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### Do Australian primary school environments affect children's playground physical activity levels?

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## Do Australian primary school environments affect children's playground physical activity levels?

### Keywords

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### Disciplines

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# Do Australian primary school environments affect children's playground physical activity levels?



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# The problem

- 1/4 of Australian children are overweight/obese (NSW SPANS 2004)
- High BMI associated with low PA (Vincent et al 2003)
- Children's PA  
9 years = 3 hours/day  
15 years = 35-49 mins/day (Sallis et al 1999, Nader et al 2008)
- 60 min/day for children (Dept of Health and Ageing 2007)
- Enabling environments such as schools (WHO 2002)



# Schools provide access to most children



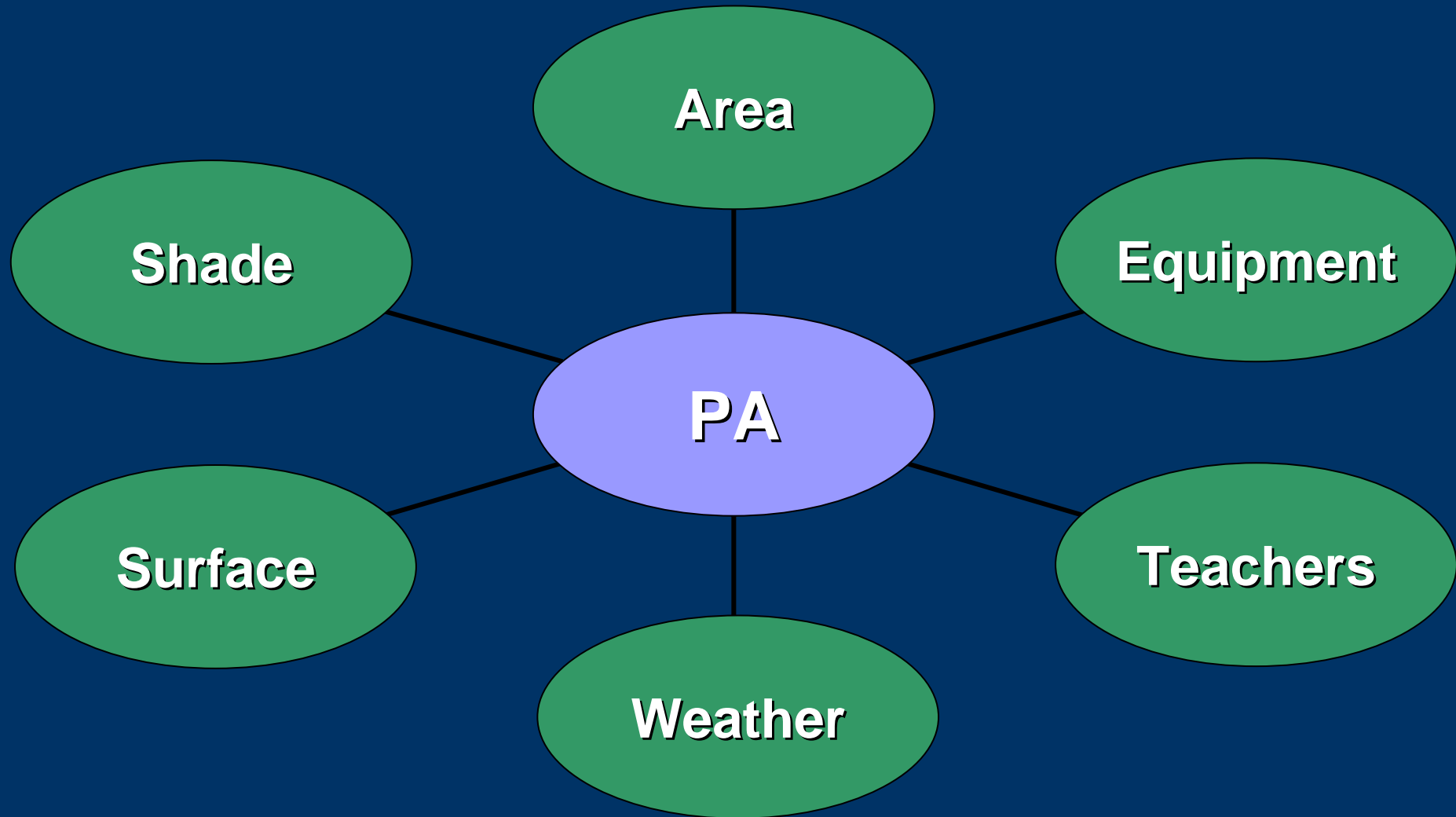
Break time contributes 70-80 mins of a child's day

