds			
1-2 blocks	92	52	32
>2 blocks to 1km	90	38	23
≥ 1 km	82	47	-

2005 Physical Activity Monitor, CFLRI (Data analyzed by TPCS EU)

- Missing values due to insufficient sample size (less than 30 respondents)

- PA – Physical Activity

Children's Physical Activity and Sport Preferences

Level of Physical Activity

The results presented in Table 15 and discussed below are based on parents' perceptions of their child's preference regarding level of physical activity. Parents were asked to indicate which of the following statements best describes their child: 1) *likes to be physically active*; 2) *prefers to do quiet activities*; and 3) *likes to do both quiet and physical activities*.

The majority of children liked to do both quiet and physical activities. Almost one-quarter of children preferred to be physically active, while fewer children preferred to do quiet activities.

Child's Age and Gender

Younger children (5 to 12 years) were more likely to prefer both quiet and physical activities than older children (13 to 17 years). A greater proportion of children in the older age group preferred only quiet activities compared to children in the younger age group. Overall, boys were more likely than girls to prefer being only physically active.

Child's Participation in Sport

Children who participated in sport were more likely to prefer being only active and being both quiet and physically active than children who did not participate in sport. Children who did not participate in sport were more likely to prefer only quiet activities than children who participated in sport.

Socio-economic and Demographic Factors

A greater proportion of children whose parent had completed at least some college or university preferred to be only physically active than children whose parent had attained a lower level of education. Children whose parent had completed secondary education were most likely to prefer both quiet and physical activities than children of parents with other levels of educational attainment.

Parent's Participation in Sport

Children whose parent participated in sport were slightly more likely to prefer only physical activities compared to children whose parent did not participate in sport.

Table 15: Children's Preferences for Level of Physical Activity

	Preferred to be only physically active	Preferred only quiet activities	Liked both active and quiet activities equally
Total, Parents (18+)	24%	11%	65%
Mothers	26	11	63
Fathers	21	12	67
Total, Children (5-17)	24	11	65
Girls	21	12	67
Boys	27	10	63
5 to 12	25	7	68
Girls	22	-	71
Boys	28	-	65
13 to 17	22	18	60
Girls	19	20	60
Boys	25	-	60
Community Size			
50,000 +	24	12	64
5,000 to 49,999	24	-	66
1,000 to 4,999	25	-	62
Under 1000	22	-	68
Education Level			
Less than Secondary	-	-	55
Secondary	20	10	70
College	27	-	64
University	26	-	64
Household Income			
<\$30,000	26	-	60
\$30,000 to 59,999	22	13	65
\$60,000 to 79,999	24	-	66
\$80,000 +	25	-	64
Parent Employment Status			
Full-time Worker	25	11	64
Part-time Worker	-	-	64
Other (unemployed, homemaker, retired, etc)	22	-	68
Family Composition			
Two-parent Household	25	10	65
Single-parent Household	22	15	63
Parent's Participation in Sport			
Participated in Sport	27	-	67
Only Structured	28	-	66
Both Structured / Unstructured	-	-	67
Did not Participate in Sport	22	14	64
Child's Participation in Sport			
Participated in Sport	26	7	67
Only Structured	27	7	66
Both Structured / Unstructured	-	-	69
Did not Participate in Sport	16	25	59

2005 Physical Activity Monitor, CFLRI (Data analyzed by TPCS EU)

- Missing values due to insufficient sample size (less than 30 respondents)

Intensity of Physical Activity

The results presented in Table 16 and discussed below are based on parents' perceptions of their child's preference regarding intensity of physical activity.

Half of children preferred both vigorous and moderate physical activities equally. One-quarter of children had a preference for only vigorous physical activities, with a similar amount that preferred only moderate physical activities¹.

Child's Age and Gender

Generally, there was no significant difference with children's preference for level of physical activity based on age. Boys were more likely to prefer only vigorous physical activity than girls. Girls were more likely to prefer only moderate physical activity than boys.

Child's Participation in Sport

A greater proportion of children who participated in sport preferred only vigorous physical activities and both vigorous and moderate physical activities equally compared to children who did not participate in sport. Children who participated in sport were less likely to prefer only moderate physical activities than children who did not participate in sport.

Socio-economic and Demographic Factors

Children whose parent completed less than a secondary education were less likely to prefer both vigorous and moderate physical activities equally than children whose parent had a higher level of education. A greater proportion of children living in higher annual household income groups preferred only vigorous physical activity compared to children in lower annual household income groups. Children living in households with an annual income of \$80,000 or more were less likely to prefer only moderate physical activities than children living in lower annual household income groups. Children whose parent worked either part-time or full-time were more likely to prefer both vigorous and moderate physical activities equally than children whose parent was not working.

Parent's Participation in Sport

There was no significant difference with children's preferences for intensity level of physical activity by parent's participation in sport.

¹ **Vigorous** physical activity was defined as activities that cause heavy sweating and/or large increases in breathing and/or heart rate which have a duration of at least ten minutes. **Moderate** physical activities are not as intense and do not cause heavy sweating and/or large increases in breathing and/or heart rate.

