# Parental Age Influences Children's Physical Activity Habits



## Mr. Ben Heatherly **Brookhill Elementary**



#### **Analysis/Results**

A one-way Analysis of Variance (ANOVA) was utilized to determine differences that exist between P-Age and the amount of time their child engages in various activities. The results from the ANO VA revealed significance was not detected when considering P-age and weekend sedentary activity time F(4,122)=.962, p>.05, however P-age had a significant impact on the amount of weekday time a child devotes to sedentary activities F(4,122)=2.975, p<.05, and weekday time a child devotes to physically demanding activities, F(4,122)=3.958, p<.05, and weekend time a child devotes to physically demanding activities, F(4,122)=6.625, p<.05

## Stacy Meredith Monrovia Elementary



### Method

Parents(n=127), grouped into age categories, were asked to indicate by survey the number of minutes per day their child participated either in sedentary activities such as watching television, playing video games and playing on the computer or physically demanding activities including bike riding or organized sports participation.

The Purpose of the Study To investigate the connection between Parental Age P-age and children's choice of physical activity and the amount of time children are engaged in physical activity

#### Sedentary Activites

- Watching Television
- Playing Video Games
- Using the Computer

### Physically Demanding Activites

- Riding a Bike
- Organized Sports
- Roller Blading

Studies show parents influence children's dietary choices and physical activity (PA) participation. When parents are active, children are likely to follow suit and encouragement promotes children being active. Limited research exists linking parental age (P-age) to children's PA habits

#### Conclusions

Parents ages 35-45 showed the most influence on children's PA. The entire nation faces an obesity epidemic. It is recommended parents of all ages receive the education needed so they are equipped to assist in this health crisis.