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# What we don't know

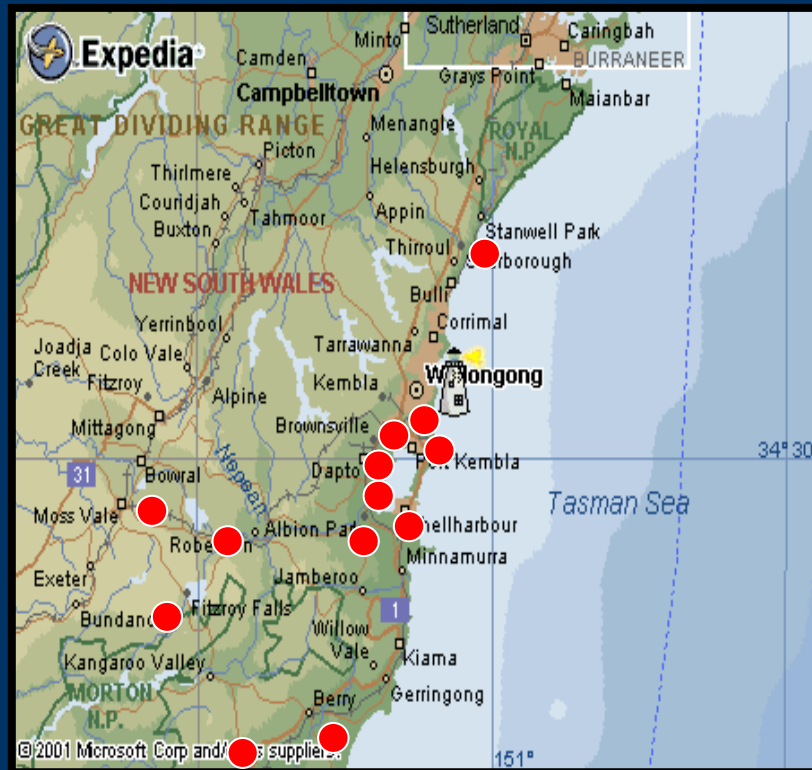


**Purpose:** What variables affect children's PA?

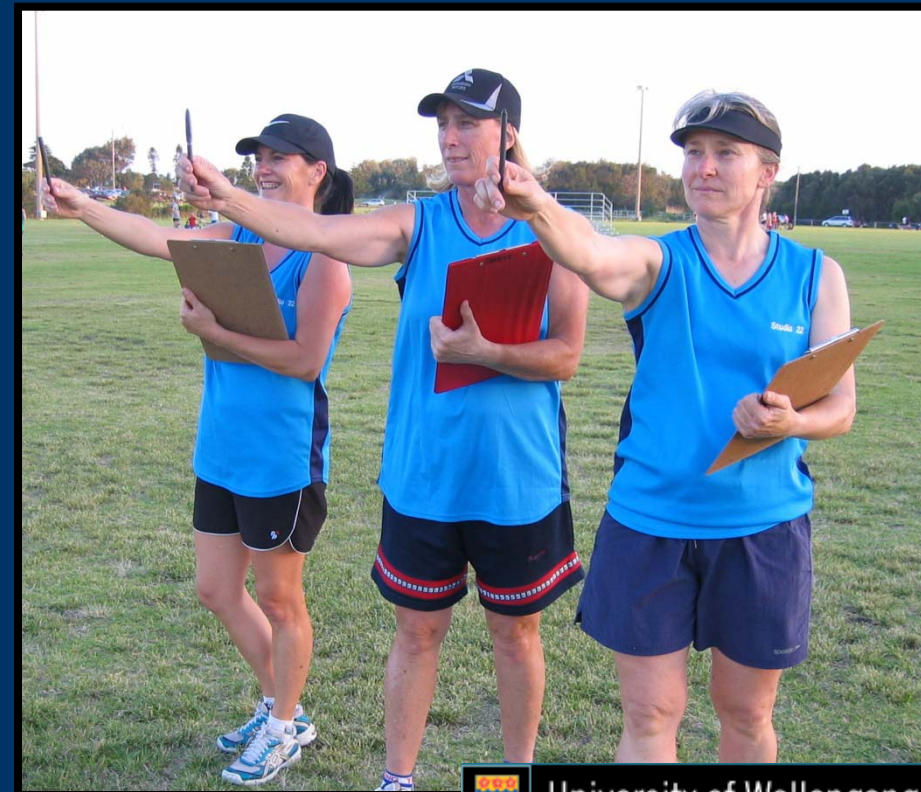
# What we did



- 13 Illawarra public primary schools - 3 days at each
- CAST2 (Children's Activity Scanning Tool; Zask et al 2001)



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# Environmental variables



**Area: Playground, surface & shade**

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# Fixed equipment

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# Fixed equipment: Painted ground targets