Table 16: Children's Preferences for Intensity of Physical Activity

	Preferred only vigorous activities	Preferred only moderate activities	Liked both vigorous and moderate activities equally
Total, Parents (18+)	24%	24%	50%
Mothers	24	25	51
Fathers	24	23	50
Total, Children (5-17)	24	24	50
Girls	18	28	51
Boys	30	20	50
5 to 12	25	23	51
Girls	20	28	52
Boys	31	18	51
13 to 17	21	25	48
Girls	-	29	49
Boys	28	23	48
Community Size			
50,000 +	25	22	50
5,000 to 49,999	23	27	48
1,000 to 4,999	25	-	53
Under 1000	21	26	51
Education Level			
Less than Secondary	-	-	38
Secondary	22	23	51
College	23	20	56
University	26	27	47
Household Income			
<\$30,000	22	24	52
\$30,000 to 59,999	17	29	53
\$60,000 to 79,999	26	27	46
\$80,000 +	31	19	48
Parent Employment Status			
Full-time Worker	23	23	52
Part-time Worker	-	31	50
Other (unemployed, homemaker, retired, etc)	32	23	43
Family Composition			
Two-parent Household	25	24	50
Single-parent Household	22	25	50
Parent's Participation in Sport			
Participated in Sport	25	23	50
Only Structured	26	23	50
Both Structured / Unstructured	-	-	-
Did not Participate in Sport	23	24	50
Child's Participation in Sport			
Participated in Sport	26	20	54
Only Structured	25	20	54
Both Structured / Unstructured	29	-	48
Did not Participate in Sport	16	37	38

2005 Physical Activity Monitor, CFLRI (Data analyzed by TPCS EU)

- Missing values due to insufficient sample size (less than 30 respondents)

Type of Physical Activity

The results presented in Table 17 and discussed below are based on parents' perceptions of their child's preference regarding type of physical activity.

The majority of children preferred both organized and unorganized physical activity equally. Approximately one-quarter of children preferred only unorganized physical activity, while even fewer preferred only organized physical activity.

Child's Age and Gender

Older children (13 to 17 years) were more likely to prefer only organized physical activity and less likely to prefer both organized and unorganized physical activity equally compared to younger children (5 to 12 years). Generally, girls were more likely to prefer only organized physical activity and less likely to prefer only unorganized physical activity than boys.

Child's Participation in Sport

A greater proportion of children who participated in sport preferred only unorganized physical activity and both organized and unorganized physical activity equally compared to children who did not participate in sport.

Socio-economic and Demographic Factors

Children living in communities of less than 5,000 people were more likely to prefer both organized and unorganized physical activity equally compared to children living in larger communities. Children whose parent completed less than a secondary education were more likely to prefer only unorganized physical activity compared to children whose parent had attained a higher level of education. A greater proportion of children in the higher annual household income groups preferred both organized and unorganized physical activity equally compared to children in the lower annual household income groups. Children living in a single-parent household were more likely to prefer only unorganized physical activity than children living in a two-parent household.

Parent's Participation in Sport

Children whose parent participated in sport were more likely to prefer only organized and both organized and unorganized physical activity equally compared to children whose parent did not participate in sport.

Table 17: Children's Preferences for Type of Physical Activity

	Preferred only organized physical activities	Preferred only unorganized physical activities	Liked both organized and unorganized activities equally
Total, Parents (18+)	16%	26%	55%
Mothers	14	27	56
Fathers	20	23	53
Total, Children (5-17)	16	26	55
Girls	19	23	53
Boys	13	28	57
5 to 12	11	27	60
Girls	13	24	61
Boys	-	29	59
13 to 17	24	24	47
Girls	30	22	40
Boys	19	26	53
Community Size			
50,000 +	16	28	53
5,000 to 49,999	-	29	50
1,000 to 4,999	-	-	57
Under 1000	-	22	59
Education Level			
Less than Secondary	-	38	46
Secondary	16	26	54
College	14	23	61
University	22	23	53
Household Income			
<\$30,000	-	34	52
\$30,000 to 59,999	14	32	50
\$60,000 to 79,999	-	20	62
\$80,000 +	24	15	59
Parent Employment Status			
Full-time Worker	18	24	55
Part-time Worker	-	-	63
Other (unemployed, homemaker, retired, etc)	-	36	45
Family Composition			
Two-parent Household	19	23	55
Single-parent Household	-	34	53
Parent's Participation in Sport			
Participated in Sport	20	17	62
Only Structured	21	17	62
Both Structured / Unstructured	-	-	61
Did not Participate in Sport	15	30	51
Child's Participation in Sport			
Participated in Sport	20	16	63
Only Structured	22	15	62
Both Structured / Unstructured	-	-	72
Did not Participate in Sport	-	60	25

2005 Physical Activity Monitor, CFLRI (Data analyzed by TPCS EU)

- Missing values due to insufficient sample size (less than 30 respondents)

Preference for Competitive Physical Activities

The results presented in Table 18 and discussed below are based on parents' perceptions of their child's preference regarding competitive physical activity.

The majority of children preferred both competitive and non-competitive physical activity equally. One-quarter of children preferred only non-competitive physical activities, while fewer children had a preference for only competitive physical activities.

Child's Age and Gender

Older children (13 to 17 years) were more likely to prefer only competitive physical activities and less likely to prefer both competitive and non-competitive physical activities equally compared to younger children (5 to 12 years). Overall, a greater proportion of boy's preferred only competitive physical activities compared to girls. Girls were more likely to prefer only non-competitive physical activities than boys.

Child's Participation in Sport

Children who participated in sport were more likely to prefer both competitive and non-competitive physical activities equally compared to children who did not participate in sport. Children who participated in sport were also less likely to prefer only non-competitive physical activities than children who did not participate in sport.

Socio-economic and Demographic Factors

A greater proportion of children living in communities between 5,000 and 49,999 people preferred only non-competitive physical activities compared to children living in other community size groups. Generally, children from lower SES households were more likely to prefer only non-competitive physical activities and less likely to prefer both competitive and non-competitive physical activities equally compared to children from higher SES households.

Parent's Participation in Sport

Children whose parent participated in sport were more likely to prefer only competitive physical activities and both competitive and non-competitive physical activities equally compared to children whose parent did not participate in sport. Children whose parent participated in sport were less likely to prefer only non-competitive physical activities than children whose parent did not participate in sport.

