

Childhood (Middle Adolescent) Activity

Results from the 2005 *Child Well Being Survey (CWB)*

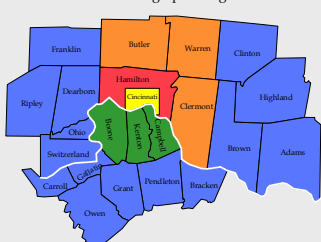
Child Policy Research Center, The Health Foundation of Greater Cincinnati, and United Way of Greater Cincinnati

The **Child Well Being Survey (CWB)** is a project of the Child Policy Research Center, The Health Foundation of Greater Cincinnati and United Way of Greater Cincinnati. The University of Cincinnati's Institute for Policy Research administered the random telephone survey of caregivers of children in a 22-county area in Ohio, Kentucky, and Indiana from October through December 2005. The survey provides policy-makers, decision-makers, public agencies, and academicians with population-based information to describe and monitor the well being of children in the tri-state area.

Topics include: child health status, selected chronic conditions, medical home, injury requiring medical attention, health insurance, middle childhood activity, food security, child care arrangements, child's behavioral and emotional health, parent perception of substance use, caregiver's health status and selected adult health measures. Many questions were taken from the National Survey of American Families, the National Children's Health Survey, and the National Health Interview Survey. These questions provide national estimates to compare to CWB estimates.

The sample includes 1,559 completed interviews. The sampling area was grouped into five geographic regions: city of Cincinnati; Hamilton County outside the city, Ohio suburban counties (Butler/Clermont/Warren); Northern Kentucky suburban counties (Boone/Campbell/Kenton); and 15 rural counties in Ohio, Kentucky, and Indiana. The 2005 sample data is weighted to provide accurate population estimates.

Five Geographic Regions

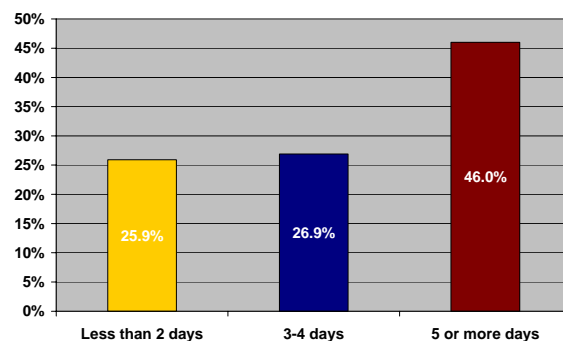


Selected Findings

The CWB 2005 survey included measures of childhood activity. The survey asked parents and caregivers how often their children participated in exercise, spent time alone, and took part in clubs, organizations, or sports teams in the past week. The American Heart Association recommends all children ages 2 and older should participate in at least 30 minutes of enjoyable, moderate-intensity activities every day. They should also perform at least 30 minutes of vigorous physical activities at least 3–4 days each week to achieve and maintain a good level of cardio respiratory (heart and lung) fitness.

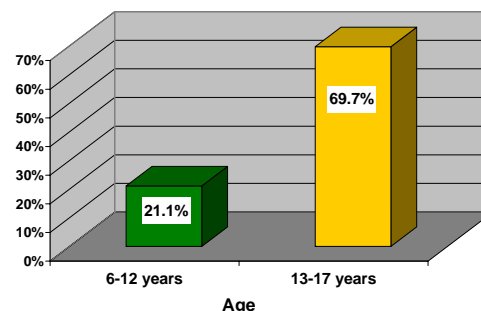
According to the CWB 2005 survey, 25.9% of greater Cincinnati children (ages 6-17 years) exercised or participated in physical activity for at least 20 minutes for only 2 days or less during the past week. Eight percent of these children did not exercise at all. In the city of Cincinnati, 38% of children exercised 2 days or less.

Amount of Exercise in the Previous Week



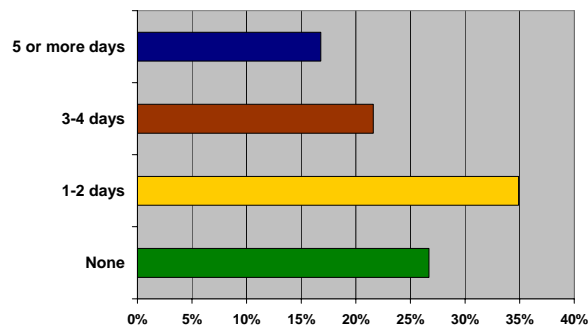
Older children, ages 13 to 17 years, are more likely than younger children, ages 6-12 years, to spend time caring for themselves, either at home or somewhere else without adult supervision (70% vs. 21%).

Child's Time Spent Alone Caring for Himself at Home or Somewhere Else



Twenty-eight percent of all children did not participate in a club, organization, or sports team. Children from the rural CWB counties and the city of Cincinnati were least likely to participate in organized activities. In addition, 51% of children living in poor households (below 100% FPL) did not partake in clubs or sports teams at the time their parents or caregivers were interviewed.

Participation in Clubs, Organizations, or Sports in the Previous Week



For more information about this health topic and other child health issues or for a custom analysis of the data, please contact the Child Policy Research Center at Cincinnati Children's Hospital Medical Center. Phone (513) 636-0180; fax (513) 636-0171; or Email at www.cincinnatichildrens.org/cprc.