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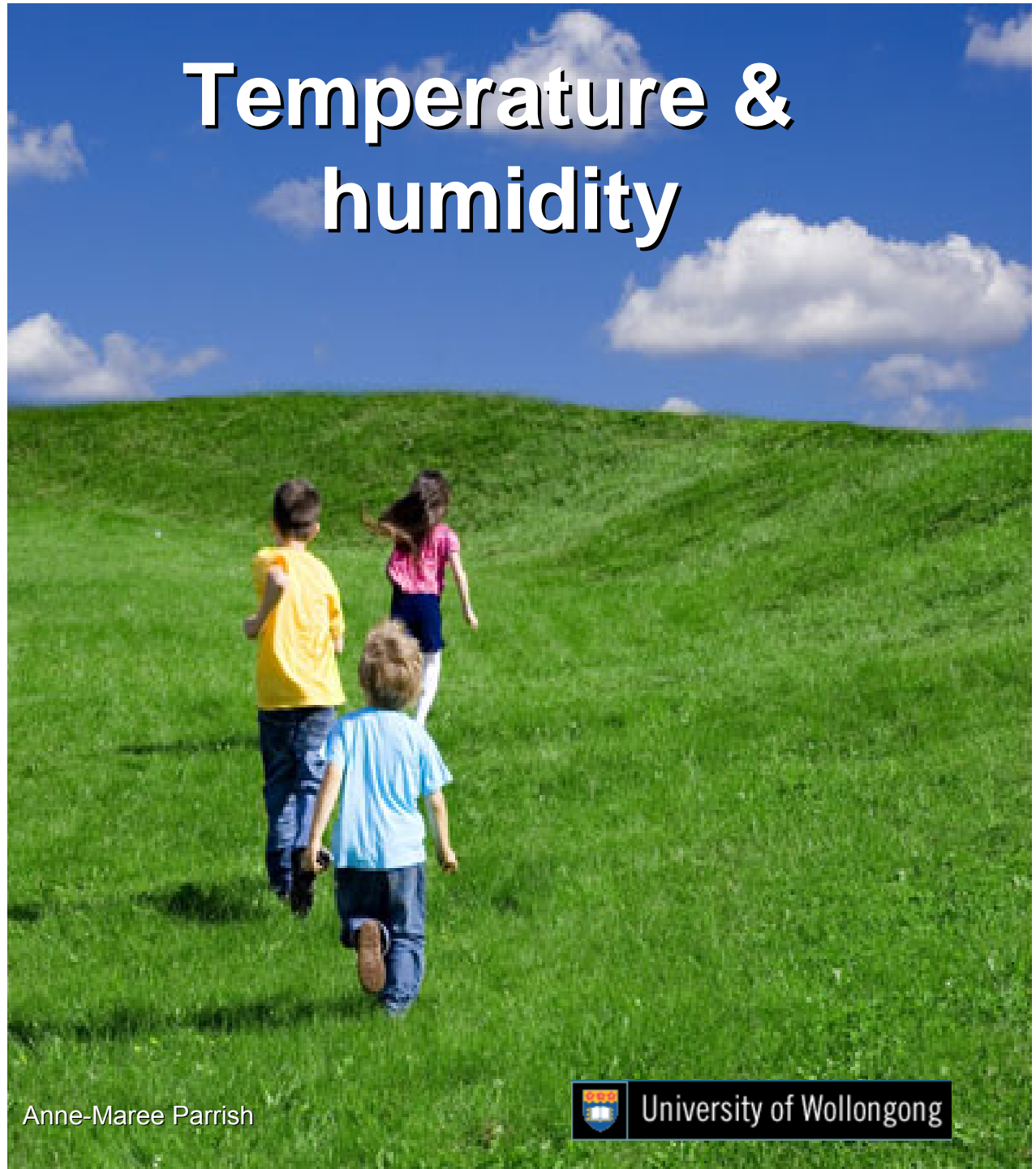