Table 18: Children's Preference for Competitive Physical Activities

	Preferred only competitive activities	Preferred only non-competitive activities	Liked both competitive and non-competitive equally
Total, Parents (18+)	18%	26%	52%
Mothers	15	31	50
Fathers	22	20	54
Total, Children (5-17)	18	26	52
Girls	14	31	50
Boys	21	22	54
5 to 12	14	28	54
Girls	-	33	54
Boys	19	23	54
13 to 17	24	24	48
Girls	24	28	42
Boys	24	20	53
Community Size			
50,000 +	18	24	53
5,000 to 49,999	-	33	48
1,000 to 4,999	-	24	50
Under 1000	16	27	53
Education Level			
Less than Secondary	-	36	44
Secondary	17	24	54
College	18	20	58
University	22	30	47
Household Income			
<\$30,000	-	36	46
\$30,000 to 59,999	-	29	55
\$60,000 to 79,999	20	22	55
\$80,000 +	27	19	49
Parent Employment Status			
Full-time Worker	19	24	53
Part-time Worker	-	32	49
Other (unemployed, homemaker, retired, etc)	-	32	45
Family Composition			
Two-parent Household	19	23	54
Single-parent Household	14	35	46
Parent's Participation in Sport			
Participated in Sport	22	17	59
Only Structured	23	17	58
Both Structured / Unstructured	-	-	63
Did not Participate in Sport	15	31	48
Child's Participation in Sport			
Participated in Sport	21	18	58
Only Structured	22	19	57
Both Structured / Unstructured	-	-	64
Did not Participate in Sport	-	55	29

2005 Physical Activity Monitor, CFLRI (Data analyzed by TPCS EU)

- Missing values due to insufficient sample size (less than 30 respondents)

Preference for Physical Activities that Require a Lower or High Level of Skill

The results presented in Table 19 and discussed below are based on parents' perceptions of their child's preference regarding the skill level required for physical activity.

The majority of children preferred both physical activities with low skill levels and physical activities with high skill levels equally. Less than one-third of children preferred only physical activities requiring a high skill level while even fewer children preferred only physical activities requiring low levels of skill.

Children's Age and Gender

Younger children (5 to 12 years) were more likely to prefer both physical activities that require a low skill level and physical activities that require a high skill levels equally than older children (13 to 17 years). A greater proportion of older children preferred only physical activities requiring a high level of skill than younger children. Overall, there was very little difference for preference of skill level based on children's gender.

Child's Participation in Sport

Children who participated in sport were less likely to prefer only physical activities of low skill level than children who did not participate in sport. Children who participated in sport were more likely to prefer both physical activities with a low level and physical activities with a high skill level equally compared to children who did not participate in sport.

Socio-economic and Demographic Factors

A greater proportion of children whose parent had less than a secondary education preferred both physical activities with a low level and physical activities with a high skill level equally than children whose parent had a higher level of education. Children who lived in a single-parent household were less likely to prefer only physical activities that require a high skill level compared to children who lived in a two-parent household.

Parent's Participation in Sport

Children whose parent participated in sport were more likely to prefer only physical activities that require a high skill level compared to children whose parent did not participate in sport.

Table 19: Children's Preference for Physical Activities that Require a Lower or High Level of Skill

	Preferred activities requiring a low level of skill	Preferred activities requiring a high level of skill*	Liked both high and low skill level activities equally
Total, Parents (18+)	7%	29%	64%
Mothers	8	27	65
Fathers	-	31	63
Total, Children (5-17)	7	29	64
Girls	9	30	62
Boys	6	28	66
5 to 12	7	25	68
Girls	-	26	65
Boys	-	24	71
13 to 17	9	34	58
Girls	-	34	57
Boys	-	33	58
Community Size			
50,000 +	4	29	64
5,000 to 49,999	-	25	62
1,000 to 4,999	-	31	61
Under 1000	-	31	67
Education Level			
Less than Secondary	-	-	73
Secondary	-	25	68
College	-	32	62
University	-	34	57
Household Income			
<\$30,000	-	29	65
\$30,000 to 59,999	-	24	67
\$60,000 to 79,999	-	29	64
\$80,000 +	-	33	60
Parent Employment Status			
Full-time Worker	7	31	62
Part-time Worker	-	-	68
Other (unemployed, homemaker, retired, etc)	-	22	71
Family Composition			
Two Parent Household	7	31	63
Single Parent Household	-	23	66
Parent's Participation in Sport			
Participated in Sport	-	34	61
Only Structured	-	33	62
Both Structured / Unstructured	-	-	65
Did not Participate in Sport	9	26	65
Child's Participation in Sport			
Participated in Sport	4	32	63
Only Structured	5	32	63
Both Structured / Unstructured	-	34	65
Did not Participate in Sport	17	-	68

2005 Physical Activity Monitor, CFLRI (Data analyzed by TPCS EU)

- Missing values due to insufficient sample size (less than 30 respondents)

* Activities that require a high level of skill are activities that constantly challenge the child's ability as opposed to activities that require a low level of skill that the child finds relatively easy.

Reasons Children Participated in Physical Activity and Sport

The results presented in Table 20 and discussed below are based on parents' perceptions of the reasons their child participated in physical activity. Parents were asked to choose from a list of six choices: 1) *personally satisfying*; 2) *helps child accomplish specific goals*; 3) *friends do* (participate); 4) *please teacher or others*; 5) *all of these reasons*, and 6) *none of these reasons*.

Almost half of children participated in physical activity or sport because of *all of these reasons*. One-quarter of children participated because they find it *personally satisfying*.

