



KidsHealth® KidsPoll – Are Kids Too Busy? Summary Tables

KidsHealth® KidsPoll is collaboration between the Nemours Foundation/KidsHealth, the Department of Health Education and Recreation at Southern Illinois University Carbondale, the National Association of Health Education Centers, and participating health education centers. The purpose is to gather information (opinions, attitudes, and feelings, etc.) about current health issues from children. The information is gathered using handheld data collection devices from children ages 9 to 13 as they attend classes in the health education centers. The information is shared with educators, caregivers, health care organizations, the media, and other interested parties at national and local levels. The goal is to provide insightful information that will enable them to develop programs to help children to make healthy life decisions, prevent disease and injury, and understand their bodies. This poll focused on kids' perceptions of being too busy.

Individual Demographics

Individual-level information was collected anonymously from each child who participated.

- o 882 children
- o 47% girls, 53% boys
- o 9 to 13 (average age 10.3)

- o 9 centers participated in this poll:
 - Children’s Health Education Center – Milwaukee, WI
 - Health World Children’s Museum – Barrington, IL
 - Kansas Learning Center for Health – Halstead, KS
 - McMillen Center for Health Education – Ft. Wayne, IN
 - Robert Crown Center for Health Education – Hinsdale, IL
 - Ruth Lilly Health Education Center – Indianapolis, IN
 - Saint Joseph Mercy Health Exploration Station – Canton, MI
 - Susan P. Byrnes Health Education Center – York, PA
 - Weller Health Education Center – Easton, PA

School Demographics

School-level information was not collected from each child but is based on statistics for the schools that the children were from.

- o 21 schools
- o Student participating came from schools that averaged: 61% White, 23% Black, 13% Hispanic, 2% Asian/Pacific, 1% Native American
 - 54% of students were from schools that had student bodies that were 0% to 33% Black/Hispanic/Asian/Native American combined
 - 24% of students were from schools that had student bodies that were 33% to 67% of these groups
 - 22% of students were from schools that had student bodies that were 67% to 100% of these groups
- o students came from schools with an average of 33% of the students qualifying for reduced lunch
 - 49% of students were from schools that had 0% to 33% of their student body qualifying for free or reduced lunch
 - 33% of students were from schools that had 33% to 67% of their student body qualifying for free or reduced lunch
 - 28% of students were from schools that had 67% to 100% of their student body qualifying for free or reduced lunch

The U.S. Census Bureau and Department of Education use measures of city size and location called Core Based Statistical Area (CBSA) and Consolidated Statistical Area (CSA). The categories are:

- Large city center = center of a CBSA or CSA city with population >250,000
 - Midsize city center = center of a CBSA or CSA city with a population <250,000
 - Large city fringe = urban fringe of a large CBSA or CSA city
 - Midsize city fringe = urban fringe of a midsize CBSA or CSA city
 - Large town = not within a CBSA or CSA with a population >25,000
 - Small town = not within an CBSA or CSA with a population 2,500-25,000
 - Rural outside = not within an CBSA or CSA with a population <2,500
- o The percentage of students from schools in each locale were: 17% large city center, 9% midsize city center, 28% large city fringe, 5% midsize city fringe, 1% large town, 18% small town and 22% rural
 - o Average school size--501
 - 25% of students came from schools with an enrollment of 0-300
 - 45% of students came from schools with an enrollment of 300-600
 - 22% of students came from schools with an enrollment of 600-900
 - 10% of students came from schools with an enrollment of 900+

KidsHealth KidsPoll -- Do kids think they are too busy?

Descriptive Statistics

(Patterns of differences that are statically significant (X2; P<0.05) are highlighted in yellow)

	Total	PREDICTOR VARIABLES													
		Gender		Age				Who Chooses			Number of Activities				
		boys	girls	9	10	11	12+	child	half/hal f	parent	0	1	2	3	4+
<i>In this questionnaire, students were told that the word "activity" meant an activity that is planned or organized, such as: sports, lessons, teams, clubs, groups, scouts, or tutoring.</i>															
Besides school, how many other activities do you participate in right now?															
none	14%	14%	15%	11%	15%	13%	25%	10%	11%	9%	100%				
one	25%	26%	23%	34%	24%	21%	19%	35%	23%	26%		100%			
two	22%	23%	21%	22%	24%	21%	17%	25%	23%	23%			100%		
three	15%	13%	17%	9%	13%	18%	15%	13%	15%	17%				100%	
four or more	24%	24%	24%	24%	24%	27%	24%	17%	28%	25%				100%	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Who chooses the non-school activities you participate in?															
my parents (or guardians) choose most of my activities	9%	10%	6%	14%	8%	7%	3%			100%	8%	11%	9%	7%	5%
I choose some and my parents (or guardians) choose some	29%	28%	31%	33%	29%	27%	28%		100%		33%	27%	29%	28%	33%
I choose most of my activities	62%	62%	63%	53%	63%	66%	69%	100%			59%	62%	62%	65%	62%
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
On most schooldays, about how many hours do you play video games watch TV, or use the computer for fun?															
less than one hour	20%	15%	23%	21%	23%	21%	9%	25%	22%	18%	21%	20%	19%	16%	20%
1 hour	15%	14%	17%	19%	17%	12%	11%	20%	13%	16%	13%	18%	18%	14%	15%
2 hours	16%	14%	19%	16%	16%	18%	15%	8%	22%	16%	15%	19%	17%	18%	13%
3 hours	7%	7%	6%	9%	6%	7%	3%	6%	7%	7%	4%	6%	8%	11%	5%
more than 3 hours	42%	50%	35%	35%	38%	42%	62%	41%	36%	43%	47%	37%	38%	41%	47%
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
On most schooldays, about how many hours do you spend on homework?															
less than 1 hour	59%	59%	58%	64%	56%	61%	53%	57%	56%	59%	68%	61%	52%	54%	62%
1 hour	23%	22%	23%	21%	26%	21%	25%	29%	19%	24%	21%	21%	27%	28%	17%
2 hours	10%	11%	10%	7%	11%	11%	12%	8%	13%	10%	6%	12%	14%	7%	10%
3 or more hours	8%	8%	9%	8%	7%	7%	10%	6%	12%	7%	5%	6%	7%	11%	11%
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Do you think your school gives you:															
somewhat <i>or</i> way too little homework	11%	11%	10%	11%	9%	15%	8%	8%	10%	11%	14%	9%	13%	11%	11%
about the right amount of homework	39%	36%	44%	40%	43%	43%	24%	46%	39%	40%	30%	45%	42%	39%	37%
somewhat too much homework	14%	13%	15%	10%	13%	13%	24%	5%	16%	14%	14%	14%	16%	20%	9%
way too much homework	36%	40%	31%	39%	35%	29%	44%	41%	35%	35%	42%	32%	29%	30%	43%

100% 100% 100% 100% 100% 100% 100% 100% 100% 100% 100% 100% 100% 100% 100%

Margin of error is not reported for this study:

Margin of error is a measure of how precise a reported proportion is within the population represented by the sample. It is a calculation based on the proportion, the confidence level, and the sample size. The larger the sample size, the smaller the margin of error. Margin of error relies on two primary assumptions: 1) the distribution within the population is normal – with large sample sizes this can usually be assumed; and 2) the sample is representative (i.e., random). Our survey cannot be considered random; therefore, we do not report a margin of error.

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