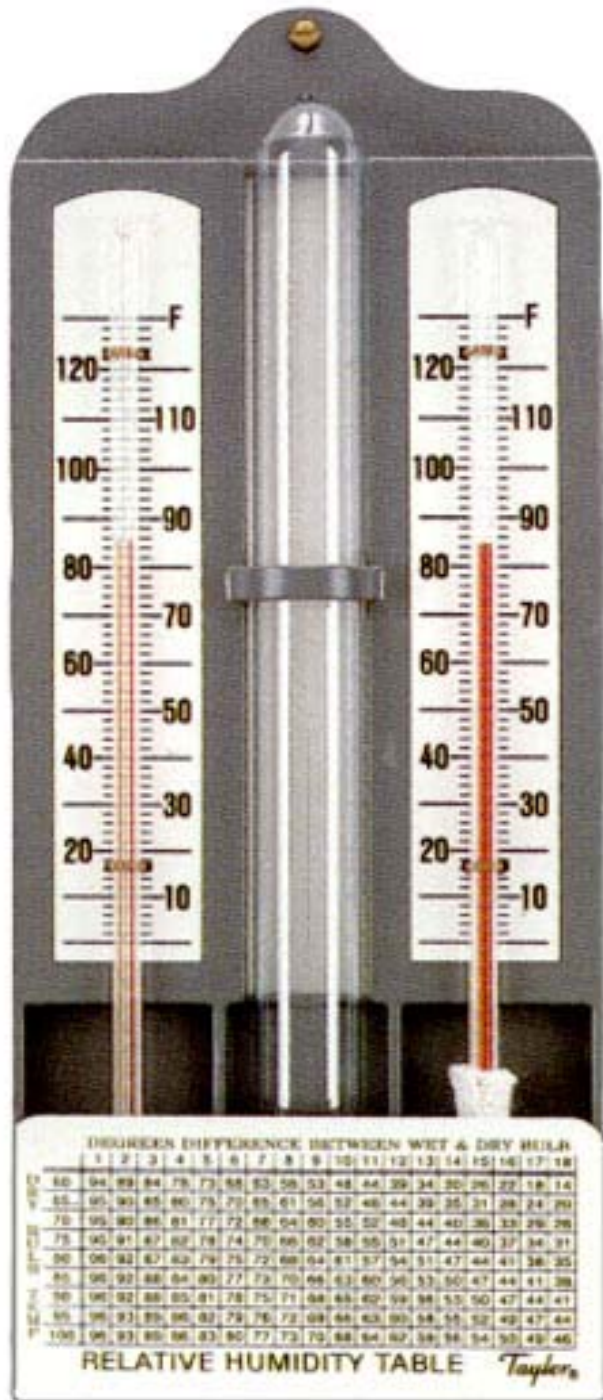
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# Non-fixed equipment & access to it