Child's Age and Gender

A higher proportion of boys participated in physical activity or sport for *all of these reasons* than girls. Older boys (5 to 12 years) were more likely to participate in physical activity or sport for *all of these reasons* than other boys and girls.

Child's Sport Participation

A higher proportion of children who participated in sport did so because they found it *personally satisfying* compared to children who did not participate in sport.

Socio-economic and Demographic Factors

Children living in communities of less than 1000 people were more likely to participate in physical activity or sport because it was *personally satisfying* than children from larger communities. However, children living in a community of less than 1,000 people were more likely to participate because it *helps them accomplish specific goals* compared to children living in communities of 50,000 people or more.

A higher proportion of children living in a household with an annual income of \$60,000 or more participated in physical activity or sport because it was *personally satisfying* compared to those living in a household with a lower annual income.

Children whose parent had at least some post-secondary education were more likely to participate in physical activity or sport because it was *personally satisfying* than children whose parent had a lower level of education. Children whose parent had less than a secondary education level were the least likely to participate in physical activity or sport because *all of these reasons* compared to children whose parent had a higher level of education. A higher proportion of children living in two-parent households participated because it was *personally satisfying* compared to children living in single-parent households.

Parent's Sport Participation

A higher proportion of children whose parent participated in both structured and unstructured sport participated in physical activity or sport because *all of these reasons* than children whose parents participated in only structured sport or children whose parents did not participate in sport at all.

Table 20: Reasons Children Participated in Physical Activity and Sport

	Personally satisfying	Helps accomplish specific goals	Friends do	Please teacher or others	All of these reasons	None of these reasons
Total, Parents (18+)	25%	13%	11%	-	46%	5%
Mothers	26	14	9	-	44	-
Fathers	22	12	12	-	48	-
Total, Children (5-17)	25	13	11	-	46	5
Girls	26	15	11	-	41	-
Boys	24	11	10	-	50	-
5 to 12	24	11	10	-	50	-
Girls	26	14	-	-	43	-
Boys	22	-	-	-	56	-
13 to 17	26	16	12	-	40	-
Girls	25	17	-	-	38	-
Boys	26	-	-	-	41	-
Community Size						
50,000 +	28	10	11	-	46	-
5,000 to 49,999	25	-	-	-	45	-
1,000 to 4,999	-	-	-	-	50	-
Under 1000	21	19	-	-	45	-
Education Level						
Less than Secondary	-	-	-	-	38	-
Secondary	20	13	11	-	49	-
College	29	14	-	-	44	-
University	29	-	12	-	46	-
Household Income						
<\$30,000	20	19	-	-	44	-
\$30,000 to 59,999	19	13	13	-	50	-
\$60,000 to 79,999	27	-	-	-	44	-
\$80,000 +	29	-	-	-	47	-
Parent Employment Status						
Full-time Worker	26	12	10	-	47	-
Part-time Worker	-	-	-	-	42	-
Other (unemployed, homemaker, retired, etc)	-	-	-	-	44	-
Family Composition						
Two-parent Household	26	13	10	-	46	-
Single-parent Household	20	-	-	-	45	-
Parent's Participation in Sport						
Participated in Sport	25	11	-	-	51	-
Only Structured	24	-	-	-	49	-
Both Structured / Unstructured	-	-	-	-	59	-
Did not Participate in Sport	24	14	11	-	44	6
Child's Participation in Sport						
Participated in Sport	27	13	10	-	47	-
Only Structured	26	13	10	-	47	-
Both Structured / Unstructured	31	-	-	-	44	-
Did not Participate in Sport	17	-	-	-	43	-

2005 Physical Activity Monitor, CFLRI (Data analyzed by TPCS EU)

- Missing values due to insufficient sample size (less than 30 respondents)

Barriers to Child's Participation in Physical Activities and Sport

The results presented in Table 21 and discussed below are based on parents' perceptions of barriers to their child's participation in physical activity and sport. Parents were asked an open-ended question to identify barriers.

These open-ended questions were coded into 12 categories of barriers. The five most frequently cited barriers preventing children from participating in sport or physical activity more often were: 1) *lack of time*; 2) *child's preference for sedentary activities*; 3) *accessibility, transportation, and/or distance to physical activity opportunities*; 4) *age, body size or weight of the child*; and 5) *cost*.

Child's Age and Gender

Older children (13 to 17 years) were more likely to state a *preference for sedentary activities* and *accessibility* factors prevent them from participating in sport or physical activity more often than younger children (5 to 12 years). A greater proportion of girls stated a *lack of time* was a barrier to participating in sport or physical activity more often compared to boys.

Child's Participation in Sport

Children who participated in sport were more likely to state a *lack of time* was a barrier to participating more often in physical activity or sport than children who did not participate in sport. Children who did not participate in sport were more likely to state a *preference for sedentary activities* was a barrier to participating more often in physical activity or sport compared to children who did participate in sport. A greater proportion of children who did not participate in sport indicated *age, body size or weight* was a barrier to participating more often in sport or physical activity than children who participated in sport.

Socio-economic and Demographic Factors

Children living in larger communities were more likely to state *lack of time* was a barrier to participating more often compared to children living in smaller communities. A greater proportion of children living in a community of less than 1,000 people indicated *accessibility* was a barrier to participating more often compared to those living in a community of over 50,000 people. Children living in the higher annual household income groups were more likely to state *lack of time* was a barrier to participating more often compared to children living in the lower annual household income groups.

Parent's Participation in Sport

A greater proportion of children whose parent participated in sport indicated *lack of time* was a barrier to participating more often in physical activity or sport compared to children whose parent did not participate in sport. Children whose parent participated in sport were also less likely to state a *preference for sedentary activities* was a barrier to participating more often than children whose parent did not participate in sport.

