Parents’ education is often listed as a factor in children’s health. CCHAPS asked parents to give information about the highest grade they completed. When comparing parent education between children who did not exercise at least 30 minutes a day in the past week with those who were physically active 7 days in the previous week . . .

CONCLUSIONS:

A child not exercising occurs slightly more often when parents have 2 years or less of college. There is a large difference in children’s exercise for those children of parents with four years of college and almost no difference among those with more than four years of college.

A parent’s education level appears to be a factor in children’s exercise but the relationship is not clear.

CCHAPS is a random household survey reporting responses from 7,439 families with a child aged 0 – 14