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# Temperature & humidity

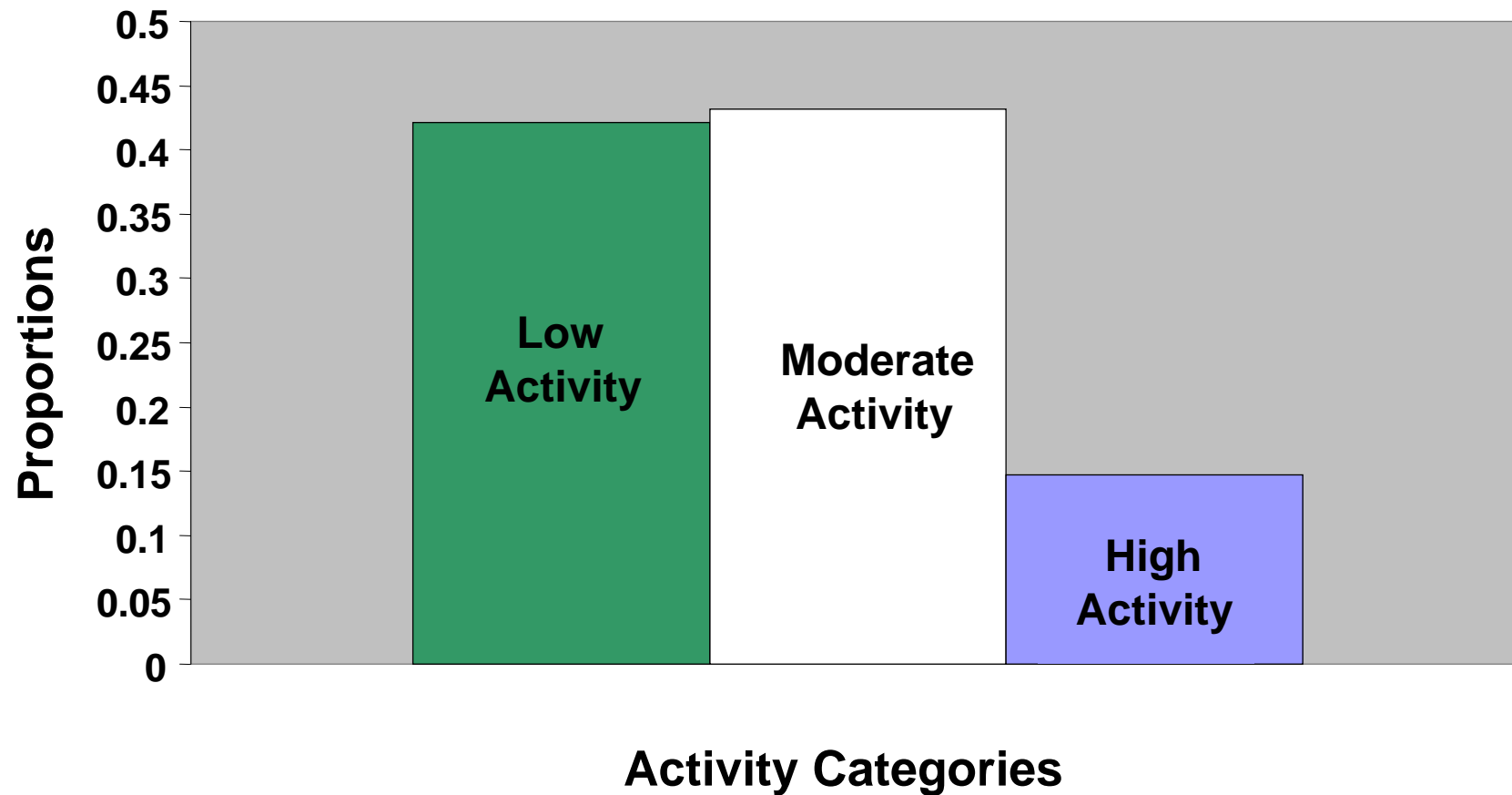


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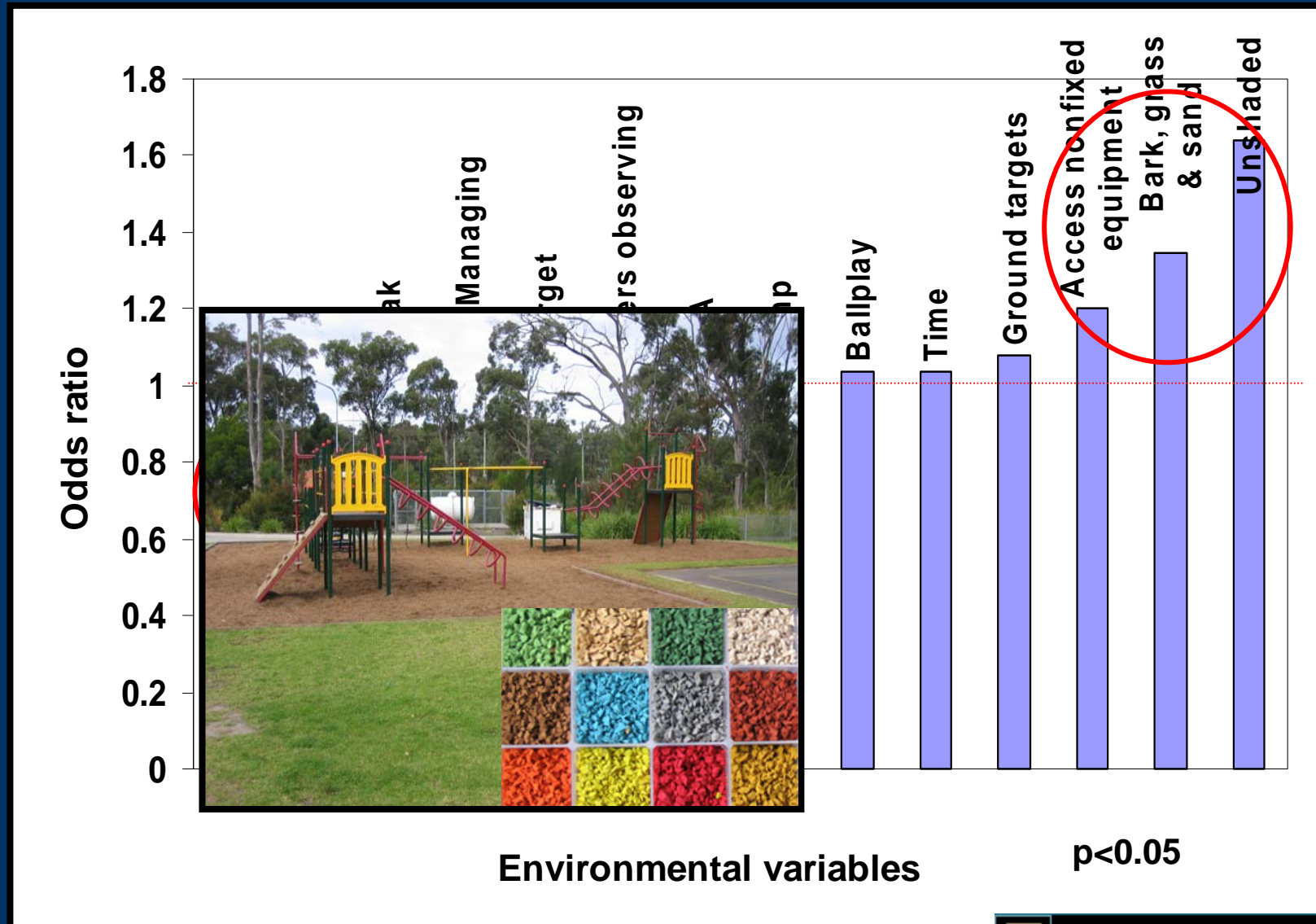


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# Observed physical activity



# Odds ratio- significant variables



# Non-significant findings

- teachers encouraging
- school area
- area for play
- shaded area
- covered play areas
- hard surfaces
- fixed equipment
- netball & basketball hoops
- humidity



# Schools can ↑ children's PA by:

- longer breaks
- soft play surfaces
- ball games
- painted ground targets
- non-fixed equipment
- sporting fields





# Schools can make a difference to children's activity

# Thank you

ICCObesity  
Schools  
Supervisors  
Observers  
Parrish family