Table 21: Barriers to Child's Participation Physical Activities and Sport

	Lack of time	Preferred sedentary activities	Accessibility, transportation, distance	Age / body size or weight	Cost
Total, Parents (18+)	40%	23%	19%	15%	13%
Mothers	38	24	22	17	15
Fathers	44	22	14	11	10
Total, Children (5-17)	41	23	19	15	13
Girls	46	23	18	15	12
Boys	36	23	20	15	15
5 to 12	41	21	17	14	15
Girls	47	22	15	16	14
Boys	36	20	19	-	16
13 to 17	40	26	22	16	11
Girls	44	25	21	14	9
Boys	36	28	23	18	13
Community Size					
50,000 +	44	25	10	15	14
5,000 to 49,999	41	-	-	-	-
1,000 to 4,999	37	-	-	-	-
Under 1000	33	-	38	-	-
Education Level					
Less than Secondary	-	-	-	-	-
Secondary	36	25	22	16	-
College	43	22	19	15	19
University	46	21	17	-	-
Household Income					
<\$30,000	29	23	19	-	24
\$30,000 to 59,999	37	29	16	17	15
\$60,000 to 79,999	44	-	-	-	-
\$80,000 +	50	21	17	-	-
Family Composition					
Two-parent Household	42	22	21	13	12
Single-parent Household	37	28	-	20	18
Parent's Participation in Sport					
Participated in Sport	48	19	19	-	-
Did not Participate in Sport	37	25	19	18	14
Child's Participation in Sport					
Participated in Sport	46	19	21	13	13
Did not Participate in Sport	21	40	-	20	-
Distance to Parks and Playgrounds					
1-2 blocks	41	23	9	18	15
>2 blocks to 1km	43	28	8	-	-
≥ 1 km	42	22	46	-	-

2005 Physical Activity Monitor, CFLRI (Data analyzed by TPCS EU)

- Missing values due to insufficient sample size (less than 30 respondents)

SECTION 5: PARENTAL INVOLVEMENT IN SPORT AND PHYSICAL ACTIVITY

Parental Involvement in Children's Physical Activity and Sport

Parents were asked to report: 1) *how often they typically participated in active games with their child*; and 2) *how often they typically took their child to participate in physical activity and sport*. About one-third of parents played active games with their child either often or very often. The majority of parents took their child to do physical activity and sport either often or very often.

Child's Age and Gender

A greater proportion of parents with younger children (5 to 12 years) *played active games with their child* and *took their child to participate in physical activity or sport* than parents with older children (13 to 17 years). Parents of older boys were more likely to *play active games with their child* and more likely to *take their child to participate in physical activity and sport* compared to parents of older girls.

Child's Participation in Sport

Parents with children who participated in sport were more likely to *play active games with their child* and more likely to *take their child to participate in physical activity or sport* compared to parents with children who did not participate in sport.

Socio-economic and Demographic Factors

Parents who had completed at least some college or university were more likely to *play active games with their child* than parents with lower educational attainment. Parents living in lower SES households were less likely to *take their child to participate in sport and physical activity* compared to parents living in higher SES households.

Distance to Nearest Park or Playground

Parents living more than one kilometre away from a park or playground were less likely to *play active games with their child* than parents living less than one kilometre from a park or playground.

Parent's Participation in Sport

Parents who participated in sport were more likely to *play active games with their child* than parents who did not participate in sport. A greater proportion of parents who participated in sport *took their child to participate in physical activity or sport* compared to parents who did not participate in sport. Of those parents that participated in sport, those that participated as "other than a player"¹ were more likely to *play active games with their child* and more likely to *take their child to participate in physical activity or sport* than parents that did not participate in sport as "other than a player."

¹ Parents who participated in sport as "other than a player" participated as a: 1) coach; 2) assistant coach; 3) manager; 4) referee or official; 5) other paid personnel; 6) board of directors; or 7) volunteer in some other capacity. Parents may have participated as both a player and as "other than a player."

Table 22a: Parental Involvement in Children's Physical Activity and Sport

	Played active games with child often or very often	Took child to places to do PA* and sport often or very often
Total, Parents (18+)	36%	58%
Mothers	33	59
Fathers	37	56
Total, Children (5-17)	36	58
Girls	35	56
Boys	37	60
5 to 12	46	66
Girls	47	65
Boys	44	66
13 to 17	21	46
Girls	17	40
Boys	25	50
Community Size		
50,000 +	34	60
5,000 to 49,999	38	56
1,000 to 4,999	32	52
Under 1000	40	60
Education Level		
Less than Secondary	31	40
Secondary	32	52
College	38	66
University	38	62
Household Income		
<\$30,000	36	47
\$30,000 to 59,999	31	52
\$60,000 to 79,999	38	66
\$80,000 +	39	70
Parent Employment Status		
Full-time Worker	36	60
Part-time Worker	38	50
Other(unemployed, homemaker, retired, etc)	31	49
Family Composition		
Two-parent Household	36	59
Single-parent Household	33	52
Parent's Participation in Sport		
Participated in Sport	52	73
Only Structured	51	72
Both Structured / Unstructured	60	78
Did not Participate in Sport	28	50
Type of Sport Participation (Parent)		
Player	50	73
Other	59	83
Child's Participation in Sport		
Participated in Sport	39	67
Only Structured	38	68
Both Structured / Unstructured	42	61
Did not Participate in Sport	26	26
Distance to Parks and Playgrounds		
1-2 blocks	35	61
>2 blocks to 1km	31	49
≥ 1 km	42	59

2005 Physical Activity Monitor, CFLRI (Data analyzed by TPCS EU)

* PA – Physical Activity

Parental Involvement in Children's Physical Activity and Sport (cont'd)

Parents were asked to respond to a series of questions related to their involvement in their child's physical activity or sport in the 12 months prior to the survey. About one-third of parents *volunteered by supervising or helped with physical activity or sport at their child's school* in the past 12 months. Half of parents *volunteered or helped with their child's other physical activity or sport* in the past 12 months. Most parents *purchased equipment, bought a membership, paid a membership or fee, or paid for coaching or instruction* (provided financial support) in support of their child in the past 12 months.

