

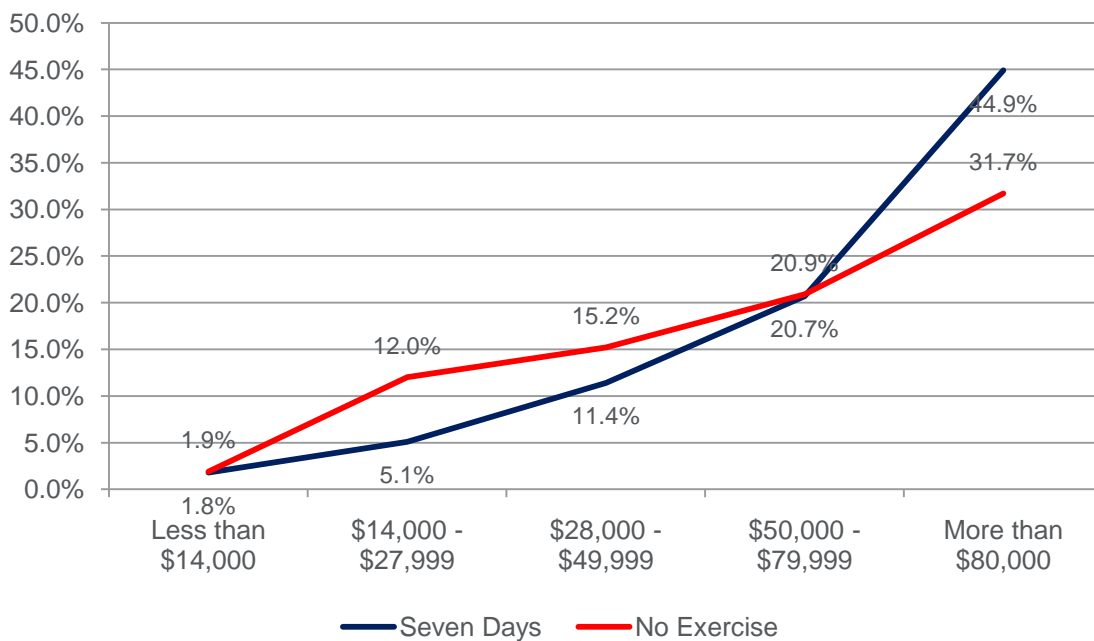
Does the level of parent income affect children's exercise?

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

Number: 25

March 2010

Parents' income is often listed as a factor in children's health. CCHAPS asked parents to give information about their yearly household income. When comparing parent income 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:

Children of parents whose income is less than \$50,000 per year appear to exercise less often. Families earning more than \$80,000 per year are more likely to have children who have 30 or more minutes of physical activity each day for seven days per week.

A parent's income level appears to be a factor in children's exercise but that relationship needs to be better understood.

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