

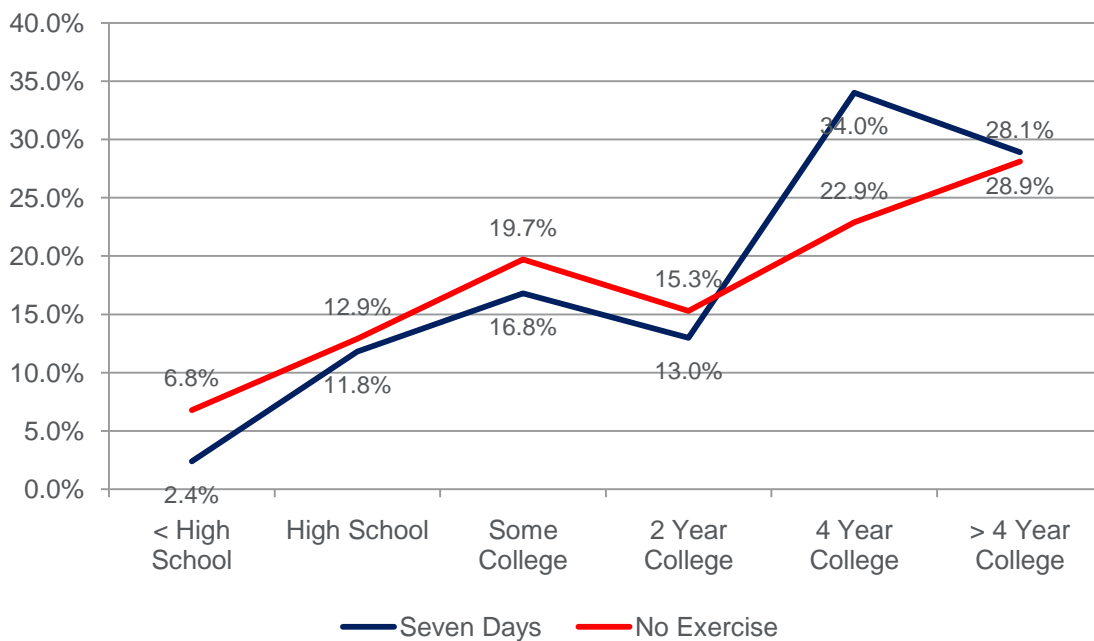
### Does the level of parent education affect children's exercise?

Denton, Hood, Johnson, Parker, Tarrant and Wise Counties, Texas

Number: 24

March 2010

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.

**Source:** CCHAPS 2008 at [www.cchaps.org](http://www.cchaps.org) accessed March 2010.  
CCHAPS is a random household survey reporting responses from 7,439 families with a child aged 0 – 14