Child's Age and Gender

Parents of younger children (5 to 12 years) were more likely to *volunteer and provide financial support* for their child's sport and physical activity compared to parents of older children (13 to 17 years). Parents of older boys were more likely to *volunteer and provide financial support* for their child's sport and physical activity compared to parents with girls in the same age group.

Child's Participation in Sport

A greater proportion of parents whose child participated in sport *volunteered for their child's other sport or physical activity* than parents whose child did not participate in sport. Parents whose child participated in sport were also more likely to *provide financial support* for their child's sport and physical activity compared to parents whose child did not participate in sport.

Socio-economic and Demographic Factors

Parents living in smaller communities were more likely to *volunteer* for their child's sport or physical activity compared to parents living in larger communities. Generally, parents living in higher SES households were more likely to *volunteer and provide financial support* for their child's physical activity or sport than parents living in lower SES households.

Parent's Participation in Sport

Parents who participated in sport were more likely to *volunteer and provide financial support* for their child's sport or physical activity participation than parents who did not participate in sport.

Table 22b: Parental Involvement in Children's Physical Activity and Sport (cont'd)

	Supervised recess, helped in PA* or sport at school	Volunteered or helps with other PA* or sports	Bought equipment, paid fees/ memberships etc.
Total, Parents (18+)	30	50	80
Mothers	35	52	78
Fathers	22	48	83
Total, Children (5-17)	30	50	80
Girls	31	49	79
Boys	28	52	80
5 to 12	35	53	82
Girls	37	54	83
Boys	33	51	81
13 to 17	22	47	77
Girls	22	42	74
Boys	22	52	80
Community Size			
50,000 +	26	46	82
5,000 to 49,999	32	51	75
1,000 to 4,999	34	56	81
Under 1000	36	58	78
Education Level			
Less than Secondary	-	38	52
Secondary	25	45	77
College	30	51	85
University	35	61	88
Household Income			
<\$30,000	24	41	60
\$30,000 to 59,999	32	49	79
\$60,000 to 79,999	28	50	86
\$80,000 +	34	61	93
Parent Employment Status			
Full-time Worker	29	52	84
Part-time Worker	35	55	75
Other (unemployed, homemaker, retired, etc)	29	40	66
Family Composition			
Two-parent Household	30	53	83
Single-parent Household	27	42	68
Parent's Participation in Sport			
Participated in Sport	37	68	92
Only Structured	39	70	94
Both Structured / Unstructured	-	62	88
Did not Participate in Sport	26	42	74
Type of Sport Participation (Parent)			
Player	35	67	92
Other	44	80	94
Child's Participation in Sport			
Participated in Sport	33	60	89
Only Structured	33	61	90
Both Structured / Unstructured	35	59	87
Did not Participate in Sport	-	18	49

2005 Physical Activity Monitor, CFLRI (Data analyzed by TPCS EU)

- Missing values due to insufficient sample size (less than 30 respondents)

* PA – Physical Activity

Parent's Sport Participation

Parents were asked to report on various aspects of their sport participation.

About one-third of parents indicated they participated in sport. A higher proportion of fathers participated in sport compared to mothers. Of those who participated in sport, a large majority participated in only structured sports compared to both structured sports and unstructured sports. Mothers were more likely to participate in only structured sport than fathers.

Child's Age and Gender

Parents with younger children (5 to 12 years) were more likely to participate in sport than parents with older children (13 to 17 years).

Socio-economic and Demographic Factors

Overall, parents with higher education attainment were more likely to participate in sport than parents with lower educational attainment. Parents living in higher SES households were more likely to participate in sport compared to parents living in lower SES households.

Children's Participation in Sport

Parents whose children participated in sport were more likely to participate in sport compared to parents whose children did not participate in sport.

Table 23: Parent's Sport Participation

	Participated in sport	Did not participate in sport	Type of sport participation	
			Only structured	Both structured / unstructured
Total, Parents (18+)	32%	68%	71%	20%
Mothers	21	79	85	-
Fathers	46	54	63	25
Total, Children (5-17)	32	68	72	20
Girls	33	67	76	-
Boys	30	70	67	22
5 to 12	34	66	70	23
Girls	36	64	76	-
Boys	33	67	65	-
13 to 17	27	73	73	-
Girls	28	72	75	-
Boys	27	73	71	-
Community Size				
50,000 +	32	68	72	-
5,000 to 49,999	25	75	-	-
1,000 to 4,999	32	68	-	-
Under 1000	35	65	72	-
Education Level				
Less than Secondary	-	78	-	-
Secondary	26	74	69	-
College	32	68	70	-
University	41	59	76	-
Household Income				
<\$30,000	-	75	-	-
\$30,000 to 59,999	30	70	72	-
\$60,000 to 79,999	36	64	68	-
\$80,000 +	45	55	74	-
Parent Employment Status				
Full-time Worker	37	63	72	18
Part-time Worker	-	83	-	-
Other (unemployed, homemaker, retired, etc)	-	82	-	-
Family Composition				
Two-parent Household	35	65	72	18
Single-parent Household	22	78	69	-
Parent Health Status (self reported)				
Excellent	40	60	71	-
Good	29	71	74	-
Fair	-	77	-	-
Poor	-	-	-	-
Child's Participation in Sport				
Participated in Sport	37	63	74	19
Only Structured	37	63	76	17
Both Structured / Unstructured	34	66	-	-
Did not Participate in Sport	15	85	-	-
Distance to Parks and Playgrounds				
1-2 blocks	32	68	68	22
>2 blocks to 1km	33	67	74	-
≥ 1 km	32	68	72	-

2005 Physical Activity Monitor, CFLRI (Data analyzed by TPCS EU)

- Missing values due to insufficient sample size (less than 30 respondents)

Parent's Physical Activity Knowledge and Fruit and Vegetable Consumption

One-third of parents indicated that at least 90 minutes per day of moderate to vigorous physical activity is required for a child's well-being and health. When asked how many servings of fruit and vegetables they consume on a daily basis, just over half of parents indicated consuming the 7-10 servings per day recommended by Canada's Food Guide. Mothers were more likely to consume enough fruit and vegetables compared to fathers. A higher proportion of parents that reported excellent health consumed enough fruit and vegetables compared to parents that reported good or fair health.

Child's Age and Sex

Parents with younger boys (5 to 12 years) were more likely than parents with younger girls (5 to 12 years) to indicate that at least 90 minutes per day of moderate to vigorous physical activity is required for a child's well-being and health.

Child's Participation in Sport

Parents with children who participated in both structured sport and unstructured sport were more likely than parents with children who participated in only structured sport to indicate that at least 90 minutes per day of moderate to vigorous physical activity is required for a child's well-being and health. A greater proportion of parents whose child participated in both structured sport and unstructured sport consumed the recommended daily intake of fruit and vegetables than other parents.

Socio-economic and Demographic Factors

Parents living in communities of less than 5,000 people were more likely to indicate that at least 90 minutes per day of moderate to vigorous physical activity is required for a child's well-being and health compared to parents living in larger communities. A lower proportion of parents who worked full-time consumed enough fruit and vegetables to meet national recommendations than parents who were not working full-time. Parents living in single-parent households were more likely than parents living in two-parent households to indicate that at least 90 minutes per day of moderate to vigorous physical activity is needed for a child's well-being and health.

Parent's Participation in Sport

A higher proportion of parents who participated in both structured sport and unstructured sport indicated consuming enough fruit and vegetables to meet national recommendations compared to other parents.

Table 24: Parent's Physical Activity Knowledge and Fruit and Vegetable Consumption

	Had knowledge of physical activity required for child well-being	Achieved fruit and vegetable consumption standard*
Total, Parents (18+)	32%	53%
Mothers	33	64
Fathers	31	38
Total, Children (5-17)	32	53
Girls	29	52
Boys	34	53
5 to 12	34	54
Girls	29	53
Boys	37	56
13 to 17	30	50
Girls	29	51
Boys	30	50
Community Size		
50,000 +	30	53
5,000 to 49,999	31	49
1,000 to 4,999	38	54
Under 1000	34	55
Education Level		
Less than Secondary	38	42
Secondary	29	44
College	29	56
University	34	63
Household Income		
<\$30,000	35	50
\$30,000 to 59,999	30	50
\$60,000 to 79,999	32	52
\$80,000 +	30	54
Parent Employment Status		
Full-time Worker	32	49
Part-time Worker	31	70
Other (unemployed, homemaker, retired, etc)	34	59
Family Composition		
Two-parent Household	30	53
Single-parent	37	52
Parent Health Status (self reported)		
Excellent	32	60
Good	30	50
Fair	37	45
Poor	-	-
Parent's Participation in Sport		
Participated in Sport	34	52
Only Structured	34	49
Both Structured / Unstructured	-	63
Did not Participate in Sport	31	53
Child's Participation in Sport		
Participated in Sport	32	54
Only Structured	31	52
Both Structured / Unstructured	37	63
Did not Participate in Sport	32	49

2005 Physical Activity Monitor, CFLRI (Data analyzed by TPCS EU)

- Missing values due to insufficient sample size (less than 30 respondents)

* Fruit and Vegetable Standard - 7-10 servings per day recommended by Canada's Food Guide

APPENDIX A

Table A1 - Table of General Descriptive Statistics

	Number of respondents	Percent of respondents
Total, Parents (18+)	n=938	
Mothers		57%
Fathers		43
18-24	n=8	
Mothers		
Fathers		
25-44	n=615	
Mothers		63
Fathers		37
45-77	n=313	
Mothers		46
Fathers		54
Total, Children (5-17)	n=938	
Girls		48
Boys		52
5 to 12	n=559	
Girls		48
Boys		52
13 to 17	n=379	
Girls		49
Boys		51
Community Size	n=924	
50,000 +		49
5,000 to 49,999		16
1,000 to 4,999		14
Under 1000		21
Education Level	n=923	
Less than Secondary		11
Secondary		32
Some or Completed College		33
Some or Completed University		24
Household Income	n=830	
<\$30,000		21
\$30,000 to 59,999		31
\$60,000 to 79,999		18
\$80,000 +		30
Parent Employment Status	n=923	
Full-time or Self-employed Worker		73
Part-time Worker		11
Unemployed, Laid off, Unable to Work		4
Homemaker		8
Student		3
Retired		1
Family Composition	n=930	
Two-parent Household		76
Single-parent Household		24

Saskatchewan Over sample, 2005 Physical Activity Monitor, CFLRI (Data analyzed by TPCS EU)

Table A1 - Table of General Descriptive Statistics (cont'd)

	Number of respondents	Percent of respondents
Child's Transportation to School	n=914	
Walk		43%
Ride Bike		14
Car		32
Bus or Train		34
Other		1
Parent's Participation in Sport	n=936	
Participated in Sport		32
Did not Participate in Sport		68
Type of Sport Participation (Parent)	n=299	
Player		88
Coach		32
Assistant Coach		8
Manager		6
Referee or Official		5
Other Paid Personnel		1
Board of Directors		7
Volunteer in Some Other Capacity		5
Type of Sport Participation (Parent)	n=290	
Only Structured		71
Only Unstructured		9
Both Structured / Unstructured		20
Participates in Competitive Sport (Parent)	n=202	
Local Level		77
Provincial Level		15
National Level		7
Use of Coach (Parent)	n=294	
Yes		37
No		63
Child's Participation in Sport	n=934	
Participated in Sport		79
Did not Participate in Sport		21
Type of Sport Participation (Child)	n=723	
Player		99
Other		1
Type of Sport Participation (Child)	n=730	
Only Structured		82
Only Unstructured		2
Both Structured / Unstructured		16
Participates in Competitive Sport (Child)	n=589	
Local Level		72
Provincial		24
National Level		3
Use of Coach (Child)	n=729	
Yes		95
No		5
Distance to parks and playgrounds	n=919	
1-2 blocks		56
>2 blocks to 1km		20
≥ 1 km		24

Saskatchewan Over sample, 2005 Physical Activity Monitor, CFLRI (Data analyzed by TPCS EU)

Table A1 - Table of General Descriptive Statistics (cont'd)

	Number of respondents	Percent of respondents
Child Activities After School and Before Dinner		
	n=910	
Homework		64%
Sitting Activities (TV, Reading, Video/Computer Games)		75
Chores		65
Plays Outdoors		77
Organizes Physical Activity and Sport		38
Unorganized Physical Activity and Sport		72
CHILD PREFERENCES		
Level of Activity		
	n=934	
Physically Active		24
Quiet Activities		11
Likes Both Physically Active and Quiet Activities		65
When Active, What Kind of Activity		
	n=931	
Organized Sport and Physical Activity		16
Unorganized Sport and Physical Activity		26
Both Organized and Unorganized		55
Neither Organized nor Unorganized		3
When Active, What Level of Intensity		
	n=931	
Vigorous Activities		24
Moderate Activities		24
Both Vigorous and Moderate Activities		50
Neither Vigorous nor Moderate Activities		2
When Active, What Level of Competition		
	n=930	
Competitive Activities		18
Non-competitive Activities		26
Both Competitive and Non-competitive Activities		52
Neither Competitive nor Non-competitive Activities		4
Reasons for Participation (Child)		
	n=936	
Finds it Personally Satisfying		24
Helps to Accomplish Specific Goals		13
Friends Do		10
Please Teachers or Others		2
All of These Reasons		45
None of These Reasons		5
PARENTAL INVOLVMENT		
Parent Played Active Games with Child		
	n=930	
Not at All		8
Rarely		18
Sometimes		38
Often		26
Very Often		10
How Often Did You Take Child To and From Places		
	n=928	
Not at All		8
Rarely		12
Sometimes		23
Often		33
Very Often		24

Saskatchewan Over sample, 2005 Physical Activity Monitor, CFLRI (Data analyzed by TPCS EU)

Table A1 - Table of General Descriptive Statistics (cont'd)

	Number of respondents	Percent of respondents
Public Facilities Available Locally	n=937	
Public Facilities Available (Yes)		94
Public Facilities Met Child's Needs	n=882	
Not at All		5
Somewhat		7
Moderately Well		23
Quite Well		30
Very Well		32
How Often Child Used Public Facilities	n=882	
Not at All		12
Rarely		21
Sometimes		34
Often		20
Very Often		11
Private Facilities Available Locally	n=937	
Private Facilities Available (Yes)		63
Private Facilities Met Child's Needs	n=589	
Not at All		23
Somewhat		11
Moderately Well		20
Quite Well		22
Very Well		20
How Often Child Used Private Facilities	n=589	
Not at All		38
Rarely		23
Sometimes		21
Often		8
Very Often		8
Parks and Playgrounds Available Locally	n=937	
Parks and Playgrounds Available (Yes)		94
Parks and Playgrounds Met Child's Needs	n=879	
Not at All		5
Somewhat		9
Moderately Well		24
Quite Well		30
Very Well		31
How Often Child Used Parks and Playgrounds	n=879	
Not at All		9
Rarely		18
Sometimes		34
Often		22
Very Often		16
Other Places Available Locally	n=937	
Other Places Available (Yes)		89
Other Places Met Child's Needs	n=830	
Not at All		8
Somewhat		15
Moderately Well		28
Quite Well		28
Very Well		19
How Often Child Used Other Places	n=830	
Not at All		16
Rarely		23
Sometimes		33
Often		16
Very Often		11

Saskatchewan Over sample, 2005 Physical Activity Monitor, CFLRI (Data analyzed by TPCS EU)

Table A1 - Table of General Descriptive Statistics (cont'd)

	Number of respondents	Percent of respondents
Parent Health (Self-reported)	n=932	
Excellent		33%
Good		52
Fair		13
Poor		2
Parent's Consumption of Vegetables	n=933	
Never / Less than One Serving a Day		3
One Serving a Day		28
2 to 4 Servings a Day		60
5 or More Servings a Day		9
Parent's Consumption of Fruit	n=919	
Never / Less than One Serving a Day		7
One Serving a Day		30
2 to 4 Servings a Day		53
5 or More Servings a Day		10
Parent's Belief of Amount of PA Needed for Child's Well-Being and Health (90 minutes per day)	n=919	
Too Low		68
Correct		9
Too High		23

Saskatchewan Over sample, 2005 Physical Activity Monitor, CFLRI (Data analyzed by TPCS EU)